



Thank you to everyone who joined us for the Craven-Pamlico Regional Library System's 2025 Summer Reading Program, Color Our World! It was a fantastic experience sharing the joy of reading, learning, and growing together at our various library locations. Each site distributed reading logs, and the top participants were entered into our regional prize drawing! Your enthusiasm made this program a success!

We want to congratulate the following winners\*:  
\*Winners: please wait for notification from your home library before heading out to pickup your prizes.

**1st Place Early Literacy:**  
Large Bluey - Magnolia Thurmon  
2nd Place Early Literacy:  
Magnetic Fishing Pool Set - Maya Sittig

**1st Place Children:**  
Portable Karaoke Machine - Benjamin Peluso  
2nd Place Children:  
McDonald's Gift Card - Austin

**1st Place Teens:**  
Color Changing Bluetooth Speaker - Sophia Levin  
2nd Place Teens:  
VISA Gift Card - Turner Lewis


**1st Place Adults:**  
Yeti Cooler - Moxie Pratt  
2nd Place Adults:  
Starbucks Gift Card - Tina Stevens

**CPRL Staff:**  
1st Place: Tie Dye Book Bag + VISA Gift Card - Crystal Levin @ Cove City  
2nd Place: McDonald's Gift Card - Clair McGraedy @ Havelock

We extend our heartfelt gratitude to all of our libraries, their dedicated staff, and especially our wonderful patrons for making this Summer Reading Program such a success! Keep turning those pages!

## PCA

Construction Progressing Nicely



Page A6

## NC Coastal Counties Fisheries Coalition

by: Hiram Lupton



The first meeting of the North Carolina Coastal Counties Fisheries Coalition.

Prompted by recent legislative actions which sought to ban shrimp trawling in Pamlico Sound and adjacent waters, a new group is forming in an effort to present a united voice in opposition to any such attempts in the future. The North Carolina Coastal Counties Fisheries Coalition met last Tuesday in Morehead City in an organizational meeting to determine the viability of such a group and establish their goals and mission moving forward. Proposed and brought together by the Chairman of the Dare County Board of Commissioners, Bob Woodard, it would be made up of 19 coastal counties, all who have an interest in the commercial fishing industry. The group's membership would be made up of County Commissioners or a designee from a particular county's government to serve as its representative. Of the 19 counties invited, 15 sent official representatives to the meeting and several others sent observers. Pamlico County was well represented by their official representative, Commissioner Candy Bohmert, and by Commissioner Kari Forrest, who

was also in attendance. Also, there were some members of the North Carolina legislature who serve the coastal counties including those who represent Pamlico County, State Senator Norm Sanderson and House Representative Keith Kidwell. There were also more than 100 audience members who had an interest in the meeting, primarily their livelihood, such as commercial fishermen, seafood dealers, and restaurant owners. Commissioner Woodard welcomed the group and spoke of the reason for it, to bring together county leaders and to be able to present a unified voice on commercial fishing issues and any future proposed legislation that might affect that industry. Those who would have been adversely affected by HB 442 were given an opportunity to address the group. This emphasized the importance of the issue on a personal level. Since this was an inaugural, organizational meeting, the important steps of setting goals, formulating a mission statement, the frequency and location of meetings, and general composition of members of the coalition were discussed.

Continued on Page A 6

## Pamlico County Community Resource and Fun Day

by: Hiram Lupton



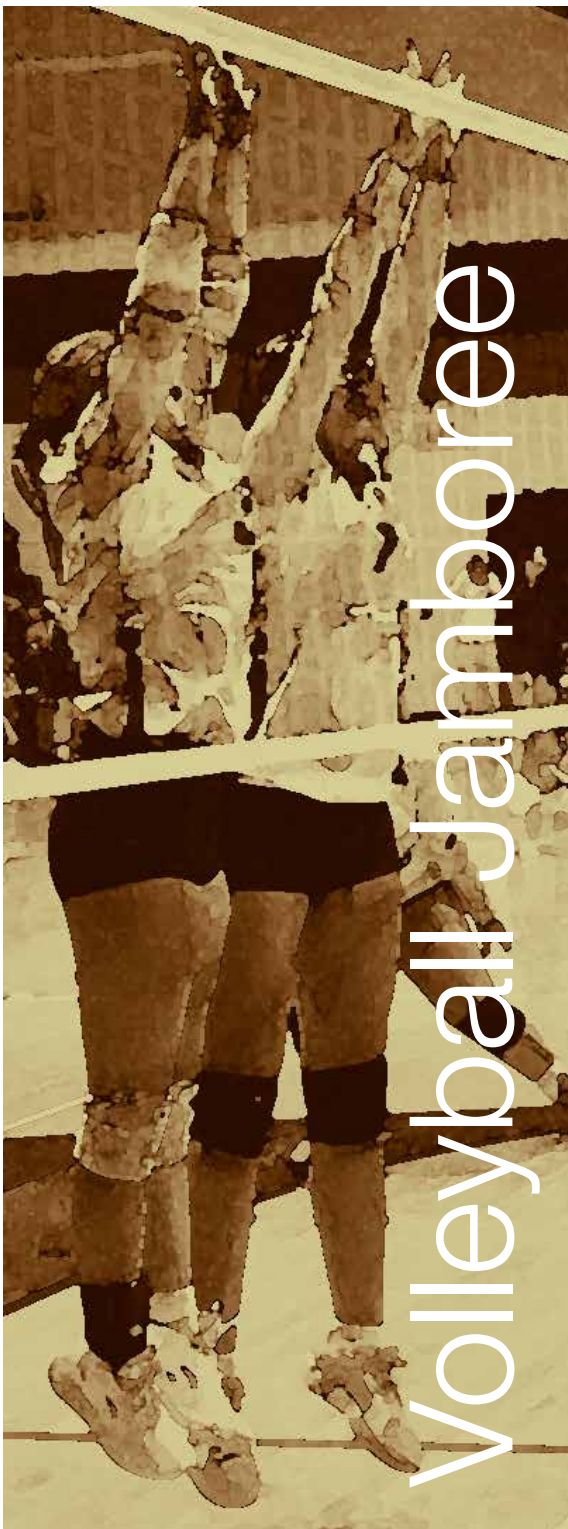
Last Thursday was a terrific day to go out and get something that is perhaps the most valuable item you can have, information. The Pamlico County Community Resource and Fun Day was held at Pamlico County Child Development Center on Hwy 55 in Grantsboro and was sponsored by NCWorks Craven, the Craven-Pamlico Re-Entry Council, the Walmart Supercenter of Grantsboro, and Coastal Community Action. There were over 25 vendors set up with a wide range of information available from education, employment, health, non-profit charities, and much more.

## PC Relief Team School Supplies Distribution

by: Hiram Lupton



Another week, another great back to school supply distribution. Last Sunday, the Pamlico County Relief Team teamed up with YNTO (Youth Navigating Toward Opportunity) for their 16th annual Stuff My Bag school supplies distribution. The event was held in the cafeteria of Pamlico County Primary School and everything a student could need to get their school year off to a great start was available. Pencils, paper, notebooks, glue, crayons, and so much more. Tables were set up according to grade level and the supplies were sorted according to the Pamlico County School supply list. There was even a college table for those embarking on that educational journey. Pamlico County students are the most blessed in the world, with so many people and sponsors so giving of their time, efforts, and supplies.



### LIKELY WEATHER OVER THE WEEKEND



Saturday, Aug 16th

88°Hi

Partly sunny with a brief shower or two



Sunday, Aug 17th

86°Hi

Pleasant with sunshine and a few clouds

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# Hill takes over Pamlico’s unique Environmental Science Technology program

By Sandy Wall

Pamlico Community College’s new Environmental Science Technology Instructor Brandon Hill has never shied away from challenges.

As a youth, the 43-year-old Lenoir County native earned the Eagle Scout – the highest rank in Scouting. In high school, Hill filled his class schedule with four years of science and four years of math.

After terrorists attacked the country on 9/11, he left college and joined the U.S. Navy, serving for six years in two vastly different jobs. After his Navy stint, Hill returned to N.C. State University to earn a four-year degree in Environmental Technology and Management – a field he hadn’t before considered – and then became a science teacher.

Now Hill is taking on another challenge: He is taking over North Carolina’s only community college-based Environmental Science Technology program – the unique program nurtured, grown and led for nine years by current PCC President Zac Schnell, his boss.

“I always try to approach everything I do with excellence,” Hill said recently. “There is pressure to do a great job and build on what he’s created here. I feel I am up to it. There is a great team here, and I have had a lot of support.”

For his part, Schnell said he expects Hill to do very well.

“It is exciting to have another enthusiastic instructor on campus who is ready to help grow the Environmental Science programs here at PCC,” the president said. “Mr. Hill has a lot to offer future students, to help them understand the world around them, and to develop the skills they need to be successful in our changing world.”

Schnell continued, “I look forward to working with him and helping the Environmental Science programs grow. We’re also excited about growing the rest of the college, too. We are going to be trying some new things in the coming months.”

Hill said he had always been fascinated by nature and the science behind it. Growing up in the Kinston area, he spent a lot of time outdoors hiking and exploring his surroundings.

He graduated from Kinston High School and headed to Raleigh for college, eventually



Pamlico Community College President Zac Schnell, right, hands off some of the tools used in the college’s Environmental Science Technology program to new Instructor Brandon Hill. Before becoming president, Schnell led the Environmental Science Technology program, which is the only one of its kind in North Carolina, for nine years. Contributed photo

leaving to answer his country’s call. After his Navy days, he returned to NCSU with his eyes on an engineering degree, but it was not a good fit.

“It just didn’t feel right,” Hill said. “I came across the Environmental Technology and Management program. I took the introductory class, and I was sold.”

Interestingly, Hill and Schnell were enrolled in the same program at State and shared the same mentor, Professor Dr. Robert Bruck, but they did not know each other.

After graduating, Hill got his first experience at a community college when he took a job at Lenoir as chair of the college’s Sustainability Technologies program. He later accepted a private sector post as an energy analyst for Booz Allen Hamilton – a job that led him to earn a master’s degree from Virginia Tech.

Hill then returned to the classroom, first as

a science teacher at Duplin Early College High School and then as an instructional designer at James Sprunt Community College. His most recent job was teaching science classes – biology, sustainability, physics, and environmental science – at East Duplin High School.

“I do like all sciences,” he said. “Science is science – I love it.”

That was when he spotted the posting for the Environmental Science Technology instructor job at Pamlico.

“I was enjoying my stint at East Duplin,” he said. “But I really wanted to dive into the science I’m passionate about and use it to make a bigger difference.”

Hill applied, interviewed and was hired. He helped out at the college’s STEM-themed day camp for middle-schoolers in July, but he officially started work at Pamlico this month.

He said the college’s Environmental Science Technology program – and its similar Environmental Management Technology program – is ideal for science-minded students who have a passion for protecting and conserving natural resources.

He calls them “pragmatic idealists who know their way around a molecule.”

Hill said, “This program is designed for students with a deep passion for science and a strong desire to make a meaningful impact, whether on their local community, region, or beyond. Driven by purpose, these students are committed to addressing pressing environmental challenges and stewarding resources responsibly to create a sustainable future.”

Both Hill and Schnell encourage interested students to check out Pamlico’s unique-in-North Carolina environmental program options. Courses are offered in person and online.

For more information about the college’s Environmental Science Technology and Environmental Management Technology programs, including enrollment, contact Hill at 252-249-1851, ext. 3115, or email bhill@pamlicocc.edu.

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



Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week  
**Susan Adams**  
Broker/Veteran  
*Here’s what one of Susan’s customers had to say...*

“The words are few, but the thanks are many.” We appreciate all your efforts to find us a home in Oriental. You’re a lovely lady and it has been a pleasure working with you. You are a delight!  
Steve and Janice, SC

**NEW BERN – Fairwinds 2BR/2BA** Condo in Fairfield Harbor. Open floor plan, screened deck and open deck, roof replaced last year. Community boat dock, pool, golf course, and restaurant.



OFFERED AT \$209,000

**ORIENTAL – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos.** B-7 is a **2BR/2BA** unit w/ a 40’ x 16’ boat slip w/5’ controlling water depth.



OFFERED AT \$350,000

**ORIENTAL – Wide-water views of Smith & Green Creeks from Oriental West Condos unit A-1.** Fully furnished, first floor, **2BR/2BA**, w/deep-water deeded boat slip.



OFFERED AT \$365,000

**ORIENTAL – Built in 2020, this 1,176 sf 3BR/2BA** with attached garage, and back deck is located on a .5-acre corner lot in the Cypress Circle subdivision. Walk, bike or drive to town amenities.



OFFERED AT \$380,000

**ORIENTAL – Built in 2023, 3BR/2BA 1,583 hsf on .7 acres in Dolphin Point.** Surrounded by Neuse River, Pierce Creek & Bonito Channel. Deep-water boat ramp & neighborhood tennis court. Two major deep-water marinas are nearby.



OFFERED AT \$410,000

**ORIENTAL – 3BR/2.5BA** open floor plan, ideal for family gatherings or entertaining on 3 acres. Offers a great balance of space and tranquility. Property will be sold as is.



OFFERED AT \$425,500

**ORIENTAL – 4,000 hsf commercial bldg.** Fully-insulated. Reception, conference room, 2 offices. Carrier 2.5 ton heat pump for office area, two 5 ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersole Rand 200 PSI air compressor. Metal fabrication equip does not convey.



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OFFERED AT \$ 665,000

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THIS WEEK IN HISTORY

by: Hiram Lupton

- August 13th – 1784, The United States Legislature met for the first time in Annapolis, Maryland.
- August 14th – 1935, President Franklin Roosevelt signed the Social Security Act of 1935.
- August 15th – Today is National Relaxation Day. Celebrate, but not too hard.
- August 16th – Today is National Rum Day. The drink of choice for pirates.
- August 17th – Today is National Nonprofit Day.
- August 18th – Today is National Fajita Day.
- August 19th – Today is National Potato Day. “mhhh, I like them French fried po-taters.”

BIRTHDAYS THIS WEEK

- August 14th – 1966, Actress Maria Halle Berry
- August 14th – 1959, Basketball Hall-of-famer Ervin Johnson (Magic Johnson)
- August 16th – 1933, Actress Julie Newmar
- August 16th – 1958, Madonna Ciccone (Madonna)
- August 16th – 19??, Pastor and coach, Earl Sadler, Jr.
- August 17th – 1943, Actor Robert De Niro
- August 17th – 19??, Pamlico County Register of Deeds Lynn Lewis
- August 17th – 1984, Cartoon Asteroidea Patrick Star



“Before you act, you have freedom, but after you act, the effect of that action will follow you whether you want it to or not. That is the law of karma.” —

WE THE PEOPLE  
BOAT FLOTILLA AND LAND RALLY  
August 16, 2025

Sponsored by Pamlico Progressives Indivisible & Pamlico Partners for Democracy

**PURPOSE**  
Eastern NC citizens will assemble to celebrate and affirm the fundamental principles upon which the nation was founded: the inalienable rights to life, liberty, and the pursuit of happiness. We gather to oppose the threat of fascism and any system that seeks to impose a dictatorial leader, suppress opposition, or undermine rights and freedoms guaranteed by the Constitution, based on due process and the system of checks and balances. The parade gathers peacefully and expresses itself freely, exercising First Amendment rights to assemble and petition for a redress of grievanc-es, if needed. By joining together on the water, the parade demonstrates commitment to these enduring values and the ongoing pursuit of a more perfect union.


**WHAT**  
A band of boaters and pedestrians will proudly display flags and signs that showcase our love

of country and commitment to the principles of the Constitution, due process, and lawful actions. Flotillas are scheduled to occur simultaneously in Carteret and Pamlico counties.

**WHEN**  
August 16, 2025, 11:00-1:00

**WHERE**  
BY SEA in Oriental Harbor  
BY LAND @ intersection of Broad St. and Hodges St., Oriental  
All participants are invited to bring their flag, signs and banners to the Tiki Bar, 101 Wall St., Oriental, for a social from 1:00-2:30.

**PRESS**  
If you are a member of the media who will be covering the event, please contact Diane Lemieux for more information. See contact information above. Please let me know if you will be able to attend.



**Food of the Month August: Canned Tuna or Chicken**

**PCFLO** is selecting a Food of the Month for each month during 2025, and for August, our selection is canned tuna or chicken. Help provide **PCFLO** clients with nutritious protein by bringing canned chicken or tuna to your church during any Sunday in August. You can also bring canned chicken or tuna to the **PCFLO** collection box at the Food Pantry at 108 Straight Road in Oriental.

Looking ahead to September, the Food of the Month will be turkey gravy.  
Thanks for your support!!

**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://aaeasternmc.org/>    <https://aanortbcarolina.org/>    <https://www.aa.org/>**

The Pamlico News

**Publisher**  
Sandy Winfrey  
**Office Manager**  
Katherine Winfrey  
Jeannine Russo  
**Editor**  
Sandy Winfrey  
**Photographer Reporter**  
Hiram Lupton  
**Advertising Sales**  
Jeannine Russo  
**Production**  
J.P. Miller  
**Distribution**  
Neal McCraw

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

**Press Releases, Events, News**  
editor@thepamliconews.com  
**Photographer Reporter**  
hiram@thepamliconews.com  
**Advertising**  
frontdesk@thepamliconews.com  
**Billing Inquiries**  
frontdesk@thepamliconews.com  
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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.

COMMUNITY

LETTER TO THE EDITOR

We had a pleasant experience in New Bern last week. As we approached an ice cream store we saw a family sitting on the porch enjoying their treat. Without being asked, an eight year old boy got up from his chair and opened the door for us. Wouldn't it be nice if all parents raised their children that way?

Bill Deighton  
Arapahoe

As election season approaches, I urge residents to ask meaningful, informed questions of those running for the Town Board. In a recent Letter to the Editor, Commissioner Crosser claimed that “cost reductions from last year’s expenses amounted to over \$234,000+.” On its face, that sounds like great fiscal management—but numbers need context. The majority of this so-called “cost savings” came from the Public Works Department, where we lost three employees. We’ve since hired one, but despite our Public Works Director’s request to unfreeze another full-time position, the Board only approved a part-time position—which still remains vacant. If you’re like me, you might not view losing valuable staff as true savings, but rather as cutting off our nose to spite our face.

It is perfectly acceptable for a candidate to believe that reducing staff is the right direction for the town. What is not acceptable is for a candidate to say they oppose staff cuts, only to support closing positions when nearly half our staff resigns. This is why voters must go beyond headlines and slogans. Ask candidates what they believe are the best cost-saving opportunities in Oriental. Is our budget already as lean as it can be? Do they have concrete ideas for funding infrastructure? When they reference staff costs, are they using fair comparisons—accounting for wages and benefits equally? Demand details, numbers, and figures to back up their claims, and be sure you are comparing apples to apples.

Beyond finances, leadership style and community outreach matter just as much. Ask candidates how they will work with other board members, how they will seek input from residents beyond their close circle, and how they will compromise with those they disagree with. Look at their past actions—on advisory boards, in volunteer roles, or as business owners—and see if those align with the vision you have for Oriental. In the coming year, our town will face challenges: possible tax changes, Manager Miller becoming eligible for retirement, an understaffed Public Works Department, and now the resignation of Officer Nic Blaney. The stakes are high. We need board members who will make decisions in the community’s best interest, grounded in transparency.

Breena Litzenberger  
Oriental

Letter to the Editor

Above the main entrance to the Supreme Court in Washington, DC there is the inscription, ‘EQUAL JUSTICE UNDER LAW.’ When we read that do we take the twin halves of that mantra as redundant or as oxymoron? Does UNDER LAW guarantee EQUAL JUSTICE? Apparently not! Laws can easily be made by those in power to advantage themselves and their political goals. The purpose is not the common good or to do what is fair, right, and just for everyone, but to hold on to partisan political power and prevent any opposition from succeeding.

This is what is being done in Texas through redistricting the State to create five new Republican Seats in Congress. What they are doing is legal according to Texas law, but is it just? Is it fair? Is it right. Is it in the best interest of our democracy and the American people? In Texas, law is not a bulwark against injustice and unfairness but is being used to prevent the accomplishment of justice and to obstruct what is fair and right for all the people.

Republicans in North Carolina have already done the same. Our own voting district has been gerrymandered in such a way to advantage the Republican party over any opposition that might arise. Our voting district stretches from Pamlico County all the way to the Virginia border. In what kind of political world does that make any sense? Only in a political world that wants to steal an election before even the first vote is cast.

The only bulwark against injustice and unfairness is to elect people of integrity and character who will put the good of the country, the American people, and our democracy over their own personal gain and power. Law, even federal and Supreme Court law, clearly is powerless to hold in check those who seek absolute power. Those who hold the reins of power can construct laws to permit whatever they want to do, even if it is immoral, unjust, and undemocratic. Only honest politicians of great integrity will do otherwise.

So, wake up America! Our democracy is at stake in what is being done in NC and in Texas. Our only recourse is to vote out shallow politicians who put their own personal power and positions before the good of our Nation. We cannot depend upon law to defend us from tyrants and gerrymandering governing powers. Only we, the people, can stand as a wall between greedy politicians grabbing for absolute power and a democracy that seeks to do what is just, right, and fair for everyone.

Jim Ragan and Merritt Watson  
Pamlico Partners for Democracy

Horoscopes



**ARIES – Mar 21/Apr 20**  
Try to get the whole picture before you proceed, Aries; otherwise, you may be moving along blindly and that can make matters worse. Patience is a valuable asset right now.



**TAURUS – Apr 21/May 21**  
Taurus, sometimes a major conflict ends when one party walks away and finds something better to occupy them. Identify the source of your frustration and then decide if it’s worth it to proceed.



**GEMINI – May 22/Jun 21**  
You can seemingly energize the people around you, Gemini. They will flock to you for inspiration this week, and you can make all sorts of connections this way.



**CANCER – Jun 22/Jul 22**  
Cancer, this week you may be able to see beyond the coincidences that keep cropping up and straight to the true meaning of things. Pay attention to your instincts right now.



**LEO – Jul 23/Aug 23**  
Leo, if you are called upon to tell a story or get people to see their common interests, your flair for drama should come in handy. Others will have so much fun being around you.



**VIRGO – Aug 24/Sept 22**  
You and someone you work with are butting heads this week, Virgo. You want them to act in a certain manner, and it could be frustrating to you if they fall short of expectations.



**LIBRA – Sept 23/Oct 23**  
A new opportunity pops into your life, Libra. You may rethink your current surroundings, whether at work or at home. This could be an exciting time for you.



**SCORPIO – Oct 24/Nov 22**  
Carve out some time for creativity, as it is what you are all about right now, Scorpio. Give in to the impulse to knit, paper craft or get involved in the theater. Stimulate your brain.



**SAGITTARIUS – Nov 23/Dec 21**  
The right answer to the questions you have been seeking should appear exactly when you need the message, Sagittarius. You’ll have to be a little more patient for the time being.



**CAPRICORN – Dec 22/Jan 20**  
Capricorn, you have questions about how you can best help the people around you, and that is by being honest with yourself and your actions. Keep everyone in the loop.



**AQUARIUS – Jan 21/Feb 18**  
You are ready for a break from your responsibilities, Aquarius, but something keeps dragging you back into certain tasks. Figure out a way to wrap up the to-do list, then escape.



**PISCES – Feb 19/Mar 20**  
Pisces, there are a million thoughts competing for space inside your brain. It may be best if you write things out and sort them so you can give everything the attention it deserves.

LEO Traits & Overview

Leos are the star sign born between 23rd July 23 and 22nd August and are ruled by the Sun. This perfectly represents their innate belief that they are the centre-of-the-universe! That sounds annoying AF (it can be), but mostly you’ll be happy to let them take centre-stage because they work hard for it. This sign of the zodiac is charming, warm, welcoming, funny, protective, and generally great company.

Leos love to lead, perform, talk, be admired and receive the praise and respect of others. They are naturally regal, and always assume a boss-like stance in any relationship or group dynamic. They are confident, bright and sexy people, though they can be jealous, controlling and possessive at their worst.



# FINANCIAL FOCUS

## Does the 4% rule still make sense for your retirement?



Dan M. Roberts

You may have heard of the “4% rule” when it comes to retirement. The idea is simple: After you retire, you withdraw 4% of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it’s not a one-size-fits-all — and it’s definitely not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you retire, if you’ll work part time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let’s start with age. The 4% rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate, maybe closer to 3%. And if you retire later, you might safely withdraw a little more — perhaps 4.5% to 5% — depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative

scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there’s inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs — about 2.75% per year. But you don’t need to take a raise just because the calendar says so. If the markets have had a tough year or you don’t need the extra income, it might be smart to skip an increase. Being flexible can improve the chances your money will last.

It’s also important to understand what’s known as your “portfolio reliance rate” — how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don’t forget the IRS. If you’re drawing from a traditional IRA or 401(k), you’ll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4% rule is a useful starting point, but it’s just that — a starting point. A good financial advisor can help you build a strategy that reflects your age, your goals and your full financial picture. By revisiting your plan regularly and staying flexible, you’ll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

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

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### Financial goals aren’t achieved overnight.

As your needs evolve throughout your life, we’ll strive to provide the products, solutions and experiences to help you achieve what’s important to you.

Contact us now to start your journey toward financial freedom.



**Dan Roberts IV, AAMS®**  
Financial Advisor  
301 South Front Street  
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New Bern, NC 28560  
**252-633-5263**

MKD-8652E-A AECSPAD 25853482

Every moment of your life, you perform action – physically, mentally, emotionally, and energy-wise. Each action creates a certain memory. That is karma.

## NC COOPERATIVE EXTENSION Pamlico County

### 4-H Summer Fun



Kait Neeland 4-H Agent

Summer has a way of surprising us—one moment we’re welcoming the warm breeze of early June, the next we’re flipping through calendars and wondering where the days went. In our 4-H youth program, it feels like we just kicked off activities, and already we’re reflecting on the friendships formed, discoveries made, and the exciting projects we dove into as summer winds down. We have had so much fun this summer!

We were really excited to bring our 4-H Book Explorers program back to the Pamlico County Library! Our Book Explorers program takes a fantastic journey around the world—one book and one country at a time. With our Pamlico County Youth we read our way around the globe, learning about the cultures, arts, foods, and landscapes of countries around the world. Each week, we debuted a new book and country to explore, learning about the people and places that make up our diverse world. We learned about the geography of several countries—their capital cities, famous landmarks, and interesting native animals.

We also had alot of fun with our 4-H Presentation Program! First three of our Pamlico County 4-Hers traveled to Wayne Community College for the South East 4-H District Activity Day. At District Activity Day Laura Adolphson and Sophia Adolphson competed in the Arts and Communication category, and Ceceily Odunusi presented in the Cloverbud category. (Cloverbuds are young 4-Hers ages 5–7 who participate but are not yet old enough to compete.)



After weeks of dedicated work—researching, writing, memorizing, developing slides, and practicing—Laura, Sophia, and Ceceily represented Pamlico County marvelously. Laura delivered an engaging and informative talk on How to Write Novellas, earning a silver medal in her category. Sophia impressed judges with her well-researched and dynamic presentation on The History of Manga, taking home the gold. Both Laura and Sophia demonstrated exceptional public speaking skills and a deep passion for their topics. All three of our Pamlico County delegates stood out as shining examples of what 4-H presentations are all about. After a couple more weeks of dedicated practice, and taking the district judges feedback seriously Laura and Sophia presented their presentations. All of that hard work showed as they both won gold in their age categories! I can’t wait to watch them grow and learn even more!

Five of our It’s Electric 4-Hers earned the opportunity to attend the 4-H Electric Congress. After spending the year learning about electricity, circuits, and building projects like: retro game cubes, mini Tesla coils and started working on photo-sensing model cars, they were able to gather with other 4-Hers from across the state for some awesome learning experiences. They spent several days at UNCW, and had some fun excursions to the water park and a boat cruise.

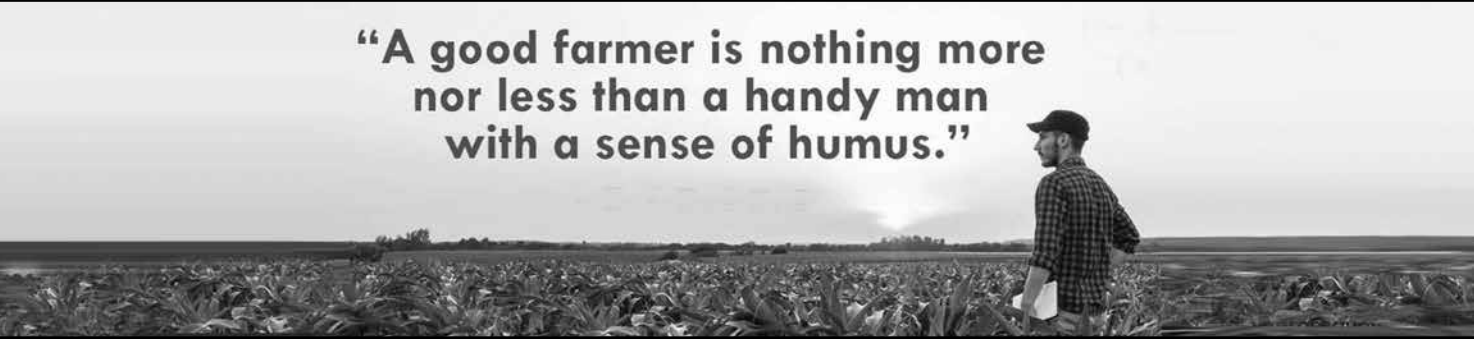
Then we finished our summer with a week at 4-H Sleep away camp! . We enjoyed a week a week further up the coast at the Eastern 4-H Center. We went kayaking, canoeing, paddleboard-



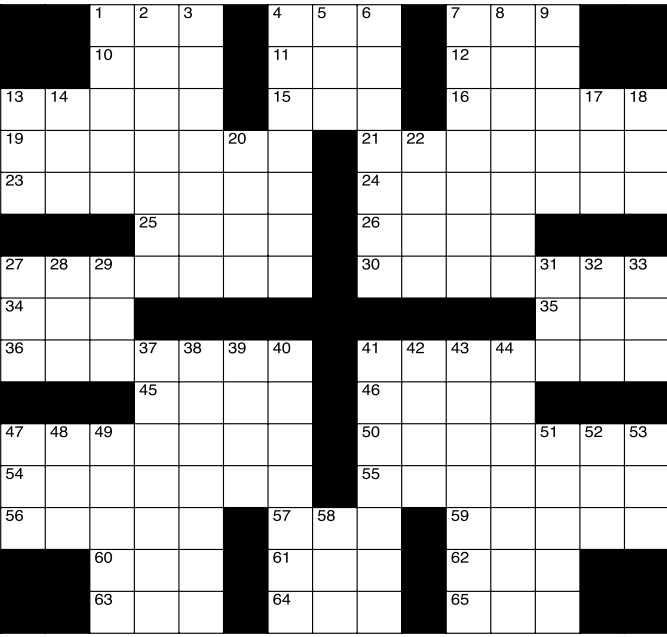
ing, rock wall climbing, ecology, crabbing, archery, swimming, arts and crafts, sports, games. All of this sounds like an awesome way to spend a week however, it isn’t the most important aspect of summer sleep away camp. 4-H Camp was found on the same foundations of service, life skills, and citizenship as 4-H in counties. While kayaking, swimming, hiking, navigating ropes courses, and making crafts they will be developing problem solving skills, growing in communication, and interpersonal skills.

As we come to the end of summer, we are looking forward to our fall programs kicking off. This year we will have a return of: It’s Electric, Chopped International, and Sew Much Fun! We will also have several new programs. We will be releasing that information in the next few weeks!

You can find registration and in for on our website. You will also need to register in 4-H online to complete your registration for any program. 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!!



## CROSSWORD



### CLUES ACROSS

- 1. Auto manufacturer
- 4. The 23rd letter of the Greek alphabet
- 7. Two-year-old sheep
- 10. Member of indigenous people in Asia
- 11. Airborne (abbr.)
- 12. Actress de Armas
- 13. Not moving
- 15. Cool!
- 16. Plants of the arum family
- 19. Perceptible by touch
- 21. Rorschach test
- 23. Monetary units
- 24. Art
- 25. Cardinal number
- 26. Dueling sword
- 27. Hates
- 30. Fixed in one place
- 34. Pie \_\_\_ mode
- 35. Moved on foot
- 36. Passenger’s spot on a motorcycle
- 41. A way through
- 45. “Rule, Britannia” composer
- 46. Leader
- 47. Flowing
- 50. Common greetings in Arabic countries
- 54. Solution for all difficulties
- 55. Soft clothing fabric
- 56. Building material
- 57. Sea bream
- 59. A way to cause to be swollen
- 60. One and only
- 61. Skin color
- 62. Wreath
- 63. Nevertheless
- 64. They \_\_\_
- 65. Sea eagle


### CLUES DOWN

- 1. Policemen (French)
- 2. Toy dog
- 3. Inflamed colon disease
- 4. Muscular weaknesses
- 5. Helps little firms
- 6. References
- 7. Takes down
- 8. Facilitates
- 9. One-time empress of the Roman Empire
- 13. Engine additive
- 14. Chemistry solution
- 17. Written account
- 18. Consumed
- 20. Coming after all others
- 22. No (slang)
- 27. Government lawyers
- 28. Super Bowl winner Manning
- 29. Small amount
- 31. A way to save for your future
- 32. A way to travel behind
- 33. Midway between northeast and east
- 37. Head pain
- 38. Loud lawn insect
- 39. Actress Hathaway
- 40. Boat race
- 41. About fish
- 42. Nursemaid in India
- 43. Marketable
- 44. Tinier
- 47. Parts per billion (abbr.)
- 48. Paddle
- 49. Oneness
- 51. Bitter compound
- 52. Not around
- 53. Very fast airplane
- 58. Swiss river

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Director Phone: 252-675-0909 • Email: [director@primetimepamlico.org](mailto:director@primetimepamlico.org)

**Breakfast with Friends**  
Brantley's Restaurant  
Thursday's – August 7, 14, 21, 28  
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 welcome!

**Prayer Shawl**  
Thursday's – August 7, 14, 21, 28  
10:00 am  
Oriental United Methodist Church – Fellowship Hall  
Crochet, knit shawls or lap robes to share with those that are in need of comfort and support. Please call Leigh Price for details. 919.219.2446.

**Food, Fun & Fellowship**  
Tuesday, August 12  
10am to 1pm  
Join us for a hands on experience at making healthy snacks. Sampling will be allowed. We will also share the treats at the Wednesday Healthy Living Series.

**Creative Card Making Class**  
Wednesday – August 13  
10:00 am – Noon  
Oriental United Methodist Church – Fellowship Hall  
The class meets each month on the 2nd Wednesday to make cards and enjoy each other's company. The class is led by Cheryl McAskill, a Stampin'Up demonstrator. She will provide most of the supplies needed, and each person will make 8 cards during the class. Class Limited to ten people. Cost for paper supplies is \$25/month.

Advance Registration is required – [director@primetimepamlico.org](mailto:director@primetimepamlico.org)


■Continued from page A1

NC Coastal Counties Fisheries Coalition




(L to R), Senator Bobby Hanig, Senator Norm Sanderson, Representative Keith Kidwell

“I want to keep the meetings as open and transparent as possible,” stated Woodard. It was decided that for now, a central location such as Carteret County, would allow more to attend and that initially, quarterly meetings would be in order. Some suggestions were made for a mission statement with the central idea that the coalition would be a governmental entity promoting and supporting the commercial fishing industry and commercial fishing groups. It was stated that while it was an attack on the shrimp fishery that brought them together, all types of commercial fishing, from crabbers, oystermen, and gill netters, have and will face similar circumstances in the future and this group should be ready to combat those attacks in the future with a unified voice. Those state legislators in attendance were also given an opportunity to speak. Senator Bobby Hanig, who represents Senate District 1 and was one of the first to sound the alarm about the trawl ban amendments attached to HB 442, stated that the “bill brought us together and we should now stay on the offensive. They (the CCA and the NCWF) have been telling the wrong story with the wrong information for too long.” Keith Kidwell, the representative for the 79th house district stated that he “spends more time fighting my own people on this than I do those across the aisle. HB 442 would not have been defeated without the public outcry. Let them hear your voice.” He also expressed dismay at the Senate Republican leadership. “Nothing happens in the North Carolina Senate without the approval of Phil Berger (Senate President Pro Tempore) and Bill Rabon (Chairman of Rules Committee). This attack on commercial fishing will come back in one form or another. We have to be ready to fight when it does.” Commissioner Woodard thanked the legislators who stood up for commercial fishing and expressed desire to have input and communication from them in the future. “You guys are the first to know what is happening in Raleigh. We need to stay informed and work together.” The next meeting date for the coalition was set for September 16th at 1 PM in the same location, the Crystal Coast Civic Center in Morehead City. In the meantime, Commissioner Woodard asked all the county representatives present to seek out and talk to their constituents who are involved in commercial fishing to find out their most important concerns and issues.



Dare County Commissioner  
Bob Woodard



Pamlico County Commissioner Candy  
Bohmert

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# PCA Construction Progressing Nicely

by: Hiram Lupton



The building to the left will house the chapel, cafeteria, and administrative offices.



The Chapel takes shape



One of the classrooms ready for drywall installation.



Head of School Earl Sadler points out features of what will be the cafeteria

You could hear the excitement in Pamlico Christian Academy’s Head of School Earl Sadler, Jr.’s voice. “So much has come together in such a short time. The finish line is in sight and the future is bright. We are blessed.” Indeed, since the site prep work began back in January a lot has changed at the 40-acre site situated in Reelsboro just south of NC Hwy 55 and between Lee Landing Road and Savannah Road. After a ceremonial groundbreaking in April, it has been full speed ahead. “Tarheel Builders (the general contractor for the project) has been awesome to work with. With the exception of about a two-week period right after the land was cleared, there has been crews working out here nearly every day.” There are now three buildings up at the site; a small concession stand/field house for the future athletic fields, the central building which houses the chapel, cafeteria, food preparation area, and administration offices, and a classroom building that will contain the pre-K through fifth grades. Everything now is geared toward inside finishing work including heating and air, plumbing and drywall work in the classroom building. “There is still a lot of work to be done, but we are hoping for a late November completion,” says Sadler. That would make for a tremendous Thanksgiving. This is Phase one of the three phase project. Phase two, projected to cost around \$3.2 million will consist of the construction of the upper school classrooms and also the soccer field. “We are seeking and accepting donations and are off to a good start in fundraising for the next phase, but there is still a ways to go before we can start. When the time is right, we will know it.” The final phase will consist of construction of the remaining athletic fields and a gymnasium. “We are so thankful,” says Sadler. “We have had some extremely generous donations and we have faith that we will be able to continually move forward with the project.” If all goes according to plan, before the end of the year, the large sign which reads “Future home of Pamlico Christian Academy” will need to be changed to “Pamlico Christian Academy – Your Next Right Turn.” For more information on Pamlico Christian Academy, their plans for the future and how you can help, visit their website at [www.PamlicoChristianAcademy.org/capital-campaign](http://www.PamlicoChristianAcademy.org/capital-campaign) or give them a call them at 252-745-0462. You and they will be glad you did.

## Oriental Woman’s Club Mini Grant Recipients



The Oriental Woman’s Club offers Teacher Mini Grants each year for innovative ideas teachers have for helping their students integrate their subjects during the school year. We received a wonderful response this year. The winners of our Teachers’ Awards for this year are as follows; Adrienne Turner- Pamlico Primary School; Barbara Denise Shy and Sheri Hale - Pamlico Middle School; Joanna Holt, Jessica Nunley, and Karen Ryan - Pamlico High School. We can’t wait for them to share the results of their students progress with us and anyone interested in their good work.



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## Hurricanes Ready for Season at Volleyball Jamboree

by: Hiram Lupton

It was a long day of volleyball action at New Bern High School's annual Volleyball Jamboree and the Hurricanes of Pamlico County High School were there. Matches were played continuously on two courts with 20-minute times scrimmages and 5-minute breaks between matches. With ten schools and both Varsity and Junior Varsity teams participating, it was nonstop action from 8 AM until 6 PM. The score wasn't officially kept but you can be sure coaches were creating a tally during each game, which gave veteran players a chance to sharpen their skills and freshmen players a chance to hit the court for much needed experience. Pamlico has a nice mixture of talent and will be led by Seniors Madison Anderson, Claire Delancey, Nazri Williams, Dakota Schmidt, and returning conference player of the year, Julia Bain. Pamlico officially starts their season this week, opening up with some tough non-conference matches, visiting Croatan on Tuesday, and hosting Swansboro on Wednesday, and West Carteret on Thursday.



Last Year's Conference Player of the year, Julia Bain, once again looks to lead the Hurricanes to a championship.

## Talking Snakes with Jeff Hall at the Pamlico County Public Library

by: Hiram Lupton

Did you know that snakes actually smell with their tongue? How about that even dead snakes can bite? Or wonder just how many different species of snakes there are in North Carolina (the

answer is 38). If you lie awake at night thinking about snakes and interesting facts about them, then the Pamlico County Public Library was the place for you last Thursday afternoon as the library presented "Snake Talk with Jeff Hall." Mr. Hall is an amphibian and reptile conservation biologist with the North Carolina Wildlife Resources Commission and is an expert on all things that



slither on the ground in our state. He presented a great program on snakes that live in North Carolina with many interesting and useful facts about them, where they live, what they eat, and which ones you should avoid curling up with on a cold night. Of the 38 species of snakes that live in North Carolina, 6 are venomous and Jeff gave some tips on how to identify them. Whether you love snakes, or are intensely afraid of them, this was a great program to learn about them, all brought to you by the Pamlico County Public Library.



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**2025 recreational flounder season will open Sept. 1-14**



MOREHEAD CITY – The N.C. Department of Environmental Quality’s Division of Marine Fisheries today announced that the 2025 recreational flounder season will open in Coastal and Joint waters of the state Sept. 1 at 12:01 a.m. and close Sept. 14 at 11:59 p.m.

The two-week season will open with the following provisions for both the recreational hook-and-line and gig fisheries:

- A one-fish per person per day creel limit.
- A 15-inch total length minimum size limit (from the tip of the snout to the tip of the tail).

Harvest of flounder with a Recreational Commercial Gear License will be prohibited.

The N.C. Wildlife Resources Commission’s flounder season will be open Sept. 1-14 as well, so the season, size limit, and daily creel limit will be consistent across jurisdictions.

The season, size and creel limits comply with provisions of the N.C. Southern Flounder Fishery Management Plan Amendment 3, which specifies that season and posses-

sion limits be set annually to keep the fishery within the recreational quota. The current 2025 recreational quota under Amendment 3 is 212,941 pounds, or 40% of the overall quota.

The N.C. Marine Fisheries Commission is scheduled to vote on adoption of Draft Southern Flounder Fishery Management Plan Amendment 4 at its August 20-22 business meeting. Adoption of Amendment 4 would result in a 50/50 quota allocation between the commercial and recreational fishery, whereby each sector would get 266,176 pounds, a quota increase of 53,235 pounds for the recreational sector. The additional quota would reduce the risk of overages in 2025.

For more specifics on the recreational flounder season, see Proclamation FF-25-2025. The commercial flounder season for internal Coastal and Joint Fishing Waters (rivers, creeks and sounds) will be announced in the coming weeks through a separate news release and proclamation.

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

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LEGALS

<div><div>NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOHN ANDREW SAWYER File No.: 91E000046-680</div><div>All persons, firms and corporations having claims against deceased, are notified to exhibit them to VIRGINIA SAWYER-SIMMONS, ADMINISTRATOR on or before OCTOBER 28TH, 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.</div><div>This 30th DAY OF JULY 2025</div><div>ESTATE OF JOHN ANDREW SAWYER C/O VIRGINIA D. SAWYER-SIMMONS P O BOX 209 VANCEBORO, NC 28587</div><div>Publish JULY 30, AUGUST 6,13 AND 20TH , 2025.</div></div>	<div><div>NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF LEONARD EDWARD JOHNSON File No.: 25E001046-680</div><div>All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHE'LISA HOUSE, ADMINISTRATOR on or before OCTOBER 28TH, 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.</div><div>This 30th DAY OF JULY 2025</div><div>ESTATE OF LEONARD EDWARD JOHNSON C/O CHE'LISA HOUSE 104 WINDCHIME CT. GUYTON, GA 31312</div><div>Publish JULY 30, AUGUST 6,13 AND 20TH , 2025.</div></div>	<div><div>NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF MICHAEL SCOTT GARGAN File No.: 25E001110-680</div><div>All persons, firms and corporations having claims against deceased, are notified to exhibit them to MICHAEL SCOTT GARGAN, ADMINISTRATOR CTA on or before OCTOBER 28TH, 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.</div><div>This 1ST DAY OF JULY 2025</div><div>ESTATE OF MICHAEL SCOTT GARGAN C/O NORMA P. GARGAN 4792 TIARA DRIVE, #101 HUNTINGTON BEACH, CA 92649</div><div>Publish JULY 30, AUGUST 6, 13 AND 20, 2025.</div></div>	<div><div>NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF RONALD W. ZIELINSKI File No.: 25E001118-680</div><div>All persons, firms and corporations having claims against deceased, are notified to exhibit them to RONALD W. ZIELINSKI, ADMINISTRATOR CTA on or before OCTOBER 28TH, 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.</div><div>This 1ST OF JULY 2025</div><div>ESTATE OF RONALD W. ZIELINSKI C/O CHRISTOPHER J. STEFFENS 2473 FOXWOOD DRIVE CHAPEL HILL, NC 27514</div><div>Publish JULY 30, AUGUST 6, 13 AND 20, 2025.</div></div>
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REPORTS	REPORTS	REPORTS	REPORTS
<div><div>INCIDENTS</div><div>July 31, Smokey Dr., New Bern, communicating threats July 31, Rowe Rd., Bayboro, driving while license revoked not impaired revoked, possess fictitious/alteted title/registration card/plate Aug. 2, Roberts Rd., Grantsboro, cruelty to animals (F) Aug. 2, NC Hwy 55, New Bern, order for arrest driving while license revoked not impaired revoked, driving while license revoked not impaired revoked Aug. 3, Silverbrook Rd., Oriental, assist other agency/welfare check Aug. 3, NC Hwy 55, Grantsboro, order for arrest driving while license revoked not impaired revoked Aug. 5, Lovick Lee Rd., Arapahoe, possession of drug paraphernalia not for marijuana Aug. 5, Williams Lane, New Bern, order for arrest misdemeanor larceny Aug. 5, Foxwood Trail Rd., New Bern, animal complaint Aug. 5, Chinchilla Dr., Bayboro, loose dog killed neighbor’s chicken Aug. 6, Lee Landing Rd., New Bern, driving while license revoked impaired revoked, driving while impaired Aug. 6, Whortonsville Rd., Merritt, destruction/damage/vandalism of property Aug. 6, River Rd., Arapahoe, communicating threats</div><div>INSPECTIONS</div><div>June 19, Barry Conklin, Grantsboro, garage, \$242 June 20, Colleen Odie Joe Noonkester, Oriental, addition, \$803.52; Tammy Gerrera, New Bern, trailer, \$235; CMH, New Bern, mobile home, \$260 June 23, Clinton Walker, Grantsboro, electrical, \$150; St. Thomas Episcopal Church, Oriental, build, \$50; Donald Elam, Bayboro, new, 4741.04; Ken Shaffer, Oriental, mechanical, \$100; Michael Byrd, Grantsboro, storage, \$216.40 June 24, Ben Brinson, electrical, \$100; Blake Williams, New Bern, electrical, \$100; Joshua/Allison Rice, Alliance, new, \$1,415.82; David Salmons, New Bern, electrical/mechanical, \$50; Mason McKeithan, Minnesott Beach, plumbing, \$50;</div></div>	<div><div>Deborah V., Oriental, mechanical, \$250; James Messina, New Bern, mechanical, \$150 June 25, John Blake, Oriental, mechanical, \$100; Robert Cowan, Oriental, water, \$50; Bill Knogloch, Arapahoe, mechanical, \$150; Johnathan McCullum, Lowland, electrical, \$50; Howard Garfinkle, New Bern, mechanical, \$100; Sherwood Cantine, Oriental, mechanical, \$100; David Salmons, New Bern, gas, \$50 June 26, Stanley Feigenbaum, Bayboro, electrical, \$150; Tim Mitchell, Arapahoe, addition, \$634.56; Mark Salyer, Grantsboro, pool, \$150; Pamlico Primary School, Bayboro, fire, \$0 June 27, David Schlachta, Merritt, shed, \$96.08 June 30, Rob Adams, Oriental, shed, \$162; Donald Lewis, Merritt, new, \$1,684.70; Pivot, Grantsboro, new, \$1,715.64; Steve Leary, Lowland, mechanical, \$100; (Ronnie) Bryan Spain, Stonewall, electrical, \$100; David Rittenhouse, Oriental, mechanical, \$294; Stewart Dunham, New Bern, mechanical/plumbing, \$200 July 1, Mikayla Minally, New Bern, mechanical, \$150</div><div>PROPERTY TRANSFERS</div><div>July 18, Arlington Place Lot: 145, Phase 1, W Burton Farm Dr, Arapahoe, PCA 153-17, PIN F09-33-145 from Towd Point Mortgage Trust 2019-4, U.S. Bank National Association/TR, Towd Point Mortgage Trust 2019-4, U.S. Bank National Association/TR, Select Portfolio Servicing, Inc./AIF to Coastal Heritage Construction and Realty, LLC, \$44 July 18, Neuse Winds Lot: 40 2.8 AC Map in DB 415/578; PCA 43-7, Neuse Winds Lot: 41 2.8 AC Map in DB 415/578; PCA 43-7 from Donald G. Charland, Joan W. Kent-Charland, Joan W. Kent Charland, Joan W. Kent Charland, Joan Charland to Chris L. Bensabat, Lililaire McKinnon-Hicks, Lililaire McKinnon Hicks, Lililaire McKinnon Hicks, \$1,290 July 18, Windward Estate Lot: 8 PCA 103-9 from Penny B. Flaherty Lisa Flaherty- Ortega/AIF, Lisa Flaherty Ortega/AIF, Lisa Flaherty Ortega/AIF to Donald Charland, Joan Charland, \$760 July 18, 0.56 AC Map in DB 728/516</div></div>	<div><div>from Priority Homes LLC, Priority Homes, LLC to Randolph Allen, Linda Allen, \$450 July 21, Mill Creek Lot: 384 Phase II Arlington Place PCA 164-2, Mill Creek Lot: 385 Phase II Arlington Place PCA 164-2, PIN F09-33-384 from Martine Gisele Watkin to Martine Gisele Watkin/TR, Martine Gisele Watkin Revocable Trust, Martine Gisele Watkin, \$0 July 21, Mill Creek Lot: 386 Phase II Arlington Place PCA 164-2, Mill Creek Lot: 387 Phase II Arlington Place PCA 164-2, PIN F09-33-386 from Martine Gisele Watkin to Martine Gisele Watkin/TR, Martine Gisele Watkin Revocable Trust, Martine Gisele Watkin, \$0 July 22, Northern 1 AC NC Hwy 304 DB 255/310 from Danny M. Gibbs, Joyce A. Gibbs to Josephus M. Gibbs, \$0 July 22, Southern Half 1 AC NC Hwy 304 DB 255/310 from Josephus M. Gibbs to Danny M. Gibbs, Joyce A. Gibbs, \$0 July 23, Summer Winds Tracts 1-5 MB 5/9, Summer Winds Lots 1-44 PCA 138-6 from McArgo Associates, LLC, Robert Arogeti/TR, James Arogeti/TR, Habib Arogeti &amp; Wynn, P.C. Retirement Plan, James Arogeti Retirement Plan to McArgo Associates, LLC, \$0 July 23, Summer Winds Tracts 1-5 MB 5/9, Summer Winds Lots 1-44 PCA k138-6 from McArgo Associates, LLC to Brown Pelican Construction, LLC, C Breeze Properties, LLC, Dees Construction, LLC, \$1,450 July 24, Whittaker Harbor Lot: 8 Phase I PCA 153-1 from Harald Nippel, Bettina Nippel to Lowell Dean Stanley, Jr./TR, Lowell Stanley, Jr., Cecile Geraleen Stanley/TR, Cecile Stanley, Lowell Jr. and Cecile Stanley Trust, \$330 July 24, PIN E071-1; 1.42 AC E/S Neuse Rd (SR 1105) Map DB 280/655 from Michael L. Ingram to Jack Daniel Finch, \$90 July 24, PIN L08-37 Portion; 88.449 AC SE Corner Tract 3 Broad Creek PCA 166-13; Map Attached from River Dunes Two, LLC, River Dunes Investment Property, LLC to Gray Wolf Land and Timber, LLC, \$300 July 24, Brandy Bay Estates Lot: 5 Section One PCA 47-8, PIN L07-21-5 from Dewey Haye, Jr., Wendy E.</div></div>	<div><div>Haye to Frank E. Barron, Sheila D. Barron, \$0 July 24, 1 &amp; 6/100 AC S/S Chinchilla Lane from Jeffrey E. Bragg to Jeffrey E. Bragg, \$0 July 24, PIN F041-54-1; 3.5 AC E/ NC Hwy 306, Silver Hill Community from Terry Wayne Harris, Jr., Andrea Harris, Donna Golden Harris to Donna Golden Harris, Terry Wayne Harris, Jr., \$0 July 24, 1 Tract NC Hwy 55 from Whitford Miller, Whitford L. Miller, Vennie Miller, Vennie Himbry to Whitford Miller, Letise Himbry, \$0 July 24, Arlington Place Mill Creek Lot: 101 PCA 172-2 from Michael Plumbtree, Charlene Plumbtree to 118 Wild Swan Lane, LLC, \$0 July 25, PIN H041-241 &amp; H041-242; 0.31 AC &amp; 0.38 AC NC Hwy 304; Map DB 498/258 from Robert J. Oakley, Brandy M. Oakley to Katherine M. Dawson, Robert D. Dawson, \$230 July 25, Mariner’s Landing Lot: 7, Lee Landing Rd (SR 1003) PCA 192-14, Mariner’s Landing Lot: 8, Lee Landing Rd (SR 1003) PCA 192-14, PIN C05-7-7 &amp; C05-7-8 from Alec Paul Ciminello to Karyn Chiesa Hickey, \$0 July 28, Buccaneer Bay Section Two Lot: 23 Amendment No. Three PCA 6-1, Buccaneer Bay Section Two Lot: 44 Amendment No. Three PCA 6-1, Buccaneer Bay Section Two Lot: 43 Amendment No. Three PCA 6-1, Nature’s Run on Dawson Creek Lot: 12 PCA 177-20, Teachs Cove Lot: 34 MB 9/63, Teachs Cove Lot: 35 MB 9/63, PINs 1081-10-23, 1081-10-44, H092-18, G042-111, 1081-10-43, G08-37-12, 1081-5-35 &amp; 1081-5-34; One Tract N/S Dawson Creek Rd (NCSR 1302); Lots 5 &amp; 6 0.205 AC Survey for John &amp; Mildred Smith from John Morgan Smith, Mildred Bayliss Smith, Mildred B. Smith to Mildred Bayliss Smith Revocable Trust, Mildred Bayliss Smith/TR, Mildred Bayliss Smith, \$0 July 28, 1.63 AC Lot 163 PCB 16-7 from Streamline Developers, LLC to Carl A. Bricker, Lisa J. Bricker, \$1,328 July 28, 0.37 AC Lot 1 NE/S Church St Ext &amp; S/S Camp Creek Oriental PCA 132-16 from Marsha K. Shirk to Justin M. Freeman, Pamela C. Freeman, \$1,150</div></div>

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# AROUND THE COUNTY

## Pamlico Betty Jo Rodgers, *Correspondent*



Thanks for all the wonderful birthday wishes and to the Pamlico News for featuring my birthday last week. Roy took me to Red Lobster for lunch and I received phone calls, cards, gifts, and texts. Some people even sang to me.

The DOT has marked several culverts on Trent Road with poles on each side of the road. These are places where the road has sunk or the pavement has been repaired before. Maybe they are going to replace these culverts.

James Cuthrell saw a bear on the farm last week. I have seen a couple of deer and some squirrels on the farm as well. I marked the farm with purple paint so people know there is no hunting on the farm.

The weather has been cooler and Mary Mattocks has been sitting on her front porch watching the cars going to and from Whortonsville. Speaking of Whortonsville, I visited with Mrs. Reba Tiller and as always came home with a pan of her delicious homemade rolls.

VBS at Stonewall Methodist Church was a sweet success. It ended with a fun night on Friday with a pizza party and an obstacle course. The parents got to see the crafts their children had made, hear them sing songs, and share about the sweetness of God. It was a nice time for children to learn about Jesus and living the Christian life. They learned a new way to sing “This Little Light of Mine.”


Mildred and I attended the 68th Lupton Family Reunion on Saturday, August 9, at the Goose Creek Island Community Center. There were 48 Luptons or Lupton descendants in attendance, but I know a lot of Luptons in Pamlico County that were not there. We had a “Dessert Contest,” and there was a 4 way tie in the “other category.” Everyone had a good time of fellowship. George Lupton, III from Atlanta traveled the farthest to attend. I especially like to see George, since I taught him in the eighth grade at Arapahoe Elementary School a long, long, long, time ago.

Celebrating birthdays in August are Crystal Carey, Leslie Gilliam, Jr. (8/13), Jennifer Whorton Townsend (8/14), Morgan Hudgins, Karen Spruill (8/15), Earl Sadler (8/16), Linda Gwaltney (8/17), Jodi Moore (8/18), Judy Styron, Irene Wright (8/21), Aiden Reason, Mark Norman, and Reba Tiller (8/23), Carrie Ellen Hopkins (8/24), Cathy Muse Bunn (8/25), and Chris Meadows (8/27).

On Monday night a car accident took the life of our precious Lillian Tillman. She and her mom had been on their way to pick up Paisley from VBS. Lillie was the granddaughter of Penny \$ and John Farmer. She was a precious child and was loved by everyone who knew her which is pretty much all of Pamlico County +. Please keep the Tillman and Farmer families in your prayers at this time.

Have a blessed week Depressed? Take Spiritual Vitamin D. “Draw nigh to God, and he will draw nigh to you.” (James 4:8)

## Whortonsville Reba Tiller, *Correspondent*




It is Sunday and after I arrived from church I remembered if you ask for something you will receive it. So I ask God to send us rain and almost immediately He sent a big shower, so I said “thank you” God you always answer our prayers. He had also sent us lower temperatures this week and that was a blessing for folk who work outdoors. I had taken guests to New Bern to go through Tryon Palace which was very informative, but I had never been on the Historical Tour of New Bern until Saturday. The lady that was our guide was so good, we got off the bus at the old Cemetery and at the Museum. The bus was full but I noted the children were not too interested in the Cementery. Three of us from Woodmen Nora Scholl, Verna Robertson and I went and we learned a great

deal about the town that we did not know. For a little seashore town it has a great deal of history. Today church attendance was down after we had good attendance last week. Camp Seagull ends the summer full-time camp for the school children because school will begin in about two weeks. MY grandsons Harry and Noah Tiller have worked there all summer. Pamlico County is growing with new schools and an Urgent Care Next to Dollar General Alliance and a lot of new homes. Prayers for the Farmer family.

THOUGHT FOR THE WEEK—WHAT’ RIGHT WITH AMERICA IS A WILLINGNESS TO DISCUSS WHAT’S WRONG WITH AMERICA.

## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. I hope this finds all of you well. This cooler weather has been such a welcome change lately. My grass has been loving it—growing like crazy, but looking lush and green.

Living here on the sandhill, you have to be careful about when you mow. Cut it during a dry spell with no rain in sight, and it can turn brown and splotchy in no time. I try to mow when rain is in the forecast, and if it’s dry, I set the mower high so the grass holds onto that morning dew a little longer. Growing up mowing yards with my dad taught me a lot about how to care for a lawn—lessons that have stuck with me all my life.

Riding around this week, I noticed that our new Urgent Care is getting close to completion. I’m hoping they’ll offer after-hours and weekend care—it sure would be nice to have an option other than driving all the way to New Bern. The new school also had its final beam-raising ceremony the other day. It’s amazing how quickly the structure has gone up. It will be a wonderful addition for our community and our kids, though I know I’ll miss the current building when it’s gone.

The Christian Academy is also nearing completion, and it’s clear our little corner of the world is growing. I do wish some of the empty buildings could find new life. The old Burger King, for example, could surely be put to good use—it’s become a bit of an eyesore. I also haven’t heard any updates on the apartments that were planned. I hope, when they are built, they’ll offer affordable options for younger families. With rent around here often near \$1,000 or

more, plus child care or school expenses, it’s hard to see how young families can make it.

This week’s events:

Community Health Day with Duke University School of Nursing — hosted at the library, starting at 9 a.m.

Teen Scene — at 3 p.m., also at the library.


New Bethlehem Yard Sale — Saturday, 8 a.m. to 12 p.m.



Until next week, I’ll leave you with one of my favorite images from this week:

(Image of the peaceful wooden walkway leading to the water, surrounded by green trees and softly lit by a single glowing lamp.)

## Aurora Joy McCracken, *Correspondent*



Phoenix Farm Vineyards is having their first annual Harvest Festival on September 20th from 9-5 pm. They are located on 6832 Old Sandhill Road. Y’all go by there and support this free event and pick some grapes.

My mail carrier, Dee, reports that they have a new contract from Amazon for packages. UPS still comes by as well as Fed X.


Looks like they are clearing off a lot on my road for a new house. The big one at Ferry Landing is coming along nicely. The one at the end of my neighborhood is about finished.

A Spotted Sandpiper (juvenile) has been out in the grass foraging. This is the third year I’ve hosted one. I surmise there is a nest nearby and one inadvertently discovers the nice yard by the bluff. I love their bobbing.

It’s been a good year for Carolina Wren offspring. For the first time ever I’ve witnessed adults feeding young at the feeder table. They really go for the dried worms. I have been experimenting with different food to see who likes what. Shelled peanuts seem to please almost everyone. Other rare visitors include a Yellow-throated Warbler, Pine Warbler, a Nuthatch and my female Summer Tanager.

The huge Fig bushes have attracted and fed many an animal: Crows, Mockingbirds, Red-headed Woodpeckers and a Box Turtle.

Sherri Lupton Hollister, who is running for Aurora mayor, will be having a Coffee Chat fundraiser at The Venue (on Main Street) on September 7th, from 3-5 pm.



My Photo of the Week is of a Kingfisher who didn’t get the memo about the poor hunting at the pool.



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### 2025 American Grants Round 3: NCDOT Material and Labor

Labor Bids Due: Tuesday, August 26, 2025

- **2025 CA Track, Crossings and Bridge** (Crossing: WBS80000.2.3.139 #465302M, #465303U, #465326B North / Track: Camden, Currituck, Pasquotank WBS 80000.1.4.175 MP28-67 / Bridge 80000.1.4.175)
- **2025 NCVA Track and Crossings** (Crossing: WBS80000.2.3.140 #630250B North MP69.46 / Track: 80000.1.4.176 Rail Kelford curve MP84-184)
- **2025 WTRY Track** (Track: 80000.1.4.177 Port Outbound Lead Upgrade MP250-253)
- **2025 ATW Track** (Track: 80000.1.4.172 Cumnock MP 127.2-127.9 with optional Track Work)
- **2025 CA Crossings** (WBS80000.2.3.149 MP 24.01 - 41.55 FRRCSTBD)

Please reach out to Genesee & Wyoming Railroad Services, Inc. (purchasing-rfp@gwrr.com) for more information & obtain bid documents for material.

NCDOT material bid opening: 8/19 3:30PM

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—Francis of Assisi  
Franciscan Order



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\*\*\*\*\*

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- \* **Electric Vehicle Tech. New! Starts Aug. 19!**
- \* **Notary, One-day class in Bayboro Aug. 23!**
- \* **Medical Admn. Assistant, Coming Aug. 25!**
- \* **Medical Legal Issues, Starts Aug. 25!**
- \* **Medical Office Procedures, Starts Aug. 25!**
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How to stay active with mobility issues



Physical activity is crucial for overall health and well-being. The Centers for Disease Control and Prevention advises that most people can benefit from 150 minutes of moderate-intensity aerobic exercise per week, particularly when that physical activity is paired with two days of strength training. Seniors also should incorporate activities that challenge their balance to improve these skills and offset the risk for falls as they age.

Many seniors face mobility issues. For these individuals, meeting activity goals might seem extra challenging, but it is entirely possible and highly beneficial to exercise even when mobility is limited. Health professionals say gentle, adaptive exercises can improve strength, flexibility, balance, and mood, while reducing pain and preventing further decline. The key is to focus on what people can do and to adapt movements to suit specific needs. Consulting with a doctor or physical therapist before starting a new exercise regimen is recommended. Here are some accessible exercise options.

**Chair exercises**

Chair exercises build strength and flexibility while providing support and reducing the risk of falls.

- While seated, lift knees alternately as if marching, engaging core and leg muscles.
- Stand up slowly from a sturdy chair without using your hands, then gently sit back down. This builds leg and core strength.
- Lift arms to the sides or front, strengthening the shoulders and upper back. Use light weights for added resistance.

- Tap feet and circle your ankles to improve ankle mobility and circulation, which is crucial for balance.

**Water therapy**

The buoyancy of water reduces strain on joints and can help anyone with mobility issues.

- Walking through a pool or in a natural body of water creates gentle resistance that increases the potential of the workout.
- Perform controlled movements with your arms and legs through the water.
- Kick feet through the water while walking or when swimming.

**Balance training**

Improving balance and stability is critical for fall prevention. Rely on a wall or chair for support as needed.

- Shift your weight from side to side and front to back while holding on to support.
- Lift one foot slightly off the ground while holding on to a support. Alternate to the other leg. Gradually increase the time spent balancing.
- Use a support to stand to help build core strength and strength in the legs.

**Flexibility**

Flexibility helps anyone who is physically active. Gentle stretching, tai chi, yoga, and even working with a physical therapist can improve flexibility and mobility. Seniors with mobility issues who want to exercise should always start slowly and build up gradually. Wearing non-slip shoes is essential as well. Small, consistent efforts can make a big difference in maintaining one's independence and enhancing quality of life.

**ORAL CANCER** is a common form of the disease. The National Institutes of Health says oral cancer accounts for approximately 3 percent of all cancers worldwide. Men are twice as likely to develop oral cancer as women, and most cases occur in people over the age of 40. The American Cancer Society anticipates 54,000 new cases of oral cavity and oropharyngeal cancer will be diagnosed in the United States this year. The World Cancer Research Fund says that India has the highest number of oral cancer cases in the world.



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