



The Pamlico News

Wednesday, October 30, 2024

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ORIENTAL RECREATION PARK FALL FESTIVAL

It's FALL! The humidity has left, the cool breeze has returned and we are feeling the need to have some fun. We are having a Fall Festival - a little shy of a full scale county fair I'd say. Two fold purpose; to honor our first responders with a meet/greet/ touch their stuff kinda day (and of course accept donations for them), and second to help you guys remember you have a beautiful park in your town that is just full of fun to be had. What kind of fun you ask? Well, just read the attached flyer and come on out and see. I know there is a lot of stuff going on that day but surely you can spare some time for a tug o war game, some sack races, **oh I know -- FREE HOT DOGS!**

All Day Going-On

- Face Painting
- Calligraphy
- Baked Goods
- Tug of War Games
- Corn Home Games
- Sack Races
- Bocce Ball
- Horseshoe Games
- Free Kitten Give-Aways

Fund Raising Stations:
Oriental Fire Station #19
Oriental Police Station
Pamlico County K-9
Pamlico County Rescue Squad



Hello Oriental! Today, our brand new, custom made, extremely great quality, simply beautiful benches were delivered to the Dog Park by the skillful craftsmen who built them for us. SHOOK CONSTRUCTION COMPANY. The company has a mission: "Dramatically Improving the communities we serve." This is the same crew that built our new backboard to the Lupton Park tennis court. I encourage you to go by the Dog Park (130 Straight Road) and try them out! Afterwards, please take a moment and thank these wonderful people and this wonderful company for doing this community a great, great service. You can find them at www.shookconstruction.com or on their instagram Shookconstruct.

Representative Murphy Visits Pamlico County

by: Hiram Lupton



U.S. House Representative Dr. Murphy and N.C. Senator Norman Sanderson with some of the staff and Board members of PCA.

Dr. Greg Murphy, the Third Congressional District's Representative in the U.S. House of Representatives, paid a visit to Pamlico County last Wednesday morning, with two stops on his schedule. He was joined on his visits by the 1st District N.C. State Senator Norman Sanderson. His first stop was at Bayboro Pharmacy and Wellness Center where he met with the owners, Jon and Lori Altman. While there they discussed the both the huge benefit an independent neighborhood pharmacy can have in a community and also the challenges they face as a small business competing against giant corporate pharmacies. They also discussed the state of Veteran's care, in particular how it relates to prescription medications and deficiencies in insurance coverage.

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The Witches of Silverbrooke wish to announce the 7th Annual Witches Crawl on Saturday, November 2nd at 6pm & 7pm at the corner of King & First Streets. The Little Witches dance will kick off both performances. Benefits from this year's Witches Crawl will go to YNTO - Youth Navigating Towards Opportunity Inc.. Donations can be made online at their website at www.ynto.org, given to a participating witch, or bring your donation to the performance in November.

Do you have a child who wants to dance with the "Witches"? All children of all ages are welcome to join in the Little Witches Dance to help raise money for YNTO. The single rehearsal is on Friday, November 1st at 4:30pm at the corner of King & First Streets in Oriental. Bring a small broom if you have one. Can't make it then? Just show up in a costume (any type of costume) at either of the performances to join in at 6pm or 7pm on November 2nd!

(Future organizations we will raise funds for are Pamlico Partnership for Children in 2025 and Heartworks in 2026.)

Picture attached is courtesy of Hiram Lupton.

Our Top 5 Halloween Safety Tips

Costumes, trick-or-treating and decorating are all part of the mix for a spooky and fun Halloween. We have a few quick tips to make sure the day, and night, is not only fun-filled but safe as well for all the ghosts, witches and goblins!

1. Make sure costumes are fire-resistant and fit well. For ideal safety, the length should not go below the ankles. This will help reduce the chances of tripping which could cause serious injury. If wearing a mask, be certain the cut-outs for eyes are large enough to see unobstructed both straight ahead and peripherally.
2. Make sure children can be seen. Apply reflective strips on costumes and bags so children can be more easily seen during evening



hours. Make it fun by having children apply their own strips or stickers in creative ways.

3. Carry glow sticks. Leave electronic devices at home and instead carry glow sticks or flashlights for light. This will prevent distractions and keep heads up and looking ahead.
4. Cut down on the sugar intake. Everyone loves a treat. To avoid sugar-overload get creative by

offering single serving packs of dried fruit, raisins, graham crackers, popcorn or pretzels.

5. Keep steps, porches and entryways well lit. Using timers is the perfect way to ensure lights are on when it gets dark, even if you are not yet home. Motion sensors are ideal for paths and driveways; they will turn the lights on as children approach and guide the way to the front door. Instead of candles for jack-o-lanterns, use the battery-powered LED tea lights for added safety.

For those not trick-or-treating but still out and about, be sure to drive extra cautiously. We should all do our part to help keep the holiday safe for all.

Horse Show Fun

by: Hiram Lupton

Last Saturday was a beautiful day to get outside and if you happen to ride a horse, it was a beautiful day to head to the George R. Brinson Memorial Riding Arena in Arapahoe for the Pamlico County Horseman's Association's schooling show. Equine excellence was on full display as riders and their mounts participated in judged classes in English, Western Pleasure, and Ranch Riding divisions. Since this was the closest show to Halloween there was also a completely fun costume class. There is one more schooling show event on the PCHA calendar, a makeup event that was rescheduled due to weather. That will be held on November 16th. For more information on future events and the Pamlico County Horseman's Association, visit their website at www.pamlicohorseclub.com or follow them on Facebook.



WEEKEND WEATHER

Saturday, November 2nd **72°Hi** Sun and clouds through the day

Sunday, November 3rd **71°Hi** Sun throughout the day

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COMMUNITY

OBITUARIES



Shirley Estelle Stevenson Brinson, 94, of Reelsboro passed away Friday, October 25, 2024, at Grantsbrook Nursing & Rehab Center. Mrs. Shirley, or “Mossie” as known to many, was a woman of faith who loved the Lord with all her heart. She was a faithful member of Reelsboro Methodist Church where she devoted much time and effort into “chicken fry’s” to raise money for the church building. She will be remembered for many things including her delicious sugar cookies, her beautiful wedding cakes, her “green thumb” and love of flowers and plants, as well as her paintings. Mossie was often seen and heard singing hymns from her beloved front porch swing. Mossie always knew what was important and lasting. She thrived on raising her children, grandchildren, and their many cousins with plenty of love, old-fashioned common sense, and good, home-made cooking. She was preceded in death by her husband, Roy Brinson, Sr.; parents, Joseph and

Sina Stevenson; grandson, Michael Wayne Brinson; sisters and their husbands, Aileen Lee (Sam), Ruby Krechel (Oscar), and Nancy Norris (Sherwood); and brother and his wife, Joe Graham Stevenson (Ann). Those remaining to cherish her memory are her beloved sons, Graham Brinson (Betty), Dennis Brinson (Cindy), and Roy Brinson, Jr. (Kari); 10 grandchildren; and 13 great-grandchildren. A funeral service to honor Mrs. Shirley’s was held Monday, October 28th at Daniels-Sadler Funeral Home Chapel with the Rev. Mike Roach and the Rev. Josh Nichols officiating. Private interment was in Hollywood Cemetery. The family received friends prior to and immediately following the service at the funeral home. As an expression of sympathy, memorial contributions may be made to Reelsboro Methodist Church, 51 Holland Dr. New Bern, NC 28560.

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



Kenneth “Kenny” Evan Whorton, 61, of Bayboro passed away Sunday, October 27, 2024, at home. Shortly after finishing school, Kenny began his career as a long-haul truck driver, hauling for over 25 years. He farmed simultaneously with McCotter Farms. After the sell of McCotter Farms, Kenny continued to work for Sackett Potatoes until his health declined. He was preceded in death by his parents, Gary and Helen Whorton; sister, Annette Whorton; brother, Todd Whorton; and mother-in-law, Sally McCotter. He leaves behind to cherish his memory his wife, Kim Whorton; brother, Mark Whorton;

step-son, Chris McCotter and his family; father and mother-in-law, Pat and Amy McCotter; brothers-in-law, David McCotter and Johnny Warren; and many nieces and nephews. A funeral service to honor Kenny’s life was held Wednesday, October 30th at Daniels-Sadler Funeral Home Chapel with the Rev. Scott Fitzgerald officiating. Interment followed in Concord Memorial Gardens. The family received friends prior to the service at the funeral home. As an expression of sympathy, memorial contributions may be made to SECU Comprehensive Cancer Center, 1300 Health Dr., New Bern, NC 28560 or Pamlico County Hospice, PO Box 6, Bayboro, NC 28515.

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

THIS WEEK IN HISTORY

by: Hiram Lupton

- October 30th – Today is National Candy Corn Day. Its corn, so it counts as a vegetable, right.
- October 31st – Boo!!! Sorry, didn’t mean to scare you.
- November 1st – Today is National Deep Fried Clams Day.
- November 2nd – 1920, Lilian Clement of Buncombe County becomes the first woman elected to the N. C. State Legislature.
- November 3rd – Today is National Housewife’s Day. It is also National Sandwich Day. Good housewives know how to make good sandwiches. It is also Daylight Savings Time, remember to turn your clocks back an hour.
- November 4th - 1846, Benjamin Palmer was given a patent for a type of artificial leg. With a name like Palmer, he should have invented an artificial hand.
- November 5th – Today is National Donut Day. It is also Election Day. Go vote and then treat yourself to a donut if you can afford it.

BIRTHDAYS THIS WEEK

- October 31st – 1860, Founder of the Girl Scouts of America, Juliette Low
- October 31st – 19??, Director of the Pamlico Partnership for Children Susan Bridgman
- November 1st – 19??, Outstanding Pamlico citizen John Barlow
- November 1st – 1972, Actress and TV Host Jenny McCarthy
- November 3rd – 1921, Tough guy actor Charles Bronson
- November 3rd – 1949, Boxing Champion Larry Holmes
- November 3rd – 19?? Football Coach Jack Taylor, Jr.
- November 5th – 1931, Musician Izear Turner, Jr. (Ike Turner)



"Anger can have equally disastrous effects on your own life. Left unchecked, it can destroy some of your closest relationships and undermine your physical and mental health."
– A. Ellis

VETERANS DAY

Estimates from the Department of Veterans Affairs indicate that there were around 19 million veterans in the United States in 2021. Veterans Day, observed each year on November 11, honors all those who served honorably in the U.S. military during both wartime and peacetime. Data from the VA indicates that, as of 2016, Gulf War veterans account for the largest share of all U.S. veterans. Roughly 7.8 million veterans served during the Gulf War. Vietnam veterans also make up a sizable percentage of U.S. military veterans, as VA estimates indicate there were approximately 5.9 million veterans who fought in the Vietnam War in 2021. Though veterans need not have served in wartime in order to be recognized and honored on Veterans Day, the vast majority of U.S. veterans served during wartime. According to the VA, 78 percent of veterans in 2021 had served during wartime.

Horoscopes

- 

ARIES – Mar 21/Apr 20
Your energy levels are soaring this week, Aries. Channel this vitality into a new project or personal goal. Be cautious of being too impulsive, and think things through before acting.
- 

TAURUS – Apr 21/May 21
Embrace flexibility in your personal life, Taurus. Being open to change will lead to unexpected opportunities and strengthen your relationships. There are a few surprises ahead.
- 

GEMINI – May 22/Jun 21
Communication is key for you this week, Gemini. You may find that your words carry extra weight and influence. Use this to your advantage at work and in your personal life.
- 

CANCER – Jun 22/Jul 22
Cancer, focus on behind-the-scenes work around the office — it’s not always about being in the spotlight that gets you ahead. All of your contributions are valuable.
- 

LEO – Jul 23/Aug 23
Leo, embrace your natural charisma and confidence, but also remember to show appreciation for the people who support you. Balance is key in all social situations this week.
- 

VIRGO – Aug 24/Sept 22
It is time to get organized, Virgo. Tackle any lingering tasks or projects that need your attention. Your meticulous attention to detail will serve you well as you bring order to things.

- 

LIBRA – Sept 23/Oct 23
Libra, focus on finding harmony in your relationships this week. You might need to mediate conflicts or offer support to loved ones. Use your diplomatic skills to create balance.
- 

SCORPIO – Oct 24/Nov 22
Trust your instincts when making decisions, especially those related to work or personal projects, Scorpio. Your intuition is pretty sharp this week, so use it to your advantage.
- 

SAGITTARIUS – Nov 23/Dec 21
Sagittarius, adventure is calling out to you. Whether it’s a spontaneous trip or exploring a new hobby, embrace opportunities to expand your horizons.
- 

CAPRICORN – Dec 22/Jan 20
Capricorn, your dedication and hard work are likely to be recognized, leading to potential advancement or new opportunities. Just wait for all of the exciting things to come your way.
- 

AQUARIUS – Jan 21/Feb 18
Use creative energy to explore new ideas or tackle creative projects, Aquarius. When you interact with others, you also may gain some fresh ideas to use to your advantage.
- 

PISCES – Feb 19/Mar 20
Pisces, this week calls for reflection and healing. Take time to address any emotional needs and seek support if you want to talk to someone or simply need another be close to you.

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



Karen Prince receives a donation from the Rotary Club of Oriental



Kim Daniels, co-owner of The Silos Restaurant, is installed as the newest member of Rotary as her husband, Chris, puts her pin on

This last week Karen Prince, HeartWorks Director spoke at our Rotary club, updating us on the activities going on this year at HeartWorks, and thanking Rotary for our ongoing support. At the end of her presentation, Club President Sheri Rettew presented her with a thousand dollar check, pledging continued support from the Rotary club of Oriental. Additionally the club inducted new member Kim Daniels.

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/>

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Land/Home Sales
Property Management
Appraisals Development



Agent of the Week

Gregory Green

Broker-

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

When my wife and I wanted to purchase a nearby property that was not currently listed for sale I contacted Gregory Green. Greg was able to identify the distant owner and negotiate a price for us. Once the deal was agreed on he promptly and professionally managed the entire process. He even arranged to have expired permits on the property renewed and referred us to a local attorney to handle the closing. When my neighbor mentioned wanting to purchase a similar property nearby, I recommended she call Greg. He handled all the negotiations, and that property is now under agreement and will shortly be hers. Overall I would highly recommend Gregory Green to broker any real estate purchase or sale.

Dave & Lorraine, Arapahoe



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



MINNESOTA BEACH – Exception **3BR/2BA**, short walk to Neuse River & Minnesott Golf & Country Club. Maintenance-free exterior, fireplace in sunroom, Kinetic 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 – 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



MERRITT – Waterfront **3BR/2.5BA** with dock and boat lift on Moores Creek. Great water views. Oversized garage with workshop, garden shed, whole house generator, whole house 400 AMP service. Screened deck, open deck, close to ICW on 1 acre in the Bay Shores Estate community.

OFFERED AT \$ 675,000

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



Pamlico Community College

Busy day at the college



Enhance your skills Saturday, Nov. 16, at Pamlico Community College! The college will offer two workforce development courses that day. A Forklift Training course is set for the Grantsboro campus beginning at 8 a.m. Cost is \$70.55. A Notary course is set



for the Bayboro Center beginning at 8:30 a.m. Cost is \$70.55, plus a book. It's a great time to add to your skillset! For more information or to register for either Nov. 16 course, call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu.

■Continued from page A1

Representative Murphy Visits Pamlico County

The next stop on Dr. Murphy's visit to Pamlico County was at Pamlico Christian Academy where he was greeted by students, staff, and School Board members. While there he took a tour of the school and met teachers and their students.

He also met with Head of School, Earl Sadler, Jr., as well as several Board members, where they discussed the challenges that a private Christian school faces when starting a capital building campaign.



While at Pamlico Christian Academy, Dr. Murphy visited with PreK teacher Karin Ham and her students.



Dr. Murphy meets with the owners of Bayboro Pharmacy and Wellness Center, Lori and Jon Altman.

The complicated connection between black cats, witches and Halloween

Come October, it's hard to miss the many indelible images associated with Halloween. Homeowners may decorate their home exteriors with scarecrows, inflatable ghouls and goblins, and jack-o'-lanterns. Local businesses also may get in on the fun, offering "spooktacular" sales and decorating their storefronts with images of vampires, witches and other symbols of Halloween.

Black cats have become synonymous with Halloween decor, but few may know how this association came to be. According to History.com, the notion of black cats as bad omens can be traced to the Middle Ages. Back then, people believed witches avoided detection by turning themselves into black cats.

The perception of black cats as something more than mere felines may even pre-date the Middle Ages. For example, in Norse mythology, Freyja, a goddess of, among other things, a type of Late Scandinavian Iron Age magic known as "Seior," was believed to have ridden a chariot pulled by two cats. That connection to sorcery could explain the link between black cats and witches that continues to be made today.



Despite the lengthy history suggesting black cats are bad omens, it's not all bad for these dark-colored felines. One researcher at the Carnegie Museum of Natural History found that Welsh folklore depicted black cats as harbingers of good luck, and even noted their ability to predict the weather.

Black cats are one of many symbols of Halloween. And much like jack-o'-lanterns and trick-or-treating, the story of how black cats came to be associated with Halloween is interesting and thought-provoking.



FINANCIAL FOCUS

Vote for solid investment strategies



Dan M. Roberts

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will mean for issues of national importance. As a citizen, you likely share these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in anticipation of possible changes in policy?

Let’s look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so well — under Democratic and Republican presidents alike. And the same is true about which party controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the markets, it’s not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they are, have different results than intended. Also, other institutions can have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to actual policy changes, look to other factors to drive your investment decisions.

These factors should include the following:

- *Your goals* – You probably have short- and long-term goals you’d like to achieve. For your short-term goals, such as a wedding, a down payment on a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a

comfortable retirement, you’ll need to own a reasonable number of growth-oriented investments.

- *Your risk tolerance* – When you build and maintain your investment portfolio, you’ll need to accommodate your individual risk tolerance. All investments carry some type of risk, but you need to be comfortable with the overall risk level of your investments.

- *Your time horizon* – Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But as you near retirement, you may want to consolidate any gains you may have achieved, and lower your risk level, by moving your portfolio toward a somewhat more conservative approach. Even in retirement, though, you will need some growth potential to stay ahead of inflation.

- *Your needs for liquidity* – As you invest, you’ll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell long-term investments in case you have unexpected expenses.

In any case, when it comes to investing, you may want to pay less attention to what names are on the ballot — and instead “vote” for the longer-term strategies that reflect your needs and goals.

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NC

COOPERATIVE
EXTENSION

Pamlico County

Let’s plant some garlic!

(Taken from article written by Ashley Grubb at <https://scotland.ces.ncsu.edu/2024/09/vampires-beware/>)

By: Daniel Simpson County Extension Director, Agriculture Agent



If you have never grown your own garlic before, it can be a fun and rewarding crop that is easy to plant right in your own backyard. Garlic is a bulb made up of 10-20 individual cloves, which is planted in the fall and harvested in late spring. If you would like to grow your own garlic, here are a few suggestions.

First, there are two main types of garlic (hardneck & softneck). You may have noticed if you cook with fresh garlic that when you break apart a head sometimes there is a stick in the middle of the head that all of the cloves form around, and sometimes there is not. Garlic with this stick (Scape) in the center is called hardneck garlic.

Hardneck Garlic

Hardneck garlic typically has a stronger flavor than softneck, but is less common in grocery stores and garden retailers. Hardneck varieties are more cold hardy and produce superior yields than softneck varieties. Hardneck garlic varieties that perform well in North Carolina are “Chesnok Red” & “Music”.

Softneck Garlic

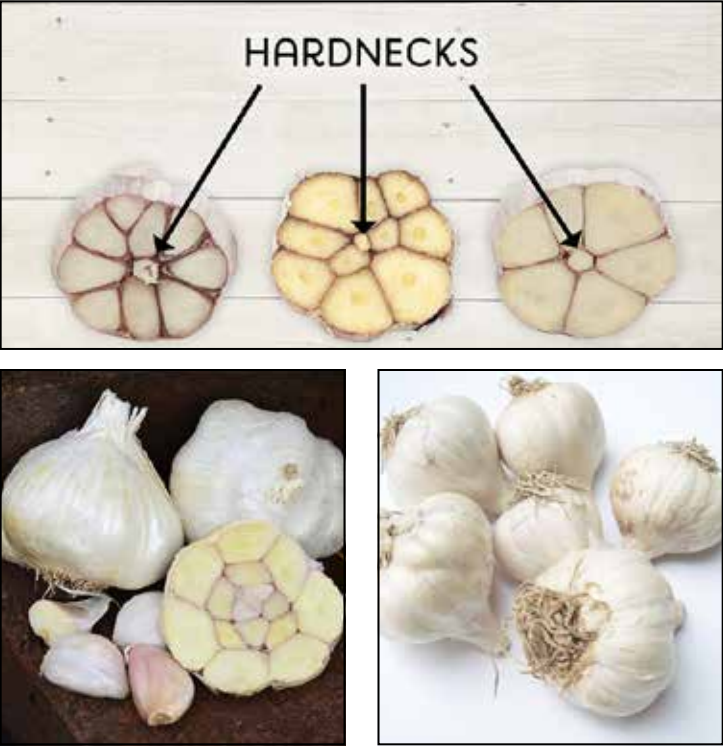
Softneck garlic lacks the “scape” within the center of the bulb and performs best in milder climates. Both Italian and Creole types are available, with the Italian being more cold hardy. You can differentiate between these varieties as the Italian bulbs have a white outer skin with a pink skin around each individual clove. Suggested softneck varieties include “New York White Neck” and “Italian Late”.

When planting garlic, plant individual cloves with the sharp top of the clove pointed upward, approximately 1-2” deep, with 4” between plants. Larger cloves will produce larger bulbs, so avoid planting thin cloves. Garlic must receive chilling hours to produce bulbs, so garlic needs to be planted between September 15 to November 15. Garlic requires adequate soil pH (6.2-6.8), so ensure gardens areas have been tested and lime has been applied to reach these levels. Since garlic plants will be in the garden for several months, soil fertility is important. Apply fertilizer at planting, and additional nitrogen when plants reach 6” tall in the spring (March) and again in May. If you do not have a soil test before planting, then apply a complete fertilizer like 10-10-10.

Garlic is harvested when approximately 30% of its foliage is turning yellow (May-June). Pull a sample and ensure the cloves have separated but the skin is still attached. If you wait too long to harvest, then the cloves may separate widely and the skins will become loose. Garlic needs to be cured (dried) to have a long storage life. Bring cloves indoors or undercover and store loosely to allow good air flow. Once garlic heads are dried they can be braided or placed into mesh sacks for long term storage. You can remove tops and roots for ease of storage.

Garlic is relatively free from pests but weed control is important. Hand weeding is probably the best option for control. Also, since bulbs form in the ground, good drainage is required to prevent rot. Remember to keep bulbs covered with soil during the growing so they are not exposed to the sun.

For additional information about growing garlic or other garden plants, please contact Daniel Simpson at Daniel_simpson@ncsu.edu or 252-745-4121.



ONE DAY ONLY!!

Saturday - November 9, 2024 - 9 to 1

at the Oriental Woman's Club - 1007 Gilgo Road - Oriental

Fine Art & Craft Booths

- Wood Crafts
- Jewelry
- Pottery
- Metal Works
- Fabric Creations
- Paper Works
- And more

Many items suitable for gift giving

Pay individual vendor

OWC Bakery Boutique

BAKE SALE

- Cookies by the pound
- Tea Breads
- Cakes
- Pies
- Preserves
- And more

Many items suitable for freezing

Cash or check

LOSE WEIGHT, LOWER BODY FAT, & FEEL BETTER!!!

LIVE YOUR BEST LIFE!!!

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GROUP CLASSES:

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November 2nd

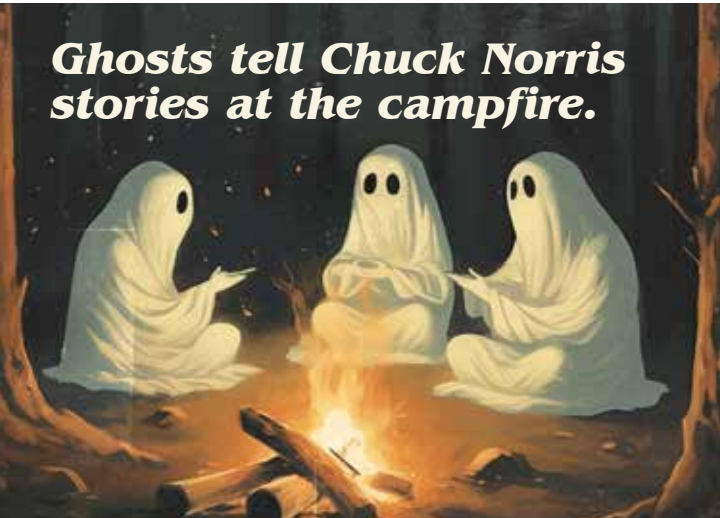
Fall Bazaar

Stonewall United 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 soup and sandwich lunch available.

All are welcome!

16409 Hwy 55 East, Stonewall, North Carolina

(252) 670-3612



CHURCH

BAZAAR

Alliance

United Methodist Church

Nov. 2nd 8 A.M.- 1 P.M.

Crafts - Homemade Jams, Jellies, Pickles, Beets, Baked Goods, Breads, Cakes, Pies

BBQ Sandwiches - Soups

(eat in or take out – starts at 11 A.M.)

Remember Nov. 2nd from 8A.M.- 1 P.M.

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Other great short-term courses starting soon include:

- * Forklift Training, One-day course Nov. 16!**
- * Notary, One-day course in Bayboro Nov. 16!**

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

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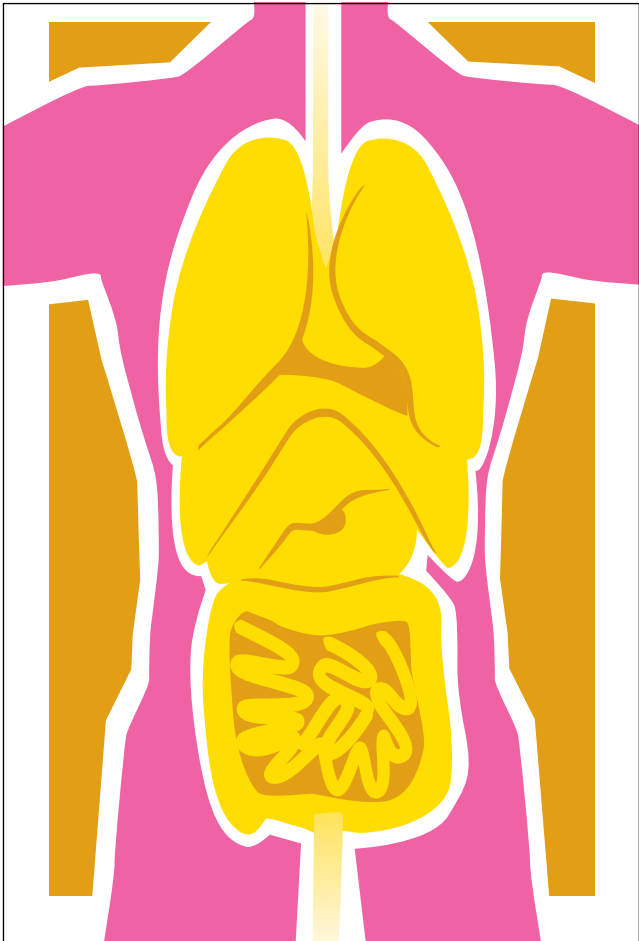


Health&Wellness

Crohn's disease and colitis explained

Inflammatory bowel disease (IBD) affects between 2.4 and 3.1 million people across the United States, according to the Centers for Disease Control and Prevention. Data from a U.S. National Health and Nutrition Examination Survey showed 1 percent of U.S. adults may have diagnosed IBD. Also, the National Institutes of Health report an estimated 322,600 Canadians were living with IBD in 2023. Canada has one of the highest rates of IBD in the world.

The Mayo Clinic notes that IBD refers to disorders involving chronic inflammation of tissues in the digestive tract. The two most common types of IBD include ulcerative colitis and Crohn's disease. Both diseases typically develop in teenagers and young adults, although they can occur at any age. Ulcerative colitis and Crohn's disease affect men and women equally, and symptoms are very similar. Understanding the differences between colitis and Crohn's can direct people to the best courses of treatment for their ailments.



Crohn's disease
Crohn's disease is characterized by inflammation of the lining of the digestive tract, anywhere from the mouth to the anus. However, the small intestine is most often affected. According to UCLA Health, when a person has Crohn's disease, there are healthy parts of tissue mixed in between inflamed areas. Because Crohn's disease affects more of the GI tract, WebMD says doctor's may see sores in the mouth, on the lips or tongue, or even anal tears and rectal infections.

Ulcerative colitis
Ulcerative colitis is a form of IBD that is limited to the colon. It affects the inner most lining of the colon, while Crohn's disease can occur in all of the layers of the bowel walls. With colitis, there are no healthy areas of tissue in the colon between inflamed spots; the inflammation is continuous.

Diagnosis
Doctors use various tests to diagnose IBD. A colonoscopy checks the large intestine. A sigmoidoscopy examines only the lower part of the large intestines, while an esophagogastroduodenoscopy checks the lining of the esophagus, stomach and the duodenum. Additional testing may be used to examine the small intestine or bile and pancreatic ducts, says WebMD. Even after various imaging tests, doctors still may be unsure if Crohn's disease or ulcerative colitis is responsible for symptoms. Scientists are working to improve blood tests to help diagnose ulcerative colitis and Crohn's. These tests check levels of certain antibodies found in blood. Most often people with ulcerative colitis have the pANCA (perinuclear anti-neutrophil) antibody present, while those with Crohn's disease have the ASCA (anti-Saccharomyces Cerevisiae) antibody present. These tests are not always accurate, so other diagnostic criteria should be used.

Treatment
The goal of IBD treatments is to reduce the inflammation that triggers symptoms. Anti-inflammatory drugs often are the first step in the treatment of IBD as well as immune system suppressors. The Mayo Clinic says biologics are a newer category of therapy for IBD, and are aimed at neutralizing proteins in the body that are causing inflammation.

When dietary changes and medication are not completely effective for IBD, doctors may suggest surgery. The Mayo Clinic says up to two-thirds of people with Crohn's disease will require at least one surgery in their lifetime. The damaged portion of the digestive tract is removed and then the healthy sections are joined together. Surgery for ulcerative colitis may include removing the entire colon and rectum and using an internal pouch for bowel movements.

Inflammatory bowel diseases can affect people in many ways and require treatment to restore quality of life.

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."
– A. Wigmore



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Oriental Resident and Author, Joan Aubele deemed a finalist in the 21st ANNUAL BEST BOOK AWARDS!



This prestigious award which scores top honors includes mainstream & independent titles. Penguin Random House, St. Martin's Press, HarperCollins, Wiley, Rowman & Littlefield, American Bar Association, Princeton University Press, Oxford University Press, The White House Historical Association, Hay House, Inner Traditions/Bear & Co., Llewellyn Worldwide, Tyndale, Thomas Nelson and hundreds of national and international Independent Houses contribute to this year's Outstanding Competition!

Winners and finalists of this year's contest join a prestigious group of past laureates, including Pope Francis, Amy Tan, Anne Lamott, George Sanders, Julie Andrews, Clive Barker, Vanessa Williams, Shark Tank's Daymon John, Brad Thor, Kitty Kelley, and many others.

LOS ANGELES, OCTOBER 2024 - American Book Fest announced the winners and finalists of THE 21st ANNUAL BEST BOOK AWARDS (BBA), one of the world's largest international book award programs for mainstream, indie, and self-published titles. Awards were presented for titles published in 2020-2024.

Jeffrey Keen, President and CEO of American Book Fest, said this year's contest yielded thousands of entries from authors and publishers around the world, which were then narrowed down to the final results!

Her first Christian Memoir, "The Dance: A Story of Love, Faith, and Survival" has inspired

readers worldwide and ultimately received the Readers Favorite Award.

The second, "Hearts Ablaze: The Ripples We Create" has now gained recognition in the Religion: Christian Inspirational Category in the Best Book Awards.

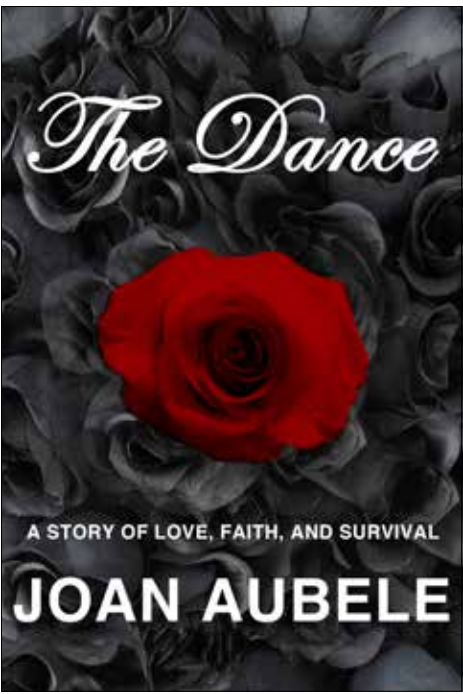
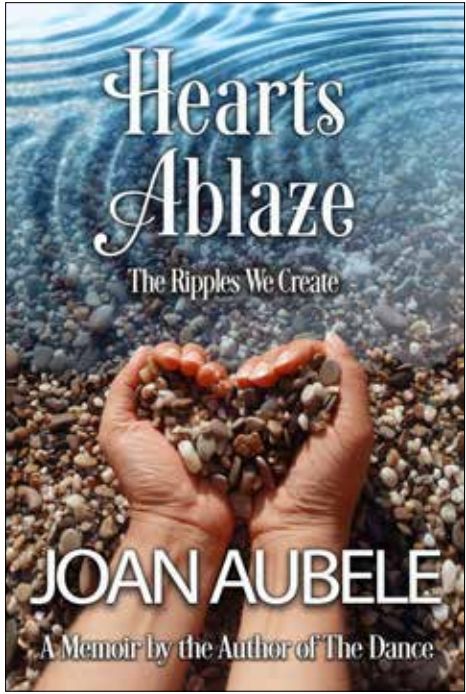
To date, Joan's autographed books can be found in several nearby locations: Oriental - Inland Waterway Provision Company, Bayboro - Gifts From of the Heart Florist, and Daily Bread Christian Bookstore. Grantsboro - Pamlico Gifts, Coastal Belle Beauty, and The Heritage Museum. New Bern - Next Chapter Bookstore, and Aurora's The Blue Crab.

Aubele's book tour brings her to the Oriental Woman's Club Fine Arts and Crafts Festival next. The annual event is Saturday, November 9th, 9-1.

For a full list of upcoming signings, visit <https://www.facebook.com/Aubele.TheDance>

Email jathedance@yahoo.com for autographed copies or presentation inquiries.

She says she feels truly blessed to have also shared her testimony on Podcasts throughout the world, local television, newspapers, and magazines. At Pastor Ed Terry's invitation, Joan was honored to recently inspire the congregation at Grantsboro's Shabach Zamar Christian Church where she quoted, "Every encounter is a God-given opportunity to impact someone's life!"



Churches of Pamlico

Photo by: Hiram Lupton



Antioch Congregational Christian Church - Maribel

PEACHES

Peaches are tasty and good for the body as well. Peaches are related to apricots, cherries, almonds, and plums. They're known as stone fruit because their flesh surrounds a shell with an edible seed. Peaches are packed with beneficial plant compounds, minerals and vitamins. Peaches contain about two grams of fiber in one medium-sized peach. Fiber helps to move food through the digestive system and reduce the likelihood of constipation, offers Healthline. Peaches also contain Vitamin A, an antioxidant that helps the immune system fight infection. They also have vitamin C, which the body needs to fight off infection. Peaches are good sources of potassium, which the body needs to regulate heart rate and blood pressure. Foods high in potassium also can help lower blood pressure, says WebMD. Vitamin K, which helps heal wounds, also is found in peaches. Research says that peaches may help to prevent cancer as well. One study indicated that consuming peach peels offers the highest level of anticancer phytochemicals, which assist in protecting cells from free radical damage that can lead to cancer.



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

LOST AND FOUND

Missing: Two lawn/lounge chairs, green and white with the name “Bobby White” written on them. They were by the oak tree in Lou Mac Park and believed to have been picked up after a memorial service. Also missing is a black ladies sweater that was on one of the chairs. Please call 252-939-0323 if found.

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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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LEGALS

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 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.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF
CLEMENTINE CARMEN BELL
File No.: 24 E 170

All persons, firms and corporations having claims against deceased, are notified to exhibit them to WILLIAM NATHAN CARMEN, ADMINISTRATOR on or before JANUARY 21, 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 23RD DAY OF OCTOBER 2024

ESTATE OF CLEMENTINE NATHAN CARMEN
C/O WILLIAM NATHAN CARMEN
2115 CARACARA DR
NEW BERN, NC 28560

Publish OCTOBER 23, 30, NOVEMBER 6 AND 13, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF
DOROTHY SPRUILL TINGLE
File No.: 24 E 195

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JULIE C. TINGLE, EXECUTOR on or before JANUARY 21, 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 23RD DAY OF OCTOBER 2024

ESTATE OF DOROTHY SPRUILL TINGLE
C/O JULIE C. TINGLE
23514 NC HWY 55
ORIENTAL, NC 28571

Publish OCTOBER 23, 30, NOVEMBER 6 AND 13, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF
MABEL FIELDS JAMES
File No.: 24 E 200

All persons, firms and corporations having claims against deceased, are notified to exhibit them to THELBERT T. JAMES, JR, EXECUTOR on or before JANUARY 21, 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 23RD DAY OF OCTOBER 2024

ESTATE OF MABEL FIELDS JAMES
C/O THELBERT T. JAMES, JR
244 NEUSE RIVER DR
ARAPAHOE, NC 28510

Publish OCTOBER 23, 30, NOVEMBER 6 AND 13, 2024.

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

Early Notice and Public Review of a Proposed Activity in a 100-Year Floodplain Pamlico County 2023 ESFRLP

Date: October 30, 2024

This is to give notice that Pamlico County has conducted an evaluation as required by Executive Order 11988 and/or 11990, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management, to determine the potential affect that its activity in the floodplain will have on the human environment for the 2023 Essential Single Family Rehabilitation Loan Program under SFRLP2023. The program seeks to rehabilitate an existing structure in Pamlico County at 232 Alfred Rd in Bayboro. This project will involve less than a half acre in the AE floodplain. There are three primary purposes for this notice. First, people who may be affected by activities in floodplains and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Second, an adequate public notice program can be an important public educational tool. The dissemination of information about floodplains can facilitate and enhance Federal efforts to reduce the risks associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplains, it must inform those who may be put at greater or continued risk. Comments must be received by the individual listed below, in writing or by email, on or before November 14, 2024. This information is available in Spanish or any other language upon request. Please contact the individual listed below for accommodations for this request. Esta información está disponible en español o en cualquier otro idioma a petición. Póngase en contacto con el individuo que figuran a continuación para alojamiento para esta solicitud.

Jordan Kearney, Project Manager, McDavid Associates, Inc.
P.O. Drawer 49, Farmville, NC 27828
Phone: (252) 753-2139

Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Dolores Maryanne Naugles Merta, deceased, of Grantsboro, NC, are notified to present the same to the personal representative listed below on or before January 30, 2025, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 30th day of October, 2024.

Cindi M. Quay, Administrator
of the Estate of Dolores Maryanne Naugles Merta
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES: 10/30/2024; 11/6/2024; 11/13/2024; 11/20/2024

Final Notice and Public Explanation of a Proposed Activity in a 100-Year Floodplain Pamlico County 2023 ESFRLP

Date: October 30, 2024


Pamlico County has received grant funding listed above and has reviewed the program for compliance with FEMA floodplain and wetland requirements. This is to give notice that Pamlico County has conducted an evaluation, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management, to determine the potential affect that its activity in the floodplain will have on the human environment for the 2023 Essential Single Family Rehabilitation Loan Program under SFRLP2023. The proposed program seeks to rehabilitate an existing structure in Pamlico County located at 5254 Lowland Rd in Lowland. This project will involve less than one and a half acres in the AE floodplain. Pamlico County has considered the alternatives and mitigation measures to be taken to minimize adverse impacts and to restore and preserve natural and beneficial values. The proposed activities must take place in their current location due to the existing locations of the structures and financial limitations of the funding proposal. The rehabilitation activity will not impact the floodplain. All construction will be in accordance with state and local floodplain protection procedures. Pamlico County has re-evaluated the alternatives to activities in the floodplain and has determined it has no practicable alternative. Environmental files that document compliance with steps 3 through 6 of the Eight-Step Process are available for public inspection, review and copying, upon request, at the times and location delineated in the last paragraph of this notice for receipt of comments. Rehabilitation of the current structures will have no effect on the floodplain. There are three primary purposes for this notice. First, people who may be affected by activities in floodplain and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Second, an adequate public notice program can be an important public educational tool. The dissemination of information about floodplains can facilitate and enhance Federal efforts to reduce the risks associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplains, it must inform those who may be put at greater or continued risk. Comments must be received by the individual listed below, in writing or by email, on or before November 14, 2024.

This information is available in Spanish or any other language upon request. Esta información está disponible en español o en cualquier otro idioma bajo petición. Esta información está disponible en español o en cualquier otro idioma a petición. Póngase en contacto con el individuo que figuran a continuación para alojamiento para esta solicitud.

Jordan Kearney, Project Manager
McDavid Associates, Inc.
P.O. Drawer 49, Farmville, NC, 27828
Phone: (252) 753-2139
ajk@mc david-inc.com

AROUND THE COUNTY


Whortonsville Reba Tiller, *Correspondent*

 Wow! What a wonderful Sunday we had today. Fifteen at church and an Oyster Roast with all the trimmings after church thanks to Alex and Stephanie Adams, and tonight I am watching a fabulous show from Madison Square Garden in New York City with 20,000 people attending a Trump Rally. The speakers were awesome and the crowd was on fire! Lee Greenwood was singing Proud To Be An American live, so I am feeling very emotional about our country tonight. The church bell was rung this morning but I did not

hear it so they rang it again for me when I got to church. Richard and Fernando really did a lot of work on the house next door last week. Pamlico Chorale had a great practice last week as we prepare for the Thanksgiving Service. We are encouraging new members to join the Chorale. This week Nov. 2nd Stonewall Methodist and Alliance Methodist Christmas Bazaars

THOUGHT FOR THE WEEK— DON'T FORGET TO VOTE AND VOTE EARLY IF POSSIBLE.


Pamlico Betty Jo Rodgers, *Correspondent*

 There have been more turkey sightings on the farm and on Trent Road. I had outpatient surgery last Friday, so I do not have much to report this week. October is Pastor Appreciation month. Pastors have awesome responsibilities and dedicate their lives to serving others. Stonewall Methodist Church gave me a beautiful bouquet of flowers on Sunday. Stonewall Methodist Women and Alliance UMW will have their annual Fall Bazaars on Saturday, November 2, 2024. Stonewall and Alliance have delicious breakfast and lunch foods plus many baked goods to choose from. The Alliance women have Christmas ornaments and jams and preserves to satisfy every taste. The Stonewall women feature many crocheted items (especially scrubbies), Rada cutlery, and a large selection of white elephant yard sale items. It is a time of fellowship and fun as well as a good fund raiser for mission projects throughout the year. The Ina Gaskins Circle is selling note cards with a color picture of the church on them. They come in packs of 7 for \$5.00. These will be available at their Fall Bazaar. Bayboro Baptist would like to invite you to join them for a Community Thanksgiving Lunch on Saturday November 23, from 11:00 am to 2:00 pm. They will be serving a traditional Thanksgiving

meal in the fellowship hall and the meal is free. All are welcome. Stonewall will perform their Christmas Cantata on December 8, 2024, at 6:00 pm. Celebrating birthdays in October are Jeremy Freeman (10/29), and Linda Gail Lupton (10/31). Celebrating birthdays in November are Marie Spain (11/1), Glenda Benton, Judy Hudgins and Ray Lewis (11/4), Brett Hinson and James Lupton (11/5), Hayley Deaton (11/6), Morghan Rayne Zimmer (11/7), Bill Sage (11/8), Chasidy Gwaltney Voliva (11/10), Paisley Tillman and Carol Heath West (11/14), Steve Smith and Tammy Spain (11/16), Brenda Spain (11/17), Michael Rowe (11/18), Fred Read (11/22), Kevin Rodgers (11/23), Bryan Spain (11/26), Tucker Carey, Kari Hudgins and Jerry Harper (11/28), and Thelmond Cooper (11/29). Barbara and Lester Carey will celebrate 62 years of marriage on November 4. John and Penny \$ Farmer will celebrate 38 years of marriage on November 16. Walt and Joannis Rodgers Summerlin will celebrate their second anniversary on November 18.

Have a blessed week. Only one way? Take Spiritual Vitamin O. "I am the way and the truth and the life. No one comes to the father except through me." (John 14:6)

Vandemere Sandra Snipes, *Correspondent*

 OMG!! October has been such a busy month. For my family and me, our cup runneth over with joy as our oldest daughter, Julia Snipes, and fiancé Andrew Noll, celebrated their beautiful wedding in New Bern recently. They were surrounded with great support from family and friends. We wish them nothing but love, understanding, and happiness as they embark on this new journey together. The fun never ends here in Vandemere. Please join us for our Community Trunk or Treat October 31, 2024 at the waterfront park from 5:30 pm to 7:00 pm. Besides having the best candy and decorated trunks, we will have music and a fire truck to add to the fun. Hope to see you there! Visit our website to see what Vandemere is all about at www.vandemerenc.com.



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SPORTS

Fall Sports Senior Night

by: Hiram Lupton



Prior to the kickoff of Friday Nights' home football game, Pamlico County High School took a few minutes to honor the athletes who participated in fall sports for the Hurricanes. Ten football players and one team manager, seven cheerleaders, two lady golfers, and one lady cross country runner and their families were recognized.

PCMS Wins Conference Football Championship



A big congratulations to the Pamlico County Middle School Football team. With last week's win over Bear Grass, they clinched the Inner Banks Athletic Conference Football Championship. Way to go Interim Head Coach Eric Hardison, the great assistant coaches, and of course the players. Special congratulations also to Head Coach Jack Taylor, Jr. who helped build the team early on before he was called upon to help fill the void as interim Head Coach at Pamlico County High School. Go 'Canes!



Hurricanes at the Net
State Championship Tournament

by: Hiram Lupton



Pamlico's Sydney Lamar bangs home the match winner against Roxboro Community School.



Net defense with Julia Bain and Sydney Whitley-Reese stuffing a Roxboro shot.

It was a big week for the Pamlico County High School Volleyball team as the North Carolina High School Athletic Association's (NCHSAA) State Championship Volleyball playoffs began. The Hurricanes received a #2 seed in the 1A East and would be hosting at least the first 4 rounds of the playoffs. On Tuesday things got started with their 1st round opponent, the #31 seeded East Bladen Eagles. Pamlico thoroughly dominated in route to a 3-0 sweep (25-12, 25-13, 25-8) of the birdies. Things go fast in the playoffs and Pamlico was back on the court Thursday taking on their next victim, I mean opponent, the Guardians of Wake Prep Academy. Although a little more competitive, Pamlico was able to serve up a 2nd round 3-0 sweep (25-12, 25-19, 25-18). The 3rd round is usually where things get tougher for teams. There are no more "cupcakes" and every team left is usually pretty good. Pamlico's opponent for their Saturday afternoon match would be Roxboro Community School who held the #7 seed. The Bulldogs were apparently a little tight from their long bus trip and the Hurricanes, behind some fantastic net defense, blocked their way to a 25-14 win in the opening set. In the second set Roxboro woke up and decided to play some ball, matching Pamlico point for point and taking the set, 23-25. This ignited the intensity in the Hurricanes and although the Bulldogs refused to roll over and give in, Pamlico showed why they were seeded #2 by taking set 3, 25-13. Set 4 was a battle from beginning to end with both teams trading the lead and playing some excellent volleyball. At 21-21, a Pamlico point gave them the lead for good and when Sydney Lamar banged home the game winner, Pamlico earned the set win, 25-21, and the match, 3-1. The Hurricanes will now host the #3 seeded Perquimans Pirates on Tuesday night to see who will advance to the final 4 in the State 1A championships.

Mariners Sail through Pamlico for Win

by: Hiram Lupton



Linemen doing the dirty work in the trenches. Syler Hall (#75) and Brayden Jones (#63)

To say this has been a trying season for Pamlico County High School football would probably be the understatement of the year. With suspensions, a coaching change, and injuries it has been a tough one for sure. That agony continued Friday night as the East Carteret Mariners sailed into Pamlico and with a win, they would clinch at least a tie for the Coastal Plains Conference Championship. Things started out good for the Hurricanes, they won the coin toss. After an exchange of possessions in the 1st Quarter, Pamlico drew first blood when they culminated a short drive with a VJ Midgett 3-yard rushing touchdown. With the added extra point, the Hurricanes had an early 7-0 lead. East answered back with a pair of touchdowns of their own to take a 12-7 lead at the end of the period. The 2nd quarter pretty much belonged to the Mariners. Pamlico was able to mount one sustained drive which ended when Quarterback Treyvon Munford punched through to the endzone on 2-yards out. East Carteret piled up 30 points in the quarter however including taking advantage of a Pamlico fumble in the final seconds of the period to score as time expired, giving them a 42-14 lead at the half. Coming out of the break, the Mariners continued their roll, sealing up the game with 21 3rd quarter points. Pamlico did manage to score in the final period, a 1-yard rushing touchdown by Philip Snider to make the final 63-22 East Carteret. This wraps up Pamlico's conference schedule, but they still have one more game to go. The Hurricanes will take on Ayden-Grifton on November 9 in a game that was postponed due to torrential rain earlier in the season.

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16th Annual Chili Cookoff a Success

By Mary Frances Taylor

The annual fundraiser to benefit The Old Theater in Oriental was held on Saturday, October 26. The weather was perfect with sunny skies and warm temperatures. The crowd was lively as they enjoyed tasting small cups of chili served by ten local chefs competing for the Grand Chili Champ trophy. The winner this year was Chef Rachael Applebee for Inland Waterway Provision Company. Congratulations to all the winners!

Judges' Award:
1st Place – Inland Waterway Provision Company with Chef Rachael Applebee
2nd Place – Toucan Grill & Fresh Bar with un-named Chefs from the Grill
3rd Place Tie – Chili Chili Bang Bang with Chefs Robert Riddle and Teresa Conrads

People's Choice:
1st Place – Chubby's Southern BBQ with Chef Sullivan Ray
2nd Place – MarineCorpsLeagueOrientalDragonDetachment, Chefs Martin Musella, Michele Musella & Doreen Musella
3rd Place – Toucan Grill & Fresh Bar with un-named Chefs from the Grill

Spirit Award:
1st Place – Chili Chili Bang Bang with Chefs Robert Riddle and Teresa Conrads
2nd Place – Dazzling Dynamos from Girls on the Run with Chefs Julie Wiegand, Vickie Conrad, Ben Wynne, and Anne Smith
3rd Place – St. Thomas Episcopal with Chef Jackie

Judges:
Donnie Cox, Chief Meteorologist at News Channel 12
Brantley Norman, Jr., Brantley's Village Restaurant
Addrean Hahn, Studio 55 Salon and Spa

The Old Theater would like to thank the community as a whole and specifically Tom McIlhenny of the Oriental Marina & Inn for hosting the Chili Cookoff, the Rotary Club for supplying tables and chairs, and the sponsors and donors who continue to show their support for our local theater: Kyle Stevenson at Stevenson Management Group, Salt Habit Skincare for Sailors, Village Mini Storage, a special anonymous donor, Piggly Wiggly, First Citizens Bank, Mariner Realty, Axelson Chiropractic, Pamlico Gifts, From the Heart Florist, Coastal Pet Clinic, and Studio 55 Salon and Spa.

The real heroes of the day were the volunteers who made it all happen and the Board of Directors at the theater who produce Chili Cookoff every year. A loud shout out to Joyce Sharp and all the bakers in Oriental and Pamlico County who donated baked goods for the Bake Sale which was a tremendous success. Thank you All!

Anyone can enter next year's Chili Cookoff including restaurant chefs, cooks who are sponsored by a business or organization, and individual chefs who have a favorite chili recipe. There is no fee to enter, and the only requirement is to provide at least five gallons of chili. If you would like to be a chef next year, contact vp@oldtheater.org.

The Old Theater is a 501(c)(3) nonprofit organization that provides the people of Oriental and Pamlico County a venue for cultural and civic events. The Membership Drive is underway, and you can become a member by contacting membership@oldtheater.org. Hope to see you back at the Marina next year for another Chili Cookoff and at The Old Theater for an exciting program of Coming Events.



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SPORTS

PCMS Girls Soccer

by: Hiram Lupton

For the first time in over 16 years, Pamlico County Middle School is fielding a girls soccer team. It is a work in progress, with 16 of the 19 players having never touched a soccer ball. As with any new venture, there are growing pains, but progress and improvement are the goal and under the guidance of Coaches Katie Brown, Mark Angelo and Jason Brown, this team is showing that. Last Tuesday evening they were in action at home against West Craven Middle School, a team which beat them several weeks ago 7-0. Although still a loss, Tuesday's 1-0 final, on a penalty kick, shows how far this team has come. When you have encouraging coaches eager to teach, and enthusiastic players willing to learn, it equals out to a bright future for PCMS girls soccer.

How to support local agriculture this fall

The global pandemic that has upended daily life has exacted a toll on many industries. Businesses have been asked to close or temporarily scale back operations, while organizers of recreational gatherings have been tasked with reevaluating the practicality and safety of annual events.

Throughout the United States and Canada, autumn fairs, exhibitions and activities provide revenue for many people. But due to the outbreak of the COVID-19 virus, many of these annual events have been postponed, adversely affecting local agricultural industries as a result. Governments in certain places have responded to the cancellations and offered assistance to local farmers and agricultural industries. For example, the Province of Ontario is providing nearly \$1 million to assist organizations that had to cancel fall events due to the coronavirus pandemic. In addition to supporting such efforts, the general public can pitch in to help offset some of the financial losses accrued by local farms.

- Check for virtual events. Some fall fairs or livestock events have been moved to the digital realm. That means competitors who were entering livestock or even home crafts into competitions can still participate. Organizers may ask for videos or photos of entries and then a committee will vote on the winners. This is one way to keep entry fees and even cash prizes moving along.
- Support local farms or orchards. Fall is harvest season in many areas, making this a popular time of year to visit nearby farms and to purchase fruits and vegetables directly from the source. Many farms have implemented safety protocols that align with health recommendations to safely welcome visitors. Things may look a little differently at orchards and farms, but smaller crowds and wearing masks should not compromise the fun of picking your own foods.
- Explore farm-to-table. Private individuals as well as restaurant owners can develop relationships with area agriculture producers to increase the availability of farm-to-table offerings. Restaurants can revamp menus to include a greater share of items sourced from nearby farms. Individuals also can rely on produce stands and farmers' markets to stock their pantries. Some farms may offer delivery and mail-order as well.
- Offer financial services. Financial advisors can help farmers who are struggling with finances work through their options. Institutions may be able to extend the terms of loan repayments, refinance loans, restructure debt, or get credit extensions. Lower interest rates have created some new opportunities farmers may not be aware of. Financial advisors can help farmers navigate an uncertain financial time.

Farmers and agricultural organizations are facing greater challenges as fall fairs and other events are being canceled. The public can support agriculture in different ways to offset the financial losses stemming from the pandemic.

Election Day Voting Locations

by: Hiram Lupton

Early voting for the 2024 general election has been going on since November 17th and by all accounts, turnout has been huge all over the state including Pamlico County. Wait times often exceeded an hour or more, particularly in the morning hours. With so many ballots already cast, will there be anyone in Pamlico County who has not voted by Election Day on November 5th? Well, I for one plan on voting on Election Day. Maybe I'm a little old fashioned or maybe with this crazy election year where it seems that anything could happen at the last minute I'd just prefer to wait. If you are waiting like me, you could be wondering where to go on Election Day to cast your vote. Election Day voting is different than Early voting in that you will be voting at your designated voting location dependent on your residence. There are several ways to find this out. First, there have been no changes since the Primary last spring. If you actually voted on the Primary election day, your voting location will be the same, but it could be different than where you voted four years ago in the last General Election. If you aren't sure, one of the easiest ways to find out is to go to the North Carolina State Board of Elections site, www.ncsbe.gov . On the front page of their site just click on the "Voter Search" button and fill out your name and County. After the program finds your name, verify your address and click on your name and you will see your entire voting history. Amongst all the other information, you will find the site and address of your designated polling location. You can also click on a sample ballot and see your choices for each office up for election. Another way to find out is give the Pamlico County Board of Elections office a call at (252) 745-4821. This election's polling locations are:

- Vandemere Town Hall
- Grantsboro Town Hall
- Reelsboro Fire Department
- Arapahoe Fire Department
- Oriental Fire Department
- Pamlico County Courthouse

Whether you are voting for a candidate you enthusiastically support, or against a candidate you just can't stand, be sure to exercise your right to vote. It is not a responsibility you should take lightly.

How voters can prepare for Election Day

The right to vote is one of the foundations of democracy. Exercising that right is vital to creating a nation where everyone feels as though their voice has been heard. Given the significance of voting and all that the right to vote symbolizes for so many people, Election Day is an incredibly important day on the American calendar. In recognition of that significance, voters can consider these tips to prepare for Election Day so they can exercise their right to vote as efficiently as possible.

- Make sure you're registered to vote. With the exception of North Dakota, each state has its own voter registration deadlines, and voters must register prior to those deadlines in order to vote on Election Day. Voters can visit the US Vote Foundation at usvotefoundation.org to view the election dates and deadlines in their states and U.S. territories. Voters who know they are not registered can visit Vote.gov to begin the registration process.
- Find your polling place. Voters cannot simply vote at any polling place. Each voter is assigned a polling place, and that place is generally within close proximity to a voter's home. Local schools or churches often serve as polling locations, but the official guide to government information and services USA.gov urges voters to contact their state or territorial election office in advance of Election Day to determine their designated polling place. Voters who received sample ballots in the mail also can check those ballots to see if their polling place is listed.
- Know the ID requirements. Voter ID requirements vary from state to state, so voters are urged to determine what is required to vote at their local polling place. The National Conference of State Legislatures has a detailed, state-by-state list of voter identification requirements that can be accessed for free at ncsl.org. Voters who are uncertain about the ID requirements at their local polling place are urged to visit the site in advance of Election Day so they know what to expect and can meet all ID requirements when they show up to vote.
- Study your sample ballot. Sample ballots can help voters familiarize themselves with candidates in local and national elections. Studying these ballots in advance and learning what each candidate stands for can help voters make the most informed voting decision. Individuals who still have questions about what to expect on Election Day can visit USA.gov/election-day to speak with a live USA.gov agent.

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CarolinaEastHealth.com
CarolinaEastCancerCenter.com



Prime Time provides services and activities promoting the physical, social, mental and spiritual well being of individuals aged 50+ in Oriental and surrounding Pamlico County. Prime Time partners with numerous organizations bringing together many resources helping area residents sustain an enriched and independent quality of life.

Director Phone: 252-675-0909 • Email: director@primetimepamlico.org

“Breakfast with Friends
November 7, 14, 21
8:30am
Brantley’s
Start your Thursday mornings off right by joining us for Breakfast with Friends at Brantley’s. Whether you’re a regular or a first-timer, all are invited to enjoy a delicious breakfast and great company in a fun and casual setting.”

“Prayer Shawl
November 7, 14, 21
10am - 11:30 am
Oriental United Methodist Church Fellowship Hall
Our Prayer Shawl group meets every Thursday to crochet, knit, and bond over shared creativity. Whether you’re an experienced crafter or a novice, we invite you to be a part of our group. For more details, please reach out to Leigh Price at 919.219.2446.”

“Creative Card Making
November 13
10am-Noon
Oriental United Methodist Church Fellowship Hall
Join us for our monthly card-making class led by Cheryl Mcaskill, a talented Stampin’Up demonstrator. Please note that the class is limited to ten people, so be sure to register in advance to secure your spot. The cost for paper supplies is \$25 per month. For advance registration, please email director@primetimepamlico.org.”

“Game Day
November 13
2pm - 4pm
Oriental United Methodist Church Fellowship Hall
Prime Time Game Day at the Oriental United Methodist Church Fellowship Hall promises an afternoon filled with exciting board games, cards, and fellowship. Whether you’re a beginner or a seasoned player, all are welcome to join in on the fun. Hands-on instruction available.”

Chronic Disease Prevention Series
“High Cholesterol
Cooking Class #1
Monday, November 4
10am – 1pm
Oriental United Methodist Church Fellowship Hall/ Kitchen

High Cholesterol
Cooking Class #2
Monday, November 11
10am – 1pm
Oriental United Methodist Church Fellowship Hall/ Kitchen
Our next cooking class is focused on reducing high cholesterol through diet! This engaging and informative class is designed for individuals looking to improve their heart health while enjoying delicious

meals. Participants will learn about the importance of incorporating heart-healthy ingredients into their cooking, such as fruits, vegetables, whole grains, and healthy fats. Come prepare new recipes that are not only nutritious but also flavorful, making it easier to stick to a heart-healthy diet. Whether you are looking to manage existing cholesterol levels or simply want to adopt a healthier lifestyle, our hands-on cooking classes are the perfect opportunity to gain valuable knowledge and skills. Join us and take the first step towards a healthier you! Advance registration required, please email director@primetimepamlico.org or call 252.675.0909 to register.

November’s Health Tip
For weight management and healthy eating, research suggests that there is a benefit to eating protein and vegetables first in a meal. Eat carbohydrates last. This method of meal sequencing can reduce blood sugar spikes.

“Improving Memory and Concentration/Eating for a Healthy Mind
Cooking Class #1
Monday, November 18
10am - 1pm
Oriental United Methodist Church Fellowship Hall/ Kitchen

Improving Memory and Concentration/Eating for a Healthy Mind
Cooking Class #2
Monday, November 20
10am - 1pm
Oriental United Methodist Church Fellowship Hall/ Kitchen

Improving memory and concentration is an achievable goal, especially as we navigate the changes that come with aging. While it’s natural to experience some forgetfulness, adopting certain lifestyle changes can significantly reduce memory loss and even enhance cognitive function.

However, it’s not just about eliminating harmful practices; incorporating beneficial habits is equally essential. In this series we will learn about how brain-boosting foods can make a considerable difference. By making these adjustments to your lifestyle and diet, you can cultivate a sharper mind and improve your concentration, allowing you to thrive as you age. This session will be followed by a hands-on cooking class. Advance registration required, please email director@primetimepamlico.org or call 252.675.0909 to register.
“ Prime Time
November 2024 Events
Questions? Call 252.675.0909

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

NormanSanderson.com

Paid for by Citizens to Elect Norman Sanderson

The Salvation Army Disaster team from New Bern Delivers Hope and Hot Meals to Hurricane Helene Survivors



In the aftermath of Hurricane Helene, The Salvation Army has stepped up to serve communities affected by the powerful storm, providing much-needed hot meals and emotional and spiritual care to those who have been impacted. As the community grapples with the damage left by the hurricane, The Salvation Army's dedicated teams of volunteers and officers have mobilized to offer both physical nourishment and compassionate support to help survivors on the path to recovery.

The storm, which swept through several towns with heavy rains and devastating winds left homes destroyed and families displaced. Thousands have been affected, and many are without basic resources like electricity, water, and food. For these individuals, The Salvation Army's arrival has been a beacon of hope amid the turmoil.

In partnership with local emergency response teams and government agencies, The Salvation Army's emergency disaster services (EDS) units have set up mobile feeding stations in hard-hit areas, distributing hot meals and water to those in need. The Salvation Army's newest equipment, the Rapid Response vehicle and the 18 foot mobile kitchen trailer were dispatched to Hendersonville and Asheville to serve on October 1. The organization reports that their EDS teams have served over 86,000 meals since the beginning of the disaster, ensuring that those displaced have access to warm food and essential supplies.



Beyond the material support, The Salvation Army is also offering emotional and spiritual care. Trained counselors and chaplains are on-site, providing comfort, guidance, and a listening ear for residents facing the emotional toll of the disaster. Many survivors have expressed gratitude for the care, with volunteers offering prayers, words of encouragement, and practical assistance for those struggling to process the devastation.

"Our mission goes beyond providing food and shelter," said Major Karl Dahlin The Salvation Army's Corps Officer "We're here to walk alongside people in their time of need, helping them find hope in a time of loss and devastation. We believe in the importance of meeting both the physical and emotional needs of those impacted. We had our own devastating event in New Bern with Hurricane Florence. I'm sure some good people from NWC came to help us, and now we are glad to bring help from New Bern here. "



The Salvation Army is committed to continuing its support in these affected areas until the immediate crisis is over and beyond, if needed. The organization is also welcoming donations from the public to aid in their relief efforts, as contributions go directly towards sustaining these vital services.

For those wanting to help, financial contributions can be made on The Salvation Army's website or by phone, helping the organization continue to provide food, supplies, and compassionate care to survivors of Hurricane Helene.

As the community rebuilds, The Salvation Army's presence serves as a reminder that even in times of despair, there is hope and support.

The Salvation Army is interested in building up its disaster response trained personnel. For more information on how you can participate go to disaster.salvationarmyusa.org and create an account today.

To support our work with donations, go to disaster.salvationarmyusa.org.

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Pamlico County Schools Honors Educators

Written and Submitted by Elizabeth Harwick, Public Information Officer, Pamlico County Schools

Pamlico County Schools is proud to recognize two outstanding educators who exemplify dedication, passion, and excellence in our school community.

We are thrilled to announce that Jodi Ipock has been named the Exceptional Children Educator of Excellence for Pamlico County Schools. This prestigious award honors her exceptional commitment to supporting and advocating for students with exceptional needs. Mrs. Ipock's ability to foster inclusive learning environments and build strong partnerships with colleagues and families has made a significant impact, helping students thrive and inspiring all those around her.

In addition, Bertha "Cecy" Spivey, a 2nd-year Birth-Kindergarten teacher at Pamlico County Primary School, has been nominated for the NCCAT Beginning Teacher of the Year Award. Mrs. Spivey has been a valued member of Pamlico County Primary School since 2014, when she began as an instructional assistant and bus driver. In 2023, she stepped into her role as a Pre-K/EC teacher, bringing her passion and dedication to her students each day. The NCCAT Beginning Teacher of the Year Award honors early-career teachers who have demonstrated exceptional dedication, instructional practice, and a positive influence on student outcomes. Her nomination by Principal Savannah Alexander speaks to her remarkable impact, creating a safe, nurturing, and inclusive classroom environment that fosters significant growth in her students.

Please join us in congratulating both Jodi Ipock and Cecy Spivey for their outstanding achievements. We are incredibly fortunate to have such dedicated educators supporting and inspiring our students in Pamlico County Schools!



Jodi Ipock



Cecy Spivey


READING

Reading is a beloved pastime that can positively affect cognitive health and even help to reduce stress. Though those benefits are largely associated with adults, reading can be equally beneficial to children, even those who have yet to learn how to read. According to the Early Childhood Learning & Knowledge Center, an affiliate of the U.S. Department of Health & Human Services, infants pick up on language earlier than researchers once realized, and hearing language is important as their brains prepare them to speak. Reading also supports word learning and preliteracy skills in older children. The ECLKC notes that when adults read to children, they typically speak words they would not otherwise use in typical discourse. That helps children expand their vocabularies, even before they learn to read on their own.



"You don't have to burn books to destroy a culture. Just get people to stop reading them."

–Ray Bradbury



Pamlico Community College Foundation thanks everyone who made our Oct. 19th fundraising golf tournament a success!

Proceeds support scholarships for deserving Pamlico Community College students!

Thank you sponsors, golfers, volunteers, and the wonderful folks at Minnesott Yacht, Golf & Country Club!

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Volunteers

Heather Arevalo, Juan Arevalo, Earl Canfield, Terri Fesmire-Kennedy, Joe Flynn, Meredith Glover, Derek Godwin, Gregory Green, Iris Hudson, Mark Johnson, Carmen Kludy, Brandy Leder, Rose Lore, Susan McRoy, Michelle Montgomery, Rachel Schlachta, Jimmy Silver, Sandy Wall, Laura West, Michelle Willis-Krauss and Ann Whitman

Save the Date for the 13th Annual Great Oyster Revival and Chili Cookoff on the Pamlico Community College campus, Saturday, Feb. 22, 2025, from 3 to 5 p.m.