

# The Pamlico News

Wednesday, February 26, 2025

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## Division of Marine Fisheries Observer Trip Scheduling System Issue Resolved

**MOREHEAD CITY** – An issue that occurred yesterday with the NCDEQ Division of Marine Fisheries’ Observer Trip Scheduling System phone system has been resolved. Fishermen may now use the phone system at 833-487-8747 to log their plans to fish gill nets. The web portal at [dmf.ncdenr.org/OTSSPublic](http://dmf.ncdenr.org/OTSSPublic) remains available as an alternative option, as well.

The Division of Marine Fisheries appreciates fishermen’s patience and cooperation during this time. If you experience any issues or need assistance, please contact the Observer Program at 252-515-5625.

## PCHA Votes in New Officers

by: Hiram Lupton

The Pamlico County Historical Association held their annual membership meeting Monday evening and voted on their new officers for the upcoming year. They are:

- President – Brandi Prescott Robertson
- Vice President – Tim Buck
- Past President – Daniel Simpson
- Secretary – Renee Midyette
- Treasurer – David Evans, Jr.
- Board Member – Ben Hollowell
- Board Member – Roger Surprenant
- Board Member – Jennie Adams
- Board Member – Merritt Watson
- Board Member – Lou Ostendoff



New Pamlico County Historical Association President Brandi Robertson

## Mewborn Earns Bronze at State Championships

by: Hiram Lupton

Pamlico wrestler Isaiah Mewborn, competing Monday in Greensboro at the North Carolina High School Athletic Association wrestling championships, earned a bronze medal for his third-place finish. Mewborn, a Junior competing in the 150 pound class, pinned his opponent :53 seconds into the second period to claim his spot on the podium.



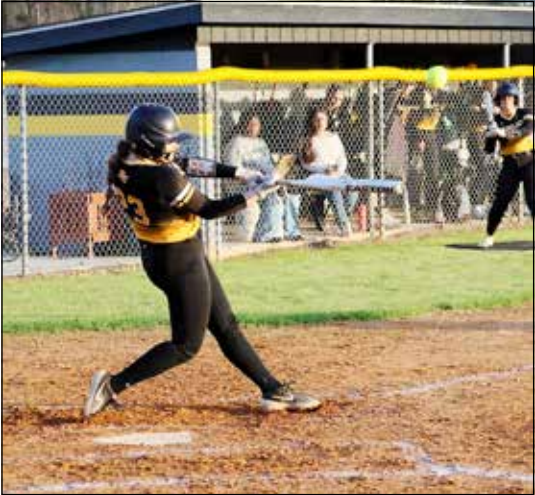
## Diamond Action Signals Spring is Near

by: Hiram Lupton



Avery Cain was in the circle for the Hurricanes as they hosted Swansboro in a Scrimmage game

Winter weather disrupted schedules and caused power outages last week in our area as sleet and freezing rain covered most of Pamlico County last Wednesday evening. Do not fear however, as Spring is fast approaching. There are signs beginning to appear such as Red-breasted Robins in my backyard, plants beginning to bud on warm afternoons, and high school athletes taking to the field. Both the Lady ‘Canes softball team, and the men’s baseball team played scrimmage games last week in preparation for the upcoming season. The girls squad hosted Swansboro and the defending conference champions will be looking to defend their title when their schedule opens up this week with road games at Richlands on Tuesday and West



Junior Kylee Freeman connects for an over the fence home run.

Craven on Friday. The Hurricane diamond kings traveled to Havelock for their baseball scrimmage and will also hit the road to open their regular season schedule with games at Richlands on Tuesday and Martin County on Friday. The boys will be road warriors for the non-conference portion of their season as they await completion of their new field. Fencing was being installed last week and lighting will be the next step. If the weather cooperates, they hope to be playing on their new field when their conference schedule begins on March 21 when they are scheduled to host Lejeune. As with any outdoor sport this time of year, weather can and most likely will cause some cancellations and rescheduling of games.

## Storytelling with the Pamlico Arts Council

by: Hiram Lupton

Last Saturday evening was a special one at the Grove and Vine Events Center just outside Oriental as The Pamlico Arts Council presented Remembrances of Pamlico Past, a storytelling event. So, what does storytelling have to do with art you may ask? Storytelling is considered an artform because it involves the



Shelia Cantine (top left), and Bill Fentress (top right) thoroughly entertain their audience with some master storytelling.

creative use of language, imagery, and structure to craft narratives that evoke emotions, engage the audience’s imagination, and transport them into a different world. Much like a painter uses color and brushstrokes to create a visual experience. It requires skill, intention, and an understanding of one’s audience to effectively convey a story and connect with listeners. The two speakers for the evening, Shelia Moore Cantine and Bill Fentress, both natives of Pamlico County, proved that they certainly fit the definition of artistic storytellers as they both weaved a narrative that entertained, informed, and enlightened the packed auditorium. Mrs. Cantine, who has extensive roots in Craven and Beaufort Counties

as well as Pamlico, told stories of growing up in the county and what it was like “back then.” She pulled from her vast genealogical knowledge of her family’s history to show attendees how far we have come, as well as how far we still need to go. Mr. Fentress has written two books of short narratives that often deal with his time growing up in Pamlico County, with the backdrop of the great outdoors and his love of it. He told several stories that while they involved hunting and fishing as the activity, placed an emphasis on the relationships that evolve and grow through those activities, particularly with family. Unfortunately, the third scheduled storyteller of the evening, Lisa Jones, the founder of the Underground Railroad Museum in Washington, NC, was not able to attend, but the audience got a special treat with some additional stories from Mrs. Cantine. All in all, a great evening of a growing artform brought to you by the Pamlico Arts Council. Hopefully, this will not be the last.

## Snapshot Meeting – The Integration of Pamlico County Schools

by: Hiram Lupton



Rev. Doug Pearsall

Following their yearly business meeting on Monday evening, the Pamlico County Historical Association presented a special February Snapshot Program on the integration of the Pamlico County School system in the late 1960’s. Mr. Rod Lee gave a chronological history of the integration of Pamlico County’s schools and the reasons behind it. He then introduced the guest speakers for the program, Mr. Ben Hollowell and Rev. Doug Pearsall. Mr. Hollowell shared his experiences during this time period from a high school student’s perspective. Rev. Pearsall spoke about his time as a student in Pamlico County during the pre-integration era. The floor was opened for comment and as there were quite a few former Pamlico County teachers present from this timeframe as well as students, their observations were highly insightful. All seemed to



Ben Hollowell shares his experiences during the period of integration in Pamlico County Schools

agree that for the most part, Pamlico County was free from the violence and unrest that accompanied integration in other parts of our nation and state. Most attributed this to the small community we lived in at the time as well as how kids were raised back then, to be respectful to everyone regardless of their race. An insightful program that further reminds us that while no where near perfect, Pamlico County was and is a great place to grow up and live.



## Pamlico County Death by Distribution Arrests

On January 30, 2024, the Pamlico County Sheriff’s Office responded to a call at 338 Foxwood Trail, located in the Reelsboro Community of Pamlico County regarding an unresponsive female later identified as Jacqueline Mantia.

During the investigation, authorities determined that the cause of death was due to a drug-related overdose. Investigators identified Richard Evans as the individual responsible for delivering the controlled substance that led to Jacqueline Mantia’s fatal overdose. Evans was arrested on January 31, 2025, and charged with Death by Distribution of Controlled Substance.

In an unrelated investigation, on December 4, 2023, the Pamlico County Sheriff’s Office responded to a call at 215 Shingle Brook Road in the Olympia Community of Pamlico County in reference to an unresponsive male. Upon arrival responding deputies discovered the body of Jason Stultz deceased of an apparent drug overdose.

Following a thorough investigation, it was determined that the cause of death was a drug-related overdose. The Craven County Sheriff’s Office Narcotics Unit assisted with the investigation, and through cooperation among multiple agencies, two individuals were identified as suspects.

Investigators identified Lisa Bass and Steven Smith, both residents of Craven County, as the individuals responsible for selling and delivering the controlled substance that led to the fatal overdose of Jason Stultz. Bass and Smith have been charged with Death by Distribution of Controlled Substance.

Both suspects were arrested by other agencies under the issued warrants and subsequently transferred to the Pamlico County Detention Center.

Sheriff Chris Davis made the following statement regarding the case: “It is our goal to continue to arrest those responsible for distributing this poison to our family and friends in Pamlico County. Our thoughts and prayers go out to the families that have and continue to be negatively affected by this type of behavior. Another solid investigation by the men and women of the Pamlico County Sheriff’s Office.”

The Pamlico County Sheriff’s Office urges the public to remain vigilant and report any suspicious activity or information related to the distribution of illegal substances. The Pamlico County Sheriff’s Office is committed to ensuring the safety and well-being of all citizens in Pamlico County through proactive law enforcement and community partnerships.



Richard Evans, 61 from Reelsboro charged with one count of Death By Distribution of Controlled Substance, and Posses Weapon of Mass Destruction. Evans is being held on a secured bond of \$100,000.00 Bond.



Lisa Bass, 53 from Craven County charged with one count of Death By Distribution of Controlled Substance. Bass is being held on a secured bond of \$100,000.00 Bond.



Steven Smith, 52 from Craven County charged with one count of Death By Distribution of Controlled Substance. Smith is being held on a secured bond of \$150,000.00 Bond.



### WEEKEND WEATHER



Saturday, March 1st **68°Hi** Partly Cloudy throughout the day



Sunday, March 2nd **55°Hi** Clear throughout the day



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# Hungry, generous crowd enjoys PCC Foundation’s Great Oyster Revival & Chili Cookoff

By Sandy Wall

Roughly 200 people came out to Pamlico Community College Saturday to eat their fill of oysters and chili and to raise funds for student scholarships at the 13th Annual Great Oyster Revival & Chili Cookoff.

Organizers are still tallying up how much money was raised, but they said they were very pleased with the event’s turnout and spirit.

“The event was a resounding success – a vibrant celebration where our community’s spirit shone brightly,” said PCC President Zac Schnell. “With an incredible turnout and a great many warm, generous hearts coming together, we not only shared great food and laughter, but also raised vital funds that will empower our students to keep learning and growing. Together, we are building a brighter future.”

PCC Foundation Executive Director Heather Arevalo, who spearheaded Saturday’s event, added, “We had a wonderful time for a great cause. It was great to see so many attendees. We thank them, our sponsors and our volunteers for their tremendous support.”

The late Dr. Cleve Cox, who served as the college’s president in the early 2000s, conceived of the event as a way for area residents to come together, socialize and raise money for a good cause.

By those measures, Saturday’s event was a tremendous success.

The hungry crowd began arriving long before the event’s official 3 p.m. start time. Frequent event attendees stood side-by-side with newcomers as an experienced team of cooks prepared and delivered steamed oysters to outdoor shucking tables.

Not far away, attendees lined up inside the Delamar Center to sample chilis from about a dozen crockpots and to visit with their neighbors.

Shortly before the event began, judges Sally Belangia, Stephen Crabbe and John McCotter gathered at an indoor table to sample and score each entry in the chili contest.

Local musicians Hoff’n’Finch were back this year to provide the entertainment, playing a series of familiar pop and rock hits. Picnic tables were available for sitting and eating, while some visitors brought their own chairs so they could sit outside, listen to the music and enjoy the day.

After an icy week, Saturday’s weather was sunny and clear, but chilly.

For the second year in a row, Albert Krelie won first place in the chili cookoff. His “Crazy Al’s” chili narrowly beat Tanya Banks’s “Buckaroo Bang” chili. Banks and fellow entrant Derek Godwin initially tied for second place, but a further review of the scores found Banks edged him out.



Oyster aficionados gather around outdoor tables to shuck and eat their fill during the Pamlico Community College Foundation’s 13th Annual Great Oyster Revival & Chili Cookoff last Saturday. Contributed photo

Krelie and Banks each will receive a trophy, a gift card and, of course, bragging rights for a year.

Marian Canfield won the 50-50 raffle, taking home half of the \$465 pot. Several door prizes donated by area businesses also were given away.

Arevalo’s daughter, Ashlynn, pulled the winning tickets.

The Foundation wishes to thank area businesses and individuals for agreeing to be sponsors, including Pearl Sponsors Duke Energy, Dr. Sherri Hicks of Oriental Village Veterinary Hospital, Garland F. Fulcher Seafood Co. and Carolina Bay Outfitters.



A fresh batch of oysters is delivered to a table. Not far away, local musicians Hoff’n’Finch play for the crowd. Contributed photo



Chili Cookoff judges, from left, John McCotter, Sally Belangia and Stephen Crabbe sample and score entries. Contributed photo

Joe Flynn, Juan Arevalo, Katie Shorter, Laura West, Lee Tillman, Rachel Tipton, Ray Moore, Rhonda Tillman, Starr Murphy, Susan Adams, Susan McRoy, Tanya Banks, and the Foundation team.

For more information about the PCC Foundation, call 252-249-1851, ext. 3084.

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

# SECU Foundation Provides Bridge to Career Program Scholarships to Local Community College Students

GRANTSBORO – SECU Foundation, a charitable organization funded by the members of State Employees’ Credit Union, is providing funds for up to 30 local students to receive an SECU Bridge to Career scholarship for study at Pamlico Community College.

The SECU Bridge to Career Program was introduced in 2018 to help students seeking to obtain careers with sustainable wages in their local communities through North Carolina’s workforce development program. Administered by each college, the initiative focuses on assisting individuals with finding career opportunities through eligible training programs that lead to state-regulated or industry-recognized credentials. Scholarship funding will be applied to educational and other related expenses.

“We are thrilled at the interest and growth in this program as well as the positive impact it’s making in the lives of hundreds of North Carolinians each year,” said SECU Foundation Executive Director Jama Campbell. “Our collaborative effort with state educators across the state is a wonderful example of how we are working together to help students achieve their educational goals and create a better future for themselves, their families, and our communities. On behalf of SECU Foundation and SECU members, we offer our congratulations to these recipients.”

With the combined commitments for the SECU Bridge to Career and People Helping People® Community College Scholarship programs, SECU Foundation funding for the North Carolina Community College System totals over \$1.6 million annually. Total funding to date for the SECU Bridge to Career Program is \$2.9 million.

About SECU and SECU Foundation

A not-for-profit financial cooperative owned by its members, and federally insured by the



Margaret Alphin, at right, vice president of the State Employees’ Credit Union (SECU) Grantsboro branch, presents Pamlico Community College with \$18,000 from the SECU Foundation’s 2024-2025 Bridge to Career Program. The funds will be used for scholarships for students enrolled in PCC Continuing Education health care career courses. Pictured holding the check with Alphin are current PCC Nurse Aide I students, from left, Sara Nethercutt, Nicole Croom and Brittany Barnett. Joining them in the back row are, from left, PCC Coordinator of Occupational Health Tina Ormond, SECU Advisory Board Member Kathryn Gillenwater, PCC Chair of Continuing Education and Technical Programs Lori Giles, SECU Advisory Board Member Jamie D. Gibbs, and SECU Advisory Board Member David Hall. Contributed photo

National Credit Union Administration (NCUA), SECU has been providing employees of the state of North Carolina and their families with consumer financial services for over 86 years. SECU is the second largest credit union in the United States with \$50 billion in assets. It serves nearly 2.8 million members through 275 branch offices, over 1,100 ATMs, Member Services Support via phone, www.ncsecu.org, and the SECU Mobile App. The SECU Foundation, a 501(c)(3) charitable organization funded by the contributions of SECU members, promotes local community development in North Carolina primarily through high-impact projects in the areas of housing, education, healthcare, and human services. Since 2004, SECU Foundation has made a collective financial commitment of over \$258 million for initiatives to benefit North Carolinians statewide.

With support from  
  
www.pamlicoarts.org

presents

# ELAINE HINCHMAN

Elaine Hinchman is an artist working in acrylics which feature bold, expressive use of heavy texture. Some of the works to be discovered in this show are from her Finding Harry Collection. This collection was inspired by one of her kayaking adventures. Harry is hidden beneath the many layers of texture. By viewing the paintings in detail you can find Harry the blue heron.

We proudly present the unique & imaginative works of

## ELAINE HINCHMAN

as a feature in the gallery for the month of

### MARCH 2025

Please join us for an opening reception for the artist at the gallery from 2-5 p.m. • Sat., March 1

Refreshments will be served

Broad Strokes Gallery • 730 Broad Street • Oriental • [broadstrokesgallery.weebly.com](https://broadstrokesgallery.weebly.com)

## Land/Home Sales Property Management Appraisals Development

### Agent of the Week

**Linda Hoff**  
Broker

*Here's what one of Linda's customers had to say...*

I just wanted to give a shout out to Mariner Realty and your staff, especially Linda Hoff, on the sale of our home in Oriental. Linda was great and always followed up on information as it became available. I wouldn't have made it through the process without her. Thanks again, we will be back; we love this town!

*Pam, VA*

**MERRITT** – Newly-renovated, 2,100 sf **3BR/2BA**, on 1 acre unrestricted lot on Gibbtown Road (SR 1335); no HOA, no zoning. New kitchen, SS appliances, Butcher-Block Island, glass-front upper cabinets, solid surface countertops and a large Breakfast nook. New LVP flooring, new carpeting. Electric-log fireplace in living room. Home is on an engineered permanent foundation with a HUD Compliant Foundation Engineering Certification letter; qualifies for Conventional, VA, FHA and USDA financing. Roof & HVAC installed 2021.

**OFFERED AT \$325,000**

**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 not zoned and not in flood zone located +/-3 miles north of Town of Oriental on Hwy 55. Fully-insulated I-beam construction, 6" concrete floor. Reception area, conference room & 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, fenced side yard, 208 3-Phase electrical system with 200 amps service. 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  
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Or contact Allen Propst  
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704 Broad St, PO Box 750, Oriental, NC 28571



THIS WEEK IN HISTORY


by: Hiram Lupton

- February 26th – Today is National Tell a Fairy Tale Day. Once upon a time...
- February 27th – Today is National Retro Day. Every day is Retro day for me.
- February 28th – 1983, The final episode of M\*A\*S\*H is aired.
- March 1st - Today is National Pig Day. I like pigs, that's where bacon comes from.
- March 2nd – Today is National Old Stuff Day.
- March 3rd – 1931, The Star-Spangled Banner was formally adopted as the National Anthem of the United States of America.
- March 4th – Today is Fat Tuesday. I'm fat every day of the week.

BIRTHDAYS THIS WEEK

- February 26th – 1932, Johnny Cash
- February 26th – 1928, Singer Antoine Domino, Jr. (Fats Domino)
- February 27th – 1932, Actress Elizabeth Taylor
- March 1st – 1935, Actor Conrad Robert Falk (Robert Conrad)
- March 1st – 19??, Pamlico Partnership for Children's Michelle Shields
- March 2nd – 1962, Singer and actor, John Bongiovi, Jr. (Jon Bon Jovi)
- March 2nd – 1968, Actor Daniel Craig
- March 3rd – 1962, Olympic champion Jackie Joyner-Kersey





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](mailto:director@primetimepamlico.org)

**Breakfast with Friends @ Brantley's**  
Thursday's – February 27  
8:30 am

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!

Prayer Shawl


Thursday's – February 27  
10:00 am  
Oriental United Methodist Church – Fellowship Hall

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

**The Maritime Dimensions of Coastal Plantations**  
**Maritime Heritage Lecture Series**  
**Thursday, February 27**  
**Starts @ 11 am**

**Fort Macon Coastal Education Center**  
**Group Lunch Following Program (Lunch On Your Own)**

Car pooling is suggested. Please register with [director@primetimepamlico.org](mailto:director@primetimepamlico.org)  
Join David Bennett, curator of maritime history, to learn about the maritime activities of coastal plantations in antebellum North Carolina, including shipping, shipbuilding, ferries, landings, commercial fishing, and more. He will also discuss the lives of free and enslaved watermen associated with coastal plantations.  
This program is part of the museum's Maritime Heritage Lecture Series, informal lectures focused on North Carolina's rich maritime history, coastal environment, and culture. The lectures are currently held in the Fort Macon Coastal Education Center and streamed via Zoom. is free, and registration is not required for the in-person program. Visit [ncmaritimemuseumbeaufort.com/virtual](http://ncmaritimemuseumbeaufort.com/virtual) to sign up to receive the Zoom links. Programs are also posted to the museum's YouTube channel.



According to the Zillow Home Value Index, the median value of homes in the United States increased dramatically between 2019 and 2024. Data from the online real estate listing service indicates the median value of a home in the U.S. in August 2019 was \$243,386. Just half a decade later, that value had risen to \$361,282, marking a 67 percent increase in median home value over that time. Housing prices have experienced an even greater uptick in Canada, where data from the Canadian Real Estate Association indicates that the average selling price of homes sold in August 2024 was \$717,800 CAD (\$529,427.75 USD), a roughly 73 percent increase since August 2019, when the average homes sold in Canada went for \$522,700 (\$385,527.84 USD). The spike in housing costs has greatly outpaced inflation. In fact, according to a 2024 report from the real estate data firm Clever, if home prices had increased at the same rate as inflation since 1963, the median price of a home in the U.S. would be \$177,511, which is less than half the median value reported by Zillow in August 2024.

**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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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.

COMMUNITY



Signs and Symptoms of Bird Flu in People

Key points

- Most human cases of bird flu, caused by avian influenza A(H5) virus, in the United States have been mild, so far, and most were in people who had known exposure to sick or infected animals.
- The severity of illness associated with bird flu has ranged from mild to severe, including death.
- The reported signs and symptoms of bird flu in humans have varied. Eye redness has been the predominant symptom among recent U.S. cases of avian influenza A(H5) virus infection. Respiratory symptoms and fever were also reported.

The possibility of human infections with avian influenza virus that result in severe illness remains and underscores the importance of ongoing prevention and surveillance efforts.

Mild symptoms

Mild signs and symptoms of bird flu in people may include:

- eye redness and irritation (conjunctivitis)
- mild fever (temperature of 100°F [37.8°C] or greater) or feeling feverish\*,
- cough
- sore throat
- runny or stuff nose
- muscle or body aches
- headaches
- fatigue

Eye redness has been the predominant symptom among recent U.S. cases of avian influenza A(H5) virus infection.

Less common symptoms include diarrhea, nausea, or vomiting.

\*Fever may not always be present

Signs and Symptoms of

Moderate to Severe Disease

Signs and symptoms of moderate to severe disease from bird flu in people may include:

- high fever or other symptoms listed above that limit or prevent usual activity
- shortness of breath or difficulty breathing
- altered consciousness
- seizures

Complications

Complications of bird flu can include but are not limited to:

- pneumonia,
- respiratory failure,
- acute respiratory distress syndrome,
- acute kidney injury
- multi-organ failure (respiratory and kidney failure),
- sepsis, septic shock and inflammation of the brain (meningoencephalitis)

Timing

Onset of Symptoms

The time from when a person is exposed and infected with avian influenza A(H5) viruses to when respiratory symptoms begin is about three days but can range from about 2 to 7 days. However, eye symptoms such as redness and irritation can occur one to two days after exposure and infection with an avian influenza A(H5) virus.

Period when people are contagious

The period of contagiousness for person with mild illness due to bird flu is not well understood but thought to be similar to seasonal flu.

People are thought to be most contagious during the first few days of their illness.

People with severe disease (e.g., pneumonia) requiring hospitalization may have high levels of virus in the lower respiratory tract and may be contagious for several weeks.

How long bird flu illness lasts

Bird flu usually lasts a few days to less than two weeks, but how long symptoms last can vary by person. People who are severely ill (for example, intubated for severe pneumonia and respiratory failure) may be sick for several weeks.

When there are no symptoms

Some people who have had bird flu in the United States have reported no symptoms. It is not currently known how common this is. People who do not have symptoms can still be contagious to others.

Horoscopes



**ARIES – Mar 21/Apr 20**  
People are not mind readers, Aries. If you want others to know how you are feeling, you are going to have to give them some sort of indication this week.



**TAURUS – Apr 21/May 21**  
You may discover that you enjoy a great deal of support from other people right now, Taurus. This includes those who you didn't realize are on your side.



**GEMINI – May 22/Jun 21**  
Even though it can be challenging at certain times, try to see the positives in every situation, Gemini. This may make it easier to overlook some of their faults.



**CANCER – Jun 22/Jul 22**  
Try to stretch beyond your comfort zone and limits this week, Cancer. This likely will involve meeting new people and asking a lot of questions along the way. You will develop and grow.



**LEO – Jul 23/Aug 23**  
Leo, this is a great time to communicate with friends and socialize. Put aside any worries and engage in light-hearted activities that will enable you to laugh and smile.



**VIRGO – Aug 24/Sept 22**  
The more peaceful and understanding you are this week, Virgo, the more you will get along with the other people in your life. Be the diplomat instead of a warrior this time around.



**LIBRA – Sept 23/Oct 23**  
Libra, this is a good week for cleaning up your space and devising a better organizational system at work. You might be so good at cleaning up that you forget where you put things.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, do not feel like you have to change your personality to fit certain situations this week. Just be yourself. Those who want to be around you will naturally gravitate to you.



**SAGITTARIUS – Nov 23/Dec 21**  
A great deal of information is available if you simply request it, Sagittarius. Word your request in a way that guarantees cooperation from others.



**CAPRICORN – Dec 22/Jan 20**  
Capricorn, you are so focused on a personal project that you may completely forget about the needs of others. Make a change this week to be more receptive to others' needs.



**AQUARIUS – Jan 21/Feb 18**  
Aquarius, take a look at the bigger picture to identify what you will need for the next few months. Then discuss your ideas with others to see if what you have planned is plausible.



**PISCES – Feb 19/Mar 20**  
Your good mood will be elevated for much of the week, Pisces. Don't fret about a little hiccup along the way. You will bounce back quickly with a smile on your face.

PISCES Traits & Overview

Smart, creative, and deeply intuitive, Pisces can be close to psychic. Pisces feel things deeply, and have incredibly strong gut reactions. A Pisces "knows" things from deep within, and can often judge whether a person or situation is good or bad. That doesn't mean a Pisces ignores the logical part of their brain, though. Deeply intelligent, Pisces have a profound respect for the power of the human mind. Is it a surprise that Albert Einstein was a Pisces?

Pisces signs are sensitive, and get along well in small groups of people. Sometimes, a Pisces may feel like they have an internal and external self, and they may need to spend a lot of time solo to recalibrate those two halves of themselves. A Pisces is rarely lonely when they are by themselves, and have an active imagination. Creative, Pisces love spending time reading, exploring or creating art or music, and understanding their emotions through art.

Those with the Pisces sign may seem quiet but they are incredibly strong and have a very strong sense of right and wrong. Their moral compass, along with their gut, guides them well. When a Pisces speaks up, people listen. Pisces tend to take in everything around them, and they are great people to ask for advice on pretty much anything. While Pisces has strong convictions about the best way for them to live, they have a "live and let live" approach when it comes to others, and are accepting and nonjudgmental of all.

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# FINANCIAL FOCUS

## Dividends: Reinvest or not?



Dan M. Roberts

As you may know, some businesses pass along part of their profits to investors in the form of dividends. If you own shares of these companies, either directly in stocks or more indirectly through mutual funds, you may have a choice: Should you take the dividends as cash or reinvest them into the stocks or funds?

There's no one correct answer for everyone. So, let's look at some reasons for both choices — reinvesting or cashing out.

Reinvesting dividends offers at least two related benefits. First, reinvested dividends make up part of a stock's total return, along with price appreciation. And second, when you reinvest dividends, you are buying more shares of the investment — and share ownership is a key to building wealth. Keep in mind that dividends can be increased, decreased or eliminated without notice.

It's also easy to reinvest dividends. Through a dividend reinvestment plan, or DRIP, your dividends are automatically used to buy more shares of a company. And these new shares will generate more dividends that can be reinvested. Consequently, it's fair to say that dividend reinvesting is an economical way to grow your portfolio. However, a DRIP does not guarantee a profit or protect against loss, so you'll need to consider your willingness to keep investing when share prices are declining.

If you're mainly investing for long-term growth, you may well want to reinvest your dividends. But under what circumstances wouldn't you want to reinvest them?

For starters, of course, you may simply need the dividends to help support your cash flow. This may be especially true in your retirement years.

But there may be other reasons to cash out dividends, rather than reinvesting them. You might already own a considerable number of shares in a stock or mutual fund and you don't want

to buy more of the same. By not reinvesting these dividends, you can use the money to help broaden your investment mix. You also might want to consider taking the cash, rather than reinvesting, if the company that pays the dividends appears to be struggling or has an uncertain future. Again, you could then use the money to fill gaps in your portfolio.

Regardless of whether you reinvest your dividends, you'll pay taxes on them if your investments are held in a taxable account. Ordinary dividends are taxed at your ordinary income tax rates, while qualified dividends are taxed at the capital gains rate, which is 0%, 18%, or 20%, depending on your income. (A dividend is considered qualified if you've held the stock for a certain length of time.)

If your dividend-paying investments are held in a traditional IRA or a 401(k), you won't have to pay taxes on the dividends until you begin taking withdrawals from these accounts, typically at retirement. And if you have a Roth IRA or Roth 401(k), you may not pay taxes on the dividends at all, provided you've had the account at least five years and you don't take withdrawals until you're at least 59½.

In any case, you may find that dividends, whether reinvested or taken in cash, can play a role in your overall financial strategy. So, follow your dividend payments carefully — and make the most of them.

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# Spring 4-H Fun

4-H Fun can be had any time of the year. It is one of the things that I have always loved about 4-H, no matter what there is always a 4-H Project or even just around the corner to look forward too. This spring is no different. All last week while it was cold and icy I was thinking about all the fun programs coming up! I am really excited about what we will be doing in the next few months.

First our 4-H Ag 101 class has been working hard to get their micro-farm ready for spring planting. They've analyzed market prices. Measured out and allotted growing space to maximize planting and profit, and are ready to dig in with seeds and seedlings as soon as the ice clears. We are very much looking forward to sharing everything they learn in the next term.

We are also excited for It's Electric to be picking back up after our Winter break. In the fall members of our SPIN Club made mini Tesla Coils and worked on their project record books. 4-Hers are finalizing their project record books to submit for a chance to attend NC 4-H Electric Congress. While starting their new project, Photo Sensing Cars! We are so excited to watch them learn and develop their skills!

Sew Much Fun is also back from our Winter Break! In the Fall 4-Hers designed their own small projects! Now our 4-Hers are using geometry and math to design their own lap quilts. We are so excited to watch them not only develop skills in sewing, but to apply math to their creative endeavors. We hope to see them all compete in the 4-H State Fair Sewing Competition and Display this coming Autumn.



production systems, and keep project record books. Registration will open in March!

One of the 4-H Programs that I am so excited for every spring is 4-H Presentations. 4-H Presentation is a public speaking program that allows youth ages 5 - 18 to develop and perfect their presentations skills by researching, writing, and delivering a speech. Once a speech is prepared there are three stages to 4-H Presentations: County Activity Day, District Activity Day, and North Carolina 4-H Congress.

Why should you do a 4-H Presentation? Apart from being fun, there are many reasons to participate. At some point in our lives nearly everyone has to give a speech. It may be a class presentation in high school, or a crowded lecture hall at university, before a congregation, or a toast at a best friend's graduation, as part of a job interview, or to accept an award. It is a skill that is taken into many accepts of our lives, and it doesn't have to be a daunting consideration, in fact 4-H Presentations are both exciting and fun!

How do we get started? 4-H presentations start at the county level where your 4-H Agent (me) will help you pick a subject that interests you, and decide what kind of speech you would like to give. Then youth will prepare and write their speech. First youth will give your speech at County Activity Day where youth will receive helpful feedback before District Activity Day (DAD). DAD place winners have the opportunity to give their presentations at NC 4-H Congress in Raleigh, some speech categories are eligible for an award and an opportunity to attend National 4-H Events.

Chopped International has also kicked off our Spring Workshop Series. This past Tuesday we explored Italy! We learned about some of Italy's geography, history, and current government. We made three kinds of pasta: Pasta Pomodoro, Spaghetti Bolognese, and Pasta e Lenticchie. Youth practiced safe food preparation, honed their knife skills with different types of chopping. We have three Chopped International workshops left this spring, and registration is open. Next up is Chopped International: Breakfast Around the World.

We are so excited for the 2025 Pamlico & Craven 4-H Dairy Project! The 4-H Dairy Project is a wonderful opportunity for youth to connect with animal agriculture. You will have the opportunity to learn the proper care of a dairy cow. They will raise the dairy calf, learn proper nutrition, grooming, and showmanship. They will also have the opportunity to explore milk

Music courses can have a profound impact on students, potentially helping them perform better in other subjects. A recent study from the American Psychological Association found that high school students who take music courses score significantly better on exams in subjects like math and science than their nonmusical peers. The improved academic performance was more pronounced among students who learned to play an instrument rather than vocal music. The researchers behind the study examined the records of more than 112,000 students in British Columbia. Among the students whose records were studied, 13 percent had participated in at least one music course in grade 10, 11 or 12. Researchers discovered that, on average, children who learned to play a musical instrument for many years and ultimately played in a high school band or orchestra were the equivalent of roughly one academic year ahead of their peers in regard to their English, mathematics and science skills.

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“Sometimes it's a little better to travel than to arrive”  
- *Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values, Robert M. Pirsig*

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# Hurricanes Fall Short in CPC Tourney

by: Hiram Lupton

The high school regular season is over which means it is time for post season action and for the Pamlico County High School Hurricanes this means the Coastal Plains Conference Tournament. The tournament began last Tuesday with both the men and the ladies in action but in different locations. The men traveled up to Northside-Pinetown and played the Panthers tight before falling to the #2 seed, 71-64. The Lady ‘Canes, by virtue of their #2 seed, hosted the Mariners of East Carteret. The Hurricanes started fast and by halftime had a 23-point lead, 38-15. In the third period they were up by as much as 34 points before cruising to a 61-41 final. Sydney Whitley-Reese led the way with 20 points. This set up a showdown with the top seeded Lady Panthers of Northside, the only question would be when? Winter weather was proving to be a problem in scheduling, but Saturday was finally tabbed for the finals of not only the girl’s matchup, but Northside and Lejeune

squaring off for the men’s title. The Ladies game was a tight contest as expected right from the beginning, but with Pamlico star Sidney Whitley-Reese on the bench, saddled with 2 fouls early, Northside slowly opened up a 9-point lead, 31-22, at half-time. Coming out of the locker room after the break, the Hurricanes caught fire behind pressure on the defensive end, and Whitley-Reese’s scoring on the offensive end. At the 3:40 mark of the third period, Whitley-Reese scored, was fouled, and completed the 3-point play to give Pamlico the lead, 35-33. At the end of the quarter, it was a whole new ball-game with a tie score of 42 all. Pamlico opened up a 6-point advantage with 4 minutes remaining, but the referees, I mean the Panthers were having none of this Pamlico surge. Thanks to some highly questionable calls, including not resetting the possession arrow, ignoring a coaches request for a timeout, and fouls called on the Hurricanes on nearly every Northside

possession down the stretch, the Panthers quickly closed the gap. Add to that a technical foul on Pamlico Coach April Rose and the Panthers tied things up at 58 each with a minute and a half remaining. With Pamlico’s two main scoring threats, Whitley-Reese and Nya Clark, as well as super-sub Bella-Ann Schulz, now on the bench due to fouls, Northside was able to unwrap the gift that was conveniently handed to them, finishing out with a 64-60 win and claiming the tournament title. Congratulations to the Panthers, and also congratulations to the Lejeune Devil Pups who defeated Northside in the Men’s Championship game, 58-54. One note for the day, Pamlico’s leading scorer, Sophomore Sydney Whitley-Reese, tallied the 1000th point in her high school career in the girl’s game. Next up for all these schools is the North Carolina High School Athletic Association State Basketball Tournament which kicks off on Tuesday.

Nya Clark rises for a shot against East Carteret

Sidney Whitley-Reese takes it to the hoop versus Northside

## NCHSAA Basketball Tournament Seedings

by: Hiram Lupton

The North Carolina High School Athletic Association State Basketball Tournament gets started this week with first round games scheduled for Tuesday (2/25) and second round games on Friday (2/28). On Sunday evening they announced the seedings for the tournament and both Pamlico squads will be in action. We will start with the men, who will be road warriors for the tourney by virtue of being placed at a #30 slot in the 1A East region. They will be headed to Roseboro, NC to do battle with the #3 seeded Lakewood Leopards, who hold a

21-1 record. The winner of that contest will take on the winner of the #14 Bertie versus #19 Roxboro Community match-up. For the Lady ‘Canes, who received a #12 seed, they will host the #21 seeded Clover Garden Grizzlies from Burlington, NC. Should Pamlico win, they will get the winner of the #5 Roxboro Community versus #28 Cape Hatteras game. If it is Cape Hatteras, Pamlico would host, while if it is Roxboro Community, they will be hitting the long road to Roxboro in Person County.

Ladies Head Coach April Rose

Men's Head Coach Keith Reese



All the successful teams I've ever seen have three characteristics:

THEY PLAY UNSELFISH,  
THEY PLAY TOGETHER,  
AND THEY PLAY HARD.

-Larry Brown



KITCHEN CHATTER

Do you have a favorite recipe or your own? Send it to us at [frontdesk@thepamliconews.com](mailto:frontdesk@thepamliconews.com) so we can share it with our readers. Include all ingredients, quantities and detailed instructions.

Stew perfect for cold winter days

Few dishes match a season better than stew matches winter. Stew is an ideal meal for cold days. Though traditionally served on New Year’s Eve, this recipe for “Oyster Stew” from “The Culinary Institute of America Book of Soups” (Lebhar-Friedman) makes a perfect dish all winter long.

Oyster Stew  
Makes 8 servings

- 24 fresh oysters, shucked, juices reserved
- 4 bacon slices, minced
- 1 onion, minced (about 1 1/4 cup)
- 1/4 cup all-purpose flour
- 1 1/2 quarts milk
- 1 bay leaf
- 1 cup heavy cream, heated
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- Oyster crackers



Drain the oysters in a colander over a bowl. Reserve the juice.  
Heat a soup pot over medium heat. Add the bacon and cook until crisp, 6 to 8 minutes. Transfer the bacon to a paper towel-lined plate.  
Add the onion to the bacon fat and cook until translucent, about 6 minutes. Do not brown.  
Reduce the heat to low, add the flour, and cook, 3 to 4 minutes, stirring constantly with a wooden spoon.  
Add the milk and reserved oyster juice in batches, using a whisk to work out any lumps between each addition. Add the bay leaf and simmer, 20 minutes, skimming as necessary.  
Add the whole oysters and continue to simmer until the oysters are barely cooked, about 5 minutes. Remove from heat.  
Add the hot cream and season with salt and pepper. Serve in heated bowls, garnished with the reserved bacon and oyster crackers.

Lent for the year 2025 starts on Wednesday, March 5th and ends on Thursday, April 17 with evening mass on Holy Thursday.

Vegan dish fits with Lenten season

Lent is a solemn season of introspection and prayer as Christians prepare for the Easter celebration and feast. One of the hallmarks of the this time of year is abstaining from meat each Friday and during certain days of obligation.  
People who routinely consume meat and poultry may be wondering which meals they can enjoy to keep flavors fresh on nonmeat days. Many Indian dishes are meat-free, vegan options that can be perfectly inserted into Lenten Fridays. Such is the case with this recipes for “Curry of Vegetables With Potatoes” from “Menus and Memories From Punjab” (Hippocrene Books) by Veronica “Rani” Sidhu.

Curry of Vegetables With Potatoes  
(Aloo Mutter)  
Yield: 10 1-cup servings

- 1/4 cup vegetable oil
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 2 inches of ginger, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons whole or ground cumin seeds
- 1 tablespoon ground fenugreek seeds (optional)
- 1 medium/large tomato, chopped
- 1 or 2 long green chile peppers, seeded and finely chopped
- 1 1/2 teaspoons salt, or to taste
- 1/3 cup tomato paste
- 2 teaspoons garam masala
- 4 cups potatoes, peeled and cut into 1 1/4-inch cubes.
- 3 cups frozen peas, thawed
- 1/2 cup cilantro leaves and stems, finely chopped, plus some for garnish



In a large, heavy-bottomed pot, heat the oil and sauté the onions, garlic and ginger over medium heat until lightly browned, stirring frequently. Add the spices and brown for 1 more minute. For a smooth gravy, purée this tarka in a blender.  
Return the tarka to the pot and add the tomato, chile pepper and salt, stirring constantly for another few minutes. Stir in the tomato paste, 1 teaspoon of the garam masala, potatoes, and three cups of water. Simmer for 30 minutes over low heat, stirring occasionally.  
Add the peas plus 2 1/2 cups water. Taste for salt and heat through. Before serving, sprinkle with the last teaspoon of garam masala and the cilantro leaves garnish.



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# Health&Wellness

## What to know about seasonal affective disorder (SAD)



There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking. Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

### What is SAD?

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

### Is SAD exclusive to winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of daylight that occur each winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

### What are the symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

- A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities
- Loss of energy or feelings of fatigue. Some also feel as if they have slowed down.
- Difficulty concentrating, remembering or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even after treatment
- Suicidal thoughts or attempts or thoughts about death
- It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of winter-pattern SAD include:
- Hypersomnia, or oversleeping
- Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.
- Social withdrawal

### How is SAD treated?

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

### Can I prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help. Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at [www.nimh.nih.gov](http://www.nimh.nih.gov).



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# COASTAL LIVING

## Here are five simple boating projects to help cure your winter blues.

For those who live in a region where cold weather eventually puts the kibosh on boating season, the winter months can certainly be a drag. However, the downtime gives you a chance to tackle tasks you missed last summer. Now is the time to cross them off. It brings satisfaction, knowing you’ve given your boat some essential maintenance and TLC.

Those boat owners who are skilled at boat and engine maintenance or repairs may take on a bit of heavy lifting this time of year. For most of us, light to moderate tinkering seems to be about right. With that in mind, here are five simple boating projects. Each can be completed in a winter’s afternoon as long as you have access to the inside of your vessel.

### Check, Charge and Clean Batteries

If your battery fails to crank on splash day, you’re likely going to face a delayed start to the new season. Eliminate that risk now with a full charge, basic cleaning and some maintenance. Smaller batteries can be removed from the vessel and brought into a garage, basement or shed for a quick scrub.

Before placing a fully recharged battery back into your vessel, use a wire brush or fine sandpaper to clean the terminal connectors. Next, cleanse the connecting wires with a little battery terminal cleaner spray before adding a shot of battery terminal protector spray. Both are available at auto and marine shops. Some boaters simply scrub the terminals and connecting wires with a mix of baking soda and water to neutralize the green corrosive acid. However, that approach doesn’t provide any added protection.

While you are poking around in the battery compartment, take a moment to scrub the walls and floor around the battery. This will go a long way toward brightening up the scenery the next time you open the hatch.

### Replace Old Hoses, Clamps, Hardware and Hatch Gaskets

Each of these items present easily overlooked problems that can sneak up on you over time. Some may last for years, but it’s wise to inspect them each winter. Regular checks throughout the boating season are also recommended.

With hoses, begin by tracing the route of each, replacing any that show signs of cracks, punctures, pinch points or fraying. You’ll want to inspect fuel lines, hydraulic steering hoses, raw water supply lines, washdown pump hoses and live-well systems. Don’t forget head and holding tank hoses, overboard discharge and freshwater system hoses. As you check each hose, examine its clamps to ensure none are loose, rusted, busted or missing. Tighten or replace as appropriate.

As for those hatch gaskets, some lose elasticity and sealing ability over time. Replace any that show signs of wear or hardening, as well as those that simply don’t work as well as they should.

### Add/Replace Rod Holders

When the fish are biting and you bring along a few friends, rod holders can be at a premium. That’s especially the case if you like to target multiple species, each requiring a different rig or rod and reel setup. Consider the case where a conventional or bait casting reel might be favored



for bottom loving species like tautog, grouper or snapper. Spinning gear, however, is often preferred for top-water, mid-level, and shallow feeders like redfish, snook, stripers, and blues.

Perpendicular rod holders are easy to install with minimal drilling for screw or bolt holes. Use a wrench or screwdriver to secure them along the gunnel or consol. Take a look around your vessel and make sure there are a couple holders within easy reach of anglers at the stern, amidships, and in the bow.

### Double-Check Improvised Solutions

Most boats that have some history behind them also sport a few, shall we say, “novel” solutions for small fixes. Think old length of rope for a tie-down. A stretch band to secure rods below the gunwale. A bit of duct tape to hold a hatch or cabin draw in place. Now’s the time to replace them with more permanent solutions. It’s amazing how satisfying it can be to make a simple change in this regard. A worn or missing stretch band securing your rod butts in a horizontal holder can require tightening or adjustment every few trips. In return for the minute or two it takes to replace it, you can get a season’s worth of less irritation. It also ensures the comfort of knowing your rods will stay put without any damage.



### Freshen Up Canvas and Upholstery

Boat seats and upholstery really do take a beating throughout the season, so a little wintertime attention is a good idea. Begin by rinsing down seats and upholstery with freshwater. Then, use a soft rag or wash mitt with mild dish soap to clean dirt without stripping the protective outer coating on vinyl and most other fabrics. Be sure to avoid harsh chemicals like bleach, degreasers and abrasive cleansers as these can damage fabric, vinyl and leather.

For areas that seem stained or soiled, allow several minutes to pass after applying cleanser before you begin a moderate scrub. If necessary, use a soft brush to work dirt out of crevices or to apply a little extra elbow grease where needed. Do not over-scrub. To prevent mildew, dry each seat surface thoroughly after cleaning. Small tears and cracks should be addressed now, before they expand into larger ones. These are easily fixed using a marine-grade leather, fabric or vinyl repair kit matching the upholstery color. Once vinyl seats have dried, be sure to apply a vinyl protectant to prevent future damage.

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## Rotary

Club #6172 | District #7720



## Neuse Neighbors Network Presents to the Rotary Club of Oriental



Denise Meng of Neuse Neighbors Network (NNN) delivered an engaging presentation to the Rotary Club of Oriental, highlighting the organization’s mission and impact on the local community. Neuse Neighbors Network, a volunteer-driven nonprofit, is dedicated to supporting older adults in Pamlico County by providing essential services that enable them to remain independent and engaged in their community.

During her presentation, Meng shared how Neuse Neighbors Network connects volunteers with seniors in need of transportation, home assistance, and social opportunities. She emphasized

the importance of fostering a strong sense of belonging for aging residents, ensuring they have the support they need to lead fulfilling lives.

The Rotary Club of Oriental, recognizing the value of NNN’s work, presented the organization with a \$500 donation to support its ongoing initiatives. The contribution will help expand NNN’s reach, allowing more seniors to benefit from the network’s services.

“We are deeply grateful for the Rotary Club’s generosity,” Meng said. “Their support helps us continue our mission of ensuring that our older neighbors have access to the help they need while remaining active members of the community.”

For more information about Neuse Neighbors Network and how to get involved, visit [www.neuseneighbors.org](http://www.neuseneighbors.org). If you’re interested in learning more, please visit [www.OrientalRotary.org](http://www.OrientalRotary.org) or email us at [orientalrotaryclub@gmail.com](mailto:orientalrotaryclub@gmail.com).

# Mardi Gras

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# AROUND THE COUNTY

## Grantsboro Jeff Roberts, *Correspondent*



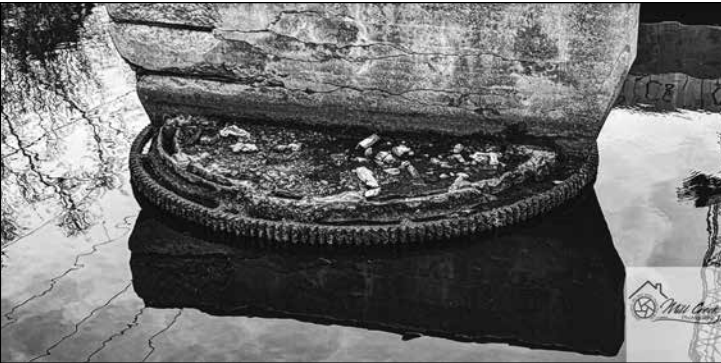
I hope everyone has had an excellent week this week. Last week’s weather brought us plenty of ice and freezing temperatures! We had power outages and internet outages. I know I lost power around 4 am and didn’t get it back until around 1 that afternoon. Our community is so very thankful to all the linemen out there putting in the dangerous work that they do to keep us going. It has been quite some time since I have seen ice like this in our area.

If you haven’t gotten your girl scout cookies yet I believe this weekend will be the last weekend they will be set up at Grantsboro/Silverhill Fire dept. They will be there from 10-2 please come out and help these young ladies reach their goal.

I read this past week where the Pamlico Commissioners agreed to accept the affordable housing grant. I read most of the comments about this and there are definitely some mixed feelings about this. I hope this will be a good thing for our community. Some of the concerns were added crime to our area, and that we needed better paying jobs, along with higher pay. I know rent and housing is very high in this area which is good and bad. If you are selling a house its good news if you are buying not so much. Everything has its pros and cons.

This week’s history portion continues on with John Carruthers. In my research findings I know he owned property in the Bairds

Creek area as I have seen the deed map of the area owned by the Brinson family. He also had 4 lots in downtown New Bern. This family dates back to the early settlers of Eastern NC. The Carruthers came from Scotland and that they were Quakers. The land he had in Bairds Creek was part of the property where the bridge is being repaired today. I thoroughly enjoy researching our county history and reading the old records and tales of our area. These tales need to stay alive and well to remind us of where we came from. Things were so much simpler then.



Last week’s picture was of a few silos on a rainy day. Those silos are located on New Ditch in Grantsboro. Here is this week’s photo and question of where might this be?

## Pamlico Betty Jo Rodgers, *Correspondent*



Pamlico only had a glaze of ice last week, since we were on the far edge of the wintry mix. Driving to New Bern Friday, between Grantsboro and Reelsboro, it was like a winter wonderland on the south side of highway 55. The trees glistened and sparkled like diamonds. The roads were dry, and on the north side of highway 55, sunshine melted any sign of ice.

Stonewall Methodist Church canceled activities on Wednesday but all services have resumed, and the Wednesday night Bible study will study the Book of Acts.

On February 23, 2025, there was a MLK Jr. celebration at the Pamlico County High School auditorium. I was unable to attend, but I was glad to know they honored Ms. Ernestine Mattocks, a former neighbor and resident of Pamlico.

Ash Wednesday is March 5. There will be a noon time service at Bayboro Missionary Baptist Church with Imposition of Ashes by the Reverend Peg Witt. This is the beginning of the Wednesday lunchtime Lenten services for all of Pamlico County. In the past, the services had been held at Bayboro UMC, but this year the Reverend Scott Fitzgerald and Bayboro Baptist are hosting the services each Wednesday. As in previous years, there will be a short worship service starting at noon followed by a fellowship meal (by donation) after the service. It is designed so working people may attend during lunchtime. I will post a schedule of speakers next week.

Stonewall Methodist Church will also have a nighttime Ash Wednesday service with Imposition of Ashes at 6:00 pm for those

unable to attend the noontime service. This will be a short service, since Bible study will follow at 6:30 pm and choir practice at 7:30 pm.

The Neuse-Pamlico Sound Women's Coalition, Inc. is proud to announce the 9th Annual March for Sickel Cell 5K Walk/Run will be March 8, 2025. You may choose to take part in person or virtually. This march is in honor of Jamal Jones, son of Greg and Vicky Mosely Jones of Pamlico.

Broad Creek United Church of Christ is preparing to commemorate the 160th anniversary of their historic church. It is the oldest African American Church in Eastern NC and was established in 1865 soon after the Emancipation Proclamation was declared. The Anniversary committee has planned several events to highlight this milestone in the church’s history, starting with a banquet on April 5, 2025, at Pamlico Community College’s Delamar Center, a soul stirring church service on April 6, 2025, and a Souvenir Anniversary Booklet that will capture this historic event for years to come. For information, contact Elbert Mattocks at 252-249-9865,

Celebrating Birthdays in February are Elizabeth Cuthrell (2/25), Lupe Bennett (2/28), and Bless Her Heart, Penny Ford will not get a year older since her birthday is February 29th. Celebrating birthdays in March are David Varley & Karen Alexander (3/4),

Have a blessed week. Grateful? Take Vitamin G. “Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.” (Luke 6:38)

## Vandemere Sandra Snipes, *Correspondent*



Hello from Vandemere! This past week, winter displayed its beauty by covering all the trees and shrubbery with glassy icicles that glistened in the sun; what a spectacular site! As nature reckons with temperatures and the change of the seasons, I am glad that the temps in the 20s are slowly returning to the classic Carolina Winter temps. This is such a wonderful time to get inspired in the spirit of renewal; time to prepare for the blessings and blooms of the warmer months to come!

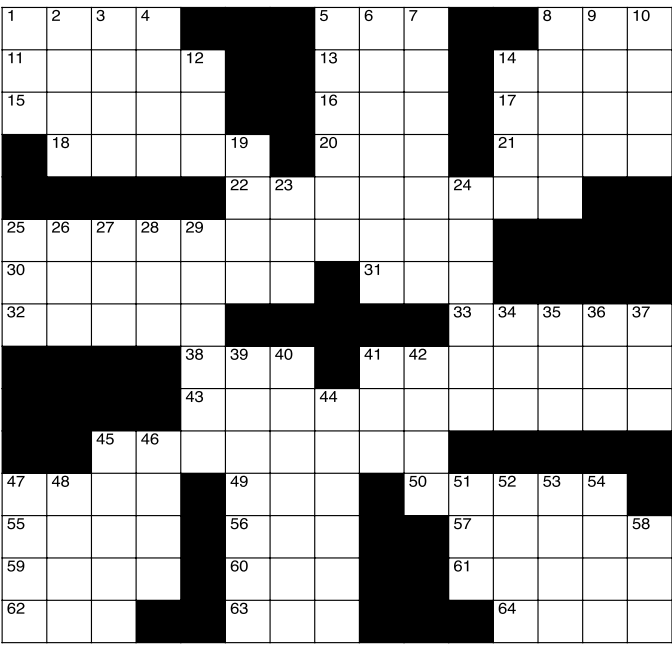
Bluebirds have been spotted in the area; time to clean out the bird boxes in preparation of new residents. The deciduous trees and foliage are showing hints of coming back to life with their greenery; time to prepare our soil for beautiful blooms and a generous harvest. “Spring fever” will soon be “contagious;” time to do that spring cleaning inside and outside your home.

Good things in life still exist. Keep clarity to the good things, and most importantly stay inspired! Stay kind and share the good with those around you! They may be inspired to do the same!



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# CROSSWORD



### CLUES ACROSS

1. Greek mythological figure

5. Small amount

8. Play a role

11. River in Georgia and Alabama

13. Water in the solid state

14. Ancient Greek sophist

15. Having a strong sharp smell or taste

16. Fleece

17. Writer/actress Dunham

18. Behave in a way that belittles

20. Comedienne Gasteyer

21. Zoroastrian concept of holy fire

22. Conceits

25. Slowed down

30. Nourishment

31. Midway between east and southeast
32. Fights

33. Comedienne Tyler

38. Standing operating procedure

41. Locks

43. Old

45. Song sung to one’s lover

47. Whale ship captain

49. Moved quickly on foot

50. Volcanic craters

55. Large musical instrument

56. Liquefied natural gas

57. Ethiopian town

59. Not closed

60. A team’s best pitcher

61. Spiritual leader of a Jewish congregation

62. Disfigure

63. Prefix denoting “in a”

64. Sleep

### CLUES DOWN

1. S. American plant

2. Soul and calypso song

3. Fruit of the service tree

4. Continent

5. Albania’s capital

6. Poisonous plant

7. Argues

8. Assists

9. Town in Galilee

10. Russian leader

12. Promotional materials

14. Wings

19. Not odd

23. Expression of creativity

24. Conceptualize

25. A digital tape recording of sound

26. Peyton’s little brother

27. Cost, insurance and freight (abbr.)

28. Difference in potential
29. Owner

34. I (German)

35. Chinese conception of poetry

36. The world of the dead

37. Sign language

39. Coincide

40. Religious observance

41. Confined condition (abbr.)

42. Polite interruption sound

44. Texas ballplayer

45. Type of sword

46. Abba \_\_, Israeli politician

47. Basic unit of a chemical element

48. Native American people in California

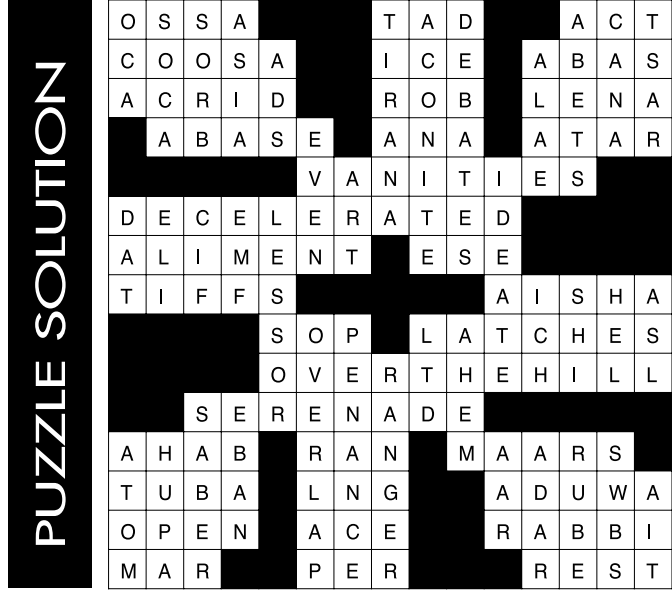
51. Swiss river

52. Hebrew calendar month

53. Easily swindled person

54. One point south of southwest

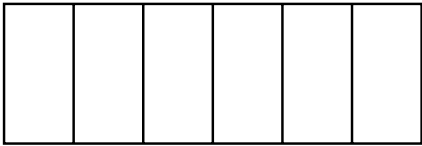
58. Small island (British)



# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to children’s teeth.

V C A T Y I



Answer: Cavity

# GUESS WHO ?

I am a boxer born in Michigan on February 24, 1977. I won a bronze medal as a featherweight in the 1996 Summer Olympics. I went on to be a five-division world champion boxer, winning 15 world titles. I was one of the highest paid athletes in the world at one point.

Answer: Floyd Mayweather, Jr.

“Education is what remains after one has forgotten everything he learned in school.”  
–Unknown

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## BREAKING GROUND

We are thrilled to announce that **construction is officially underway** on Phase 1 of Pamlico Christian Academy's **new campus in Reelsboro!** This marks a monumental step in our journey to provide a Christ-centered, high-quality education for generations to come. A special shout-out to **Tar Heel Builders** for their incredible partnership in bringing this vision to life. We also extend our deepest gratitude to our **generous donors**—your support has made this dream a reality! However, there is still work to be done, and we invite you to be a part of this **transformative project**. Every gift brings us closer to completing this **vital space** for our students. **Join us in building the future of PCA!**

**WEEK 1**

**WEEK 2**

**WEEK 3**

Exciting things are happening at Pamlico Christian Academy! Visit our **Capital Campaign** page to stay updated on construction progress, see how **God is moving through this project**, and explore ways you can make a **lasting impact**.  
<https://pamlicochristianacademy.org/capital-campaign/>

### SERVING WITH WARM HEARTS IN THE WINTER CHILL—SERVE ENC!

Before the freezing rain arrived, **Mr. Crabbe's Culinary Arts students** served with **Lana Green and Feed My People Ministry**, preparing meals for the homeless. The gratitude was overwhelming — some were even moved to tears, knowing they were seen and cared for.

This act of service was a powerful reminder that kindness brings the greatest warmth. What a **blessing** to be the **hands and feet of Jesus** in our community!

### PCA STUDENTS CELEBRATE NATIONAL ENGINEERING WEEK!

Pamlico Christian Academy celebrated **National Engineering Week** with exciting activities across both our upper and lower campuses! Our **lower school students** had a blast **crafting foil boats** and **exploring different engineering careers** through hands-on activities. Meanwhile, our **upper school students** were putting their **STEM skills to the test by building tall towers using everyday materials** like straws and tape. It was an inspiring week of creativity, problem-solving, and **real-world applications** that sparked a love for engineering in students of all ages!

### PCA STUDENTS IN ACTION AT THE NC YOUTH & GOVERNMENT CONFERENCE!

Our high school students participated in the **33rd Annual NC YMCA Youth & Government Conference** in Raleigh! They debated bills, engaged in mock trials, created news updates, and elected next year's officials—gaining first-hand experience in government.

More than a conference, this event empowered them to be **changemakers** while ensuring **Christian voices are part of the public square**. By leading with integrity, service, and faith, they are making an impact in their communities.

### BASKETBALL SEASON WRAP-UP

Despite finishing as 3<sup>rd</sup> seed in their division, **Varsity Girls** stormed their way through the conference tournament and dominated all opponents to **win the 1A MACAA championship!** **Varsity Boys** finished 1<sup>st</sup> in their division, dropping a heartbreaker in the first round of conference playoffs, **finishing with a 22-6 overall record**. **Upward teams** sharpened their skills and **cheer teams** delivered outstanding performances!

### CONFERENCE CHAMPS!

## Great musical instruments for beginners

Playing a musical instrument benefits people of all ages, including children. Young children may take to music education more readily than adults, acquiring skills in record time. While many instruments are beneficial to kids, certain choices are best for children just starting out.

### Piano

The piano is a great instrument to learn because it enhances fine motor skills and often serves as a foundation for music education.

The good news is one doesn't have to purchase a piano to get started. Digital keyboards and even online piano keyboards can replicate piano sounds quite well and provide an inexpensive way to learn piano.

### Ukulele

Ukuleles are affordable and their small size makes them ideal for kids. It's easy to learn a few chords and play familiar songs. Plus, parents may appreciate that the ukulele is a relatively quiet instrument.

### Recorder

A recorder often is one of the first instruments introduced to children in music classrooms. A recorder is an ideal introductory wind instrument because it is easier to play than a flute or clarinet. Nonetheless, it still requires students to learn coordination and breathing techniques.

### Drums

Drums teach children rhythm, which is an essential component of all music. Drums are at-

tractive to kids because they can be great fun to play and help reduce stress by getting out all that nervous energy. Electronic drum kits are available as quieter alternatives and are great options when space for a regular drum set is unavailable.

As children acquire skills on these instruments, they can continue or move on to more complicated alternatives.

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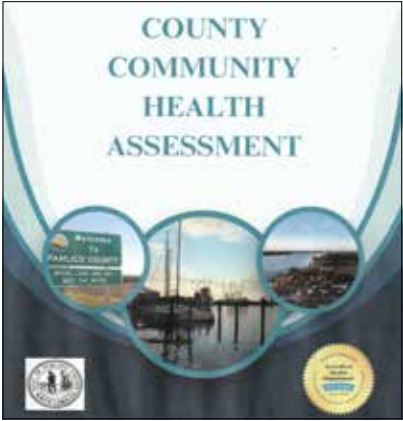
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## Pamlico County Health Department Completes Community Health Assessment

by: Hiram Lupton

Every three to four years, county health departments are required by the state to complete a comprehensive study of health care in their county and how that care serves the citizens of that county as well as identifying the top health issues facing that county and potential solutions for those issues. This report, known as the Community Health Assessment (CHA), began back in January of 2024 with the formation of a CHA steering committee and culminated with its presentation to the Pamlico County Board of Health/Board of Commissioners at their February 17th meeting by the Pamlico County Health Director Melanie Dixon and Director of Nursing Lynn Hardison. The CHA is packed full of data. It blends demographic and economic statistics with data collected from a community survey that was formulated in part by a Duke Student Research Team (SRT). The health surveys were disseminated both by in person contact and online and yielded 620 responses which exceeded the target goal of 500. All of this data, along with its analysis, was assembled into the CHA. It will be used by the County Health Department in formulating a strategic plan to address the health concerns and issues identified in it, including access to care, substance abuse, and chronic disease, which were pinpointed as key health issues. The Health Department is now in the process of making the CHA available to the public through the Pamlico County website at [https://www.pamlicocounty.org/departments/health\\_department/community\\_health\\_assessment.php](https://www.pamlicocounty.org/departments/health_department/community_health_assessment.php)

It will also be available in hardcopy form at the Pamlico County Public Library, the Pamlico County Manager's office, the Pamlico County Health Department and the Hope Clinic.




Pamlico County Health Director Melanie Dixon presents the CHA to the Pamlico County Board of Health




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