

The Pamlico News

Wednesday, February 12, 2025

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Top 10 Valentines Day Breakup Songs

by: Hiram Lupton

Valentines Day is here and to mark the occasion last year, The Pamlico News gave you their definitive list of the best Love songs. This year we decided to do something a little different and take a bit of the opposite approach. We conducted intensive scientific research that basically involved listening to the radio off and on for roughly 60 years to compile the undisputed list of best breakup songs. These represent all those "It's not you, It's me" and "I hate your guts, get out" moments. First, we had to decide just what is a breakup song. It could mean different things to different people. In order for there to be a breakup, there must have been an implied relationship on both sides to start with. No unrequited Love songs. To some, their breakup song could be more personal to them. If Aerosmith's "Walk this Way" was playing in the background at the club the night Jenny told you it was over, that would be your breakup song. Our research spanned all eras and attempted to cover all genres of music, but we were never able to locate a Polka breakup song. Some of these are real tearjerkers and some are bitter and angry. We did this as a top 12, because you should always buy roses by the dozen for your Love, particularly when you are trying to avoid a breakup. Here's our list:

12. Nothing Compares 2 U - Sinéad O'Connor
11. Breaking Up is Hard to Do - Neil Sedaka
10. We Are Never Ever Getting Back Together - Taylor Swift
9. I Will Always Love You - Dolly Parton/Whitney Houston
8. Stop Draggin' My Heart Around - Stevie Nicks and Tom Petty
7. Lucille - Kenny Rodgers
6. You Oughta Know - Alanis Morissette
5. D-I-V-O-R-C-E - Tammy Wynette
4. Irreplaceable - Beyonce
3. Go Your Own Way - Fleetwood Mac
2. At This Moment - Billy Vera
1. Kiss and Say Goodbye - The Manhattan

Is this list flawed? Sure it is. There was at least a dozen more songs worthy of being on it. We hated to leave out "Give Me One Reason" by Tracy Chapman, but we had to stop somewhere. Don't like our list? That's ok, make your own. It would be wrong, but have fun doing it anyway. Happy Valentines Day!



SPORTS on Page A5



School Construction "On Course"

by: Hiram Lupton

Construction of the new Pamlico County 6-12 School is "On Course" according to Pamlico Schools Superintendent Dr. Jeremy Johnson. As a part of his quarterly Pamlico Schools report to the Pamlico County Board of Commissioners meeting last week, Dr. Johnson included a status report on the construction of the new school. There was only a brief slowdown of construction due to the winter weather experienced in the coun-

ty in mid-January. There was one other small hiccup as Progress Energy had to visit the construction site and temporarily disconnect a section of overhead power cables in order to relocate some construction equipment. Those power lines will be permanently relocated at a future date. A compacted pad is now in place and more than half of the aggregate piers have been set on the site. An aggregate pier is a column of compacted stone that is

installed in soft soil to strengthen and stabilize it. These piers help support the loads of foundations as well as reduce settlement. The next step in construction will be the installation of approximately 250 geothermal wells as well as the underground plumbing system. Also, concrete pouring will soon be starting. Lots and lots of concrete. Everything is still on target for the building to be complete and open to students for the 2026-27 school year.

Hope Clinic Celebrates New Location

by: Hiram Lupton

Blessing of Hope

On Friday, Hope Clinic staff and board members gathered with over a dozen local pastors and clergy at the Clinic's new location to bless the clinic, its staff, and the patients who use its services. One thing echoed in several of the speakers' thoughts and prayers, the very name of the Hope Clinic and the positive connotation it invokes. "When things don't seem possible, there is always hope." There were also quite a few mentions of a gentleman who has often been referred to as "Pamlico County's Doctor," the late Dr. Richard Hudson. Dr. Hudson was involved with the Hope clinic at its inception in 1998, and thanks to his hard

work, vision and leadership, as well as that of other like-minded volunteers, the clinic was able to open on February 4, 1999. Now, 26 years later, it continues to serve the health care needs of those who otherwise may not be able to afford it. In this new location, the Hope Clinic will be able to serve the health care needs of low-income, uninsured, and underinsured adults in Pamlico, Beaufort, and Craven Counties.

Ribbon Cutting Ceremony

On Saturday morning, a great crowd of well wishers gathered at the Hope Clinic's new location for a ribbon cutting ceremony and open house. Debora Steenson of the Pamlico County Chamber of Commerce brought

the big scissors and Hope Clinic Director Yolanda Cristiani along with Dr. Samuel Dail and Dr. Joseph Overby snipped the blue ribbon opening the clinic's new location. "This was a great day for the Hope Clinic," said Cristiani. "We wish that the patients who weren't able to attend could see the outpouring of compassion and care from the community who were there to support them. Now the work begins." After working out of space in the Pamlico County Health Department for the last 25 years, the clinic now has a home it can call its own. The Hope Clinic will begin seeing patients at their new facility on Tuesday morning.



Yolanda Cristiani, Executive Director of the Hope Clinic, cuts the ceremonial ribbon formally opening Hope Clinic's new facility. She is Assisted by Hope Clinic Volunteer Medical Director Dr. Samuel Dail and former Volunteer Medical Director Dr. Joseph Overby.

Photos Continued on Page A10

The Art of Storytelling to be Celebrated at Grove & Vine



Join us for an unforgettable evening on February 22 as the Pamlico Arts Council debuts its newest event, Remembrances of Pamlico Past, celebrating the rich tradition of storytelling! And to make it even better, this event is free!

Storytelling has long been a way to share history, humor, and culture, connecting us across generations. There is power in the spoken word and beginning at 5:30 p.m. at Grove and Vine, a new event venue on the site of a historic farmhouse at 45 White Farm Road, Oriental, NC, three masters of the craft will weave a tapestry of tales about our County and beyond.

Our featured storytellers are:

Sheila Cantine, a Pamlico native, historian and a Director with Pamlico County Friends of the Library. Bill Fentress, a Pamlico native and author of several books recounting simple family and personal interactions, with the outdoor sports and unmatched natural beauty as a backdrop, can result in treasured memories like perhaps no other pursuits.

Leesa Jones - Founder & Curator of the Washington Waterfront Underground Railroad Museum, Washington, NC, Leesa was featured in February of 2024 on PBS giving a narrative of the region's involvement and experience of the underground railway.

You will find yourself surrounded by another art form which can also have stories to tell as you listen to these special raconteurs. The art of the quilt, many handmade by local residents, will entrance you visually as you are audibly swept away to other times and places.

Roadside Dogs and Funnels of Love food trucks will be present onsite with goodies for purchase and there will also be a cash bar. So come, listen, and be a part of the story. See you there!

Pamlico Arts Council appreciates and acknowledges its supporting funding from NC Arts, a division of the Department of Natural and Cultural Resources, its local corporate sponsors and membership.

A History of Presidents' Day



Presidents' Day, in the United States, (third Monday in February) popularly recognized as honoring George Washington and Abraham Lincoln. The day is sometimes understood as a celebration of the birthdays and lives of all U.S. presidents.

The origin of Presidents' Day lies in the 1880s, when the birthday of Washington—commander of the Continental Army during the American Revolution and the first president of the United States—was first celebrated as a federal holiday. In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had a number of long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they actually commemorate. During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honor the birthdays of both Washington (February 22) and Lincoln (February 12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday. Following much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday. Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country.

WEEKEND WEATHER

Saturday, February 15th **65° Hi** Rain throughout the day

Sunday, February 16th **68° Hi** Rain throughout the day

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Pamlico Community College

Schnell stays busy as PCC's new president

By Sandy Wall

Pamlico Community College President Zac Schnell has hit the ground running in his first weeks as the institution's top administrator. He attended the N.C. Community College Presidents Conference Jan. 22-24 at Sandhills Community College's Pinehurst campus. Also in January, Schnell participated in and presented at the N.C. Community College System's "AI in Career and Technical Education" conference Jan. 30-31 at Caraway Conference Center in Randolph County. His presentation there was titled, "Science, Magic & AI Experimentation in the Classroom." The new president traveled with three college staffers to Lexington last Friday to attend the graduation of an offender at Davidson Correctional Center who had earned his associate degree through the college's innovative Human Services Technology program. Closer to home, Schnell has attended meetings of the Pamlico County Board of Education and the Oriental Rotary Club. He also participated in a local Creating Outdoor Recreational Economies (CORE) meeting with county leaders and the N.C. Department of Commerce. In between meetings, Schnell has found time to tend to college business from his new office in the Brinson Building.



Contributed photo

War Zone: WWII Off the NC Coast

New Bern Historical Society Hosts Author, Historian Kevin Duffus, Feb.23



Kevin Duffus

NEW BERN, NC, Join the New Bern Historical Society at 2pm Feb. 23 at Orringer Auditorium as they host author, historian and filmmaker Kevin Duffus. He'll take you to the time when Ocracoke Island was on the front line of World War II, when the island lost its innocence and lives of our greatest generation were irrevocably changed. "War Zone" is told from the perspective of everyday people who faced daunting challenges with perseverance, patriotism, and uncommon valor.

At the close of the 20th century, a momentous turning point in American history was occurring and its consequence was hardly understood nor appreciated. The nation's "Greatest Generation" and their memories of the Second World War were rapidly being lost.

Around that time, Raleigh-based research historian, author, and filmmaker, Kevin Duffus embarked on an ambitious project to produce a three-hour television documentary focused on the first six months of 1942 when German U-boats waged unrestricted warfare on Allied merchant and military vessels off the Outer Banks. The production, titled "War Zone," was largely based on the experiences

The 1918 Mirlo Rescue. He has appeared on the History Channel, National Geographic, and on the Travel Channel's "Expedition Unknown." In 2014, he was named "Historian of the Year" by the North Carolina Society of Historians. He was the 2020 recipient of the National Lighthouse Museum Research Award in New York City. He will be available both before and after the presentation for a book signing with all seven books available for purchase.

This special presentation is part of the New Bern Historical Society's ongoing series of lectures. Cost is \$12 for members, active-duty military, and students; \$15 for nonmembers. Reservations are strongly suggested. Reservations at www.NewBernHistorical.org or at the new Bern Historical Society Office at 511 Broad St. or by calling 252-638-8558 beginning January 13.

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



Crew of German U-Boat U-576, sunk off the Outer Banks



Soldiers at Kitty Hawk Radar Installation

of residents of North Carolina's barrier islands and how the war affected their daily lives.

The New Bern Historical Society is pleased to host Kevin Duffus, a noted North Carolina author, documentary filmmaker, and research historian who has successfully unraveled dozens of longstanding maritime mysteries, including discovering the mythical grave of the pirate Blackbeard's sister. His seven books on the maritime history of the Carolinas spanning 500 years include *The Lost Light*, the story of finding the lost Fresnel lens of the 1853 Hatteras Light House missing since the Civil War; *The Last Days of Blackbeard the Pirate*, and *Into the Burning Sea*,



It's hard to imagine Valentine's Day without chocolate, and that association can be traced to a name that is very familiar to people who enjoy sweets on February 14. According to History.com, Richard Cadbury utilized advancements at his family's chocolate factory in England to produce new varieties of what was then known as "eating chocolate." Cadbury then began marketing eating chocolates in decorative boxes, and while History.com notes he never patented the heart-shaped box, it's widely believed Cadbury was the first to create one.



Chuck
Cardiac Care Patient

Dr. Kirby
Cardiologist

What matters most?

You.

When Chuck Simpson needed emergency heart surgery, Dr. Kirby and his team provided expert care every step of the way. Today, Chuck's back to doing what he loves, with a healthier heart and a brighter outlook.

This **American Heart Month**, we celebrate stories like Chuck's and the dedicated care teams who make them possible.

At CarolinaEast, your health, your life, **you** are what matters most. Trust us to be there. Your heart deserves nothing less.



CAROLINA EAST
HEALTH SYSTEM

CarolinaEastHealth.com



Land/Home Sales
Property Management
Appraisals Development



Agent of the Week

Allen Propst
Owner/Broker/GRI

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

Allen was very good at giving me info on the local market & helped me set a realistic price. In negotiations I was so wanting to get rid of the property that I was going to accept the buyer's initial offer but Allen changed my mind and we countered several times and I got more than I would have. Allen seems like a nice guy and was prompt in our communications. I highly recommend Allen for his knowledge, expertise, responsiveness and negotiation skills.
Kirk / South Carolina



BAYBORO – 1.45-acre private lakefront land, picturesque, serene setting. Nestled in tranquil environment. Central location, easy commute to major employment, walking distance to bakery/coffee shop, parks, shopping & schools.
OFFERED AT \$35,000



ORIENTAL – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos in the Heart of Oriental. Building B, Unit 7 is a **2BR/2BA** condo with a 40' x 16' deeded boat slip with 5' controlling water depth.
OFFERED AT \$350,000



ORIENTAL – Spacious **3BR/2.5BA** home offers comfortable living. Open floor plan, ideal for family gatherings or entertaining on 3 acres. 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



ORIENTAL – Waterfront **3BR/2BA** offers breathtaking water views and direct access to some of the best fishing in the area. Spacious, open floor plan, perfect for entertaining. Large windows flood 1,828 sf home with natural light.
OFFERED AT \$ 498,900



ORIENTAL – 4,000 hsf commercial building on 0.92 acres of unrestricted land that is not zoned and is not in a flood zone located +/-3 miles north of the Town of Oriental on Hwy 55. Fully-insulated I-beam construction, 6" concrete floor. Covered front porch opens to lovely reception area, spacious conference room and 2 office spaces. Carrier 2.5 ton heat pump for the 1,080 hsf office area and two 5.0 ton HVAC systems for the 2,920 hsf fully-insulated warehouse. Walk-up attic storage (1,080 hsf) above the office area and a fenced-in side yard, equipped with a 208 3-Phase electrical system with 200 amps service. There is an Ingersole Rand 200 PSI air compressor system for the warehouse with work benches and storage shelving. Metal fabrication equipment does not convey.
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



THIS WEEK IN HISTORY

by: Hiram Lupton

- February 12th – Today is National Lost Penny Day. If your name is Penny, and you are lost, this day is just for you.
- February 13th – Today is National Cheddar Day.
- February 14th – Happy Valentines Day!
- February 15th – Today is National Singles Awareness Day, always the day after Valentines Day.
- February 16th – Today is National Do a Grouch a Favor Day. I have a list.
- February 17th – Happy Presidents Day.
- February 18th – Today is National Drink Wine Day. You can't drink all day unless you start in the morning.

BIRTHDAYS THIS WEEK

- February 12th – 1809, Abraham Lincoln
- February 14th – 1913, Famous missing person, Jimmy Hoffa
- February 15th – 1820, Early equal rights activist Susan B. Anthony
- February 15th – 1951, Actress Joyce Frankenberg (Jane Seymour)
- February 16th – 1958, Rapper and Actor Tracy Marrow (Ice-T)
- February 17th – 1936, Football Hall of Famer and Actor, Jim Brown
- February 17th – 1963, Michael Jordan
- February 18th – 1957, Famous Letter Turner, Vanna White



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 @ Brantley's
Thursday's – February 13, 20, 27
8:30 am

Crochet, knit shawls or lap robes to share with those that are in need. Please call Leigh Price for details. 919.219.2446.

Please join the group at Brantley's (Center Room) for breakfast. The breakfast will continue every Thursday at 8:30. (Except for when they are closed). Come as you are able. Breakfast is on your own. All are invited!

Valentine Fun With Friends
February 13
2:00 pm - 4:00 pm
Oriental United Methodist Church – Fellowship Hall

Invite your friends to an afternoon filled with music, games, photo's with friends, sweet & savory Snacks. Everyone is welcome! The event will be held at the OUMC Fellowship Hall. RSVP is needed. Call 252.675.0909 with the names of those who will be attending.

Prayer Shawl
Thursday's – February 13, 20, 27
10:00 am
Oriental United Methodist Church – Fellowship Hall

Valentine's Day Cookies for Teens & Kids @ the Pamlico Library

Friday, February 14 at 4pm
Come decorate a delicious Valentine's Day treat in the Pamlico Library! Please register in advance for this program as supplies are limited. Registration Link: <https://forms.office.com/r/274mYp0tmV>
February is the time for love! But did you know that Valentine's Day isn't the only reason to celebrate love in February? February is also Library Lovers Month, a time to celebrate libraries, librarians, and book lovers! In celebration of Love Your Library Month, why not dive into a book that explores the wonders of libraries and the magic of reading? Find them here!
Play library bingo and bring it back to the library to claim your "I Love My Library Button". Download the Love Your Library bingo card and start playing! (Mark each completed task with a heart).

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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We place ethical and professional principles of journalism at the center of everything we do in the production of the The Pamlico News.

COMMUNITY OBITUARIES



With heavy hearts we announce the unexpected passing of **Barbara Gail Heath, 62, in Raleigh, N. C.** She passed on January 6, 2024 at UNC Rex Hospital. She was the daughter of the late Charlie F. Heath, Jr. and

She moved on to the Raleigh area where she spent most of her career at UNC Rex Health Hospital in the Radiology Department as a scheduler.

Gail overcame a lot of adversity during her life, being a three time cancer survivor. Through it all, she was a beacon of light for those around her because of her positive attitude. God was gracious and healed her body. Her family is thankful for that.

Barbara Carey Lupton. She was born in Craven County and grew up among family in Stonewall. She was a member of Stonewall Methodist Church. She loved music and learned to play clarinet, piano, tenor sax, and guitar. She received the John Philip Sousa Award when she graduated from Pamlico County High School in 1981.

She attended East Carolina University for three years. She finished her degree by taking online courses and received a Bachelor's degree. While living in Greenville, she worked in the textile industry at Panama Jack and Michelle Palmer.

She was preceded in death by her grandparents Charlie Heath and Dorothy Heath Whaley, J. B. Carey and Doris Carey Puhalla, Uncle Don Heath and Aunt Betty Willis. She leaves to cherish her memory, her parents, Barbara Carey Lupton and Owen of Florence, Aunt Ruth Powers of Texas, step-brothers, Owen Lupton III of Grifton, John Cullember and Kenny Cullember Heath of Pamlico County. She leaves many cousins and two dogs, Chloe and Lily Belle who will always miss her. According to her wishes, no memorial service was held



Harry Keith Bennett, 63, of Grantsboro, left this earth Friday morning, February 7, 2025, while at Grantsbrook for rehabilitation following a short illness.

Harry, born May 9, 1961, was the youngest child of the late Marshall and

Hazel Bennett of Grantsboro and uncle to his brother's infant son, Travis, who also preceded him in death.

Harry is survived by his sister, Joan Bennett (partner, Randall Dawson) of Goldsboro; her son, Hugh Bennett (wife, Alison) of Reelsboro; her daughter, Kristal Bennett of Goldsboro; his brother, Stanley Bennett of Goldsboro; and his son, Drew Bennett (partner, Lauren Thatch) of Lakewood, CO. Also, several great nieces and a great nephew. He leaves behind his friend, a chosen brother, Eric Nyberg; his dear friend, Vicky West; many cousins and countless friends that loved him.

Harry often introduced himself as "Marshall and Hazel's baby boy" and that was a well-known truth. He was a man with unique charm and an unforgettable sense of humor. Harry was an excellent cook, and he was fairly fond of eating as well as sharing a meal. He had a life-long love of music and taught himself to play guitar. He was a huge fan of Hank Williams, Lynyrd Skynyrd and many other musical greats, sharing that love with friends from an early age. Aside from enjoying a good time, he was a hard worker, following in his Daddy's footsteps as a carpenter for much of his life. He truly was one of a kind and he will be missed by all who had the honor of knowing him.

A visitation to share memories of Harry will be held from 5 to 6:30 p.m., Thursday, February 13th at Daniels-Sadler Funeral Home. As an expression of sympathy, memorial contributions may be made to any Humane Society. Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance.

PAMLICO COUNTY LIBRARY

NC Aquarium of Pine Knoll Shores Presents:
Owl Presentation & Owl Pellet Dissection

February 24th @ 4pm
Registration Required



Horoscopes



ARIES – Mar 21/Apr 20
A good first impression is really important right now, Aries. Be sure to wear your best clothes and check out your appearance before you meet up with anyone this week.



TAURUS – Apr 21/May 21
Taurus, you are bound to have a lot of fun this week, and you will spread cheerfulness to others. You might host a party or plan some sort of night out with friends.



GEMINI – May 22/June 21
None of the usual strategies to confront family issues are working right now, Gemini. You may need to take a step away and give others distance for the time being until things cool off.



CANCER – June 22/July 22
Cancer, some tech upgrades can help ensure an exciting new project starts off on the right foot. Enlist others to help and welcome any insight.



LEO – July 23/Aug 23
This week is your chance to take a break and let someone else take center stage for a bit while you enjoy time out of the spotlight, Leo. Right now you may need a little alone time.



VIRGO – Aug 24/Sept 22
Virgo, you know what you have to get done, so it is well past time to put one foot in front of the other and get moving. Others have helped, but you have to see it to completion.



LIBRA – Sept 23/Oct 23
Focus all of your energy on the important people in your life right now, Libra. Other things can wait for the time being. Don't be too hard on yourself for not getting everything done.



SCORPIO – Oct 24/Nov 22
Scorpio, as things in your life continue to evolve, you may be tempted to jump into something new. You might want to slow the pace and exercise due diligence first.



SAGITTARIUS – Nov 23/Dec 21
Sagittarius, have you bitten off more than you can chew this week? If so, you probably have to ask for some help to step up and pitch in. Teamwork is a good thing.



CAPRICORN – Dec 22/Jan 20
Some tough decisions are ahead of you, Capricorn. It might be best to think things through logically and leave emotion out of the equation for the time being.



AQUARIUS – Jan 21/Feb 18
Aquarius, it can be dangerous to think you know everything. This week, listen to what others have to say before deciding if their ideas have merit. This approach can benefit all involved.



PISCES – Feb 19/Mar 20
Step up this week with confidence, Pisces. Now is not the time to be inflexible or shy. Go with the flow as much as possible, and learn and listen along the way.

AQUARIUS Traits & Overview

Well into the start of the New Year, Aquarius season gives us a chance to examine our intentions and how far we've made our way through them. While others may have given up entirely, Aquarius has the discipline of an ox and chances are they are still holding true to their promises. Those that may have fallen by the wayside are seen as a chance to reevaluate whether those intentions were in alignment with who they are and their purpose in the space. Most of all, this is a time when you will try to choose things which are going to prove more beneficial and practical so that they seem more achievable. Aquarians are all about simplicity, so expect that during this phase, you'll take stock of all the stuff you've accumulated over the years. Do you really need to hold onto

that college beer mug circa 2014? Or that ugly Christmas sweater that your well-intentioned grandmother got you last year? Chances are, you'll be rolling up to Goodwill with a car full of stuff you no longer need, want, or wish to have taking up space.

Another holiday that falls during this season is, of course, Valentine's Day. Aquarius may have one small romantic bone in their bodies so many of us may feel a bit emotionally detached from this Hallmark holiday—and not fully gushy. Should we find that small romantic bone, chances are good that our Valentine's will be a big to-do since Aquarius is secretly quite competitive. They don't do anything halfway!

FOR ENTERTAINMENT PURPOSES ONLY

FINANCIAL FOCUS

When is a good time for Roth conversion?



Dan M. Roberts

In life, you often get second chances — and the same is true with investing. To illustrate: You might not have been able to contribute to a Roth IRA during your working years due to your income level, but you may get that opportunity as you near retirement, or even when you are retired — through a Roth conversion.

Why is a Roth IRA desirable for some people? Here are the key benefits:

Tax-free withdrawals — You put in after-tax dollars to a Roth IRA, so you can withdraw your contributions at any time, free of taxes and penalties. And if you've had your account for at least five years and you're at least 59½, you can also withdraw your earnings free of taxes.

No RMDs — With a traditional IRA, you'll have to start taking withdrawals — called required minimum distributions, or RMDs — when you turn 73, or 75 if you were born in 1960 or later. But there's no RMD requirement with a Roth IRA — you can essentially leave the money intact as long as you like.

Tax-free legacy for your heirs — When your heirs inherit your Roth IRA, they can withdraw the contributions without paying taxes or penalties, and if the account has been open at least five years, they can also withdraw earnings tax free.

But even if you were aware of these advantages, you might not have been able to invest in a Roth IRA for much of your life. For one thing, you might have earned too much money — a Roth IRA, unlike a traditional IRA, has income limits. Also, a Roth IRA has only been around since 1998, so, in the previous years, you were limited to a traditional IRA.

As you approach retirement, though, you might start thinking of just how much you'd like to benefit from a Roth IRA. And you can do so by converting your traditional IRA to a Roth. While this sounds simple, there's a major caveat: taxes. You'll be taxed

on the amount in pre-tax dollars you contributed to a traditional IRA and then converted to a Roth IRA. (If you have both pre- and after-tax dollars in your traditional IRA, the taxable amount is based on the percentage of pre-tax dollars.)

If you have large amounts in a traditional IRA, the tax bill on conversion can be significant. The key to potentially lowering this tax bill is timing. Generally speaking, the lower your income in a given year, the more favorable it is for you to convert to a Roth IRA. So, for example, if you have already retired, but have not started collecting RMDs, your income may be down.

Timing also comes into play with the financial markets. When the market is going through a decline, and the value of your traditional IRA drops, you could convert the same number of shares of the underlying investments and receive a lower tax bill or convert more shares of these investments for what would have been the same tax bill.

Finally, you could lower your tax bill in any given year by stretching out your Roth IRA conversions over several years, rather than doing it all at once.

You'll want to consult with your tax advisor before embarking on this conversion — but if it's appropriate for your situation, you could find that owning a Roth IRA can benefit you and your family for years to come.

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

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"The larger your beloved community, the more you can accomplish in the world."

—Otto G.

NC COOPERATIVE EXTENSION Pamlico County

The 4 H's and Pamlico County



Kait Neeland
4-H Agent

Every month I get to write two or three articles about 4-H, and what Pamlico County 4-H is doing. Sometimes I write about our 4-Her's accomplishments at tournaments, sometimes about the cool things we did at summer day camp (Sewing, Biomedical Engineering, Photography, and more), sometimes about our livestock shows. I love writing those articles. But every now and then I like to write about what the 4 H's are.

For myself I don't remember a time when I didn't know about 4-H, it's been a formative part of my life, from my first livestock project at five, to presentations, conservation projects, and being on the teen panel of state policy program. 4-H has meant many things to me over the years, and continues to mean a great deal to me, as I connect Pamlico County youth to programs and opportunities that will be a stepping stone to the wonderful adults they are going to be.

However, I know for many, 4-H is followed by a giant question mark.

What is 4-H?

What does it mean?

Who is it for?

4-H is the youth development branch of North Carolina Cooperative Extension. It began with youth Corn Clubs over a hundred years ago and has grown into one of the largest and most respected 4-H Youth Development Programs in the Nation. With the cornerstones of service, leadership, citizenship, and experiential learning, 4-H has been a part of shaping the lives of North Carolina youth and the nation's 'Leaders of Tomorrow' for generations. We continue our heritage youth programs in agricultural and livestock projects. 4-H has grown to include many other programs: annual presentation competitions; project record books; environmental conservation; media and computers; leadership programs (NC 4-H Ambassadors) and one of the most robust electrical programs in the nation.

The 4 H's stand for Head, Heart, Health, and Hands. Each of these is connected to the founding principles of critical thinking, loyalty, service, and the health of youth as a whole. Each of our programs is based on evidence-based research, with a focused-on hands on learning.

4-H is for all youth ages 5 – 18. With a wide variety of programs to engage and interest youth at any stage. In Pamlico County you might want to join our Book Explorers, or our shooting sports

team, or come watch our livestock show, or maybe you would like to join us for summer sleep away camp. There are lots of options and lots of fun to be had.

In 4-H we have an interest for just about everyone. This spring we will have four programs: Sew Much Fun; It's Electric; Chopped International; and the Eastern Dairy Project.

But let's not forget about 4-H Summer Sleep Away Camp. Registration for our 2025 Sleep Away Camp Week. We will be heading off to camp July 27th through August 1st. Camp is open to youth ages eight to fourteen as of January 1st 2025. If you are



interested and would like to discuss scholarships, please give us a call. We will be happy to talk to you about all scholarship and sponsorship opportunities.

If you are interested in any of these programs or would like to learn about all of the opportunities that 4-H has to offer please give us a call. We are always happy to talk about all of the opportunities 4-H has stop by the office anytime!

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

How to find a tax prep pro

The deadline to file 2024 tax returns is Tuesday, April 15, 2025. Tax returns can be complicated, particularly for adults who own their homes and have dependents. Though it's not impossible for individuals to fill out and file their own returns, the complexity of the process and the stakes involved underscore how beneficial it can be to work with a tax accountant.

Advertisements promoting the services of tax preparation professionals are hard to miss between January and April. Though it's great to have options, it can be hard for taxpayers to find the right tax pro for them. The following tips can make that process a little easier.

- Ask around. Neighbors, family and friends can be a great resource when looking for a tax preparation service. Ask people you trust who does their taxes and inquire about fees and additional services if they recommend a certain individual or firm.
- Look local. Tax laws differ from state to state, and taxpayers typically must file both state and federal returns. While an out-of-state tax preparation professional may be qualified to work on your return, it might be easier to pick a local tax pro.
- Ask for a preparer tax identification number. The Internal Revenue Service notes that all tax return preparers who are compensated for preparing, or assisting in the

preparation of, all or substantially all of any United States federal tax return, claim for refund, or other tax form submitted to the IRS are required to obtain a Preparer Tax Identification Number (PTIN). Though there are exceptions to that rule, taxpayers should recognize that anyone they pay to prepare their return must have a PTIN. Ask for this and ensure the PTIN is listed on your return.

- Check a tax preparer's credentials. The IRS maintains a Directory of Federal Tax Return Preparers with Credentials and Select Qualifications (<https://irs.treasury.gov/rpo/rpo.jsf>) to help taxpayers find preparers in their area whose credentials are recognized by the IRS or who hold an Annual Filing Season Program Record of Completion. Taxpayers can utilize that directory to find professionals, and such an approach can ease some of the concerns they may have about working with someone new.
- Compare fees. When shopping around for a tax preparation professional, ask each about their fees. A 2023 survey from Drake Software found that tax preparers expected to charge between \$250 and \$300 per return. Taxpayers can compare fees and then choose a tax preparer who fits into their budget.

These are just a handful of strategies taxpayers can employ to find a tax prep pro. More information about filing tax returns is available at irs.gov.

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ACS Concludes Basketball Season

by: Hiram Lupton



Arapahoe Charter School 8th Grade and Senior Athletes



Middle School Girls Player Jaida Wright

The Arapahoe Charter School took on visiting Coastal Brigade last Thursday in their final games of the season, with middle school girls and boys, as well as varsity boys in action. Before the start of the varsity contest, ACS recognized it's Eighth Grade players, Varsity Senior players, and their one Senior Cheerleader. They and their

families received special gifts and recognition. The Seniors are: Jadon Foye (Varsity Captain), Shawn Hays, and Damian Hess while the cheerleader honored was Gabi Vieth. While the wins have been few and far between for the ACS teams, it has still been a successful year of building an athletics program and competing.

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Senior Varsity Captain Jadon Foye



Senior Cheerleader Gabi Vieth



The Arapahoe Charter Cheerleaders

Hurricanes Hit the Road for 3 Games

by: Hiram Lupton

Last week was a busy one for the Pamlico County High School basketball teams with three game nights, all on the road. They started off the week of travel on Monday with a trip to rival Northside-Pinetown and neither Pamlico squad could bring back a win. The Lady 'Canes dug themselves a hole right from the start and never recovered. They were plagued by a poor shooting night and way too many turnovers in a 61-33 loss, their first in conference action this season. The men didn't fare any better, dropping their contest, 77-35. The following night, both teams headed to Beaufort to take on East Carteret and both got back on the winning track. The Ladies, led by the double figure scoring of Sydney Whitley-Reese (20), and Nya Clark (19), as well as a tight defense, came away with a 30-point win, 62-32. The men found themselves down by 2 at the half, but turned up the defense in a low scoring affair to bring back the win, 41-38. After a couple of nights off from competition, Pamlico headed to Jones County to finish out the week with a matchup with the Trojans. As she has in several games lately, Ladies Head Coach April Rose substituted 5 players

at a time throughout the game, clearing her bench early. Pamlico led 23-4 at the end of the 1st quarter and never looked back, building the lead to 37-7 at the half and ultimately winning, 63-29. Nya Clark led a balanced Hurricane attack with 17 points, with nine different Hurricanes scoring points. The men had a little tougher time with the Trojans. After winning by 24 at home last month, Pamlico found themselves only up by 1 at the half, 26-25. They gradually built up a lead but could never put Jones away until the final minutes, taking home a win, 55-48. The Hurricanes got a big lift with the return to the court of Koby Lane. The 6'3" senior, who is also a standout football player, was injured in the Hurricanes final football game of the season, breaking his leg and damaging his ankle. He was cleared to play late last week and in the starting lineup Friday. He quickly shook off any rust, hitting a 3-pointer from the corner and driving to the basket for a score early in the game. Pamlico gets to finish out the regular season at home this week, hosting Northside-Pinetown on Tuesday and Southside on Thursday. Thursday will also be Senior night.

NO Focus Pocus

Just good sense and sound advice in the Business section.

Check it out!

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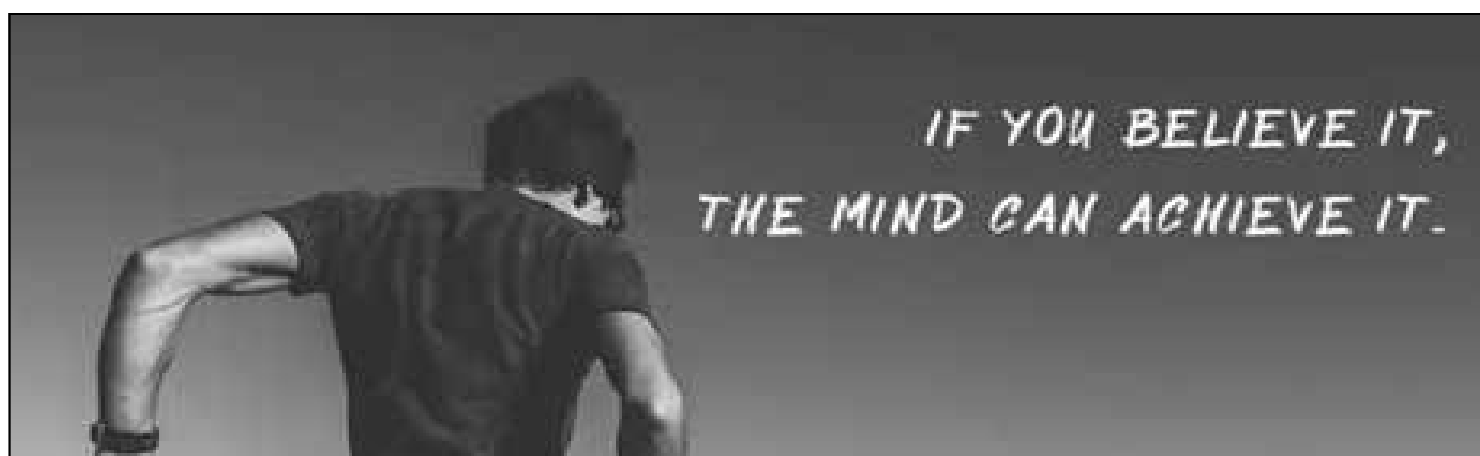
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Koby Lane (#42) takes to the air against Jones Senior



Bella-Ann Schulz (#5) shoots over a Jones defender



PCFLO Attempts to Meet Growing Need in Pamlico County

By Donna Crothers

Food insecurity in the U.S. is increasing with higher food costs, economic pressures, and the end of pandemic relief programs. According to the U.S. Department of Agriculture (USDA), the percentage of people living with food insecurity in the U.S. increased from 12.8% in 2022 to 13.5% in 2023. Pamlico County is no exception to this trend, with a food insecurity rate of more than 12% overall and 22.9% among children.

Established in 2007, Pamlico County Fishes and Loaves Outreach (PCFLO) is the county's largest food pantry and serves more than 1,000 Pamlico County residents each month. Yet, with a food-insecure population of at least 1,472 people in the county, there clearly are people whom PCFLO is not reaching – even though its client base has increased about 25% during the past year.

And thanks to Pamlico County residents' generous support of PCFLO during its fall fundraising letter drive at the end of 2024, the food bank is well-positioned for the challenges of 2025. Ray Ruppert, chairman of PCFLO, said, "It may take a village to raise a child, but it takes a county to support a food pantry. We are so fortunate to live in such a giving community where we are not just residents but neighbors in the truest sense of the word." PCFLO is a 501(c)3 organization; donations are tax deductible.

PCFLO has seven regular distributions per month at its food pantry at 108 Straight Road, Oriental. These occur on three Tuesdays and three Thursdays every month (11 a.m. to 1 p.m.), as well as at 5:30 p.m. on the first Friday of the month (evening distribution for working clients). Additionally, PCFLO as part of its Outreach Program takes food to the Pamlico Senior Center and several churches in the county for distribution to members.

Who can receive food from PCFLO? The Emergency Food Assistance Program (TEFAP), a federal aid program administered by the USDA that helps supply PCFLO, limits recipients to an income of \$30,120 per year for an individual, \$40,896 for a couple, or \$62,400 for a family of four. If you qualify for the Supplemental Nutrition Assistance Program (SNAP), you qualify for assistance from PCFLO. PCFLO also offers emergency food assistance to individuals referred by the Pamlico County Department of Social Services, county churches, and school counselors or social workers. Walk-ins also are accepted. If you have questions regarding eligibility, call PCFLO at 252-249-6181.

And on the first Wednesday of each month, PCFLO holds a distribution from the Food Bank of Central and Eastern North Carolina's Mobile Food Truck at St. Peter the Fisherman Catholic Church on White Farm Road in Oriental. This distribution is open to all county residents, regardless of income. Line up in your car before 9:30 a.m. for the distribution that usually begins around 10 a.m.

If you would like to support PCFLO's mission to feed the hungry in our county, you can send a check to PCFLO at P.O. Box 771, Oriental, NC 28571. You can also donate online at our website at <http://pcflo.weebly.com>. Non-perishable food items also can be left at the PCFLO building at 108 Straight Road in Oriental in the large bin by the door. And if you'd like to volunteer at PCFLO, call 252-249-6181 and leave your contact information.



63 families received food at this distribution on Wednesday, Feb. 5



FLOWERS

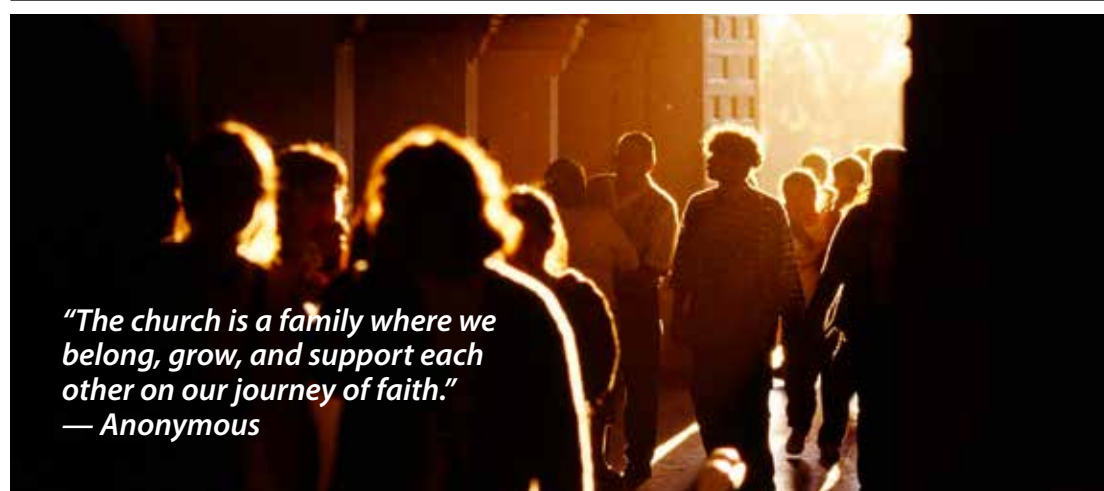
Flowers can have sentimental value, particularly those received as gifts or those that were part of momentous occasions, like weddings. Fresh flowers have finite life spans unless measures are taken to preserve the blooms. The flower experts at ProFlowers say pressing flowers can preserve them for years to come. While flower lovers can invest in a flower press, other heavy objects also can be effective at pressing flowers. Start by choosing flowers that are either still in bud form or are freshly bloomed. Dry the flowers out as quickly as possible to prevent browning. Place the flower between two pieces of white, nontextured paper. Then place all within the pages of a book. Depending on the size of the book, you may be able to press more than one flower at a time. Place other books on top to weigh down the book with the flowers inside. Change the moisture blotting sheets every few days. After two to three weeks, the flowers will be completely dry and flat. Remove the flowers carefully using tweezers or fingertips. Store the fresh flowers in a cool, dry place or consider framing them in a shadow box.



Churches of Pamlico Photo by: Hiram Lupton



Maranatha Baptist Church - Alliance



"The church is a family where we belong, grow, and support each other on our journey of faith."
— Anonymous

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Health & Wellness

Facts about women's heart health



If asked to name the No. 1 killer of women, many people might be excused for providing an incorrect answer. Various issues affect women's health, and some issues garner more attention than others. But nothing kills more women each year than cardiovascular disease, which the American Heart Association notes causes one in three deaths of women each year.

That cardiovascular disease is the No. 1 killer of women each year is not the only surprising fact in regard to women and heart health. The following are some additional interesting facts, courtesy of the American Heart Association and other sources.

- The 2019 Global Burden of Disease study from the Institute for Health Metrics and Evaluation estimated there are 275 million women around the world with cardiovascular disease.
- Awareness among women regarding the threat posed by heart disease has decreased dramatically in recent years. In 2020, a special report from the AHA indicated that, in 2009, 65 percent of women were aware that heart disease is their leading cause of death. By 2019, that figure had dropped to 44 percent.
- Heart disease is the No. 1 killer of new moms. The AHA notes that could be linked to a host of variables, including obesity. Data from a study by the Centers for Disease Control and Prevention that examined pregnancies in 48 states and the District of Columbia found that pre-pregnancy obesity increased by 8 percent between 2011 and 2015. During that same period, severe pre-pregnancy obesity increased by 14 percent. Obesity is considered a significant risk factor for heart disease.
- The Heart and Stroke Foundation of Canada reports that the No. 1 cause of premature death in women in Canada is heart disease and stroke.
- More than half of all high blood pressure deaths are in women. The AHA reports that nearly 52 percent of deaths caused by hypertension (high blood pressure) occur in women.
- Nearly 58 percent of Black women have hypertension. That's the highest percentage among women of any race or ethnicity.
- Despite the significant percentage of global heart disease deaths affecting women, a 2021 study published in the journal The Lancet found that cardiovascular disease in women is understudied, under-recognized, underdiagnosed, and undertreated.
- The Canadian Women's Heart Health Centre reports that menopause before the age of 45 is linked to a 50 percent higher risk of heart disease.
- The World Health Organization reports that one-third of all ischaemic heart disease diagnoses across the globe are attributable to high cholesterol. According to the CWHHC, one in two women have elevated cholesterol.
- A 2017 study of more than 19,000 people who had cardiac events found that only 39 percent of women received CPR from bystanders in public compared to 45 percent of men. Researchers linked that disparity to fears of being accused of inappropriate touching, potential lawsuits and concerns that administering CPR to women could cause physical injury.

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



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COASTAL LIVING



BoatUS Consumer Alert: Be Wary of Any Letter Arriving by U.S. Mail Offering U.S. Coast Guard Documentation Renewal

Official-looking vessel documentation renewal notices can lead to confusion and higher costs

SPRINGFIELD, Va., Jan. 27, 2025 – Boat Owners Association of The United States (BoatUS) is advising boaters with vessels that have a U.S. Coast Guard Certificate of Documentation to be wary of any letter arriving by U.S. mail offering renewal.



BoatUS advises that while the Coast Guard does send official annual renewal notices by U.S. mail, other notices being received by BoatUS members are not from the Coast Guard but rather third-party companies whose name or return addresses may appear similar to that of the official U.S. Coast Guard National Vessel Documentation Center (NVDC).

BoatUS members have complained that these letters direct them to websites that may be mistaken for the actual Coast Guard NVDC located in Falling Waters, West Virginia, and appear to show a significant increase in the annual fee to renew Coast Guard documentation. A 2017 Coast Guard issued bulletin says in part:

“The NVDC is aware that there are commercial entities that offer to manage the certification/renewal process on behalf of vessel owners for a fee. The Coast

Guard does not endorse any of these companies, and the companies do not operate on behalf of the Coast Guard in any way. Any fees charged or agreements offered by such companies are in no way associated with the NVDC certification process. In addition, these companies are not authorized to issue any form of documentation, including travel letters and/or permits that authorize operation of ANY vessel. Customer complaints can be made through the Federal Trade Commission's (FTC) website at <https://www.ftc.gov/>.”

While third-party companies may legitimately provide services to assist with vessel documentation renewals, the Coast Guard's own renewal process is simple for most vessels, and the price ranges from \$26 for one year up to \$130 for a 5-year expiration, which is often much lower than what third-party services may charge.

To renew, go to the Coast Guard National Documentation Center website at <https://www.uscg.mil/nvdc> and click on “instructions and forms,” then “Certificate of Documentation Application for Renewal.”

DEQ NORTH CAROLINA Department of Environmental Quality

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State officials announce availability of fiscal year 2025 grants to improve public beach access

MOREHEAD CITY – The N.C. Department of Environmental Quality's Division of Coastal Management (DCM) is announcing the availability of approximately \$2 million in funding to help local governments in 20 coastal counties improve public access to coastal beaches and waters for the 2025-26 fiscal year. The Public Beach and Coastal Waterfront Access program provides matching funds to local governments to construct low-cost public access facilities.

“The funding provided by the Division of Coastal Management each year through the Public Beach and Coastal Waterfront Access program ensures that all of North Carolina's residents and visitors have convenient and safe opportunities to access our stunning beaches and public trust waters,” said DCM Director Tancred Miller.

Local governments interested in applying for financial assistance must submit a pre-application to DCM by 5 p.m. on April 25, 2025, and will be notified by May 10, 2025, if their proposal is selected, to submit a final application.

ONLINE GRANT APPLICATION WORKSHOP

New this year is an online grant application workshop on Wednesday, Feb.19 from 2 p.m. – 3 p.m. Attendees will learn about eligible projects, local match requirements, project time-

lines and other relevant grant application requirements. Register for the online grant application workshop here.

FINAL APPLICATIONS

Final applications are anticipated to be due in July 2025. All final applicants will be notified in fall 2025 if their project has been selected for funding. For more information about the Public Access Grant application process, go to the DEQ website.

Funding for the grant program comes from the North Carolina General Assembly through the state's Parks and Recreation Trust Fund. Access projects may include walkways, dune crossovers, restrooms, parking areas, piers and related projects. Funds also may be used for land acquisition or urban waterfront revitalization. Staff with the state Division of Coastal Management select recipients based on criteria set by the N.C. Coastal Resources Commission.

The grant program has awarded 497 grants for more than \$53.8 million since the program began in 1981. For more information about the Public Beach and Coastal Waterfront Access program, go to the DEQ website at https://www.deq.nc.gov/about/divisions/coastal-management/public-beach-coastal-waterfront-access-program?utm_medium=email&utm_source=govdelivery

The Low Tide String Band Is Performing at the Turnage Theatre on February 20.

The Beaufort County Traditional Music Association is pleased to present a Third Thursday Showcase featuring The Low Tide String Band on February 20 from 7:00-9:00 PM. This Eastern NC band is composed of Sam Weatherly, and Karen and Brad Brechtelsbauer.

They play traditional instruments such as banjo, bass, guitar, mandolin, and have formed a trio with an exciting sound. They play an acoustic combination of traditional folk, Americana, Old Time tunes, and adaptations of rock songs. Their ten years playing together have resulted in a close blend of three-part harmony that makes the group especially enjoyable. They also add a sense of humor with their unique compositions and twists on old songs.



Admission is free and donations are appreciated. This family friendly concert is sponsored by the Beaufort County Traditional Music Association, founded in 2008 to promote traditional music in Eastern North Carolina. The Showcase is held at the Turnage Theatre, 150 W. Main Street, Washington, NC. BCTMA also hosts acoustic string jams at the Theatre on Thursday nights and Saturday mornings. www.bctma.org

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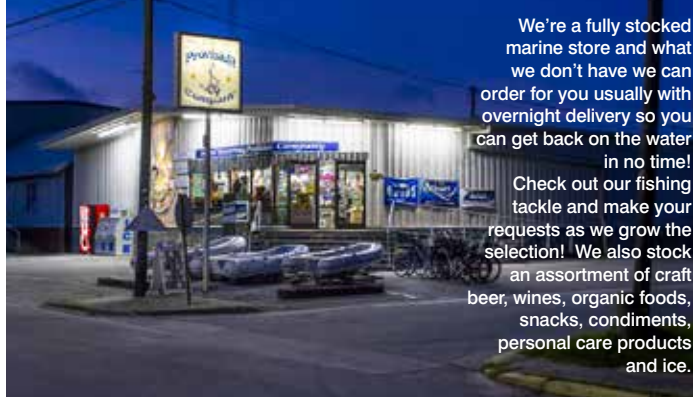
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NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF TRUDY FAY WHITE
File No.: 25E000006-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LELAND WHITE, ADMINISTRATOR CTA on or before MAY 13, 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 CTA.

This 12TH DAY OF FEBRUARY 2025
ESTATE OF TRUDY FAY WHITE
C/O LELAND B. WHITE
2 JEFFERSON COURT
POQUOSON, VA 23662

Publish FEBRUARY 12, 19, 26 AND MARCH 5, 2025

PROPERTY TRANSFERS

Dec. 16, 212 AC N/S Broad Creek; Whortonville Rd, Merritt; Map DB 424/144 from John Eric Evenson, II, Donna Martin Evenson to John Eric Evenson, II, \$0

Dec. 16, Teachs Cove Lot: 45 MB 5/69, Trustee's Deed; I081-5-45 from Douglass Young Hyde/TR, Myra Bradford Hyde/TR, Myra S. Hyde Revocable Trust, Myra S. Hyde to Allan Sanford Hyde, \$0

Dec. 16, River Dunes Lot: 17 Marina Village - Harbor Village II-A, PCA 148-12 from Streamline Developers, LLC to David A. Kane, Susan O. Kane, \$1,298

Dec. 16, Lake Minnesott Estates Lot: 19 Section II MB 5/15 from Gordon Alan Carberry, Marilyn Carberry to Leslie Alice Mead, \$67

Dec. 16, PIN J041-66; 2.5 AC Tract PCB 17-13 from Connie Earl Beasley, Nan G. Beasley to Albert Chester Daly, \$49

Dec. 16, Tract A & A01, PCA 196-10 from Isabella Espinal to Kenneth R. Demey, Karen M. Demey, \$1,900

Dec. 17, Kennels Beach Estates Lot: 15 PCA 84-3, PIN: D091-1-15; Deed of Correction 494/123 from Kennel Beach Inc. to Michael Voight, Wendy Voight, \$0

Dec. 17, Arlington Place Lot: 188 Phase 1, PCA 153-17 from William C. McMeans, Sandra E. McMeans to Streamline Developers, LLC, \$78

Dec. 17, 3.66 AC PCA 177-15 from Mary Lou Newcomb Sutton, James Allen Sutton to April Amore, Paul Marsh, \$190

Dec. 18, 2 Tracts NCSR 1002 & SR 1203 PCA 14-5 from JMW Timber, LLC to James M. Wells, Jr./TR, James M. Wells, Jr. Revocable Trust Wells, James M. Wells, Jr., \$0

Dec. 18, Cloisters at Kershaw Creek Lot: 25 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 27 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 27A Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 28 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 28A Phase II PCA 173-13, PIN 108-35-27 & 108-35-28 from Lindsey's Creek, LLC to Inner Banks Living, LLC, \$72

Dec. 18, Plantation Oaks Lot: 14 Phase Two Phase Three PCA 191-13 Quitclaim Deed from Michael S. Smith to Sherri L. Smith, \$0

Dec. 18, Plantation Oaks Lot: 14 Phase Two Phase Three PCA 191-13 from Sherri L. Smith to Richard Perry Ponte, Kathleen Ann Ponte, \$625

Dec. 18, One Tract NCSR 1350 Metes & Bounds from James R. Davis, Sharon Davis to Margaret Wellington, David Wellington, \$426

Dec. 18, Cloisters at Kershaw Creek Lot: 25 Phase II PCA 173-13 PIN 108-35-25 from Inner Banks Living, LLC to Equity Trust Company/CUST, Matthew D. McClelland, Equity Trust Company as Custodian FBO Matthew D. McClelland, \$50

Dec. 18, Cloisters at Kershaw Creek Lot: 27 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 27A Phase II PCA 173-13 PIN 108-35-27 from Inner Banks Living, LLC to Equity Trust Company as Custodian FBO Craig Natale, Equity Trust Company/CUST, Craig Natale, \$50

Dec. 18, Cloisters at Kershaw Creek Lot: 28 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 28A Phase II PCA 173-13, PIN 108-35-28 from Inner Banks Living, LLC to Equity Trust Company as Custodian FBO Nick Loeffler, Equity Trust Company/CUST, Nick Loeffler, \$74

Dec. 18, Whittaker Pointe Lot: 2 PCA 121-7 from James William McLaughlin, Heather M. McLaughlin to Charles Myers, Alice Myers, \$94

Dec. 19, Jack George Mason Lot: 2 MB 6/59 24E229 from Jennifer Kirschner/EXR, Juliana E. Poole/EST to Stephanie D. Carperos, James M. Edwards, IV, \$296

Dec. 19, Deerwood Landing Lot: 7 PCA 19-10 from Royce Lee Williams/TR, Royce Lee Williams Trust, Royce Lee

Jan. 13, Jim Burch, Grantsboro, mechanical, \$251.04; Pamlico County Schools, Bayboro, new school, \$38,066.60; Dan Mitchell, New Bern, storage, \$617.16; Dean Brown, Oriental, electrical, \$150

Jan. 14, Wesley Ireland, Oriental, CAMA; Maher/Quay, Oriental, CAMA, \$98; Donald Mau, Oriental, building/covered walkway, \$117.92; John Bulla, Oriental, storage/building, 4156.24; Kristin Flora, Arapahoe, pool, deck, retaining wall, \$794

Jan. 15, Camp Seafarer, Arapahoe, electrical/plumbing, \$100; Camp Sea Gull, Arapahoe, electrical/plumbing, \$100; John Buck, Bayboro, plumbing/gas, \$50; Paula Burgos, Grantsboro, building/storage, \$130

Jan. 16, Kevin Rodick, Grantsboro, new residential, \$3,480.60

Jan. 17, William & Deborah Jackson, Oriental, CAMA Minor App, \$100

Jan. 21, Richard Thomas, Merritt, single-wide, \$235; Ken Riley, Merritt, double-wide, \$260; Ken Riley, Merritt, garage; Local Builders, Arapahoe, plumbing, \$50; Charles Norris, Grantsboro, garage, \$216.40; William Thompson, Grantsboro, mechanical and electrical, \$272; Sky Addington, Oriental, repair, \$50; Hardison Properties, Alliance, electrical, \$50

Jan. 27, Denny Jones, Lowland, electrical, \$150; Tom Lachmann, Oriental, electri-

cal, \$50; Pamlico Community College, Arapahoe, mechanical, \$150; Jim Zitarelli, Merritt, found repair, \$50; Frank Miller, Oriental, mechanical, \$50; Bill Ista, Arapahoe, electrical, \$50; Justin Radcliff, Bayboro, misc/remodel, \$150; Steve Benjamin, Arapahoe, mechanical, \$300; Ken Midyette, Oriental, mechanical, \$100; Kevin York, Merritt, mechanical, \$100; William Ray, Merritt, mechanical, \$100; Doug Chapman, Oriental, mechanical, \$100; Elena Hamilton, Oriental, mechanical, \$100; Gary Dail, Arapahoe, mechanical, \$100; Glen Ray, Oriental, garage, \$175.20

Jan. 28, American Tower Corp, Grantsboro, electrical, \$150; USCOC of NC, Stonewall, electrical, \$236

Jan. 29, David Benford, Grantsboro, building, \$654; Clint Walker, Grantsboro, electrical, \$150; Stuart Schoener, Grantsboro, building, \$700; Monica Carawan, Lowland, mechanical, \$50; Fred Wilson, Arapahoe, mechanical, \$50; Carolyn Tester, Oriental, mechanical; Boyd Wilson & Denise Hayward, Oriental, CAMA Minor App, \$100

Jan. 30, Pierce Chapel, Oriental, mechanical, \$100; Bryton Deaton, Minnesott Beach, plumbing, \$50; Carolina East Realty, Arapahoe, electrical, \$50

Jan. 31, Broad Creek Christian Church, New Bern, building/electrical, \$110; Taquan Jones, Vandemere, plumbing, \$136.32

REPORTS

Williams, Larry Wayne Williams/AIF to Hendrik Joubert, \$128

Dec. 19, PIN 107-74 & 107-74-1; 58.73 AC PCA 70-4 from Freya Properties, LLC to Smith Creek Farming Partners, LLC, \$770

Dec. 19, Landings Hargett Lot: 7 PCA 21-1 & 0.47 AC Lot Map DB 488/700 from Michael P. Reilly, Terri Deann Reilly to Joseph A. Matos, III, Kimberly J. Matos, \$1,250

Dec. 19, Bakerville Lot: 1 65/100 AC, Bakerville Lot: 2 .78 AC., PIN E031-56 & E031-57 from Jobie Gaskins, Shauna Gaskins to Berean Properties, LLC, \$190

Dec. 19, 2.620 AC Lot 5 PCB 17-11 from Jacob Danny Shepherd, Lora A. Shepherd to Sara G. Nugent, \$40

Dec. 19, Forestshore Estates Lot: 14 PCA 38-4 from Gary M. Salino, Karen M. Salino to Jason D. Mancini, Diane Mancini, \$232

Dec. 19, 20E10; 3.56 AC Parcel 1 PCB 8-9 & 3.32 Parcel 2 PCB 10-20 from David H. Harris, Tina Delehman Harris to Aubrey Fennell, \$330

Dec. 20, Hichory Farm Lot: 4 Phase 1 PCA 107-5 PIN I06-77C-4 from Kassem Hariri to Teia Cherry, \$333

Dec. 20, PIN K08-82; 15 AC N/S Neuse River, S/S Orchard Creek & E/S Pasture Creek PCA 27-10 from William D. Flanagan, Jennifer Flanagan to Neuse River Land & Timber, LLC, \$195

Dec. 20, Buccaneer Bay Section Three Lot: 75 PCA 16-2 Tract 1 Old Lupton Rd See DB 270-492 from Kermit A. Thompson, III to Thompson Family Properties & Investments (NON-AG), LLC, \$0

Dec. 20, DT 660/626; Trustee's Deed; 24SP14; 1.27 AC Alligator Loop Rd Merritt from Philip A. Glass/TR, William B. Simeon, Crystal D. Simeon to State Employees Credit Union, \$255

Dec. 20, 1.81 AC SR 1214 & SR 1213; Map DB 244/313 from Edward Squires to Edward Squires, \$0

Dec. 23, 0.34 AC Fulford Point or River Road (SR 1233) from Kelly G. Norville/EXR, Terry G. Wiggs/EXR, Marion Langley Goff/EXR, Kinchen Marion Goff/EST, Kelly G. Norville/TR, Terry G. Wiggs/TR, Marion Langley Goff/TR, K. Marion Goff Family Trust, K. Marion Goff, Marie Narron Goff Family Trust, Marie Narron Goff, Kelly G. Norville, Thomas Dale Norville, Terry G. Wiggs, William Jarvis Wiggs, Jr., Marion Langley Goff to Kelly G. Norville, Terry G. Wiggs, Marion Langley Goff, \$0

Dec. 27, 2.25 AC Map Attached from Thomas Allen Davis, Paula Johnson Davis to Jarrett Davis, \$0

Dec. 27, 1.22 AC Map Attached from Judy H. Thaanum to Russell Earl Hudson, \$0

Dec. 30, Silver Acres Lot: 8 1.62 AC PCA 62-4 & Map DB 488/292, Deed of Gift PIN K071-47-8 from Robert T. Newcomb, III to The Coffee Creek Limited Partnership, \$0

Dec. 30, PIN D061-51-1; Lot 2 PCB 8-10 from Robert L. Averett, Jr., Kelsie Averett, Kelsie N. Strickland to William Bryan Tuttle, Laura Burnham Tuttle, \$630

Dec. 30, Sea Vista Pierce Creek Area Block: A Lot: 37 Addition III from Anne Leonard/TR, John W. Statton/TR, The Leonard-Statton Revocable Trust, Leonard Statton Revocable Trust to Donald Hesselman, \$395

Dec. 30, The Park Lot: 5 PCA 80-8 from John Francis Mies, Wendy Black Mies to Robert Utz, Meredith Dellagustina, \$228

Dec. 30, Oriental Harbor Place Condominiums Unit: B-6 Condo Cabinet 1 Slide 9-4 PIN J082-102-C-B6 from Philip W. Becker, Phillip C. Becker, Kathleen J. Becker to Kathleen Johnson Becker/TR, Philp William Becker/TR, Becker Family Trust, \$0

Dec. 30, Tract 1; 2 AC PCA 130-6 from Roland Johnny Ward, Jr., Cynthia Vendrick Ward, Cynthia V. Ward to Bryan Dewey Ward, \$0

Dec. 31, River Run Lot: 47 Phase III PCA 174-4 from Richard D'Souza to Reeves Enterprises, LLC, \$36

Dec. 31, Deed of Recombination; New Lot 1, 1.6377 AC PCB 17-7 from Brightside Ventures, LLC to Brightside Ventures, LLC, \$0

Dec. 31, 1.7 AC Tract One PCB 17-6 from Zeffie M. Roberts, III, Robin Daw Roberts to Gayle Deneen Alvis, Jobe Roger Alvis, Jr., \$0

Dec. 31, 23E205; PIN E031-7-1; .723 AC WS NC Hwy 306 Silverhill from Michael McIntosh/EXR, Erma Garrison/EST to James H. Burch, Jr., Beth J. Burch, \$320

Dec. 31, Quitclaim Deed; 1.96 AC Lot 6 PCB 17-17 from William M. Davidson/TR, William Mark Davidson, William M. Davidson, Theresa Grogan Davidson/TR, Theresa G. Davidson, Theresa Grogan Davidson, William Mark Davidson Revocable Trust, Theresa Grogan Davidson Revocable Trust to William Mark Davidson/TR, William Mark Davidson, Theresa Grogan Davidson/TR, Theresa Grogan Davidson, Theresa Grogan Davidson Revocable Trust, William Mark Davidson Revocable Trust, \$0

Jan. 2, Broad View Lot: 17 MB 8/75 PIN K08-54-17 from Helen Ernul Jarvis, David Jarvis, Jo Ann Ernul Murphy, Jo Ann Ernul Murphy, Jo Ann E. Murphy, Jo Ann E. Murphy, Helen E. Jarvis/AIF, \$320

Jan. 3, Kennels Beach Estates Lot: 15 PCA 84-3 PIN D091-1-15 from Wendy Voight to Marysasser Hedrick Holloway, Raymond Dale Rimmer, \$40

Jan. 6, Sea Vista Pierce Creek Area Block: A Lot: 37 Addition III MB 10/2 & Map DB 327/767, Deed of Correction DB 735/406 from Anne Leonard/TR, John W. Statton/TR, The Leonard-Statton Revocable Trust to Donald Hesselman, \$0

Jan. 6, Orchard Point Winds Lot: 1, 2.500 AC PCA 139-5, Orchard Point Winds Lot: 2 1.658 AC PCA 139-5 from Evan Hecht, Tiara Hecht to Evan Hecht, Tiara Hecht, \$0

Jan. 6, 55.73 AC E/S Upper Goose Creek; both sides old John Pollock Rd PCA 174-19 from Cayton Development, LLC to Kenneth Stewart Carpenter, \$580

Jan. 6, .375 AC S/S Kennels Beach Rd (SR 1114) & West of Neck Rd (SR 1101) from Lavina B. Lindsey to Lavina B. Lindsey, \$0

Jan. 6, PIN: I061-52-1; Quitclaim Deed; Portion Lot 2 PCA 17-6 from Carton H. Cooley, Kondelo Cooley to Michael Wayne Cooley, Michelle Cooley, \$0

Jan. 6, Whorton Harbor Lot: 20 PCA 117-2 from Harry L. Myers, Harry L. Myers, III, Delma K. Heine, Delma K. Heine/AIF to Delma K. Heine, \$0

Jan. 7, 95 AC Granny Gut Bridge at Smiths Creek Rd from Shirley Diane Hardison to Shirley Diane Hardison, Seth C. Brinson, \$4

Jan. 7, PIN D05-53-3; .77 AC Tract Three PCA 75-2 from Benjamin Thomas Vanhoozer, Elizabeth Bennett Vanhoozer to Elizabeth Bennett Vanhoozer, Breze Butler., \$0

Jan. 7, Bel-Aire Lot: 16 Portion of Lot MB 4/11, Bel-Aire Lot: 17 Portion of Lot MB 4/11, Bel-Aire Lot: 18 1.073 AC MB 4/11 from Herman Wayne Dunbar, Cathy S. Dunbar, Beverly Spieler, Henry Spieler, Henry W. Spieler to Gregory Reed Dunbar, Laurie Dunbar, \$0

Jan. 8, Oriental Plantation Lot: 98 Sec 1 PCA 55-4 & PCA 76-5 & 0.83 AC Lot Map DB 514/698 from Selma A. Gokey to Joan P. Kart, \$630

Jan. 8, River Dunes Lot: 130 PCA 157-10 Section 11, Enhanced Life State Deed from Thomas C. Lachman, Thomas Lachman, Rhonda B. Lachman, Rhonda Lachman to Thomas C. Lachman, Rhonda B. Lachman, Thomas C. Lachman Revocable Living Trust, Rhonda B. Lachman Revocable Living Trust, \$0

Jan. 9, Cherrywood Estates Lot: 1A 1.00 AC PCA 165-2 & PCB 17-20 PIN K051-2-1A from Mark W. Lawrence, Nina C. Lawrence to Kenneth E. Riley,

Loni S. Riley, \$88

Jan. 9, Pecan Grove Marina 1/220 Und Int Exhibit A DB 334/140, Pecan Grove Marina 1/220 Und Int Piers & Docks PCA 108-5, PCA 118-4, PCA 173-10 & PCB 4-17, Pecan Grove Marina Boat Slip 40 PCA 108-5, Deed of Correction DB 734/656 from Charles Lawrence, Jennifer Lawrence to Stephen D. Baybutt, \$0

Jan. 9, Whorton Harbor Lot: 20 PA 117-2 from Delma K. Heine, Harry L. Myers to Timothy J. Travers, Christine Travers, \$110

Jan. 9, Whorton Harbor Lot: 19 PCA 117-2 from John Alan Hardesty/TR, Kimberly Sue Hardesty/TR, The Hardesty Family Living Trust to Timothy J. Travers, Christine Travers, \$180

Jan. 9, Whorton Harbor Lot: 17 PCA 117-2, Whorton Harbor Lot: 18 PCA 117-2 from Chad Goldston, Christine Goldston to Timothy J. Travers, Christine Travers, \$540

Jan. 10, Sea Vista Oriental Heights Block: B Lot: 26 0.71 AC MB 4/100; Map DB 602/663, PIN J082-320-26; 23E134 from Joshua D. Ricker, Marina Ricker to Joshua D. Ricker, Marina Ricker, \$0

Jan. 10, Spinnaker Point Lot: 12 0.878 AC Section II PCA 30-3; Map DB 438/311, Spinnaker Point Boat Slip 3 PCA 40-10 from Frederick W. Dobbs-Allsopp, Frederick W. Dobbs Allsopp, Leslie A. Dobbs-Allsopp, Leslie A. Dobbs Allsopp, Leslie A. Dobbs Allsopp to Bob Zeccardi, Regina Zeccardi, \$1,000

Jan. 10, PIN K081-83-1; Lot 4A Richard D Delamar Prop MB 6/84; Orchard Creek Rd Oriental from Home Bridge Real Estate LLC to Daryl Price, Mandy Edwards, \$140

Jan. 10, 0.86 AC PCB 18-1 from John Corcell, John D. Corcell to David A. Benford/TR, Karen A. Benford/TR, Benford Living Trust, \$30

Jan. 10, Windmill Point Lot: 29R 1.07 AC Map DB 550/77 from Langlois Construction Services, Inc. to Jeffrey Hrenya, Linda Hrenya, \$300

Jan. 10, Pecan Grove Marina 1/220 Und Int Exhibit A DB 334/140, Pecan Grove Marina 1/220 Und Int Piers & Docks PCA 108-5, PCA 118-4, PCA 173-10 & PCB 4-17, Pecan Grove Marina Boat Slip 32 PCA 108-5 from Charles N. Lawrence, Jennifer M. Lawrence to Matthew Frank, Laurie Frank, \$72

Jan. 13, Quitclaim Deed; PINS C051-91, C051-31, C051-32, C051-28; F082-17; Multiple Tracts See Instrument from Alice Dixon Woodard/EST, Pascal Alan Woodard/EXR, Pascal Alan Woodard, Paula L. Woodard, Angela W. Bell, Albert Bevin Bell to P.A. Woodard Properties, LLC, \$0

Jan. 13, 14E87; 1 AC W/S Cowell Lane from Sara L. Delamar/ADMR, Helen Gatlin Whorton/EST to Kimberly M. Whorton, Lacy Knowles, Mark A. Whorton, Hallie D. Hill, \$67

Jan. 13, 24E213 & 24E167; 1 AC W/S Cowell Lane from Pat L. McCotter/ADMR, Kenneth E. Whorton/ESET, Kimberly M. Whorton, Lacy Knowles/EXR, Todd M. Whorton/EST, Lacy Knowles, Worlisse L. Knowles, III, Mark A. Whorton, Hallie D. Hill, Mark D. Hill to Ernest Hugh Mayo, Jr., \$555

Jan. 14, Cloisters at Kershaw Creek Lot: 26 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 26A Phase II PCA 173-13 PIN 108-35-26 from Lindsey's Creek, LLC to Inner Banks Living, LLC, \$24

Jan. 14, Cloisters at Kershaw Creek Lot: 26 Phase II PCA 173-13, Cloisters at Kershaw Creek Lot: 26A Phase II PCA 173-13 PIN 108-35-26 from Inner Banks Living, LLC to IPlanGroup Agency for Custodian FBO Michael Travis, IPlanGroup/AGT, Michael Travis, \$50

AROUND THE COUNTY

Grantsboro Jeff Roberts, *Correspondent*



Well folks it has definitely been an eventful week. This week's post was almost next weeks with the internet and cell service going haywire. Hopefully by the time you read this everything will be better. I will have to say that it did make for an incredibly quiet day. Been a while since I've had one of those, it was kind of nice.

We also saw the capabilities of our Sheriff's dept. this week. The coordination of eastern NC's sheriff's departments showed how capable they are. The incident ended peacefully with the person in custody. Great teamwork!

If you are looking for a cookie fix it can be found at the Grantsboro Silverhill fire department on Saturday and Sundays from 10-2. There are several locations throughout the county. Get yours before they are gone !!

This weeks history comes from the years 1750-1760 Bairds creek area with two names Jno Vendrick and Jno Caruthers. This week we will only speak of Jno Vendrick. Jno meaning John but in the case Johannes. He came over from Germany by way of the New York colony. The Vendrick name was changed from Wennerich. One of the things I know about the German language, I lived there for two years, is that the v and w are opposite. V is pronounced as a W and vice versa.

He owned thousands of acres in Craven county and what we know as Pamlico now. There is extensive information on him and



many deeds on record for the Vendrick family. I do plan to do much more research on him and share it with you along the way. <https://www.wikitree.com/wiki/Wennerich-15>

We know how and when Pamlico was formed and quite a few families have done there genealogies. My goal is to find connections between the families and how a part of Craven county grew into Pamlico.

I look forward to next week and diving more into Pamlico's history. Today's picture is somewhere in Pamlico, do you know where?

Whortonsville Reba Tiller, *Correspondent*



It is finally here " Super Bowl Sunday" and I am glad! I have heard about it so much I am happy that it will be over tonight and the press can get back to bashing Musk and Trump who are trying to get rid of the waste in the government. When you bash the richest man in the world I don't think it bothers him at all because he is trying to help those of us who are Americans. I noticed some of the fields are being plowed but because it is supposed to rain all next week they may have to hold off a bit longer. If my count is right I think there were 16 at church today. Bill and Sylvia Nickerson spent last week in the Shenandoah Valley in their time share at Massanutten. Spoke with Louise Lee today and she told me she had been under the weather for five weeks. I know there

is a lot of sickness in the schools now. My daughter-in-law Jeanna Tiller who teaches at Pamlico Christian School was out on Friday. Bethel is celebrating Valentine with a dinner. My friend John Ehmke came by yesterday and brought some collards. He has brought some before and they were delicious. Dennis and Sarah Maxwell came over and had a bowl of soup and a hot dog with me on Friday. Went to the Woodmen Lodge on Florence Road yesterday for a meeting and pizza. Catherine Stewart, the president, had done a beautiful job decorating the Lodge with a Valentine theme. Bible Study on Wednesday night at Bethel at 6:00p.m.

THOUGHT FOR THE WEEK— REMEMBER YOUR WIFE OR SWEETHEART ON VALENTINE DAY!

Vandemere Sandra Snipes, *Correspondent*



Hello from Vandemere! This week we enjoyed nature giving us a few days of wonderful spring like weather with hints of that we are still in the winter season. It was enough for us to get energized in anticipation of warmer weather and all the fun that will come with it!

Squidders Bait and Tackle has found the community "nitch" which comes in the way of cooking contests. Vandemere is passionate about their cooking! Thus far there have been two cook offs: a collards cooking contest and a soup cooking contest. The winner of the Collards Cook Off was Sue Britt and the winner of the Soup Cooking Contest was Keith Braswell. The next cook off is a Chili Cooking Contest on March 1st, 2025. The winner will receive a \$25 gift card to the store.

Vandemere was well represented at the Triangle 17 volunteer fireman appreciation dinner. David Snipes earned three awards this evening: Rookie of the Year for 2024, highest amount of training hours (about 426 training hours), and most calls responded to(84 calls). Danny Wooten, last year's Fireman of the Year for 2023, was also recognized for over 100 training hours.

Triangle 17 Fire Department is a volunteer team of over 30 members ready to welcome more people who are interested in volunteering. You must be at least 16 years of age to join. Joining this team of selfless servants and gaining the skills in firefighting can lead to future paying opportunities in other locations. For more information about joining please call Woody Spruill, Department Chief, at 252-229-5772. We are very proud of all our volunteers making a difference in the town, county, and throughout the state of North Carolina.



Pets generally may seem like carefree animals with nary a worry, but the truth is that companion animals may suffer from many of the same mental health issues that affect humans. ASPCA® Pet Insurance says that pets experience certain mental health issues, including anxiety, obsessive-compulsive behaviors and fears or phobias. Some pets also experience depression, with similar symptoms of social withdrawal, lethargy, loss of interest in food or activities, and more. Some animals are predisposed to mental health conditions. For example, small dog breeds generally are more inclined to exhibit signs of anxiety. Other pets develop mental health issues over time. Compulsive behaviors may start out as a way for an animal to self-soothe during a fearful event or trauma, such as licking a toy or at paws. But these behaviors can become harmful, repetitive actions that may cause physical health problems. If a pet is acting out of character or is displaying behaviors that are concerning, pet owners should seek the advice of the animal's veterinarian.

STATEWIDE CLASSIFIEDS

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Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous

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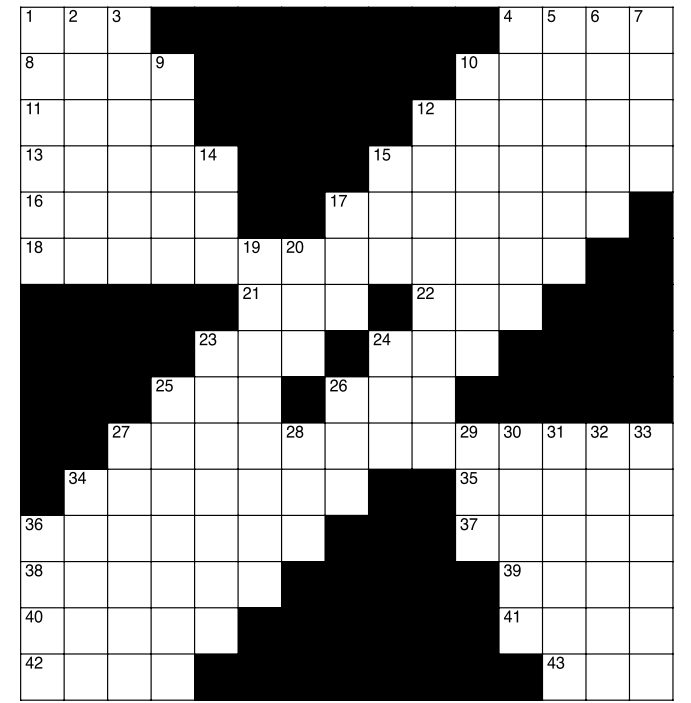
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CROSSWORD



CLUES ACROSS

- 1. Racquet sport group (abbr.)
- 4. Norse god of thunder
- 8. Russian industrial city
- 10. What's good for the ___
- 11. Round-ish shape
- 12. Baltimore MLBer
- 13. French modernist painter
- 15. Burned with water
- 16. Intestinal issue
- 17. Take the lead
- 18. Prove oneself worthy
- 21. None
- 22. Tax collector
- 23. Swiss river
- 24. Gymnast Raisman
- 25. Baby's dining accessory
- 26. Canadian beer distributor
- 27. Iconic American tourist destination
- 34. More expansive
- 35. Alert
- 36. Popular boots Doc ___
- 37. Showings
- 38. Conclusion
- 39. Share a common boundary
- 40. Shooting sport
- 41. Popular side dish
- 42. Global energy firm
- 43. Chronicles (abbr.)

CLUES DOWN

- 1. Type of bomb
- 2. Polynesian island country
- 3. Heavenly body
- 4. Hard workers
- 5. Covered
- 6. Johns Hopkins Hospital founder
- 7. Plant of the grass family
- 9. Island person of the Bering Sea
- 10. Storehouse
- 12. Scarlet-flowered desert shrub
- 14. A pituitary hormone
- 15. Female sibling
- 17. Monetary unit of Afghanistan
- 19. Empowering
- 20. Space station
- 23. Disorder
- 24. State of fuss
- 25. Footwear for babies
- 26. Nuclear reactor (abbr.)
- 27. Drove
- 28. Affirmative
- 29. Male parent
- 30. Utter obscenities
- 31. Type of verse
- 32. Unpleasant person
- 33. One who settles down
- 34. Founder of source-based history
- 36. A way to snarl

PUZZLE SOLUTION

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| M | A | N | E | T | | | | | S | C | A | L |
| I | L | E | U | S | | | | | P | I | O | N |
| C | U | T | H | E | M | U | S | T | A | R | D | |
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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Valentine's Day.

OLVE

Answer: Love

GUESS WHO?

I am singer born in England on February 13, 1974. I liked performing while I was in primary school. I went on to join a popular boy band in 1990 that had many hits. My friend Elton John helped me face by substance abuse problems, and I've turned my life around.

Answer: Robbie Williams

"I am so clever that sometimes I don't understand a single word of what I am saying."
—Oscar Wilde

PAMLICO COUNTY HIGH SCHOOL

PCHS Celebrates Career & Technical Education (CTE) Month

February is Career and Technical Education (CTE) Month, a time to celebrate the valuable skills and opportunities that CTE programs provide to students. These programs prepare learners for high-demand careers in fields like healthcare, engineering, agriculture, culinary arts, and more by offering hands-on experience and industry-recognized certifications. CTE empowers students to explore their passions, gain real-world skills, and set a strong foundation for future success in college and the workforce. Throughout the month, schools and communities highlight the impact of CTE through events, student spotlights, and success stories.

Let's take a moment to recognize our very own PCHS CTE teachers and their phenomenal programs which help students achieve certifications and experience to give them a head start on their career path.



Chef Keith Reese Sr. - Culinary Arts



Brandy Angelo - Drone Fundamentals, Adobe Academy



Stephen Browne - Agricultural Mechanics, Horticulture 2, Turfgrass



Zarah Forbes - Counseling and Mental Health, Principles of Family and Human Services



Hannah Hardee - Animal Science, Equine Studies



Tammy Taylor - Health Science, Biomedical Technology



Ms. Tammy Taylor's Health Science classes and SkillsUSA students partnered with the Red Cross to host a successful blood drive at Pamlico County High School. Students took an active role in organizing the event, assisting donors, and learning about the importance of blood donation in saving lives. This hands-on experience allowed them to apply their classroom knowledge in a real-world setting while making a meaningful impact on their community. Their dedication to service and healthcare highlights the value of Career and Technical Education (CTE) in preparing students for future careers in the medical field. Ms. Taylor also wants to put in a shout out to the JROTC classes who massively supported her students' efforts.



Isaiah Mewborn has been named the Coastal Plains Wrestler of the Year for the 2024-2025 season! Isaiah's hard work, determination, and unwavering dedication to the sport have earned him this incredible honor. His commitment to excellence on the mat and his leadership as a student-athlete make him a true champion in every sense of the word.



Ellie Aldridge, a student at Pamlico County High School, for representing our school at the English-Speaking Union of the US Colonial NC Branch 42nd Annual National High School Shakespeare Contest! Competing in an event like this takes talent, dedication, and bravery, and we commend Ellie for stepping onto that stage.

We're also grateful for the incredible support our teachers provide to students in all of their pursuits. Thank you to Ms. Simone Collins for encouraging and guiding Ellie, and to Ellie's family for cheering her on. At Pamlico County Schools, we celebrate the diverse talents and passions of our students.



Senior Shelby Mehring has been named a finalist for both the Park Scholarship at NC State University and the Morehead-Cain Scholarship at UNC-Chapel Hill!

These two prestigious scholarships recognize exceptional students who demonstrate outstanding leadership, character, scholarship, and service. The Park Scholarship is a highly competitive, full-ride award to NC State, offering leadership development, study abroad opportunities, and a tight-knit community of scholars. Meanwhile, the Morehead-Cain Scholarship, the nation's first merit-based scholarship, provides a full four-year scholarship to UNC-Chapel Hill, along with summer enrichment experiences and global networking opportunities.

Shelby has truly excelled in everything she has taken on, from academics to leadership, and she currently serves as the Commanding Officer for Pamlico County High School's Navy JROTC. Her dedication, hard work, and perseverance have led her to this incredible achievement!



Aniyah King

Pamlico County High School's Culinary Arts students recently put their skills to the test in an intense sous chef competition. Students Aniyah King, Kasie Boyer, Areya Doucette, and Zrya Squires stepped up to the challenge, demonstrating creativity, leadership, and culinary expertise.

As part of the competition, each student was responsible for crafting their own recipe, ordering the necessary ingredients, preparing the dish, overseeing its execution, and finally, presenting it to a panel of judges. The competition was designed to mirror the real-world responsibilities of a sous chef, requiring not just technical skills but also time management and teamwork.

After a close competition filled with impressive dishes and strong presentations, Aniyah King emerged as the winner, earning the coveted role of sous chef. Her exceptional leadership in the kitchen, attention to detail, and outstanding dish set her apart from the competition.

Senior Kylie Morgan is gaining hands-on experience through her internship with Horses of Pamlico, where she is learning the ins and outs of equine care. From assisting with daily feeding and grooming to understanding proper horse handling and stable management, Kylie's internship allows her to combine her love for animals with valuable real-world skills.

This experience is preparing her for a future in animal science or veterinary care, highlighting the impact of Career and Technical Education (CTE) in providing students with meaningful, career-focused opportunities.



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Hope Clinic Celebrates New Location



Area Pastors and Clergy gathered on Friday to offer Blessings of Hope at the clinic's new facility.



Dr. Joseph Overby and his wife Gretchen



In only a few weeks the Clinic's pharmacy has gone from "needs a lot of work" to "fully stocked"



One of several Exam Rooms



PHYSICALLY ACTIVE CHILDREN

Encouraging children to be physically active can be an important step in helping them to be healthier later in life. The Physical Rehabilitation Network (PRN) says active kids are more likely to become healthy adults. Studies have shown that being physically active and making smart food choices while young can lead to a reduced risk of developing many serious health conditions later in life, which can include diabetes, high blood pressure, obesity, heart disease, and even certain cancers. What's more, Better Health Victoria in Australia says evidence suggests that physically active children also are more likely to mature into physically active adults. Developing fitness skills early in life is a wise choice. However, one in six kids between the ages of 2 and 19 in the United States are obese, and just one in three are physically active each day, reports the PRN. Families can work together to help kids get on paths to better health and to become more active. This may involve putting limits on screen time and encouraging outdoor play and group active activities like sports or dance.

LETTER TO THE EDITOR

Submitted by: Bonnie Crosser, CPA, Oriental Commissioner

The importance of OWAB's efforts were once again brought to center stage with Oriental having to shut off the water to ALL residents and businesses/restaurants on Monday, 2/3/2025, to make a repair on a water line. The water was shut off from around 11:00am until 4:00pm. Additionally, once the water came back on the Town was on a BOIL WATER ADVISORY from Monday late afternoon until 2:20pm on Wednesday, 2/5/2025. The OWAB projects currently underway will address this and other issues in the future when completed. Oriental will have the ability to section off water management/repair on an as needed basis.

Water System Improvement Project \$5.4M for Oriental North Carolina: North Carolina Department of Environmental Quality; Division of Water Infrastructure.

In December 2023 Oriental NC was awarded \$5.4M funding to improve its aging Water System. Senator Norman Sanderson and Representative Keith Kidwell were the driving forces behind this funding, along with Oriental Commissioner Frank Roe.

The goal of the project is to address Oriental's aging water distribution infrastructure and water plant operating equipment. The town of Oriental has been experiencing degradation of the valves within the system to the point the entire town has water shutoff to make repairs on water lines within the community. The replacement of critical water plant assets is below State recommendation of 50% depreciation. The last Audit the Town's Water Plant was at 37%. This means the equipment is fully depreciated and a replacement strategy is required. Additionally, residents have been experiencing diminished water pressure throughout the community.

The Water System Improvements will be completed in three (3) projects that will run concurrently on individual timelines to allow for maximum schedule efficiency:

Water System Valve Rehabilitation - to replace the nonfunctional valves and section areas within the community.

White Farm Road Booster Station - address the pressure issues to Dolphin Point and to stabilize chlorine residuals in the system.

Water Treatment Rehabilitation - which will address the aging infrastructure within the Water Plant. The backup Generator for the Water Plant is circa 1970.

The Water Advisory Board is comprised with the following members: Daniel Early, ORC (Operator in Responsible Charge) Water Treatment Plant and Public Works Director for Town of Oriental, B-Well, B Distribution, Cross Connection, Physical Chemical. Jeffery Sanders, Wastewater ORC Pamlico County, A-Well, A-Distribution, Cross Connection, Physical Chemical 2. The Board believes there is extreme value working together with the Town of Oriental and Pamlico County.

In addition we have two extremely experienced professional individuals of the community join as well: Steven Drew, Director of Water Resources City of Greensboro Retired, A Surface Water and C Well Water Treatment Facility Operator. Richard Guimond, Rear Admiral (Upper Half) Retired, former Vice President for Environment, Health and Safety for the Carrier and Motorola Corporations, with extensive experience in Water Distribution Systems.

Rounding out the Board are the representatives from the Oriental Board of Commissioners; Chair Bonnie Crosser, CPA and Allen Price, and the Town Manager Diane Miller.

This past year the Water Advisory Board members have been instrumental in the execution of the preliminary phases of the project:

Selection of the Engineering Firm TRC Companies, Completion of the water distribution system asset inventory and assessment,

Engineering recommendations and definition of the the three (3) projects.

We anticipate to begin construction in a 6 to 10 month timeframe - after completing Design, Permitting, and Bidding processes for the Water System Valve Rehabilitation and White Farm Road Booster Stations. The Water Treatment Rehabilitation project has an earlier anticipated start date.

The Water Advisory Board meets the second Friday of each month at 9:00am, Town Hall. Additionally, information regarding the Board and the projects are available on the Town website under Government - Water Advisory Board.

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

The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.



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