

The Pamlico News

Wednesday, October 16, 2024

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The Old Theater is announcing the 16th Annual Chili Cookoff on Saturday, October 26 at Oriental Marina & Inn from 11:00 am – 1:00 pm . Admission is \$10.00 on day of event.



The 16th ANNUAL CHILI COOKOFF is just around the corner, and we need YOU to select the next Grand Chili Champ. This year's cookoff takes place on Saturday, October 26st from 11:00 a.m. to 1:00 p.m. at the Oriental Marina & Inn courtyard. Twelve local chefs will serve the very best chili in Eastern NC to about 450 tasters. Judges' Choice, People's Choice, and Spirit Awards will be presented to first, second, and third place winners afterward.

Enjoy some GREAT chili while supporting The Old Theater! Funds raised by this annual event go to support The Old Theater—the building, its contents and equipment. Throughout the year, The Old Theater provides a venue for live performances, concerts, children's programs and workshops, films and a variety of civic, business, and charity events. All these activities require stage, lights, sound and the support of many people who volunteer on stage and behind the scenes - people like YOU - who appreciate how special it is for a town the size of Oriental to have a theater that brings such a variety of entertainment to its community.

Dieters, beware! There will be a **Bake Sale Table** at this year's event with tasty goods baked by local talent, item(s) individually wrapped and selling for \$1.00 to \$5.00. Chili To Go orders can be purchased at the Headquarters Table, \$5.00 for 16-ounces of chili, to be picked up after 1:00 from the participating Chef of your choice.

The Old Theater is going GREEN again this year in support of our environment. Tasters' cups and utensils, plus Chefs' gloves, and trash bags are all disposable and biodegradable. For your convenience, we are offering biodegradable 10" palm leaf plates to help you manage your chili bowl, utensils, drink, program, and ballot.

We need your help to make the 16th ANNUAL CHILI COOKOFF a fun and successful community event in support of The Old Theater. For more information or if you would like to participate as a Chef, Baker, Volunteer, or Sponsor, please contact the leader Mary Taylor at 252-249-0477 or email vp@oldtheater.org.

Hope to see you there!
THE DRAGON CHILI TEAM



2024 PCHS Homecoming Court

by: Hiram Lupton



It doesn't get any more beautiful than this. Homecoming Queen Peyton Robinson and her Court. (L to R), Kimberly Beltran, Shelby Tabor, Natalie Reed, Kristen Powell, Homecoming Queen Peyton Robinson, Luisa Valles de los Santos, Diana Harper, Annie King, Aubree Sinclair

It was Homecoming at Pamlico County High School last Friday night and at halftime of the football game it was time to introduce the members of the Homecoming Court and crown the Homecoming King and Queen. After all the voting by the PCHS student body, Mr. Landon Yeates was chosen as King and Miss Peyton Robinson was selected as Queen. Two worthy individuals who will royally represent PCHS. A big shoutout to the PCHS band for providing the perfect backing music for the ceremony and to Mr. Joseph Gorton and his team for once again doing an outstanding job of organizing this great event.



Homecoming King Landon Yeates and Homecoming Queen Peyton Robinson

Christopher Jones – The Uphill Battle of an Unaffiliated Candidate

by: Hiram Lupton



When Pamlico County native Christopher Jones decided to run for elected office, he knew it would be a lot of work just to get on the ballot. As an unaffiliated (UA) candidate, he had to obtain the required number of petition signatures just to have his name placed on the general election ballot as a candidate for District 5 County Commissioner, and fill the seat being vacated by Missy Baskerville who is stepping down. That was just the first, albeit most important hurdle. "Since I am unaffiliated, I don't really get any support from any political party, and to be honest, that's the way I want it." Jones' campaign is completely self-financed. "I've had several people who have approached me offering to donate financially and I appreciate the offers, but I really don't want to be beholden to anyone if I am elected. The only thing I am asking anyone for is their vote." There is one big challenge facing Jones in getting that vote however, and that is name recognition. "Just letting residents of District 5 know that they have another choice on the ballot and where I stand has been the hardest job," says Jones. So, what made him decide to run for office? "I was approached by several residents of the District to gauge my interest. They felt that voters needed another option on the November ballot and that it would be good to have someone with an agricultural background on the Board." Jones is a farmer and small business owner who values the life we enjoy here in Pamlico County. "I really want to work to preserve what makes Pamlico County special to the people that live and work here. Change is a necessary thing, but at what expense? I want to protect the farms and waterways of our County." Jones feels that he is not only an unaffiliated candidate, but an unaffiliated voter as well, who does tend to lean to the conservative side, especially in financial matters. "If elected, I would like to take a deep dive into the County's budget. I also want to really focus on what the Board of Commissioner's stated mission and goals are and to do my best not to vary from them." Jones sums things up by saying that he is a 40-year-old Pamlico County native, a husband of a teacher, father to 4 girls, and business owner. "I'm not here to serve myself. I'm here to serve the people of Pamlico County and if elected, that is what I will do. This County is where I want to be."

The Aurora Borealis

by: Hiram Lupton

If you happened to be outside after dark last Thursday, you may have noticed the sky was glowing red. It was not, as a friend told me, the end of the world or the devil at work. Both these things may be true, but the red sky many observed was an atmospheric phenomenon known as the Aurora Borealis commonly known as the Northern Lights.



The Northern Lights as seen near Arapahoe (Photo by Dee Lupton)

While often seen in Alaska, Iceland, Scandinavia and any areas in the northern latitudes, it is ultra rare for them to be seen this far south. Thursday's light show was seen as far south as Florida. Just what makes the Northern Lights occur? I'm no astrophysicist, (I can't even spell astrophysicist) and we don't have one on our staff here at The Pamlico News, so I did what most people would do, I googled it. Without getting too deep into the science, the Northern Lights occur when energized particles from the sun slam into the Earth's atmosphere. Our planet's magnetic field protects us from these particles and

redirects them toward the north and south poles. The deflection of these particles deposits energy and causes our atmosphere to fluoresce. These emissions are constantly happening but they vary in intensity. The more intense and bigger the solar eruptions on the sun, the more particles travel through space and hit our atmosphere. Scientists have

determined that the sun goes through cycles of increased emissions about every 11 years. We are in one of those cycles right now and it is expected to last into late 2025 so if you missed the red sky last week, there is a chance you could have another opportunity. These solar flares can't be predicted, but they can be detected which is why we usually have a day or two notice when the Northern Lights can possibly be seen. If you get the chance, be sure and witness a rare event. Like I said, Its not the end of the world. That won't come until after election day next month.



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.



on Page A11



WEEKEND WEATHER



Saturday, October 19th **72°Hi** Sun throughout the day



Sunday, October 20th **74°Hi** Sun throughout the day

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COMMUNITY

Transylvanians bring home the medals from state Senior Games

Elaine Hills For The T. Times
Oct 11, 2024

The North Carolina State Senior Games is a once-a-year event I thoroughly look forward to. It's a time to reconnect with competitors who have become friends over the years and this was a special year.

Prior to our move to Brevard in 2018, my husband and I lived in Pamlico County on the North Carolina Inner Banks. It was there in 2013 that I was introduced to Senior Games. I met Irma Bond-Maxbauer, two years my junior, at times in my competition. I also met her mother, Fay Bond. Irma is a consummate athlete, always achieving multiple medals in the track and field events. This year she won seven medals. I'm not sure how many years Irma has been competing in the games, but certainly more years than her mother.

Fay has competed for 10-12 years. She was convinced she could compete in the long jump after her daughter watched her leap over a small stream near the gravesite of her deceased husband. This year Fay achieved four gold medals in shot put, discus throw, standing long jump and running long jump.

Fay was the oldest track and field competitor at the games. She celebrated her 101st birthday on Sept. 29. She is happy, healthy and loving life.

Transylvania County's Land of Waterfalls participants in track and field also included Catherine Maloney (70-74 age division) who placed eighth in the 50 and 100 meter events and Bill Huffman Jr. (65-69) who placed forth



From left Catherine Maloney (70), Elaine Hills (76), Fay Bond (100) and Irma Bond (75) competed in the NC Senior Games this year. (Submitted photo)

in the 50, 100 and 200 meter events. I placed first (75-79 age division) in the 400, 800 and 1500 meter events.

The NC State Finals are qualifiers for the National Senior Games and held every two years. Nationals in 2025 will be held in Des Moines, Iowa.

After our last race of the day on Sept. 18 I received hugs from Irma and Fay. Fay's parting words to me were, "See you in Des Moines."

THIS WEEK IN HISTORY

by: Hiram Lupton

- October 16th – Today is National Boss's Day.
- October 17th – Today is National Pasta Day.
- October 18th – Today is National Mammography Day.
- October 19th – 1781, The British army surrenders to General George Washington at Yorktown.
- October 20th – Today is National Sasquatch Awareness Day.
- October 21st – Today is National Apple Day. An apple a day, keeps the apple farmer in business.
- October 22nd – Today is National Nut Day. Not sure if this is the kind you eat, or the folks running for political office.

BIRTHDAYS THIS WEEK

- October 16th – 19??, Pamlico Community Band Director Dave Falardeau
- October 17th – 19??, Pamlico County School Board Member Erik Smith
- October 18th – 1926, Chuck Berry
- October 18th – 1938, Actress Dawn Wells
- October 20th – 1971, Rapper and entrepreneur Calvin Broadus, Jr. (Snoop Dogg)
- October 20th – 1950, Singer/songwriter Tom Petty
- October 21st – 19??, Publisher of The Pamlico News Sandy Winfrey
- October 21st – 1956, Actress Carrie Fisher



Pamlico Musical Society Presents Free Informance

Join us for a magical Sunday afternoon of music with an Informance by the Astralis Chamber Ensemble, presented by the Pamlico



Musical Society! Free and open to the public, the Informance – music, stories and Q&A – will take place on Sunday, October 27, at 12 noon at St. Thomas Episcopal Church, 402 Freemason Street in Oriental. Stay for a reception following the Informance and meet the artists! The Astralis Chamber Ensemble is performing later same afternoon at the River Dunes Harbor Club to a sold out audience so be sure to take advantage of this opportunity if you are not a ticket holder. The Astralis Chamber Ensemble is an innovative group of award-winning musicians with decades of experience as members of major symphony orchestras performing in many of the world's greatest venues. They aim to increase musical accessibility by making lasting connections between audiences and classical chamber music and unique instrument combinations are their hallmark. At

this Informance, you will be enchanted by the sounds of flute, viola, and harp! For helping to make this free Informance possible,

Pamlico Musical Society wishes to thank our season sponsors Village Realty and Beth Frazer Real Estate & Rentals and individual sponsors Trish Mead and Ken Laser & Wendy Osserman. We are also grateful for a grant from the North Carolina Arts Council, a Division of the Department of Cultural Resources. Celebrating 27 years of presenting great music for our community, Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County. We welcome your support! To learn more about the benefits of joining our group, including advance discounted ticket sales and artist receptions, call 252-617-2125 or visit www.pamlicomusic.org, and like us on Facebook @pamlicomusic.

"Don't let the same dog bite you twice."

–Chuck Berry

Annual Fall Bazaar at Stonewall Methodist Church

Stonewall Methodist Women's Group will hold their annual Fall Bazaar on Saturday, November 2nd from 7 a.m. until 1 p.m. in the Church Fellowship Hall. There will be crafts, baked goods, yard sale items and a soup and sandwich lunch. All are welcome!

Stonewall Methodist Church

On October 20, Stonewall Methodist Church will celebrate their 35th Annual "Miracle Sunday." There will be a catered fellowship meal of barbecue and chicken after the service. Everyone's invited. Stonewall Methodist is also celebrating the 230th year of the Founding of the Church.

Reminder for Chili Cookoff Bakers

Bakers who volunteered to provide baked goods for sale at the 16th Annual Chili Cookoff to benefit The Old Theater are asked to deliver packaged goods to The Oriental Inn & Marina Courtyard between 10:00 and 11:00 AM on Saturday, October 26. The bake sale table will be located on the deck.

Package baked goods in clear plastic bags priced to sell for \$1.00 - \$5.00. If your baked goods contain allergens (tree nuts, peanuts) or they are Gluten free, please annotate on the package.

Tickets for tasters are sold at the gate for \$10. Tasters vote for their favorite chili served by 12 local chefs. For more information call 919-221-5362 or email vp@oldtheater.org.

Thank you for volunteering your time and baking talents to support The Old Theater!

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/>

Horoscopes



ARIES – Mar 21/Apr 20
Aries, you might find it challenging to assess a situation this week. Always stick to what your instincts are telling you as they are rarely wrong. Try not to get sidetracked by small details.



TAURUS – Apr 21/May 21
You may find a need to be more assertive at work, Taurus. Your ideas are sound, so don't hesitate to share them with colleagues. Others will appreciate your insight.



GEMINI – May 22/June 21
Communication may be the key for you this week, Gemini. It is an excellent time to network and share your ideas. Be concise in your interactions to avoid misunderstandings.



CANCER – June 22/July 22
Cancer, consider new habits that promote well-being and balance. It is important to focus on your health and tailor routines to that end. Find time to reflect on your goals and ambitions.



LEO – Jul 23/Aug 23
It's a great time to express yourself through art, hobbies, or social activities. Leo. Romance also could be in the cards, so make space for some fun and connection in your personal life.



VIRGO – Aug 24/Sept 22
This week could be focused on family matters and your home life, Virgo. It's an excellent time to organize your space and strengthen family bonds. You also can work on personal goals.



LIBRA – Sept 23/Oct 23
Social interactions this week are bound to be lively and stimulating, Libra. It can be easy to get carried away, so balance your social life with some quiet time to recharge.



SCORPIO – Oct 24/Nov 22
Financial matters might be in focus this week, Scorpio. Make a plan to review your budget and figure out how to save more. You may want to consider new investments.



SAGITTARIUS – Nov 23/Dec 21
You might experience a boost in energy and optimism this week, Sagittarius. It's always a good idea to focus on personal goals and any ambitions that you might have.



CAPRICORN – Dec 22/Jan 20
Capricorn, an exercise in reflection and introspection might be a good idea this week. It is time for some personal growth, including figuring out ways to be more receptive to feedback.



AQUARIUS – Jan 21/Feb 18
Aquarius, your innovative ideas may receive some positive attention, so don't be afraid to share with others. Social interactions rev up, but be sure to balance social life with downtime.



PISCES – Feb 19/Mar 20
This is a good week to reassess your professional aspirations and take practical steps toward achieving them, Pisces. Put out some feelers to your employment network.

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, and stylists.

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

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Billing Inquiries
frontdesk@thepamliconews.com
USPS 782-460
Published 51 times a year
801 Broad St., P.O.Box 510
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**Land/Home Sales
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Agent of the Week

Allen Propst
Owner/Broker/GRI

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

Allen assisted us in finding the house that met ALL our needs. He responded IMMEDIATELY to every text message with a phone call. Allen negotiated vigorously on our behalf. We have bought and sold homes in 5 different states. Our buying experience with Allen far surpassed any other.

Susan, Oriental



ORIENTAL – Oriental West Condominiums **2BR/2BA** waterfront unit with deeded deep-water boat slip on Smith Creek. Unit A-2 overlooks boat slip #6 (up to 40'), million-dollar waterfront views, and most furnishings convey. Updated kitchen with new cabinets & drawers, stylish SS appliances and warm quartz kitchen counters. **OFFERED AT \$350,000**



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**



MINNESOTT BEACH – Exception **3BR/2BA**, short walk to Neuse River & Minnesott Golf & Country Club. Maintenance-free 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
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Pamlico Community College

Cosmetology instructor celebrates a decade of teaching

By Sandy Wall

A Cosmetology instructor who began her career as a Pamlico Community College student recently celebrated 10 years of teaching.

Elethia Williams Woodham's anniversary as an instructor was officially Oct. 3. She celebrated with her students and colleagues at the college's Cosmetology Building in Bayboro.

"What an amazing 10 years it has been," Woodham said. "It has truly been self-rewarding to be employed at Pamlico Community College to celebrate this 10-year milestone at the institution where it all began."

Woodham, who grew up in Pamlico County and graduated from Pamlico County High School, was among the first students in 2004 to take courses inside the college's then-new Cosmetology Building. She finished her training at nearby Beaufort County Community College.

Woodham began teaching in Pamlico's program in 2014. She worked here for three years, and then took a job at BCCC, where she taught for several years.

Woodham returned to Pamlico for the Fall 2023 semester and has been here ever since. She teaches the beginner Cosmetology courses while Instructor Debi Fulcher handles the advanced courses. Woodham replaced Instructor Christy Laney, who left the area.

While at Pamlico, Woodham has organized fun events for her students, including holiday-themed hairstyling and makeup contests.

"I would confirm that teaching is my passion," she said. "The best part of my job is working with the students and igniting their love of learning!"

For more information about the college's Cosmetology and Esthetics programs, including how to enroll, please call 252-249-1851, ext. 3130.

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



Cosmetology Instructor Elethia Williams Woodham has taught at Pamlico Community College and Beaufort County Community College. Contributed photo

Did you know?

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day. Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.



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- Creating a Winning Business Plan



Register at
www.PamlicoSBC.com

FINANCIAL FOCUS

Are your heirs ready to receive an inheritance?



Dan M. Roberts

In the popular imagination, receiving an inheritance always sounds like a good thing — after all, who doesn't want a financial windfall? And inheritances can certainly be life-altering events. But they can cause challenges, so you'll want to help your heirs be prepared.

To assist in this preparation, try to address some key questions affecting your heirs:

- *Do they know what's in your estate plans?* Your family and other heirs will be much better prepared to deal with an inheritance if they know what to expect. That's why it's so important that you share your estate plans with everyone involved. You need to let them know the wishes and decisions you've expressed in your will and other legal arrangements, such as a living trust. Of course, sharing this information doesn't necessarily mean that all your heirs will be completely satisfied with your choices — but at least they won't be surprised, and perhaps will be less likely to cause disputes when the time comes to settle your estate.

- *Will they know what to do with the money or other assets?* You may be planning to leave your grown children a sizable amount of assets, possibly including cash, stocks, real estate, IRAs, 401Ks or other types of valuable personal property. But this inheritance brings with it several possible questions: Do your heirs already have an investment platform ready to accept inherited stocks? If you do leave behind rental property or a vacation home, can it be easily sold? These types of issues are generally not hard to resolve, but the more prepared your heirs are for their inheritance, the quicker they can take whatever actions are needed.

- *Are they prepared to handle any taxes that may result from the inheritance?* Unless you have a very large estate, your heirs likely won't face federal estate taxes. (In 2024, the first \$13.61 million

of an estate is exempt from federal estate taxes.) However, other types of taxes may apply. A few states assess state inheritance taxes, and your heirs could incur federal and/or state income taxes when they withdraw money from inherited assets funded with pre-tax dollars, such as some retirement accounts. They could also face capital gains taxes when they sell inherited assets, such as stocks, for more than they were worth at the time of the inheritance. In any case, inheritance-related taxes can be complex, so you and your family and other heirs should discuss these issues with your tax advisor.

- *Will they be liable for any outstanding expenses?* If you have developed a comprehensive estate plan, it's unlikely your heirs will be on the hook for any outstanding expenses, such as credit card balances or funeral costs. If you do still carry a mortgage, though, and you are planning on leaving your house to your heirs, they may want to be prepared to act quickly to sell it.

When leaving an inheritance, there's a lot involved — emotionally, financially and legally. So, do whatever you can to make the entire process as easy as possible for your loved ones. By communicating your wishes regarding the inheritance, and by considering all the issues that may arise, you can go a long way toward achieving the outcomes you desire.

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

NC COOPERATIVE EXTENSION Pamlico County

My Collards Have Worms

By: Daniel Simpson County Extension Director, Agriculture Agent



It's fall and that means collard greens, cabbages, and other leafy greens will soon be ready for harvest. This is especially important for those folks who desire to have a traditional Thanksgiving meal with an NC staple crop like collards. However, warm temperatures are still present in eastern NC which means all of our late-season pests are abundantly present. This includes numerous worms like imported cabbage-

worms, diamondback moths, and cabbage loopers. Let us discuss a few simple steps we can take to help protect our cherished greens from these hungry pests.

Worms (caterpillars) are the immature larval stage of various moth and butterfly species that directly feed on the leaves of many crucifer crops (collards, cabbage, broccoli, etc.). Most of these insects overwinter within or near the crop debris from previous seasons, so a good fall garden cleanup will help to reduce pest numbers in the spring.

Since worms hatch from tiny eggs laid by moths and butterflies, their presence often goes unnoticed until they begin to grow and devour holes in leaves. Often for every one imported cabbage-worm you find, you have probably missed several. Worms will also hide in the buds and undersides of leaves making them difficult to see or treat with insecticide. Snails may also cause similar damage to worm feeding, but are easy to identify by their large numbers and slow activity.



Control measures for worms might include using a physical barrier to exclude moths and butterflies, such as a lightweight floating row cover that is placed directly over the growing plants. This lightweight material is available from garden suppliers and is often used to aid in cold protection. However, with warm temperatures still around, you must be careful not to overheat your plants while using row covers.

Garden insecticides are most useful to control worms. Carefully read product labels when applying insecticides, especially around leafy greens. The harvest interval (time between application and harvest) should be monitored closely, since you will be consuming the foliage that is treated. Also, leafy greens have a waxy covering that causes many products dissolved in water to bead off the plant. For this reason, a surfactant might be recommended to aid in the retention of the product on the leaf surface. A common

spreader/sticker product is often used for this purpose. Lastly, pay attention to the growth of the plant. Since most garden insecticides used for worms requires direct contact or feeding by the insect, reapplication will be required. As the plant grows and pushes out new leaves from its buds, this new leaf material will be unprotected from any previous application. This means a follow-up application may be needed a few weeks later as long as temperatures remain warm and insects are active. Read the label directions for the recommend reapplication period.



Common garden insecticides often used for worms include organically approved products like B.t (Bacillus thuringiensis, Dipel), Spinosad (Captain Jack's Dead Bug Brew), and conventional insecticides like pyrethroids (Ortho Bug Clear), and Carbaryl (Sevin). Read and follow label directions when mixing and applying these insecticides. Mixing more product than is recommended will not aid in effectiveness. Thorough coverage is important to reach most insects, and don't forget the underside of leaves. Hand removal of insects is also possible, but it can be difficult to remove them all. Be sure to wash crops after harvest and consume them in a timely manner.



If you follow these recommendations, you should be able to protect your fall harvest from hungry pests. If you have additional questions about controlling worms in your garden then please contact Daniel Simpson at 252-745-4121 or daniel_simpson@ncsu.edu.

food garden?

Inflation has garnered countless headlines in recent years, and much of that news has focused on the notably higher cost of food. Though the cost of some items at the grocery store has gone down in 2024, many items remain significantly more expensive than they were as recently as three or four years ago. In an effort to overcome rising food costs, some consumers have thought about gardening. According to Washington State University, the average household with a food garden spends around \$70 per year on seeds and garden supplies. The reward for that small investment is roughly \$600 worth of food. Though the financial investment associated with a food garden might be minimal, it's important for prospective gardeners to recognize that the commitment of time required to establish and sustain a food garden can be significant.



THE HAUNTED TRAIL OF MOORES SWAMP ROAD

Come support our local horse rescue this October for our second season of a haunted hay ride trail in Pamlico County

136 Moores Swamp Road, New Bern (Reelsboro)

October 18, 19, 25 and 26

from 6pm-10 pm

\$15 adults \$10 child (under 15 years old)

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

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Health & Wellness



CarolinaEast Health System Named Among Newsweek's America's Best Physical Rehab Centers

New Bern facility ranked #4 in North Carolina

(New Bern, NC) – CarolinaEast Health System has been recognized on Newsweek's list of America's Best Physical Rehabilitation Centers 2024. This prestigious award is presented by Newsweek and Statista Inc., the world-leading statistics portal and industry ranking provider. The 2024 list lands CarolinaEast Rehabilitation Hospital as #4 in North Carolina. The facility has been ranked by Newsweek among the top four in N.C. for the last four years in a row.

The America's Best Physical Rehabilitation Centers 2024 ranking awards the leading physical rehabilitation facilities in the U.S. that were identified according to the definition of Inpatient Rehabilitation Facilities (IRFs) by the Centers for Medicare & Medicaid Services (CMS). IRFs are free-standing rehabilitation hospitals and rehabilitation units in acute care hospitals. CarolinaEast Rehabilitation Hospital is a comprehensive medical rehabilitation facility serving coastal Carolina. The rehabilitation hospital consists of 20 beds and is located on the first floor of CarolinaEast Medical Center. They are CARF Accredited, as well as a recipient of the Joint Commission's Stroke Rehabilitation Certification.

"CarolinaEast Rehabilitation Hospital is thrilled to be recognized for the exceptional, compassionate and individualized care that we provide," said Renee Newsom, PT, DPT, Director of Rehabilitation Services, CarolinaEast Rehabilitation Hospital. "Our team works diligently to maximize function and improve quality of life through collaboration and best practice. We are honored and privileged to serve those in our community and beyond."

Newsweek and Statista developed a complex methodology to ensure the quality and validity of the ranking. Four data sources were used for the evaluation, including a national online survey among experts, patient satisfaction, accreditation, and quality metrics.

Earlier this year, the New Bern hospital was also recognized on Newsweek's list of World's Best Hospitals 2024, America's Best-In-State Hospitals 2024 and America's Best Cancer Hospitals 2024. Additionally, CarolinaEast has received the American Heart Association's Get with the Guidelines – Stroke Gold Plus quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

The full list of hospital rankings is available on the Newsweek website: <https://www.newsweek.com/rankings/americas-best-physical-rehabilitation-centers-2024>



the importance of saving for health care...

The burden on health care costs in retirement could be a significant hurdle for retirees without a sizable nest egg or effective strategy to cover such expenses. According to the Fidelity Retiree Health Care Cost Estimate, an average retired couple aged 65 in 2022 could need around \$315,000 after taxes to cover their health care expenses in retirement. Thought traditional retirement goals like financing travel or relocating to a warmer climate are worthy pursuits, it's vital that individuals of all ages, including those on the cusp of retirement, recognize the importance of saving for health care expenses as well. Such expenses, which include medication costs, are easy to take for granted when individuals are still working. However, Fidelity notes that generics, branded drugs and specialty drugs account for roughly 17 percent of retirement health care expenses. That equates to around \$53,500 that might be needed to pay for medication alone.



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Churches of Pamlico

Photo by: Hiram Lupton



Rock of Zion Freewill Baptist Church - Grantsboro



Coastal Women's Shelter, Inc. announces "Coastal Center for Hope & Healing" as the New DBA Name and Unveils new Lighthouse Logo

NEW BERN, NC (10/11/2024) - Coastal Women's Shelter, Inc., a leading organization dedicated to supporting survivors of domestic violence and sexual assault, is proud to announce that it will now be doing business as (DBA) Coastal Center for Hope & Healing. Along with the new DBA name, the agency is unveiling a fresh new logo featuring a lighthouse, symbolizing guidance, safety, and hope.

Why the New Name?

The DBA name, Coastal Center for Hope & Healing, was chosen to more accurately reflect our mission of providing holistic care and long-term support to all survivors of domestic violence and sexual assault. While we will continue to operate under our legal name, the new DBA name better represents the essence of our work and the comprehensive services we offer.

"Our transition to doing business as the Coastal Center for Hope & Healing, along with the introduction of our new lighthouse logo, underscores our commitment to not just being a place of safety but also a source of ongoing support, empowerment, and healing," said Amanda Delgado, Executive Director. "The lighthouse symbolizes the guidance we provide to survivors, helping them navigate from crisis to healing and brighter futures."

Rev. Jim Daub, president of the Board of Directors, states: "This is a most exciting time for us at Coastal Center for Hope and Healing. As we prepare to celebrate our 40th Anniversary as an agency, we not only have the opportunity to look back on but especially forward concerning the vital work that is done in our communities. I am grateful for our amazing staff, dedicated board, and most generous sup-

porters of our agency. Our staff could not do the fantastic work in helping others without the financial support and giving hearts that provide many items of need each month. I firmly believe our new name and dynamic logo will help us continue to move onward for many more years of service to those in need."

Introducing the New Lighthouse Logo:

Amid great storms or while looking for a safe harbor when lost, mariners looked to the strength and bright beacon of light in the darkness from the lighthouse to guide them to shelter and peace. We at Coastal Center for Hope and Healing desire to be that strength and guiding light for those seeking direction and help to navigate the storms and darkness of domestic violence or sexual assault. You will see that the colors of our logo have specific meanings: purple is the color for domestic violence, and teal is the color for sexual assault.

At Coastal Center for Hope and Healing, you, a friend, or a loved one will be equipped with the tools and resources needed to find not only safety to weather the storms of domestic violence or sexual assault but also the strength and ability to have new beginnings moving forward.

What's Staying the Same?

While we have adopted a new DBA name and logo, our mission and services remain unchanged. Under Coastal Center for Hope & Healing, we will continue providing safe emergency shelter, crisis intervention, court advocacy, counseling, and community outreach. The rebranding allows us to communicate better the scope of our work and the healing journey we facilitate.

STATEWIDE CLASSIFIEDS

Auctions

Nash/Franklin Co. Land Auction - 293.06 ACS offered in 12 tracts Oct.23, 2024 - 1:00PM, Seven Paths Manor, 8446 Seven Paths Rd, Spring Hope, NC 27882

Health Services

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Miscellaneous

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Miscellaneous

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WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-313-1427. Have zip code of service location ready when you call!

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Margaret Thatcher once said, "Being powerful is like being a lady. If you have to tell people you are, you aren't."

NOTICE OF PUBLIC HEARING

Public Hearings on Special Use Permits for short term rentals at 400 Mildred St and 302 Neuse St in the Town of Oriental will be held on Wednesday, November 6, 2024 at 6PM in the large Board Room in Town Hall, 507 Church St, Oriental, NC. The application will be available for viewing by the Public at Oriental Town Hall and online at www.TownofOriental.com.

The meeting is open to the Public.
Diane H. Miller, MPA, ICMA-CM
Manager/Clerk

Pamlico County Farm Bureau Annual Meeting
Wednesday, October 30th at 7 p.m.

Location: Pamlico County Farm Bureau Office, Bayboro

We will be welcoming our guest speaker
Connly Adams

Refreshments Served & Door Prizes Awarded

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF TODD CARLTON WHORTON
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 BRITNEY GREER, and husband, COZMO DROLET GREER
Versus

INCIDENTS

- Sept. 26, NC Hwy 306 N., Grantsboro, order for arrest child support
- Sept. 26, NC Hwy 55, New Bern, order for arrest driving while license revoked, order for arrest failure to maintain lane control
- Sept. 26, NC Hwy 55, Grantsboro, larceny from merchant, remove/destroy/deactivate antitheft device, injury to personal property
- Sept. 27, Halls Creek Rd., New Bern, assault on a female by male at least 18 years of age, injury to personal property, assault individual with disability inflict serious injury, break or enter building (misdemeanor), break or enter motor vehicle
- Sept. 27, Blackhorse Run N., New Bern, first degree burglary of occupied dwelling, second degree burglary of unoccupied dwelling, second degree trespass, communicating threats, injury to real property
- Sept. 27, Main St., Bayboro, warrant for arrest obtain property false pretense
- Sept. 28, Main St., Bayboro, disturbance
- Sept. 28, NC Hwy 55, Grantsboro, second degree trespass, communicating threats
- Sept. 28, Lynchs Beach Loop Rd., Bayboro, dispute
- Sept. 30, Mill Pond Rd., Alliance, assault by pointing gun
- Oct. 2, Main St., Bayboro, driving while impaired
- Oct. 3, Prescott Rd., Grantsboro, no operators license
- Oct. 3, River View Rd., Arapahoe, financial card fraud - felony
- Oct. 4, NC Hwy 306 N., Grantsboro, littering not > 15 lbs.
- Oct. 4, Sandy Trail Rd., New Bern, simple assault
- Oct. 4, Lynchs Beach Loop Rd., Vandemere, warrant for arrest communicating threats
- Oct. 5, Point of View Dr., Merritt, injury to personal property
- Oct. 5, NC Hwy 306 N., Grantsboro, trespassing
- Oct. 6, Lee Ct., Arapahoe, driving while license revoked not impaired revoked
- Oct. 6, Scott Town Rd, Grantsboro, order

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 non-resident Defendant to file an answer with Plaintiff's Attorney, Kevin R. Bryant, whose address is 68 Woodmere Mail, 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

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF BARBARA CAROL JOHNSON
File No.: 24 E 149

All persons, firms and corporations having claims against deceased, are notified

INCIDENTS

- Sept. 26, NC Hwy 306 N., Grantsboro, order for arrest driving while license revoked not impaired revoked
- Oct. 6, Foxwood Trail Rd., New Bern, break or enter motor vehicle, possess stolen goods/property (M)
- Oct. 6, NC Hwy 55, Grantsboro, larceny from merchant remove/destroy/deactivate antitheft device
- Oct. 6, NC Hwy 55, Grantsboro, habitual larceny
- Oct. 6, NC Hwy 55, Grantsboro, order for arrest assault on a female
- Oct. 6, NC Hwy 55, Stonewall, larceny of motor vehicle parts, damage/injure property to obtain nonferrous materials, injury to personal property
- Oct. 6, Old Bay River Rd., Alliance, misdemeanor crime of domestic violence, assault in the presence of a minor
- Oct. 6, Olympia Rd., New Bern, order for arrest child support
- Oct. 7, South St., Bayboro, communicating threats
- Oct. 8, NC Hwy 55, Alliance, injury to real property
- Oct. 9, Main St., Bayboro, misdemeanor child abuse
- Oct. 9, NC Hwy 55, Alliance, financial card fraud - misdemeanor
- Oct. 9, New Ditch Farm Rd., Bayboro, traffic stop arrest
- Oct. 9, NC Hwy 304, Bayboro, communicating threats

PROPERTY TRANSFERS

- Sept. 13, Butterfly Acres Lot: 3, PCA 112-2, Woodland Heights Lot: 2, MB 12/58, Woodland Heights Lot: 1, MB 12/58, Shine Landing West Lot: 20, PCA 142-17, PIN D061-17-3, D051-27-2, D051-27-1 & H092-4-20 from Traci D. Gibson to Lewis Legacy, LLC, \$0
- Sept. 13, Glenwood Heights Sub Parcels 1-6 MB 1/15; Map Attached from Crystal Marie Hughes, William Berkley Hill, Berkley William Hill to William Berkley Hill, Mary Yolondo Romano Hill, \$1
- Sept. 13, Cutter Bay Lot: 89 3.88 AC PCB 15-17 from Cutter Bay LLC to FFGG, LLC, \$290

to exhibit them to CATHY J. STEWART, CO-EXECUTOR OR CYNTHIA MALLOL, CO-EXECUTOR on or before JANUARY 14, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 16TH DAY OF OCTOBER 2024

ESTATE OF BARBARA CAROL JOHNSON
C/O CATHY J. STEWART
5286 FLORENCE RD
MERRITT, NC 28556
ESTATE OF BARBARA CAROL JOHNSON
C/O CYNTHIA J. MALLOL
3803 SPEIGHT SEED FARM RD
WINTERVILLE, NC 28590

Publish OCTOBER 16, 23, 30 AND NOVEMBER 6, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CHERYL CARAWAN EVANS
File No.: 24 E 188

All persons, firms and corporations having claims against deceased, are notified to exhibit them to RICHARD EVANS, ADMINISTRATOR on or before JANUARY 14, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named

Administrator.

This 16TH DAY OF OCTOBER 2024

ESTATE OF CHERYL CARAWAN EVANS
C/O RICHARD EVANS
338 FOXWOOD TRAIL
NEW BERN, NC 28560

Publish OCTOBER 16, 23, 30 AND NOVEMBER 6, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF TERRY ROGER GARNER
File No.: 24 E 191

All persons, firms and corporations having claims against deceased, are notified to exhibit them to APRIL MAJOR, EXECUTOR on or before JANUARY 14, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 16TH DAY OF OCTOBER 2024

ESTATE OF TERRY ROGER GARNER
C/O APRIL MAJOR
685 TIMBERLANDS DR
LOUISBURG, NC 27549

Publish OCTOBER 16, 23, 30 AND NOVEMBER 6, 2024.

- Ellen E. Lyons, Bruce Lundeed to Roy F. Falgout, Jr., \$79
- Sept. 16, 2 Tracts; Dolls Creek from Teal Lupton Sadler, Doran L. Sadler to Teal Yvonne Sadler, \$0
- Sept. 16, Two Tracts; Hobucken from Teal L. Sadler, Doran L. Sadler, Alton Derwood Lupton, Wendy Lupton Honeycutt to Teal Yvonne Sadler, \$0
- Sept. 17, Mason Bay Lot: 4, PCA 49-2; Map in DB 446/671 Beneficiary and Executor's Deed; 24E50 from Michael V. Garner, Jacqueline Marie Mendoza-Garner, Jacqueline Marie Mendoza Garner, Jacqueline Marie Mendoza Garner, Jodie L. Garner, Jane Garner, Randon V. Hetrick, II, Beverly Hetrick, Michael V. Garner/EXR, Harvey L. Garner, Jr./EST to Jeffrey E. Byrne, Angela P. Byrne, \$1,010
- Sept. 17, PIN K081-83-1; Lot 4A, Richard Delamar Property Orchard Creek Rd MB 6/84 from Anthony Thomas Dombrowski, Kelly Marie Dombrowski to Home Bridge Real Estate, LLC, \$50
- Sept. 17, Arlington Place Lot: 145 Phase 1 PCA 153-17, Trustee's Deed; PIN F09-33-145; 24SP11; 23M29 from Eric M. Strumpf, Jeanette Strumpf, Hope Derby Carmichael/TR to Arlington Place Property Owners Association, Inc., \$12
- Sept. 17, Hugh L. Rawls Lot: 5 MB 6/3 & .086 AC Strip of Land Immediately North, Hugh L. Rawls Lot: 6 MB 6/3 PIN F093-62; 24E2 from Elizabeth Darlene Toler, Elizabeth Darlene Toler/EXR, Patsy T. Alfred/EST, Deborah A. Baker, Jimmy Hardison, Jr., Elizabeth Hardison, Jennifer Hardison, Brian Champaux to Gary Roger Benoit, Dawn Marie Benoit, \$420
- Sept. 17, PIN H08-34; 15 AC NCSR 1005; Will Book 3/335 from Doris A. Johnson, Doris Armstrong, Roosevelt Leonard Johnson/AIF to Roland Johnny Ward, Jr., Cynthia V. Ward, \$105
- Sept. 17, 1 Tract SR 1226 & SR 1225; PCA 194-14 & Map DB 713/513 from Jordan Hopkins Grey, Catherine Jordan Hopkins, Jacqueline Marie Grey to Jordan Rose, Sarah Rose, \$170

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Capt. Ron Diamond 252-249-0725 in Oriental

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- Two Antique British Seagull Outboards \$350 Each
- Three Sailboat Motors For Sale:
- 2 Cyl Volvo w/ Velvet Drive \$1000
- New 2 Cyl Kubota in Crate \$1200
- Keel Cooled Mitsubishi w/ Transmission \$400
- Diesel Motors For Sale:
- Two Caterpillar 3208's w/ Twin Disc. \$2500 for Pair
- 3208 Marine Engine w/Italian Twin Disc 300 hrs, fresh water cooled \$13,500
- 3208 Cat Turbo Truck Engine, complete drop in, on a skid with radiator \$11,500

Call Capt. Ron Diamond 518-657-1348 in Oriental

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 water.

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.

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



Another week flew by with a guest visiting all week from Rougemont. One of Russell's fishing buddy's, Brent Pulley was here and he caught a twenty four and a half inch drum off of my dock along with two large flounders. That made my day because we had not seen flounder in our creek for some time.

Woodmen Life Chapter 449 on Florence Road is having their Chapter Meeting and Halloween Party on October 26 at 5:00p.m. Carnival following the meeting. Guests are invited. Woodmen Life Christmas Party and Awards Ceremony is December 7 at 3:00p.m. Please RSVP to Catherine Stewart (252)675-8022 as soon as possible. Play at Civic Theatre in New Bern 11/10 2:00p.m. limited to 25 members-\$10 per person. Please RSVP to Catherine Stewart as soon as possible. Played at Bethel today for

a small congregation. There was a couple new to our community who are building at Sunset Shores, Mark and Brenda Milos. My two grandsons worked at Camp Seagull and Camp Seafarer this weekend as camping is almost ending. James cut down a tree in my yard that the woodpeckers had pecked holes in and it died. It was the most beautiful tree when we moved here. Happy Birthday to Marsha Palpham October 12, Ray Scott on October 23.

THOUGHT FOR THE WEEK—OCTOBER, HERE'S TO YOU. HERE'S TO THE HEADY AROMA OF THE FROST-KILLED APPLES, THE WINERY SMELL OF RIPPENED GRAPES, THE WILD-AS-THE-WIND SMELL OF HICKORY NUTS AND THE NOSTALGIC WHIFF OF THAT FIRST WOOD SMOKE.

Pamlico Betty Jo Rodgers, *Correspondent*



On Friday evening approximately 2,000 people were blessed to attend the Gaither Vocal Band Concert at Temple Baptist Church in New Bern. Roy and I attended as guests of Joannis and Walter Summerlin along with his parents, since it was part of her birthday present. We saw several others from Pamlico County including Dennis Brinson, Penny Ford, Hazel Alcock, and some ladies from Vandemere. I am sure there were probably many others there from the county that I did not see. I even saw some members from my first church in Richlands. If you missed it, you missed a blessing.

Hurricane Helene devastated western North Carolina and the people in western North Carolina will need your prayers and support for a long time to come. 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> and other reputable organizations.

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

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

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. Stonewall will perform their Christmas Cantata on December 8, 2024.

Celebrating birthdays in October are 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. Memory failing? Take Spiritual Vitamin M. "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me." (2 Corinthians 12:9)

4 fun facts about the month of October



Canadians celebrate Thanksgiving each October. While October may not be home to Thanksgiving in the United States, Americans, much like their Canadian counterparts, have much to be thankful for in the tenth month of the calendar year. Fall temperatures tend to be at their most accommodating in October, which also happens to be home to Halloween. Those are not the only interesting and fun facts about this popular month.

1. October has something of a misleading name. Licensed drivers undoubtedly know that the prefix "octo" means eight, which is why Stop signs are octagons. So why does October, the tenth month of the year, have a name that suggests it should be the eighth month of the year? That peculiarity can be traced to the early Roman calendar, which featured just 10 months, the eighth of which was October. The Romans eventually converted to a 12-month calendar, and October kept its name despite becoming the tenth month of that calendar.

2. Some notable individuals have holidays in their honor in October, including two on the same day. This year, Monday October 9, 2023, is both Columbus Day and Leif Erikson Day. It's fitting that each figure's holiday falls on the same day, as both are among history's more well-known explorers. Columbus Day commemorates the arrival of Christopher Columbus in the Americas in 1492, while Leif Erikson Day celebrates a man believed to be the first known European to set foot in continental North America.

3. Columbus Day might court its fare of fanfare (and controversy), but its popularity cannot match that of October's most beloved day to celebrate: Halloween. Halloween is celebrated on October 31 and History.com notes this can be traced to ancient Celts. The Celts celebrated the festival of Samhain on October 31, the night before their new year. They did this because they believed that night marked the return of the ghosts of the dead to earth. That emphasis on the ghoulish is present each Halloween as well.

4. October is considered a great time of year to take a road trip, and much of that reputation can be traced to fall foliage. Leaves begin to change color in many regions in early October, and the resulting colorful landscape is beautiful to behold. Though some may presume the shift in color in October is due to the month's typical drop in temperature, it's actually due to a decrease in sunlight. According to the Farmer's Almanac, leaves begin to lose their green color when photosynthesis from sunlight slows down, which happens because the hours of daylight dwindle considerably during the month of October. That lack of sunlight causes chlorophyll to break down, which in turn causes leaves to change color. But not all leaves will look the same, as any leaf-peeping pro will know. Some leaves turn red, while others turn brown, orange or yellow. The trees that turn red get more direct sunlight in October, while those that get less direct sunlight turn brown, orange or yellow.

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BUILDING TOMORROW, TODAY

"Building Tomorrow, Today" is more than just a motto—it's a reflection of the growth and momentum we're experiencing at Pamlico Christian Academy. This fall, we celebrate the PCA boys' soccer team finishing first in the 1A South Division, and our capital campaign is moving full steam ahead, ensuring progress on our new school building. We're proud of recent moments that brought our community together, from a heartwarming Grandparents Breakfast to the success of our Building the Future Fishing Tournament. PCA's spirit of service was also on full display as we rallied to support those in Western North Carolina affected by Hurricane Helene. Looking ahead, we're excited about what's on deck: the PTO Fall Festival, open to all, a special visit from Congressman Greg Murphy, our partnership with Pamlico Community College for a Red Cross Blood Drive, and shifting gears as we move forward into Phase Two of fundraising. Together, we are truly building a brighter future for our students and community.

PCA Mariners Boys Soccer Team – 1st Place Team - 1A South Division – MACAA Conference

Many firsts for Pamlico Christian Academy's boys' soccer—the team proudly took 1st place in the 1A South Division and is now headed to the MACAA Conference Championship. Special recognition goes to our two seniors, N. Terry and E. Wright, for their leadership and dedication and to our incredible coaches for their guidance and hard work. Thanks to PCHS for fitting our club into their schedule, we had the opportunity to compete against Pamlico County High School. What a great tradition this will become over the years—we look forward to next year's matches!



Casting for a Brighter Future

Our capital campaign is moving forward, and while we've made significant progress on Phase One, we still have a bit more to go to reach our goal. As our fundraising thermometer shows, every contribution helps us inch closer to completing this phase. At the same time, we're excited to begin looking toward Phase Two—aiming to provide a space where our upperclassmen can graduate from the new school building uniting all of PCA our PCA family under one roof. To learn more about how you can help us reach our goal and be a part of this



exciting journey for Pamlico Christian Academy use the QR code or



visit us @ www.pamlicochristianacademy.org/capital-campaign

Celebrating Generations, Sharing Hope

This fall, Pamlico Christian Academy brought families together at our upper and lower campuses. Our Grandparents Breakfast was a joyful event where students shared smiles, stories, and a tasty meal with their grandparents, celebrating the role they play in their lives. Then, our upper school students invited a special adult to Doughnuts with Grownups, enjoying their favorite doughnut and worship together. These events highlighted the strong bonds within our PCA family.



Alongside these moments, our PCA family rallied to support those in Western North Carolina affected by Hurricane Helene, collecting much-needed items for relief efforts. We are continuing to collect items. These initiatives demonstrated the Christian spirit of love and service that defines our school. Thank you to all who participated and made these efforts so meaningful!



How parents and educators can work together

Parents and educators alike aspire to help students perform their best in the classroom. An effective parent-teacher partnership can go a long way toward helping children reach their academic potential. With that goal in mind, parents and educators can employ the following strategies as they seek to develop a strong working relationship.

- Keep lines of communication open. Communication between families and educators is of paramount importance. The Early Learning Network, an organization devoted to improving the academic success of children that is funded by the Institute for Education Services, emphasizes the importance of routine communication between parents and educators throughout the school year. The ELN notes that open, clear, constructive, and timely communication can help parents know what's going on at school

and ensures teachers know important things about their students.

- Make use of parent-teacher conference sessions. Both parents and teachers can utilize parent-teacher conferences to communicate directly with one another. Parents can prepare a list of questions regarding their child's academics, while teachers can provide a clear assessment of each student with feedback that celebrates the positive developments a student is making and offers constructive advice on areas where students can improve. Ample pre-conference preparation on the part of both parents and educators can help ensure sessions are productive and beneficial to students' development.
- Develop a plan together. Western Governors University recommends parents and educators develop a plan to collaborate together. Establish routine intervals to communicate to discuss

a student's progress. Discuss what seems to be working and any areas where the approach by both parties may need to be tweaked. For example, parents should be open to suggestions regarding homework if the work students are submitting is not reflective of their abilities. Similarly, if students indicate to their parents that a certain in-class approach is not resonating, educators can remain open to suggestion or offer extra assistance if possible. Working on a plan together decreases the risk that any issues a student experiences will fall through the cracks.

A collective effort on the part of parents and educators can increase the likelihood that each student fulfills their academic potential. Parents and educators can work together to keep lines of communication open and make the most of opportunities to speak directly with one another.

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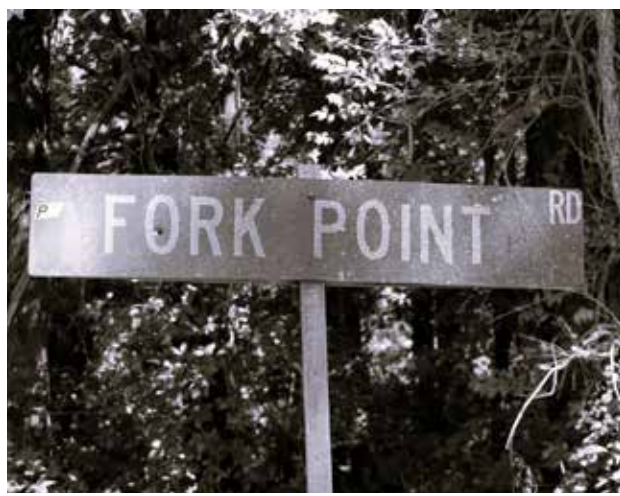
COASTAL LIVING

The Ghost of Fork Point Road

by: Hiram Lupton



Nestled in the eastern part of our county, near Whortonsville, there is the barely noticed community of Fork Point. Lying at the conflux of Brown's Creek and Broad Creek it is accessible on land by the aptly named Fork Point Road. While this may seem to be just another wooded residential neighborhood off of Straight Road, there may be something a bit paranormal stirring here. Ghosts. A former resident of Fork Point, who asked not to be identified, has several times witnessed an entity wandering through the woods or along the gravel road there. Her description fits that of a man, resembling what could be a Native American, who could have resided in eastern North Carolina in the early 1600's. "He really didn't seem to notice me at all. His did look warlike, with face paint, but I didn't feel threatened by him. He seemed to be searching for something." Another resident, while never seeing anything out of the ordinary, has occasionally felt an eerie presence. "I don't usually go walking toward the end of the road near dark. It can be a creepy feeling place." It is thought at one time, there was an Indian burial ground in the area of Fork Point, near the water. Could this be a disturbed entity from that burial ground. Or, could it perhaps be an apparition searching for someone, maybe a lost love. Could this be the ghost of Menakee (Buck with big horns). Menakee was the son of a tribal elder of a band of Native Americans who resided primarily along the outer banks of North Carolina. Every fall, members of various groups of Indians from the area would congregate near Fork Point for a great harvest celebration. In the past there had been conflicts among these various factions, but it was now a time of relative peace between the groups. This was the not first time Menakee had traveled to "The Gathering," but it was the first time he was to meet what would become the love of his life. Weenaoh (Little Fawn) was the beautiful daughter of a tribal chief who lived in what is now Pamlico County. When Menakee saw her, it was love at first sight and he knew instantly she would one day become his wife. Weenaoh had noticed him too and it was apparent that the feelings were mutual. There was a problem, however. When Menakee asked Weenaoh's father for permission to wed her, the chieftain declared that she was too young to marry. They would have to wait one more harvest moon (a year) before she would be old enough. It seemed like an eternity, but both agreed that next year at the harvest celebration, they would wed. Menakee returned home and began what seemed to him an endless wait. Finally, a year had passed and it was time for the harvest celebration, and



most importantly to Menakee, a return to his love to be wed. When the small band arrived to Fork Point from the banks, something seemed strange. There was barely anyone around the settlement and those that were there appeared weak and fragile. Upon inquiry, it was discovered that a great sickness had swept through the villages along the shores of the Neuse. This had happened a week or so after strange visitors from afar had come from the east. The strange pale visitors came in peace and only sought friendship and to trade items for food, but they had brought disease with them. "Where was Weenaoh?" asked Menakee. Sadly, she was among those who had died. It was told that her last words were, "Tell Menakee that while I may die, my love for him will last forever." She was buried in the Fork Point burial grounds. Menakee was distraught. He returned home a broken man and while he lived for several years more, immense depression overwhelmed him. He finally died of a broken heart. It is thought that every fall, near the time of the harvest celebrations, the ghost of Menakee returns to Fork Point in search of his lost love. He is more likely to be seen by dark haired, dark eyed females, resembling Weenaoh. If you are in the Fork Point area and think you see a Native American searching for something, he means you no harm. It is only a broken hearted Menakee, searching for his love.

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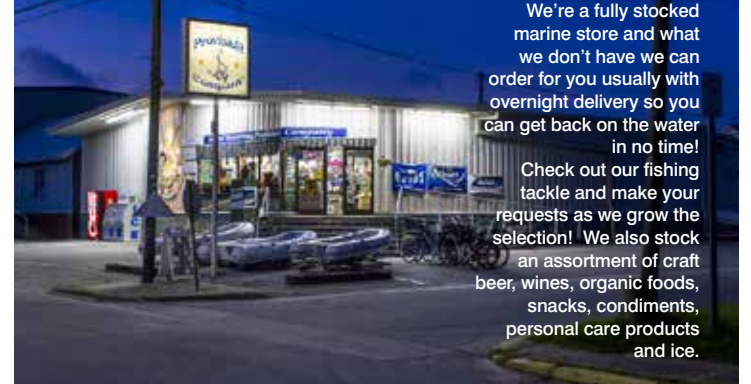


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"When the spooks have a midnight jamboree/They break it up with fiendish glee/The ghosts are bad but the one that's cursed/Is the headless horseman; he's the worst/That's right, he's a fright on Halloween night!When he goes a joggin' 'cross the land/Holding his noggin in his hand/Demons take one look and groan/And they hit the road to parts unknown/Beware, take care he rides alone!"

- From "The Headless Horseman," The Legend of Sleepy Hollow (1949)

Two Great Places to Get Your Scare on this Halloween Season

by: Hiram Lupton

If you find getting a frightful scare this time of year a fun thing, and who doesn't, there are two great ways to do that right here in Pamlico County this spooky season and support two great organizations at the same time. Volunteers with both events have worked hard to give you a frightful and fun experience so check them both out.

The Haunted Trail of Moore's Swamp Road

Now in its second year, The Haunted Trail of Moore's Swamp Road is back, bigger and better than ever. "Last year was a learning process for us," says one of the organizers, Sandra Collins. "It was a big job just getting started, but we got a lot of feedback from visitors and have used that to improve and make the trail a better experience for everyone this year." The trail is a hayride type of event where attendees ride on a trailer through a forest filled with an assortment of sights that are both terrifying and the just plain fun. You will be jumping with fright and laughing at the same time. The trail is open from 6 to 10 PM on October 18-19 and 25-26. The first two hours (6-8) are more little kid friendly in it's scariness, with the last two hours (8-10) a bit more frightful. The cost is \$15 per adult, \$10 for kids ages 5 to 15, with 4 and under are free when accompanied by an adult. If you come in a large group, ask about a discount. There will also be hot dogs, chips and drinks available. All proceeds go to help support the Horses of Pamlico, etc. (HOPE) animal rescue. These folks do an awesome job, so you know your money will be put to good use. The Haunted Trail of Moore's Swamp is located in Reelsboro, at 135 Moores Swamp Road, New Bern. This is just off of NC Hwy 55 and on the left, just look for signs and volunteers will direct you to parking. Just a reminder, this is a working horse farm and horses may be present in the pastures. Do not try to pet the horses, they are rescues, and can bite, kick and fart - none of which are pleasant.

The Triangle VFD Trail of Terror

This is the fourth year of the Triangle Volunteer Fire Department's "Trail of Terror" and let me tell you, every year it just keeps getting better and better. While they have kept a couple of familiar themes along the trail, most of the frightful encounters are new and improved. There is just the right mix of real actors and animatronics in the wide assortment of scary beings you will meet along the trail which winds through a cornfield behind the Fire Department at 202 North 4th Street in Bayboro. The trail will be open from 7 PM until midnight on October 18-19 and 25-26. The cost is \$10 per person and is well worth it especially since it is going to a good cause, the Triangle Volunteer Fire Department. If you hear growls coming from your stomach rather from something along the trail, there will be a food truck or two there to satisfy your hunger. Come on out for a scary good time and cross the bridge if you dare. The Fire Department thanks all their sponsors who helped them put on this event and particularly Dennis and Martha Gaskill for donating the use of their land for the trail. They also ask you to go online and take a short survey about the trail so they can keep making it better each year.



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Haunted Trail of Moores Swamp



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Pamlico Drops Fossil Bowl to Southside

by: Hiram Lupton

The Southside Seahawks flew down NC Hwy 33 to Pamlico last Friday for their annual Fossil Bowl and Coastal Plains Conference matchup. Neither of these two teams has had a particularly satisfying season so far with only one win between them, that belonging to Pamlico. The first half had some offensive highlights as well as miscues by both squads. Pamlico scores included a short rushing touchdown by Eric Brantley as well as a long run covering 98-yards for a score by Kamden Keys. In between, Quarterback Treyvon Munford connected with Koby Lane on a 23-yard touchdown pass. Pamlico led 20-13 with under a minute to play before the half, but failed to stop Southside from finding the end-zone in the final seconds and the Seahawks held a 21-20 lead at the break. The 3rd quarter belonged to Southside as they tallied 20 unanswered points in the period. Seahawk running back MyQuan Clark repeatedly got around the edge and simply ran away from Hurricane defenders. He would finish the night with 5 touchdowns and rack up 292 yards rushing on 14 carries. Pamlico showed some late life in the 4th quarter with an 85-yard touchdown scramble by Munford to pull within 15, at 41-26. There was however, just not enough time for a comeback and when Southside tacked on another late score to make it 47-26, Pamlico's fate was sealed. This Friday, Pamlico travels to the land of the Devil Pups to take on Lejeune who will bring an overall 2-5 record into the game.



Quarterback Treyvon Munford (#4) gaining positive yardage against Southside

roadway rage

Road rage is a significant problem on the nation's roadways. A 2014 survey from AAA found that 46.6 percent of drivers reported having yelled at another motorist, while 44.5 percent indicated they had honked to show annoyance or anger with another driver. Road rage can be more than just getting a little steamed at the person who cut you off. AAA reports nearly eight out of 10 drivers demonstrate aggressive driving behaviors while driving. This can result in accidents, including some that are fatal. A report from the advocacy group Everytown for Gun Safety indicated that 2021 was the deadliest year for incidents involving road rage, with an average of 44 people per month shot and killed or wounded during a road rage incident in the United States. Road rage deaths due to gun violence have doubled compared to pre-pandemic levels. Should you be confronted with road rage, some of the best advice is not to take it personally and escalate the aggression. Always take the humble route and try to de-escalate the situation, particularly if another driver believes you are in the wrong. Mouthing "I'm sorry" may cause the other driver to feel he or she has won and it will diffuse the situation. It's not about being right or wrong, but getting to a destination safely with no confrontations.

PCMS Volleyball Team Honored

by: Hiram Lupton

Last Tuesday, Between JV and Varsity high school matches, the Pamlico County Middle School volleyball team was honored by their older counterparts. The PCMS team, which won their conference championship and conference tournament, were presented medals and roses in recognition of their achievement. The photo shows the pipeline of volleyball talent currently in Pamlico County, with Middle School, High School Junior Varsity, and High School Varsity, all of which are their conference's respective champions for 2024.



Three teams of champions

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Pamlico Closes out Regular Season as Conference Champs

by: Hiram Lupton

It was big week for Pamlico County High School Volleyball as the Hurricanes wrapped up another successful regular season. On Tuesday they hosted their rivals from Northside-Pinetown with the opportunity to seal up the Coastal Plains Conference Championship. The Junior Varsity set the tone with a 2-0 sweep of the Panthers (25-10, 25-21). It was then the Varsity's turn to take the court and they established dominance early on their way to a 3-0 sweep (25-10, 25-13, 25-17). This clinched the conference championship for the 3rd year in a row for the Hurricanes. This wasn't all for the week for Pamlico, as on Thursday evening they hosted the Seahawks of Southside. Once again, the JV took their match by sweeping the Seahawks 2-0 (25-21, 25-10). This was the final match of the season for the Junior Varsity and thanks to their stellar season, they can lay claim to the conference JV championship. Congratulations to them and their Coach, Jakiya Jones. As is tradition, at the final home regular season match, Pamlico honors the senior members of the team and this was done between the JV and Varsity matches. Four great young ladies were recognized; Team Manager Kylie Morgan, Kendall Harris, Taylor McHenry, and Peyton Robinson. When the 'Canes took to the floor for the match, they quickly took care of business with a 3-0 sweep of Southside (25-8, 25-14, 25-18). Pamlico finishes their regular season conference schedule undefeated with a 10-0 record and they only dropped a single set to conference opponents all season. They have an overall mark for the season of 19-3. It is now on to the post season for Pamlico, who hosts the CPC tournament this Wednesday (10/16) where they will look to also capture their 3rd straight tournament title. After that it is on to the North Carolina High School Athletic Association Championship Tournament which begins on October 22nd.



Honored Volleyball Seniors (L to R), Assistant Coach Jakiya Jones, Team Manager Kylie Morgan, Kendall Harris, Peyton Robinson, Taylor McHenry, Head Coach April Rose



Sydney Lamar gets a kill against Northside



Nazri Williams goes up at the net versus Southside

VOTE!

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NC Senate District 2

Christian ★ Conservative ★ Republican



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EARLY VOTING

Begins Thursday, October 17
Ends 3 PM Saturday, November 2

Bayboro Courthouse

202 MAIN ST
BAYBORO, NC 28515

HOURS OF OPERATION:

- Thursday, October 17 - Friday, October 18
8:00 a.m. - 7:30 p.m.
- Monday, October 21 - Friday, October 25
8:00 a.m. - 7:30 p.m.
- Monday, October 28 - Friday, November 1
8:00 a.m. - 7:30 p.m.
- Saturday, November 2
8:00 a.m. - 3:00 p.m.

Last day to register to vote
or change registration is
October 11 by 5 p.m.

Photo ID Required

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