

# The Pamlico News

Wednesday, August 20, 2025

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## Animal Control Update Continued Discussion – No Decisions

by: Hiram Lupton

The topic of Pamlico County animal control and what form it will take in the future was yet again discussed at Monday's Pamlico County Board of Commissioners meeting. County Manager Mark Brewington gave a status update to board members after letters were sent to each municipality in the county, asking for their input and possible financial support on county animal control. Brewington did not identify specific towns or responses, but said that three had not replied while several had asked for more detailed information. Three had replied that they did not want to participate monetarily in animal control either because they felt they had no problems or that it was simply not within their financial means to do so. One conclusion that has been drawn by County officials, the previous level of animal control cannot be continued, as it was with essentially a one-man operation. The amount of time and effort that one man, Animal Control Officer Berkley Hill, has been expending has come to light during his recent absence while recovering from a serious automobile accident. Hill, who was in attendance, has returned to work on a very limited basis. He is currently not allowed to drive, or lift over five pounds and for the time being restricted to office duty. While he expects to return to full duty, when that may occur will essentially be up to doctors. Brewington stated that last year, Hill registered 13,850 interactions (calls, messages, texts) on his work cell phone concerning animal control. "This is simply not sustainable for one person," stated Brewington. "Berkley was working himself to death." Possible alternatives had been presented to the board at their previous meeting and Brewington reviewed those with commissioners. By state law, the county must conduct rabies investigations as well as dangerous dogs and animal bite investigations. So far this year, the Pamlico County Health Department, which contains animal control, has conducted 19 rabies investigations. To do the minimum required would cost the county roughly \$140,000 annually. The "all in" option presented to the board at their last meeting would up that cost to nearly \$450,000. It would consist of hiring and equipping another full-time animal control officer and construction of an animal holding facility to temporarily house dogs and cats. It would also require participation from municipalities within the county with a memorandum of understanding (MOU) on the clearly defined tasks of county animal control. A set of detailed animal control ordinances and policies would also have to be set. It also could come with a tax increase. Brewington stated that he would be supplying the animal control data requested by towns as well as reaching out to the three towns that have not replied to the letters sent by the county. Several commissioners gave strong hints that unless something changed, they were leaning toward the minimum required option for the county. Expect this discussion to continue at next month's meeting.

## Pamlico County Disaster Preparedness Expo

by: Hiram Lupton



A full house at the Pamlico County Senior Services Center for the Disaster Preparedness Expo

How well you fare in a severe weather emergency often depends on how well you prepare. Last Wednesday, Pamlico County Senior Services hosted an event that provided lots of valuable tips and information to make sure you are ready in the event of such an emergency, the Pamlico County Disaster Preparedness Expo. Several agencies and groups were distributing information pertaining to health, insurance, and disaster recovery. There were also some great guest speakers from Pamlico County Emergency Management, the Department of Social Services and WCTI Channel 12 TV Meteorologist Les Still, who gave an excellent presentation on hurricane history as well as understanding watches and warnings. A great way to be ready, just in case.



TV 12 Meteorologist Les Still

## Hurricane Cross Country off to a Running Start

by: Hiram Lupton

The High School Cross Country season is here and Pamlico County High School got things going last Tuesday at home as they hosted the Knights of Terra Ceia Christian School. The Hurricanes did well with both teams coming out on top. The Pamlico boys' top finisher was Edgar Muro, followed by Riley Treacy and Reid Carey. The Ladies got strong outings from

Ruby Rohrman coming in as the top Pamlico runner followed by Jessica Pichardo-Madrid and Emma Smith rounding out the top three.

This meet was billed as the Inaugural Coach Bob Girani Invitational Cross Country Meet. Coach Bob has been a highly influential coach and mentor to many track and field athletes over the years and has coached at several

schools in our area. Although he never coached at Pamlico, over the years he has often been seen at meets offering advice and encouragement to competitors regardless of their school. Coach Bob is 92 now and assists with the Terra Ceia Cross Country team. While he may have slowed down just a bit, his mind is still sharp and his knowledge of track and field is unparalleled.



The Hurricane girls cross country team.



The Hurricane boys cross country team.



Edgar Muro



Ruby Rohrman



Coach Bob Girani



## Imagine Pamlico Welcomes Takitta Ollison-Barber to the Board of Directors

August 8, 2025... Bayboro, NC.

In its continued expansion of initiatives serving all Pamlico County residents, local nonprofit Imagine Pamlico (IP) is excited to announce that Takitta Ollison-Barber has joined its board of directors. Barber joined Imagine Pamlico as the Events Committee Chair in March 2025 and will continue serving in that role in addition to her role as a board member.

A native of Pamlico County, Takitta Ollison-Barber is a wife, mother of five biological children and three bonus children, a local business woman, and an active community volunteer. She heard about Imagine Pamlico through a Facebook post introducing the board members, "The name instantly caught my attention, and after learning about its mission to build Pamlico and one of many goals - to invest in and empower other nonprofits - I felt an immediate connection."

With over 20 years of experience in sales, customer service, and leadership, Barber has built a reputation for empowering others and creating impactful change. In addition to her role as an Event Coordinator and Board Member of Imagine Pamlico, she currently serves as Director of Communications and Board Member for the Kelly Twinz Helping Hands Foundation of Pamlico County, where she leads outreach and supports community initiatives.

She holds certifications in professional tax preparation, grant writing, and notary services, and earned a North Carolina Funeral Directing Diploma from Fayetteville Technical Community College. For more information about Imagine Pamlico, Barber, and her fellow IP board members, please visit [www.imaginepamlico.org](http://www.imaginepamlico.org) or follow Imagine Pamlico on Facebook, Instagram, and LinkedIn.



Takitta Barber-Ollison, newest member of Imagine Pamlico's Board of Directors



## Duke University Nursing Students Making the Rounds

by: Hiram Lupton

Student nurses from Duke University were all around the county last week making connections and doing community outreach. One location they were at on Friday was the Pamlico County Public Library for a free Community Health Day. In addition to talking with the public about staying healthy at every age, they were performing Health Screenings such as blood pressure checks and blood sugar screenings. Since it was Friday at the library, they also had some special giveaways and health education for kids. Thank You for visiting Pamlico County and helping us stay healthy.



### LIKELY WEATHER OVER THE WEEKEND



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# Didn't make it to registration? You still have options at Pamlico Community College!

By Sandy Wall

Even if you missed the official curriculum registration period Tuesday, Aug. 12, you still have time to sign up for classes for the Fall 2025 semester at Pamlico Community College!

New and returning students can register for convenient online curriculum (for credit) courses, which are scheduled to start Aug. 28.

High school juniors and seniors who want to enroll in tuition-free, college-level courses available through PCC can sign up Aug. 25, 26 and 27 at the Mattocks Center in Bayboro. Hours will be 8 a.m. to 3 p.m.

Additionally, the college's Continuing Education division has great, short-term courses available for adult learners. Registration for those classes is underway now and will continue to take place at different times throughout the Fall 2025 semester.

Whatever new and returning students decide to pursue, they can expect to receive a nationally recognized education here. Pamlico has been ranked among the top 20 community



New and returning students still have time to register for convenient online curriculum courses for the upcoming Fall 2025 semester at Pamlico Community College. Great, short-term Continuing Education courses are available, too! Contributed photo

colleges in America for students' educational outcomes by WalletHub in four of the last six years, and the college has received other national awards for low cost and high quality.

PCC can prepare you for a great career or can get you started on a four-year degree for a fraction of the cost of university tuition.

Students who are planning to pursue a bachelor's degree can save thousands of dollars by attending PCC for their first two years. Approved credits earned at PCC transfer directly into the state's public university system and to many private colleges and universities in North Carolina.

Contact the college today to discuss your options! Email [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu).

edu, call 252-249-1851, ext. 3001, or visit Student Services in the Johnson Building on campus.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or [swall@pamlicocc.edu](mailto:swall@pamlicocc.edu).

## Did you know?

Anything that takes a driver's attention away from the road is considered a distraction. That includes adjusting the radio station, looking ahead at the route on a navigation system, reaching into the fast-food bag for a French fry, and answering a phone or responding to a text. Distractions can be visual (taking eyes off the road), manual (taking hands off the wheel), and cognitive (taking your mind off driving). Whether it is good for people or not, multitasking is now commonplace. That means individuals are juggling two or more different tasks at one time, even while driving. This propensity to try to fit more into a day may seem like it is improving efficiency, but certain studies show that multitasking often means the focus and attention to detail supplied to tasks isn't as great when doing two things at once as opposed to focusing on one task at a time. In terms of driving while distracted by something else, the consequences can be great. The National Highway Traffic Safety Administration says about 3,000 Americans die in crashes involving a distracted driver every year. Younger drivers, or those between the ages of 15 and 20, are more likely to become distracted drivers than other age groups. The Canadian Automobile Association says drivers who drive distracted are eight times more likely to be in a crash or near-crash event compared with non-distracted drivers. Transport Canada's National Collision Database indicates distracted driving contributes to an estimated 21 percent of fatal collisions each year and around 27 percent of serious injury collisions. There is still work to be done to encourage drivers to be more attentive behind the wheel.

## REGISTER NOW!!!

### "Using AI for Grant Writing"

FOR NON-PROFITS  
Wednesday, Sept 17th  
9am-11am  
Pamlico County Library



Dr. Justin Rose  
Instructor

## FREE SEMINAR!!

- For beginning and experienced AI users
- Learn how to use AI for research, data organization, and building your grant content
- Live demos of free AI tools in action



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REGISTER FOR FREE AT  
[www.PamlicoSBC.com](http://www.PamlicoSBC.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...

Just want to sing some praises. We bought a property in Oriental NC and didn't even use Linda Hoff as our realtor. She was the realtor for the seller. All through the process she was so helpful, responsive and a world of knowledge! Month later I find myself calling her for help for HVAC and other basic home maintenance needs. She's so helpful and has gotten back to me in just a few hours. I plan to buy my next property through her -- absolutely!!!

Randi, Oriental



**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 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** – 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.  
**OFFERED AT \$ 575,000**



**MERRITT** – Waterfront **3BR/2.5BA** with dock & boat lift on Moores Creek. 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 \$ 665,000**

See all Listings & Visual Tours at  
[www.orientalncwaterfront.com](http://www.orientalncwaterfront.com)  
1-800-347-8246 • 252-249-1014  
Or contact Allen Propst  
252-671-4644

704 Broad St, PO Box 750, Oriental, NC 28571



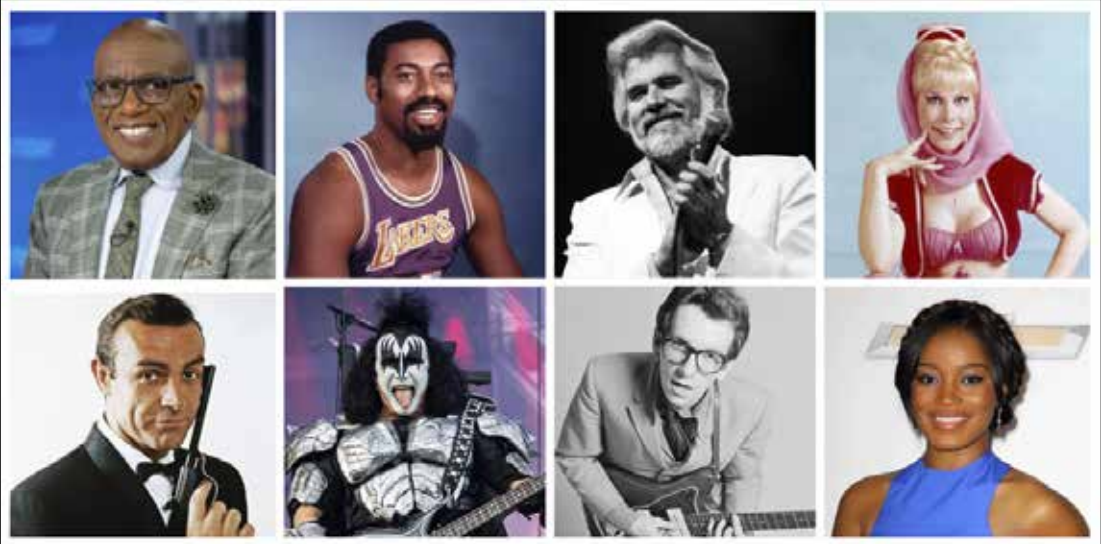
THIS WEEK IN HISTORY

by: Hiram Lupton

- August 20th – Today is National Bacon Lovers Day.
- August 21st – Today is National Senior Citizens Day. Grab your walkers and canes and celebrate.
- August 22nd – 1902, The Cadillac Motor Company was founded in Detroit, Michigan.
- August 23rd – Today is National Find Your Inner Nerd Day. When is Suppress Your Outer Nerd Day?
- August 24th – 2006, Pluto was demoted from Planet to Dwarf Planet. Restore Pluto’s status!
- August 25th – 1916, The National Park Service is founded.
- August 26th – Today is National Dog Day. Maybe I’ll eat a hot dog and watch Lassie on TV to celebrate.

BIRTHDAYS THIS WEEK

- August 20th – 1954, TV Weatherman Al Roker
- August 21st – 1936, Basketball Hall-of-Famer Wilt Chamberlain
- August 21st – 1938, Singer Kenny Rogers
- August 23rd – 1931, Actress Barbara Jean Morehead (Barbara Eden)
- August 25th – 1930, Actor Sir Thomas Sean Connery (Sean Connery)
- August 25th – 1949, Musician Chaim Witz (Gene Simmons)
- August 25th – 1954, Singer Declan MacManus (Elvis Costello)
- August 26th – 1993, Actress Lauren Palmer (Keke Palmer)



Pamlico County Library - Be a Tree, Understanding Dog Body Language

Join us this Saturday as Dove Landing Dog Training, LLC Presents Be A Tree: Understanding Dog Body Language - Saturday August 23rd at 11am.

Did you know that most dog bites happen to children under 14—and often, they can be prevented?

Join us for Be A Tree, a fun and interactive program designed to teach children how to stay safe around dogs. Using a colorful PowerPoint presentation, we'll explore how to read a dog's body language, recognize warning signs, and learn the do's and don'ts when meeting new or unfamiliar dogs.

Presented in partnership with the Dove Landing Training, LLC, this evidence-based program helps children build confidence and awareness, using role-play, visuals, and plenty of kid-friendly activities.



Whether your child is a dog lover, a bit nervous around animals, or just wants to learn something new, this session is a great way to grow knowledge and safety skills.

Space is limited — register today!

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://aaeasternnc.org/>    <https://aanorthcarolina.org/>    <https://www.aa.org/>

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**Publisher**  
Sandy Winfrey  
**Office Manager**  
Katherine Winfrey  
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**Editor**  
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**Photographer Reporter**  
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Neal McCraw

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

Letter to the Editor

As a longtime resident of Oriental and someone who has had the privilege of serving as a town commissioner, I have worked closely with many people who care deeply about our community. One of those people is Commissioner Bonnie Crosser.

Bonnie brings a rare combination of professional expertise and personal dedication to her work. As a certified CPA, she has been instrumental in bringing clarity and transparency to our town's finances. Her careful oversight and clear communication have helped ensure that residents understand how our tax dollars are managed and that important decisions are made with full accountability.

In this election season, I've noticed that some misleading information about Town matters and about Bonnie's work is being circulated on various websites and blogs. I encourage residents to seek out the facts for themselves — meet with Bonnie directly, ask her questions, and hear her perspective firsthand. She is approachable, open, and willing to discuss the facts with anyone who cares about our town's future.

Beyond her financial expertise, Bonnie approaches every issue with fairness, thoughtfulness, and a genuine desire to do what's best for Oriental. She listens to residents, asks the right questions, and works collaboratively to find solutions.

Although I am not able to run for reelection this year due to moving outside the town limits, I remain deeply invested in the future of our community. I believe reelecting Bonnie will ensure that Oriental continues to benefit from her skill, integrity, and steady leadership.

I encourage my fellow residents to join me in supporting Bonnie Crosser for another term as town commissioner.

Frank Roe  
Oriental, NC

To the Editor,

Recently Erica McEntarfer, Commissioner of Labor Statistics, was fired because President Trump didn't like the jobs report numbers, saying, "They make me look bad." Her departure is clearly a case of shooting the messenger.

Jobs reports are based on math, not on politics. Wishful thinking, partisan spin and alternate facts have no place in such reports. The numbers are gathered from around the country, compiled and put into a report. If new numbers come in after the report is made, it is updated. The report is used by government and business to determine how the economy is doing, and if changes are needed, they should be carefully considered.

Accurate reporting on jobs gained or lost, the rise and fall of hourly wages, the rates and states of rising unemployment, etc., are all critical to monitoring the health of our economy. Honest, reliable data based on fact, not fantasy is the only way to make sound economic decisions affecting We the People.

How can firing the Commissioner be justified? Was she punished because the report was full of lies? Was it designed to manipulate, misrepresent and harm the economic integrity of the United States? Perhaps the opposite is true, and the accurate report exposed a troubling future? Doubtless the next jobs report will trump the greatest economic turn-around ever seen, and be presented by the new, more flexible commissioner who is comfortable with creative accounting. Let the staff cuts begin.

Judith Lynch and Kathryn Garcia - Members Pamlico Partners For Democracy

PP4D - A nonpartisan group that believes in a democratic republic where the rule of law and the constitution guide our citizenry. [pamlicopartnersfordemocracy@gmail.com](mailto:pamlicopartnersfordemocracy@gmail.com)

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.

Frank Roe Resigns as Oriental Town Commissioner

Frank Roe has announced his resignation from the Oriental Board of Commissioners, effective September 1, 2025, as he will be moving outside the town limits.

Roe has lived in Oriental for over 20 years and has served as a Town Commissioner for the past four years. "It has been both an honor and a privilege to serve this wonderful community," Roe said. "I have deeply valued working alongside my fellow commissioners and our engaged citizens to help guide Oriental's future. I will always cherish the friendships and memories formed here."

He added, "Thank you to the people of Oriental for your trust, your support, and for making this town such a special place to call home."



Horoscopes



**ARIES – Mar 21/Apr 20**  
This week you are unstoppable, Aries. Your confidence will be shining brightly for all to see, and the right people are bound to take notice. Expect to tackle some projects.



**TAURUS – Apr 21/May 21**  
Taurus, small comforts will bring big happiness to you this week. Plus, your natural charm will draw others in. A surprise in your home life will make your heart soar. Enjoy the moments.



**GEMINI – May 22/Jun 21**  
Gemini, your words will be magical this week whether you're pitching ideas or chatting with friends. There's not much you can't say that people will not hear and take to heart.



**CANCER – Jun 22/Jul 22**  
Cancer, this week you may be building something meaningful, whether it is in love or work. All of the steps you are currently taking will help establish security and happiness in your life.



**LEO – Jul 23/Aug 23**  
Your creativity is on fire right now, Leo. People are drawn to your warmth and charisma. This is a great time to start something new or share a talent with others.



**VIRGO – Aug 24/Sept 22**  
Something that felt out of place begins to align perfectly right now, Virgo. You might be tapping into your inner wisdom, and it's guiding you toward some much-needed success.



**LIBRA – Sept 23/Oct 23**  
Libra, new connections will be coming your way, meaning that you may have different avenues for social connections. Get out and meet people as much as you can.



**SCORPIO – Oct 24/Nov 22**  
Your drive is unmatched right now, Scorpio. Whatever goals you have established you are pushing through faster than would seem possible. Stay focused, but celebrate your progress.



**SAGITTARIUS – Nov 23/Dec 21**  
Adventure is calling, Sagittarius. You might be planning a trip or diving into a new study subject. This week a fire will be lit and your optimism is contagious.



**CAPRICORN – Dec 22/Jan 20**  
Capricorn, a breakthrough in your life may be brewing. You are increasingly making smart choices that can offer long-term dividends. Stay open and trust the process.



**AQUARIUS – Jan 21/Feb 18**  
Connections with others are a primary focus for you this week, Aquarius. Whether you are exploring love, friendship or new business opportunities, fresh energy comes into play.



**PISCES – Feb 19/Mar 20**  
You are in your element this week, Pisces. A creative idea or unexpected kindness makes the week extra special. Focus on some self-care and keep giving off positive vibes.

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

## 529 education savings plans: More flexible than you think



Dan M. Roberts

Planning for your child’s education can feel overwhelming, but a 529 education savings plan offers a powerful way to build a financial foundation for their educational future.

One in 4 parents currently invests in a 529 plan, according to 2025 research by Edward Jones and Morning Consult. Perhaps it’s because of the tax benefits — earnings are generally tax free if the money is used

for qualified educational expenses. Or perhaps it’s because of their flexibility.

**Types of education.** While most people know 529 plans can help cover college and university tuition, these versatile accounts can also pay tuition for vocational and trade schools, making them suitable for students pursuing careers in skilled trades like plumbing, electrical work or culinary arts. Additionally, some apprenticeship programs qualify for these funds. And even K-12 tuition expenses are covered, up to \$10,000 per year for private, public and religious elementary and secondary schools.

**Beyond tuition.** Withdrawals from a 529 plan can move beyond tuition and cover the cost of room and board for students enrolled at least half-time. They can help pay for books, computers and qualified educational supplies. And a big surprise for some: A 529 plan can help with student loan repayment up to \$10,000 per beneficiary.

**Who can contribute.** Fortunately, 529 plans welcome contributions from anyone — parents, grandparents, other family and friends. Contributions are treated as gifts to the beneficiary, so most contributors will want to stay within the annual nontaxable gifting limit (which for 2025 is \$19,000 for individuals or \$38,000 for married couples filing jointly).

Interestingly, 1 in 5 parents would prefer for their child to receive 529 contributions as gifts from loved ones, making these accounts perfect for birthdays, holidays and other special occasions.

**Multiple children.** If you have multiple children, you have options in how you structure your 529 savings. You can maintain separate accounts for each child or use one account for all your children.

**Unused funds.** You may be concerned about what happens if your child doesn’t use all the money. Fortunately, these accounts offer numerous penalty-free options. You can easily change the beneficiary to another qualifying family member, including siblings, nieces, nephews, grandchildren or even yourself as the account owner.

You can also roll funds to another family member’s existing 529 plan. If your child receives a scholarship, you can withdraw up to the scholarship amount without penalty (though you’ll pay income tax on a portion of the money). The IRS allows an option to roll up to \$35,000 into a Roth IRA for the beneficiary if certain requirements are met. You should consult with your tax advisor on this 529/Roth IRA rollover issue.

**State options.** It’s important to note that 529 plans vary from state to state, and you’re not limited to your home state’s plan. However, it’s smart to examine your home state’s offerings first, as many provide special incentives like tax breaks for residents.

When comparing plans, consider factors such as tax benefits, fees, investment options and ease of use. A good financial advisor can help you navigate these choices and identify the plan that makes the most sense for your family’s specific situation and goals.

529 education savings plans offer flexibility and tax advantages that help make them an excellent tool for education planning. With their expanded uses and multiple options for unused funds, they can help provide families with both security and adaptability in preparing for their children’s educational futures.

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

NC

COOPERATIVE  
EXTENSION

Pamlico County

## Fall Collards – Its Time To Plant!

By: Daniel Simpson County Extension Director, Agriculture Agent



If you haven’t made plans to plant your fall collards, now is the time to start that process. Collards are a southern staple that can be found on many holiday tables. Packed with vitamin A and K, this easy to grow crop is worth the investment.

Collards are a cool-season crop that grows better during the cooler temperatures of spring and fall. However, to achieve a fall harvest you must start seeding or planting transplants now (July 15- Sept 15). Collards grown in the fall will survive through the

winter in Pamlico County, but a higher volume of insect pests are also present during this time.

Before planting, bring soil pH up to 6.0-6.5 and supply enough nitrogen fertilizer to keep plants green and actively growing. Changes in soil pH are best achieved with the aid of soil test. Soil testing materials are available through the local Extension office and we can instruct you on collecting a proper sample. In the absence of a soil test, apply 1-2 lbs. of 10-10-10 per 100 square feet before planting. Side-dress with a ¼ pound of nitrogen fertilizer (21-0-0 per 100 square feet) 3 to 4 weeks after seeding or transplanting, and 3 to 4 weeks again after that. Collards need nitrogen to grow large, so if you desire a good harvest do not forgo repetitive applications of nitrogen.

You can grow your own transplants in the garden by planting seeds in rows spaced 2-4 inches apart, then thinning plants to 2-4 inches apart after germination. In about 6-8 weeks you can dig these bare-root plants up and transplant them into the garden. Recommended varieties include Morris Heading, Yellow Cabbage, Vates, Blue Max, and Top Bunch.

Frequent watering will be required during hot sunny days and shading may be needed to improve early growth of small seedlings. Typical pest problems include four-legged animals, imported cabbage worms, diamond back moths, and cabbage loopers. Insecticide applications will probably be required until colder temperatures arrive to reduce pests. Physical barriers like row covers may help prevent insect infestation, but they will also increase growing temperatures. Therefore, they provide the greatest benefit during cooler temperatures and early spring.

Common insecticide recommendations include the active ingredients carbaryl (Sevin), Bt (Dipel), permethrin, bifenthrin, and spinosad. Small insects are easier to control, so keep a look out for early signs of insect activity. Read and follow label directions and pay attention to harvest restrictions (time between application and safe harvest) and maximum applications per year. Rotate products when possible and remember for every worm you see, you have probably missed three.

Some diseases may arise, but they usually occur with excessively wet conditions and from saved seed or plant debris left in the garden. If possible, plant on new ground or areas in the garden that did not have a Brassica crop (cabbage, collard, broccoli, etc.) in the spring. Remove plant debris and cultivate deeply. Avoid overhead irrigation when possible as soil splashing onto leaves will spread most common collard diseases.

To harvest collards, simply strip mature leaves from the stalks of multiple plants, leaving the growing terminal bud and immature leaves behind. This allows for a continual harvest of leaves throughout the winter as smaller leaves continue to mature, and as new leaves are produced from the terminal bud. Removal of the terminal bud will drastically slow growth resulting in low productivity.

When cooking collards, traditional recipes often include the addition of fat from bacon, smoked or salted meat to improve flavor. However, collards can be eaten raw or prepared as any other leafy green crop. If you would like to learn more about growing and cooking collards, then review the N.C. State Extension Publication titled “Collard Greens, Grow It, Eat It” at <https://content.ces.ncsu.edu/collard-greens>.

You can also contact Daniel Simpson at 252-745-4121 or [daniel\\_simpson@ncsu.edu](mailto:daniel_simpson@ncsu.edu).



Imported Cabbageworm: Ansel Oommen, Bugwood.org



Damage caused by Imported Cabbageworm: Whitney Cranshaw, Bugwood.org



Collards in the field.



Transplants

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# The Old Theater Sets Sail with Captain Ron for 2nd Sunday Cinema

Oriental, NC — August 13, 2025 — Grab your eye patch and hoist the Jolly Roger — The Old Theater is bringing high-seas hijinks to the big screen with a special showing of the comedy classic Captain Ron on Sunday, September 14 at 3:00 pm to kick off our 2nd Sunday Cinema series.

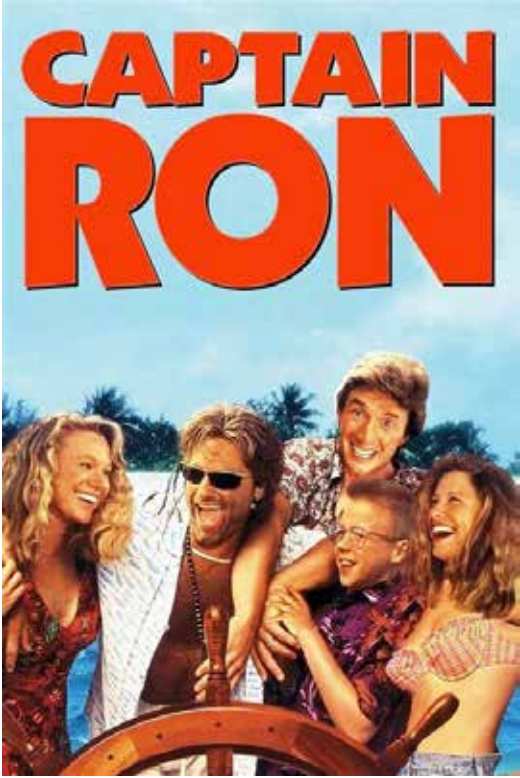
Admission is free, but a suggested \$10 donation will help support The Old Theater's ongoing programs and community events.

Moviegoers are encouraged to dress like pirates to get into the swashbuckling spirit. During intermission, attendees can test their maritime knowledge with nautical and pirate trivia for a chance to win small prizes and bragging rights as the sharpest sailor in the audience.

Released in 1992, Captain Ron stars Kurt Russell as the unconventional and hilariously unpredictable skipper who takes a family on the adventure of a lifetime. The film is rated PG-13 and runs for approximately 1 hour and 40 minutes.

Whether you're a die-hard fan or seeing it for the first time, Captain Ron promises a fun afternoon of laughter, community, and nautical flair.

**Event Details:**  
**What:** Captain Ron — Second Sunday Cinema  
**When:** Sunday, September 14, 3:00 pm  
**Where:** The Old Theater, 609 Broad Street, Oriental, NC  
**Admission:** Free (suggested \$10 donation)  
**Special Features:** Pirate costumes encouraged, nautical trivia at intermission  
For more information, visit <https://www.oldtheater.org/>.



## Evening at the Museum Speaker Series

History of Sailing in Oriental  
Oriental's History Museum

Accompanying our special exhibit on Oriental's Sailing History is a speaker series on Thursday evenings. Doors open at 6:00pm and speakers begin promptly at 6:30pm. Oriental's History Museum is located at 802 Broad Street, Oriental. Admission is always free, donations graciously accepted. Follow us on Facebook. For more information contact us at: 919-676-7437 or [OrientalHistoryMuseum@gmail.com](mailto:OrientalHistoryMuseum@gmail.com).

**Speaker Schedule:**  
8/21 - Kristina Harbourne - History of Sail Materials  
8/28 - Ann Frederick - Female Solo Sailing  
9/04 - Lou Ostendorff - History of Oriental Sailing Clubs  
9/11 - Ross Pease - How to Use a Sextant  
9/18 - TBD - History of Communications (Semaphore, Morse Code, VHF, Ham)  
9/25 - TBD



## Pre-college arts programs

No two students are the same, and that diversity is often reflected in the activities kids choose to participate in outside the classroom. Academic clubs, scholastic sports and arts programs are just a few of the many extracurricular activities available to students. Such offerings ensure students with various interests have access to school-based activities outside the classroom.

Arts programs cater to an array of students, from the musically inclined to those who love to paint to the next generation of movie stars. Parents and students may be surprised to learn there are a host of pre-college arts programs that can help students interested in the arts take their passion to the next level.

**Acting and Performance Summer Institute:** This three-week online program hosted by the University of California, Los Angeles focuses on theater arts. The program encompasses performance training programs, movement-based techniques and a final showcase where students create their own content through the devised theater process. Participation in the program is by admission only. UCLA notes that the program is designed for students interested in participating in a university theater program when they attend college.



**ArcStart:** ArcStart is a two-week pre-architecture program for rising high school sophomores, juniors and seniors as well as rising college freshmen. The program is offered through the Taubman College of Architecture and Urban Planning at the University of Michigan. ArcStart is designed to give students an opportunity to study various aspects of architecture. Students will learn to use specialized drawing, drafting and modeling tools while also exploring architectural history. Students also will enjoy a virtual visit to a thriving architecture firm and be tasked with creating original design proposals. Application is by admission only and there is no minimum GPA requirement to apply.

**Art as Experience:** A three-week program offered by Cornell University, Art as Experience is designed to expand students' understanding of the ideas and practices of art today. The three-week course is open to pre-college students and undergraduates and introduces a broad range of mediums to students. The course is open to all registrants and culminates in an exhibition where students will be responsible for the organization and installation of self-directed art work.

**College Audition Preparation:** This program at the Jacobs School of Music at Indiana University Bloomington is designed for vocalists, brass and woodwind players, and composers entering grades 11 and 12. The program is ideal for students who are planning to apply for entrance to college music programs. Participants in the one-week program will work with real audition panel members who will help young vocalists and musicians master their auditioning skills.

Pre-college programs can be ideal for young artists who want to immerse themselves in the arts and hone their skills as they prepare to further their educations.

## Outdoor movie night essentials



Outdoor movie nights can be a great way to spend warm evenings with friends and loved ones. The guest list is only limited by the seating you have, and even then, movie watchers easily can sit on picnic blankets, making it simple to host a crowd.

Movie nights outdoors may be different than those in a theater or living room, but certain must-have items are no less important. No movie night under the stars is complete without these essentials.

### Projector and screen

A screen and a way to project the movie are must-haves for any outdoor movie night. Projectors should be small enough that they can be carried outside, but large enough to emit enough light to fill the screen. Options range anywhere from \$400 and up for quality projectors.

Screens run the gamut from inflatable and free-standing options to white sheets hung from a clothesline. A dedicated screen will be more stable and look better, but it all comes down to budget.

### Portable speaker

A portable speaker can be moved anywhere you need it. A speaker with an auxiliary input enables you to hook it up to your video source so that the audio-video synchronization is top notch. After all, wireless connections may lag. The speaker will be functional for movie nights as well as music and entertainment for any outdoor event going forward. If your yard is large, you may need more than one speaker.

### Media source

Individuals have various options for media players. Small players can plug directly into projectors and are the easiest sources for backyard movies if the Wi-Fi signal in the yard is strong. You also may be able to connect a mobile phone or laptop/tablet into the projector, relying on those devices to stream content.

### Seating

Folding camp chairs are portable and can be stored for guests who prefer being off the ground for movie nights. Otherwise, thick, waterproof blankets enable guests to spread out while watching movies outdoors. They're also great for kids who are liable to spend a portion of the time watching the movie, but much of it running around the yard.

### Theater-style popcorn maker

Kernels, oil and heat are the perfect combination for producing movie-theater-worthy popcorn. Place plenty of reusable popcorn containers nearby so guests can bring their bounty back to their seats. Canned beverages with straws also are portable and pair well with popcorn for a great movie experience.

### Lighting

Outdoor strung lighting adds ambiance and safety to a space. However, you also may want to consider using some solar-powered staked lights on the ground to map out aisles and make it easier for guests to navigate the yard in the dark.

These basics can get anyone started on hosting regular outdoor movie nights.

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**SEPT. 2025**

presents Featured Guest Artist

# CAROLINE BLAIN

Ms. Blain, a realistic painter originally from Atlanta, GA, studied art at UNC and UW. Through the vibrant colors of oil paint and watercolors, she aims to capture the beauty and intricacies of the world around us with meticulous detail and precision. She is drawn to the challenge of recreating the details and textures of everyday life in a way that evokes a sense of wonder and appreciation. The viewer is invited to pause, observe, and appreciate the small moments of beauty that may go unnoticed in our fast-paced lives.

along with Featured Member Artists

## LYNE LASSEN

Primarily self-taught, Ms. Lassen loves to create pieces that reflect the coastal influences of eastern North Carolina and the sailing community of Oriental.

## PAULA VALINOTI

Ms. Valinoti is a photographer specializing in digital manipulation of her images in order to evoke ethereal effects.

Caroline Blain

Please join us for an opening reception for the artists at the gallery from 2-5 p.m. Sat., Sept. 6

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“Magnetism, as you recall from physics class, is a powerful force that causes certain items to be attracted to refrigerators.”  
- Dave Barry

NOTICE OF PUBLIC AUCTION  
BOAT

Wayfarers Cove Marina & Beach of Minnesott Beach LLC, NC demands full payment for storage charges & fees from Theodore Passalis. The item up for auction is 1975 Pearson 28, Hull # \_PEA75100M76G vessel will be sold in AS Is condition at Private Auction for non-payment of storage and fees. Auction will be held 9/15/2025 at Wayfarers Cove Marina & Beach LLC, located at 1107 Bennett Rd, Minnesott Beach NC 28510.  
For more information call 252-249-0200.

<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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<div><div>INCIDENTS</div><div>Aug. 7, NC Hwy 306 N., Grantsboro, second degree trespass Aug. 7, Vandemere Rd., Bayboro, found property Aug. 7, Lowland Rd., Lowland, all other larceny Aug. 7, NC Hwy 55, Oriental, welfare check Aug. 7, NC Hwy 55, Alliance, larceny of property or goods &lt;= \$1,000 Aug. 7, Neuse Village Rd., Arapahoe, order for arrest possess fictitious/ altered title/registration card/plate, order for arrest possess/display altered/revoked driver's license, order for arrest driving while license revoked not impaired revoked Aug. 7, N. Third St., Bayboro, simple assault Aug. 8, Main St., Bayboro, exploit disabled/elder (F) Aug. 8, Oakwood Dr., New Bern, assault on a female by male at least 18 years of age Aug. 9, Hill Dr., Grantsboro, communicating threats, harassing phone calls Aug. 10, Alligator Creek Rd., Stonewall, unauthorized use of motor vehicle/car without consent of owner, injury to personal property Aug. 11, Lovick Lee Rd., Arapahoe, larceny after breaking or entering Aug. 11, NC Hwy 55, Grantsboro, all other offenses, driving while license revoked impaired revoked Aug. 11, Old Mill Rd., Oriental, family offenses/nonviolent Aug. 12, NC Hwy 55, Merritt, all other larceny Aug. 12, E. Harborside Rd., Oriental, civil issue Aug. 12, Blackhorse Run, New Bern, break or enter building (M) Aug. 12, NC Hwy 306 S., Grantsboro, verbal domestic, injury to real property Aug. 12, NC Hwy 304, Bayboro, warrant for arrest misuse of 911 system Aug. 13, NC Hwy 306 N., Grantsboro, suspicious activity Aug. 13, Main St., Bayboro, order for arrest driving while license revoked Aug. 13, Main St., Bayboro, order for arrest child support Aug. 13, Hale Rd., Reelsboro, break or enter any building - intent commit felony/larceny Aug. 13, Kershaw Rd., Arapahoe, in</div></div>	<div><div>jury to personal property Aug. 13, Upper Neck Rd., Bayboro, harassment Aug. 13, NC Hwy 55, New Bern, suspicious purchase</div><div><div>INSPECTIONS</div><div>July 1, Brian Spain, Stonewall, gas, \$50; Ken Sigmon, Oriental, electrical, \$150; Andrew B., Oriental, electrical, \$50; Michael Roberts, Merritt, CAMA, \$100; Mona Gibson/Mary Best, Bayboro, electrical, \$50 July 3, Jarquez Wolf, Oriental, demo, \$0; Bud Brame, Minnesott Beach, pool, \$150 July 7, Brandon Bennett, Minnesott Beach, electrical, \$100 July 8, Edsoll Hunnings/Hunnings Truck Stop, New Bern, electrical/mechanical, \$300; Lawana Sampson, Alliance, addition/bathroom, \$342; Mikayla Minally, New Bern, gas line, \$50; Vince &amp; Rosemary Conley, Arapahoe, gas line, \$50; Jerry Prescott, New Bern, carport, \$138 July 9, Larry Revels, Arapahoe, shed, \$80.72; Kay Bennett Tingle, Arapahoe, mechanical, \$215.12; Stewart Bakely, Oriental, mechanical, \$100; Jamie Foxx, New Bern, mechanical, \$100; Food Lion, Grantsboro, electrical/fire alarm, \$1,986.66 July 10, Bobby Cooper, Bayboro, electrical, \$50 July 11, Bruce Cheney, New Bern, building, \$434; Heartworks, Bayboro, fire inspection, \$75; Kevin Patton, Arapahoe, CAMA, \$238.48; William Daniels, Oriental, CAMA, \$256.64; Donald Thompson, Arapahoe, mechanical, \$100; Bruce Perkins, Arapahoe, mechanical, \$162.32; Drew Langdon, Oriental, carport, \$128.40 July 14, Minnesott M/H Park, Arapahoe, electrical, \$150; TS Prescott/ Daniela harrison, Oriental, Dock, \$153.89 July 15, Mark Clardy, Oriental, mechanical, \$200; Thaddaeus Ellis, New Bern, mechanical, \$100; William Lang, Grantsboro, building, \$467.12; Don Kennedy, Hobucken, electrical, \$150; Donna Sublette/David Knisley, Oriental, pole barn, \$361.48; Michelle Spencer, Grantsboro, storage, \$96.08; Bucky Gardner, Oriental, pool, \$150; Linda Lupton, Arapahoe, mechanical, \$100 July 16, Bay River Capital, Vandemere, new, \$1,265.80; Danny Pugh, New Bern, mechanical, \$150; Allen</div></div></div>	<div><div>Stewart, Bayboro, electrical, \$250; Wilmer Miller, Oriental, plumbing, \$50; Rob Nixon, Oriental, plumbing, \$50; Walmart, Grantsboro, fire alarm, \$375; Colonial Capital, New Bern, shed, \$266 July 17, Mandy Grotjan, Oriental, CAMA, \$172.56; Sam Pike, Vandemere, CAMA, \$50; Roger Smith, Merritt, CAMA, \$78; Lane/ Sheila Parrott, New Bern, addition, \$179.28; Camp Don Lee, Arapahoe, mechanical, \$100</div><div><div>PROPERTY TRANSFERS</div><div>July 29, Pin M01-23 &amp; M01-24; One Tract E/S River Shore Rd (SR 1233) &amp; W/S Oyster Creek (Bull Gut); 15 AC E/S River Rd (SR 1233) from Frank Rogers, Brent Rose, Heather M. Rose, Ben Beasley, Carol Beasley, Carol King Beasley to SBR Properties, LLC, \$0 July 29, PIN J032-32-1; Tract Two PCA 80-6 from David George Howlett, Sherry Lynn Howlett to Melissa Harris Sutton, Woody Adro Sutton, Jr., \$900 July 29, Mason Bay Lot: 12 PCA 49-2 PIN J05-6-12 from Ralph Webster Miller, Ralph W. Miller, Elizabeth R. Miller, Elizabeth Ruth Miller to Ralph W. Miller/TR, Ralph Miller, Elizabeth R. Miller/TR, Elizabeth Miller, Ralph and Elizabeth Miller Living Trust, \$0 July 29, Dawson Creek Hills Lot: 3 MB 6/28, PIN G091-13-1 from Christy M. Wheeler to John W. Gilbert, \$0 July 29, Dawson Creek Hills Lot: 3 MB 6/28 PIN G091-13-1 from John W. gilbert, Amanda B. Gilbert to Andrew B. Musselman, Elizabeth B. Musselman, \$70 July 30, PIN I07-81 &amp; I07-81-1 (Portion); 11.45 AC Tract Three PCB 20-12 from Stephen Riggs, Nicole Riggs to Buck H. Jones, Kelly C. Jones, \$138 July 30, Dolphin Point Lot: 43 PCA 30-6; Map in DB 281/433 from Kathryn K. Hudson/TR, Kathryn K. Hudson, John I. Hudson, John I. Hudson and Kathryn K. Hudson Trust to Charles Windell Lahay, Jr., Margaret Stover Lahay, \$1,280 July 30, 1.487 Ac &amp; One Tract Metes &amp; Bounds Rice Ave &amp; Bell Point Rd (NCSR 1330) PCB 20-1 &amp; PCB 20-2 from Mary R. Banks to Joseph E. Thomas, Linda M. Thomas, \$520 July 31, Buccaneer Bay West Lot: 42 Section Two Portion of Lot PCA</div></div></div>	<div><div>25-7, Buccaneer Bay West Lot: 43 Section Two PCA 25-7, Buccaneer Bay West Boat Slips Lot: 9 PCA 32-9 PIN I081-2-43 from Edward R. Brodeur to Edward R. Brodeur, Aprillea Brodeur, \$0 July 31, Mill Creek Lot: 267 Phase II Arlington Place PCA 164-2, Mill Creek Lot: 268 Phase II Arlington Place PCA 164-2 from Raymond E. Moore, Kathleen M. Moore to Shawn E. Dougherty, Christine M. Dougherty, \$1,080 July 31, Vandemere Creek Lot: 11 PCA 149-4, Vandemere Creek Lot: 11A Off Site Septic Area PCA 149-4 from Charles Foxworth to Michael Douglas Bartemy, Jaime Lyn Acito, \$168 July 31, Whittaker Harbor Lot: 3 Phase I PCA 153-1, PIN J083-21-3 from Debra Nissman Young/TR, Debra Nissman Young, The Debra Nissman Young Trust, Debra Nissman Young 1993 Trust to Ralph Boldyga/TR, Terry Boldyga/TR, The Boldyga Family Revocable Trust, \$340 July 31, Lake Minnesott Estates Lot: 32 Section VI MB 6/9 from Roger A. Ritchie, Jr. to Livingston Franklin, LLC, \$46 July 31, Bay Shores Estates Lot: 7 PCA 9-6 from Mark J. Susie to Paige E. Averett, \$0 July 31, 46/100 AC S/S SR 1320; Map DB 197/397 from Vendetti Insurance Agency, Inc. to Zinda Lyn Bower, \$530 Aug. 1, 0.36 AC Parcel 1 &amp; .50 AC Parcel 2 PCB 16-14 from JR Enterprises II, LLC to Nikki Jenette Kurdys, Sean Ferrell Kurdys, \$1,390 Aug. 1, Bayview Estates Lot: 9 0.787 AC W/Exception PCA 48-5 &amp; MB 12/45; Map DB 330/516 from 134 Allen, LLC to Francis Joseph Doucette, Leanne Marie Doucette, \$270 Aug. 1, WC Yacht Club 1/82 Und Int Exhibit A DB 262/835, DB 323/911 &amp; DB 382/111, WC Yacht Club 1/82 Und Int Piers &amp; Docks PCA 47-9 &amp; PCA 130-2, WC Yacht Club Boat Slip 56 PCA 47-9 from GCK Trading Co., LLC to Deric Wayne Beroshok, \$36 Aug. 1, Substitute Trustee's Deed DT 560/295; ½ AC N/S Outlet or Scott Town Rd (SR 1100) from Trustee Services of Carolina, LLC/TR, David P. Fink, Diana Y. Fink to Karen Boone, \$103</div></div>
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# AROUND THE COUNTY

## Pamlico Betty Jo Rodgers, *Correspondent*



The DOT 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. So far, there has been nothing else except the marking of these culverts.

The latest weather report has hurricane Erin passing between NC and Bermuda. Everyone is advised to be prepared for possible 3-4 feet of water rising and maybe winds gusts up to 50 mph. Thank the Lord this appears to just be a fish storm. But stay alert and listen to daily updates, because things can change very quickly.

Even though we had quite a bit of rain last week, the weather was nice for the funeral of Lillian Grace Tillman that was held outdoors at Camp Don Lee. There was a large crowd standing, as well as many seated I could not see. Lillie was the granddaughter of Penny \$ and John Farmer and the daughter of Elizabeth and Chris Tillman. She was a precious child and was loved by everyone who knew her which is all of Pamlico County. Please keep the Tillman and Farmer families in your prayers at this time.

Teachers and staff are back at school preparing for open house and the first day of school. The PTO groups are getting active supporting their staff with breakfast and helping in other ways helping to get the year off to a good start. Arapahoe Charter School has already begun classes.

Construction of the new Pamlico County High School and the Pamlico Christian Academy are looking good and appear to be right on schedule. The new Urgent Care in Grantsboro is also nearing completion.

There is a planned Community Prayer Circle on Saturday 23, 2025 at 10:30 am at the PCHS football field. Please come out and pray for the students, parents, faculty, staff, and administrators. Let's start this year off right and bathe it in prayer.

Celebrating birthdays in August are 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).

Have a blessed week Exhausted? Take Spiritual Vitamin E. "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." (Psalms 100:4)

## Whortonsville Reba Tiller, *Correspondent*



The rain came a little late for some of the crops but we needed it so badly and some of the beans look good. We had 17 at church today. Matt Scott told me the Virginia relatives of the Silverthornes are coming in October. I love that family so much because they helped Weeks and our family in so many ways when we moved here. When Russ and I finished our coffee on Saturday we looked out the window and two otters were playing around in our boat slip. The were really having fun and so were we watching them. Joe and Colleen got back from Connecticut on Saturday. We really miss our neighbors when they are away. I read Judge Ragan and Merritt Watson's editorial and it reminded me of the play that Judge Ragan wrote some years ago that I have said repeatedly was the best play ever performed in the theater. I wish the new folks running the

theater would revive the play. We don't have Jim Stobie to play in it, he had no lines but the person who pushed him around in the wheelchair is still here. My husband and I were Democrats for years and years but I had to leave it when the name calling started about three years ago. I am the youngest of a family of nine and we had nothing but " LOVE" in our family. My neighbors and I may vote differently, but that does not affect the love we have for each other. My ex- party, Democrats have been in power so long it is hard to lose, but when grown men and women decided they were not in Congress to run the country for the people they ran and hid. I have a bit of a problem with that! Hatred has no place in our hearts!

THOUGHT FOR THE WEEK—DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU!

## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. I hope this finds you all well this week. There has been an utter sadness in the community this past week with the loss of Lilly Tillman. I offer the family comfort and strength during this time as the upcoming weeks will be terribly hard once the calls and visits stop and the quietness settles in. I read something years ago that has always helped me see a positive light when young people are taken from us. It goes something like this. God created us and places us where we are needed in this world. He knows the beginning and the ending. He puts us here for a reason, with things we are supposed to do and are responsible for accomplishing. It is our task and our repayment to him to do these things. You take someone like myself who has taken so many wrong turns in life and who has not always made the best decisions in life. A person like me takes forever to find the right path to lead me on what I am supposed to do. For others the things we are supposed to accomplish aren't planned to happen until we are older. However for those people that are taken early in life, well they accomplished God's tasks, every single one. They did this by following only one path, his path, his way, and did not stray from it. What I am trying to say is that Lilly with strong will and love for God, accomplished every task laid out for her quickly and obediently according to his plan. She touched lives with her smile and her laughter and filled others with that joy. She wasn't taken from us for the wrong reasons she was taken "HOME" for all the right reasons. She did her tasks and went home where she has always belonged since day one. It's kind of like us when we go to work and accomplish all the things we need to do that day, well at that

point we go home. So fill your hearts with the thoughts of how amazing it is that she completed her tasks and went home early to start eternal life in the most amazing place.

On a lighter note New Bethlehem's yard sale seemed to have gone really well for them, thank you to all who came out, I am positive it was appreciated by all. I haven't heard of any upcoming events this week or weekend which is probably a good thing with a hurricane lingering around. Next week's traffic will increase to all the schools being in session which means buses on the roads and more traffic around the county so make sure you are leaving early and being observant of all things around you. Until next week be safe, enjoy your family and friends.

I will leave you with my weekly photo.



# NC students return to school as officials stress bus safety amid rising traffic

by News 12 Staff

Back-to school-season is here, and that means bus traffic increases on our roads. Insurance Commissioner Mike Causey is reminding everyone to keep safety in mind when walking, driving, or riding a bus on their way to school, according to a release from Causey's Office.

According to Causey's Office, over 14,100 school buses carrying nearly 800,000 students operate on North Carolina roads. These buses travel over 181 million miles each year.

According to the National Safety Council, 128 school bus-related deaths happened in 2023. In addition to the school bus-related deaths, there were also 5,189 charges for speeding in a school zone and 968 charges for failure to stop for a stopped bus.

We all have a critical role to play in keeping our children safe," Commissioner Causey said. "Drivers need to be on the lookout for crowded crosswalks and school buses on the road and parents need to talk to their children about the importance of traveling to school safely. It takes all of us working together to help keep accidents down.

**Here are the things Causey's office wants residents to remember when it comes to bus safety:**

When driving, if you see a school bus with lights flashing, slow down and prepare to stop.



**\*\*Yellow flashing lights indicate the bus is preparing to stop to load or unload children.**

**\*\*Red flashing lights and extended stop arms indicate the bus has stopped and children are getting on or off the bus.**

**For pedestrians:**

Walk on the sidewalk. If there is no sidewalk and you must walk in the street or road, walk facing traffic. Before crossing the street, stop and look left, right and left again to see if cars are coming. Never dart out in front of a parked car.

Parents: Practice walking to school with your child, crossing streets or crosswalks when available. Never walk while texting or talking on the phone. Do not walk while using headphones.

**For bike riders:**

Always wear a helmet that is fitted and secured properly.

Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across.

Watch for opening car doors and other hazards.

Use hand signals when turning.

Wear bright-colored clothing.

**For bus riders:**

Teach children the proper way to get on and off the bus.

Line up six feet away from the curb as the bus approaches.

If seat belts are available, buckle up.

Wait for the bus to stop completely before standing.

If you must cross the road, walk at least 10 feet in front of the bus.

For motorists, in addition to obeying the stopped school bus law:

**Don't block crosswalks.**

Yield to pedestrians in crosswalks and take extra precaution in school zones. Never pass a vehicle stopped for pedestrians.

Stop far enough back from a school bus to allow children room to safely enter and exit the bus. The area 10 feet around a school bus is the most dangerous for children.





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- **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 Cummock 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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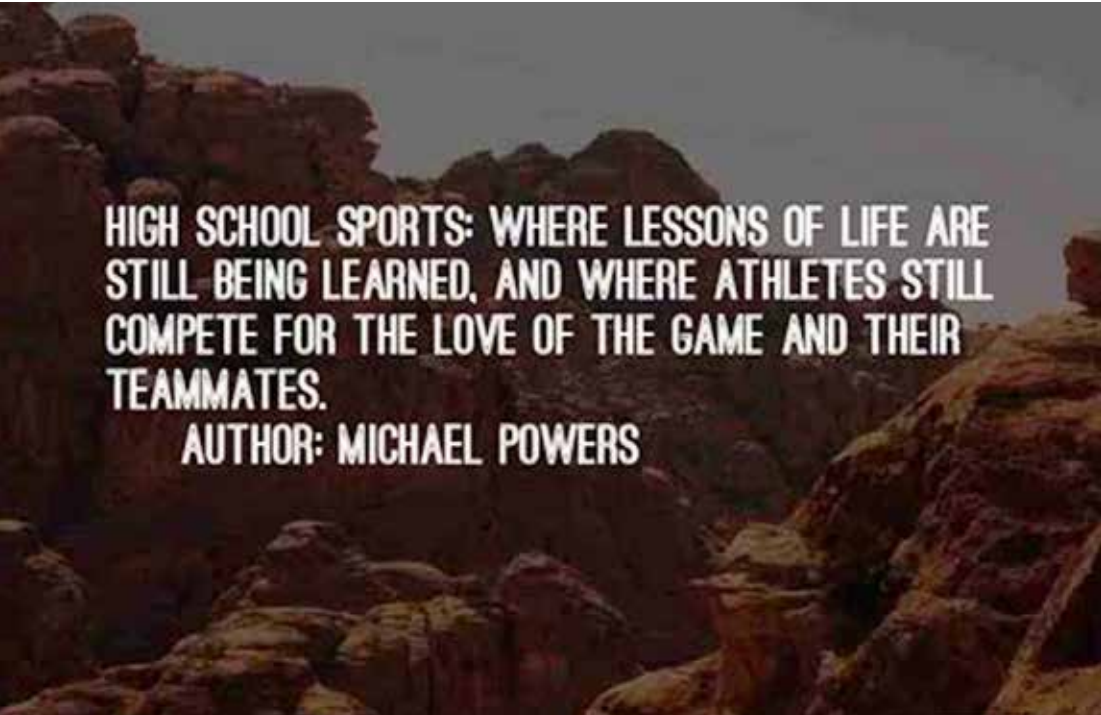
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# NCHSAA Conference Realignment

by: Hiram Lupton



A new year has started in North Carolina high school athletics and there has been a substantial change statewide in conference structure. Typically, every four years, the North Carolina High School Athletic Association (NCHSAA) conducts a reevaluation and realignment of its athletic conferences. For the 2025-26 season, they decided to significantly reconfigure the classifications of the member schools, increasing the number of classifications from four, 1A through 4A, to eight, 1A through 8A. What classification a school is placed in is dependent on what is known as average daily membership (ADM), or basically the number of registered students. Pamlico County High School, formally a 1A school is now classified as 2A. As far as the conference it competes in, it will be exactly the same as last year, and even has the same name, the Coastal Plains Conference (CPC). Conference members in addition to Pamlico are East Carteret (2A), Jones Senior (1A), Lejeune (2A), Northside-Pinetown (1A), and Southside (2A). The CPC is one of the few conferences that is a hold over from last season. New Bern High School is now classified as a 7A school and is in the Big Carolina 6A/7A conference along with Jacksonville (6A), D.H. Conley (7A), and J.H. Rose (6A) among others. Havelock and West Carteret are now 5A schools and are in the same conference, the Coastal 5A/6A conference. West Craven is a now 4A school along with Washington and will be competing in the Three Rivers 4A conference.



# Hurricane Volleyball Pamlico Goes 0-3 to Start Season

by: Hiram Lupton

It seems that it is always the tradition that early in the season, Pamlico County High School Volleyball takes on the toughest opponents available. This year was no exception as the Hurricanes opened their season last week with three such adversaries. On Tuesday, they traveled to 5A Croatan and the Cougars had their claws out for the Hurricanes and swept them, 3-0. The next evening, Pamlico was at home against 6A Swansboro and while Pamlico showed a little more life, the result was the same, a 3-0 sweep to the Pirates. Finally on Thursday, Pamlico hosted the 5A Patriots of West Carteret, perhaps the toughest opponent of the three. This would not be a sweep, as the Hurricanes showed some grit and took the first set, 25-23. The Patriots then reeled off three straight to take down the Hurricanes, 3-1. The early season growing pains may be expected. Pamlico lost several key players from last year's team to graduation and lost another starter when her family moved. That's a part of the game and Pamlico now integrates some new players into the mix including one freshman starter. "It is what it is," said Head Coach April Rose. "We will keep working and look to improve each match to be ready for our conference schedule which begins on September 9 at East Carteret. We also have a rematch at home against Croatan in October that will tell us how much we are improving." This week the Hurricanes travel to North Lenoir on Wednesday and to West Carteret on Thursday.



Senior Setter Dakota Schmidt



Senior Madison Anderson at the net

A photograph of a white and copper Café Distinct by Design range hood and oven. The range hood has three copper knobs and a copper handle. The oven door is white with a copper handle. The background is a dark green wall.

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Carolina QuickCare Announces Opening of New Grantsboro Location — on September 8th, 2025



Grantsboro, NC — August 12th, 2025 — Carolina QuickCare, North Carolina’s fastest-growing urgent care provider, is excited to announce the grand opening of its newest clinic in Grantsboro on Monday, September 8th, 2025. This location marks the 20th Carolina QuickCare clinic across the state of North Carolina, offering fast, convenient, and affordable walk-in medical care to the residents of Grantsboro and surrounding communities.

The Grantsboro clinic will provide comprehensive urgent care services, including treatment for minor illnesses and injuries, on-site lab testing, X-rays, and physicals. Carolina QuickCare aims to deliver fast, quality healthcare with extended hours seven days a week.

Carolina QuickCare is proud to serve Grantsboro and all of Pamlico County. Understanding that healthcare costs can be overwhelming, Carolina QuickCare has created a special, straightforward \$119 self-pay discount rate to make care more affordable and accessible to anyone without insurance or anyone with a high deductible or limited benefit insurance plan. This flat fee includes the office visit as well as most services available in the clinic, such as X-rays, COVID and flu testing, and more. If the patient

pays this rate up front, then there will not be any additional fees for the services we can offer in the clinic, and no insurance will be filed. We also accept Medicare, Medicaid, TRICARE, and most all insurances.

“We are thrilled to bring Carolina QuickCare’s trusted, patient-centered care to Grantsboro and Pamlico County,” said Suzy Buck, Chief Operations Officer of Carolina QuickCare. “Our team is committed to providing accessible, affordable healthcare to families and individuals in this community.”

The clinic is located at 11433 NC-55, Grantsboro, NC 28529, beside Dollar General and across from McDonald’s. It will be open 8 a.m. to 8 p.m., Monday through Saturday, and 9 a.m. to 6p.m. on Sunday. To learn more about the new Grantsboro location or available services, visit [www.CarolinaQuickCare.com](http://www.CarolinaQuickCare.com).

About Carolina QuickCare

Carolina QuickCare is a leading urgent care provider in North Carolina, dedicated to delivering fast, affordable, and quality healthcare to patients of all ages. With multiple locations across the state, Carolina QuickCare offers convenient walk-in medical services for minor illnesses and injuries, physicals, and more.

4 apps that can make driving safer

Technology has changed the world in ways too numerous to count. Many of those changes have made the world a safer place, but a growing dependence on smartphones, particularly when behind the wheel, continues to put the safety of drivers, their passengers, fellow motorists, and pedestrians in jeopardy.

Data from the National Highway Traffic Safety Administration indicates that distracted driving was responsible for the deaths of more than 3,100 people in the United States in 2019. The threat of distracted driving is just as significant beyond U.S. borders as well. That includes Canada, where estimates from Transport Canada’s National Collision Database indicate 21 percent of the country’s fatal collisions involved distracted drivers.

Though smartphones are not the lone distraction drivers face, they do pose a significant threat. But smartphones also can help drivers be safer behind the wheel. The following are four apps that drivers can install on their smartphones that were designed to make modern driving safer.

1. SafeDrive: The SafeDrive app can block all the textual apps in a phone, removing a major threat to drivers’ ability to concentrate behind the wheel. Drivers who utilize SafeDrive can still make phone calls, but they won’t be able to receive or send messages.
2. LifeSaver: The LifeSaver app runs silently in the background and then wakes up and



locks the phone when a driver begins driving. Parents of young drivers should know that the app’s “Family View” feature can enable them to track their children’s driving and even see when kids are behind the wheel so parents won’t contact them. The app also can alert loved ones when drivers arrive at their destination.

3. TextDrive: This app sends auto response messages to people who try to call or text drivers while they’re behind the wheel. Drivers can reply to messages using voice commands as well.

4. DriveWell: Drivers who want some insight into their driving habits should consider the DriveWell app. The app is designed to provide drivers with feedback about their driving habits. Drivers can access trip summaries, details on their maneuvers and even track their speeds.

Drivers interested in utilizing technology to become safer drivers can try various apps designed to reduce driver distractions.

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PAC Pirate Month Off to a Rascally Start

The Pamlico Arts Council is at it again! Bringing everyone’s favorite concert attended by watercraft back to Pamlico County on the afternoon of August 30th.

But the fun has already started! The PAC Pirates remind one and all that last year, Mayor Sally Belangia and the Oriental Town Commissioners had a friendly parlay and August was proclaimed as PAC Pirate Month in perpetuity. In return the pirates agreed to keep their month of mischief and mayhem within lawful limits.

The month began with the annual Burgee Bucks drive. With the backing of PAC sponsors, everyone has the opportunity to get a free Pirate Jam burgee (flag) from participating sponsors at specified redemption centers. All you need to do is collect \$150 in receipts from any one or combination of the following sponsors: Band Sponsors: Oriental Village Veterinary Hospital, Pamlico Interiors, Southern Sky Lodge, Tideland EMC, Triton Yachts, Burgee Sponsors: A&B Lawn Service, Aggie’s, Arlington Place, Banks Built Custom Homes, Bayboro Pharmacy, The Bean, Brantley’s, Daniel’s Sound, Todd McFadden-Farm Bureau, First Citizen’s Bank, Inland Waterway Provision Co., Gretchen’s Bistro, Harbourside Garden Co., Mariner Realty, Mariposa, Oasis Massage, Piggly Wiggly, Sailcraft Service, Seacoast Marine, The Silos, Studio 55, Zimmerman’s Marine. Only receipts dated from August 1-30 will count. Hurry, only a limited amount are available!

Redemption centers are: The Bean, Harbourside Garden Co., Inland Waterway Provision Co., Mariner Realty, Pamlico Interiors, and The Silos.

In addition we are also grateful to the following businesses for their donations: Village Hardware • Eckloff Roof Services • Delamar & Delamar. (Receipts from these donors do NOT count towards Burgee redemptions.)

On Saturday, August 16, local artist Irene Goley led a fun class called “Paint Your Pleasure: Pirate or Mermaid” at The Silos from 1-3 p.m. The class was filled with eager participants, and everyone had a great time expressing their creativity. Irene is known for her colorful paintings, and she’s currently working on a special piece featuring an octopus. This beautiful painting will be auctioned off during the Pirate Movie Night on August 29 at The Red Rooster. Before the movie night, the painting will be displayed at Broad Strokes Gallery, where visitors can view it up close. People can also enter a bid on the octopus painting before the movie event, so it’s a good idea to stop by the gallery and see it.

On Pirate Movie Night we will be showing HOOK! Gates at the Red Rooster open at 5 p.m. for pirate games, a costume contest, photo ops, and the octopus painting auction. A “Lost Boys Buffet” by The Silos will be available. Movie starts at sundown.

On Saturday, August 23, watch for the pirates all over Oriental. Beginning at 5 p.m., a Pirate Crawl will take place with the pirates visiting many of their favorite spots for grub and grog. You are welcome to join us on our crawl! Pirate attire strongly encouraged. There have been pirate pop ups throughout the month at each of our sponsors’ businesses. Check the Pamlico Arts Council Facebook page for lots of photo fun with our sponsors and for PAC Board members’ pirate alter egos. Read about these pirates and be prepared to answer questions correctly to win a doubloon!



Jolly PAC Pirates visited The Bean for a little mischief with employees and customers alike.



PAC Pirates also raided the Piggly Wiggly, but in spite of appearances, took no prisoners.

This is a great way to celebrate community spirit and enjoy a night of laughter and fun. So gather your friends and get ready for a swashbuckling good time!

And finally on Saturday, August 30, the main event! The most fun FREE concert you will ever attend by water: the Pirate Jam! Our bands are absolutely awesome this year! Music starts at 2 p.m. with Signature Blend. Bridge Atlantic plays at 3:30 and the final band is local favorite Southern Hellcats starting at 5 p.m.

Join us in celebrating our piratical heritage this August!

This project is supported by the North Carolina Arts Council, a division of the Department of Natural and Cultural Resources.



New Head Coach Brandon Akins

*“It’s not about our opponents it’s about us and who we are as a team. One day at a time, one practice at a time. We will take every opponent seriously and give them our full attention, we do not have the luxury to look past anyone. I am very excited to see the development of our program, we can’t think too far into the future and just focus on what is in front of us, be where our feet are and **PROTECT THE COUNTY!**”*

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# Hurricane Football Preview

## Protect the County

by: Hiram Lupton

Football is starting up at all levels and that includes high school football and the Pamlico County High School Hurricanes kick off their season at home this Friday (22nd) against KIPP Pride. There is a renewed sense of optimism in Hurricane country with a new Head Coach taking over a program that experienced a tumultuous 2024 season. Brandon Akins is at the helm and one of the first things he did was to tell his players to put last season behind them. “We knew coming in that there was a lot that needed correction from the past.” Said Akins, “that being said, I wanted everyone to understand that the past is dead, we have a clean slate as we move forward and the only thing that matters is the here and now, the present. We really focus on being where our feet are, focus on what is in front of us and control what we can control. The past is dead, the future doesn’t exist, all we have is the here and now.” For his players, he also stresses accountability, to each other, their school and their community. He comes to Pamlico after successful stints as an Assistant Coach at both Jacksonville and Havelock and now that he is in the position of Head Coach, he has no doubts about how he wants to do things. “I learned a lot about program development and maintenance from my time at Jacksonville High and Havelock High and really wanted to hone that down to create a program that from top to bottom is organized in a way that both integrates the importance of community as well as the development of players. At the end of the day, we are in the people business, whether it’s the community, school building, or our kids, we have to make sure we are doing right by all of them. That’s where I came up with “Protect the County.” We are the cornerstone of the community in Pamlico County and we want to make sure that we honor that and never lose sight of what is important. Yes, we want to win games, but we want to win in a way that reflects the values we are trying to instill.” At his previous stops, he has seen what has brought success to those teams and he looks to incorporate that here at Pamlico. “The foundation of each of those programs is weight training, conditioning, and focus on the fundamentals of football. It’s not what we as coaches know, it’s what we can teach the kids and have them produce on the field. That is the main focus we have.” As far as his team goes, he sees a foundation to build on for success on the field. “Without question we are looking at Treyvon Munford, Kamden Keyes, Jacob Bennett and Syler Hall to be the leaders and rocks upon which we build our program. These young men truly embody what it means to be a Hurricane; I know that I will often reference these young men moving forward as the standard of excellence at Pamlico. Expect Munford will be on the field a lot for the ‘Canes, with time at Quarterback, Defensive Back, and even returning kicks. “Tre is a true leader for our team. He cares deeply about the Pamlico Community and brings a competitive edge to the game. As a result, we want the ball in his hands as much as possible. When I applied and interviewed for the position, I was fortunate enough to have seen some film on Pamlico from common opponents from my time at Havelock and #4 (Tre) stood out. Seeing him live against Ayden at the end of the season as a result of an open date for us at Havelock, it was evident that what we saw on film was also happening in real time on the field. I knew that with players like Tre we had a chance to do some good things and build the program around his work ethic, natural ability and leadership.” Akins also looks to several freshmen to contribute sooner rather than later “With being a smaller school we have to do things differently than I have been used to in the past at both Jacksonville and Havelock. “We have some young guys that are going to come in and be expected to be impact players immediately as freshmen, chief amongst these individuals is Noah Gibbs who will play some QB for us moving forward, he has already brought an athletic and mental edge to our offensive system. I also am looking at Braeden Buljowski and Valentin Alvarado to play some significant snaps for us and contribute immediately. We are young, but with these young men developing in the weight room, film room, and field we have a chance to build a team that is both competitive and mentally tough.” The type of offense and defense a team runs, is often dependent on the type of players a coach has to work with and look for Pamlico to be running a spread option offense this year. “I think it negates some of the issues we may run into in terms of limited numbers and guys playing both ways. We can take advantage of the defense and not have to try and dominate up front, rather we can train the defense to do what we want them to do and take what they give us.” He adds that, “defensively we are going to play fast, that is our number one priority. We want to be able to recognize a formation, the plays the opponent runs from those formations and win with alignment and assignment.” If this all works out, it could translate into an exciting brand of football for the Hurricanes. Akins believes that as far as the Coastal Plains Conference goes, a championship is open to anyone. “I’ll be honest, we have a pretty competitive conference from top to bottom.” He adds, “It’s not about our opponents it’s about us and who we are as a team. One day at a time, one practice at a time. We will take every opponent seriously and give them our full attention, we do not have the luxury to look past anyone. I am very excited to see the development of our program, we can’t think too far into the future and just focus on what is in front of us, be where our feet are and **PROTECT THE COUNTY!**”



Treyvon Munford



Jacob Bennett



Syler Hall

# COASTAL LIVING

## Tips for first-time RV drivers

Whether it's the welcoming weather or the chance to follow a favorite football team or, of course, the awe-inspiring foliage, fall compels many people to hit the open road. A car or truck might suffice for a day trip or weekend getaway, but those who want to travel more extensively often do so in an RV.

Recreational vehicles, or RVs, provide a taste of home away from home for millions of people every year. RVs allow people to visit even the most remote locations without having to worry about finding food or lodging. As welcoming as the interior of an RV can be, it's also easy for first-time RV drivers to feel a little intimidated. RVs are the largest vehicles many people will ever operate, and even long-time drivers will likely need some time to adjust. That adjustment period can go smoothly if drivers take steps to grow more comfortable behind the wheel before embarking on their trips.

- Recognize that practice makes perfect. A cross country RV trip is a dream vacation for many people, but drivers must learn to crawl before they can walk. RVs are much bigger and heavier than cars and trucks, and practice runs can help drivers grow acclimated to that size. Don't begin a practice run without first noting the class and height of the vehicle. The online camper resource Camper Report notes that Class C RVs average 10 feet in height, while Class A RVs are typically between 13 and 14 feet tall. Measure the height of your RV prior to your first practice run so you can be sure you can make it beneath all overpasses on your route.



- Take a companion along. Drivers behind the wheel of a car or truck may not give a second thought to driving in reverse or navigating their way around parking lots. But such situations require some forethought, and even a little help, when driving an RV for the first time. A traveling companion can direct drivers into and out of parking spots until they grow more acclimated to operating an RV.

- Utilize leveling blocks. RV leveling blocks help RVs stay level when parked on sloped surfaces. The RV experts at TheRVGeeks.com note that

RVs need to be level in order for equipment to work properly. That's problematic if you park at a campsite with uneven ground. Even if equipment is functional when parked on marginally sloped surfaces, navigating your way through an RV parked on such ground is inconvenient if not annoying. Leveling blocks also can keep jacks from sinking into soft ground, making them an inexpensive yet useful accessory for any RV trip.

- Practice dumping your tanks. Drivers whose RVs have toilets will eventually need to dump their waste. Drivers should practice this in advance of their first trip so they are practiced when the time comes to do it on the road. Tutorials on YouTube can teach drivers how to dump their tanks. Drivers also can invest in a highly rated, thick sewer hose to avoid being sprayed with waste while out on the road.

RV travel is a great way to experience the open road. First-time RV drivers can try various strategies to get used to what it's like to be behind the wheel of these unique vehicles.

## Foods that can benefit children's eye health

Food is more than fuel to keep human bodies moving. Food can be an integral component of a health and wellness routine, particularly when nutritious foods are finding their way onto people's dinner tables.

The right foods can bolster the body in a number of ways, including promoting strong eyesight. That's as true for adults as it is for children, whose eyesight can be bolstered with foods that support eye health. Vitamin A is especially beneficial for eye health, as the American Academy of Ophthalmology notes the retina needs ample vitamin A to turn light rays into images. The AAO also notes that vitamin A helps to keep eyes moist and thus reduces the likelihood that a painful condition known as dry eye will develop. When it comes to using diet to promote healthy vision in children, parents can consider the following eye-friendly foods.

- Carrots: WebMD reports that a half-cup of carrots can provide 73 percent of the daily recommended amount of vitamin A. Parents can keep that in mind come snack time, offering youngsters some carrots with hummus or peanut butter if kids are reluctant to eat them on their own.

- Sweet potatoes: Sweet potatoes are another excellent source of vitamin A. In fact, the Office of Dietary Supplements reports that a single baked sweet potato in its skin can provide as much as 561 percent of the daily recommended intake of vitamin A.

- Cantaloupe: Cantaloupe is a low-calorie fruit that also packs a nutritious punch. According to the Mayo Clinic, a single cup of cantaloupe contains about 106 percent of the daily recommended value of vitamin A. Cantaloupe also tends to be kid-friendly, as its sweet and refreshing flavor profile makes this round melon a tasty treat for youngsters and adults alike.

- Leafy greens: Vitamin A is not the lone booster of eye health. The AAO notes that the antioxidants lutein and zeaxanthin promote a healthy macula, a part of the eye that is important to central, detailed vision. Kale and spinach may not excite youngsters as much as cantaloupe, but each are antioxidant-rich leafy greens that parents can incorporate into weekly meals. When serving kale, serve it alongside mashed potatoes and encourage kids to mix the two.

- Kidney beans: The AAO notes kidney beans are rich in zinc, which helps to maintain a healthy retina and protect the eyes from light-related damage. Kidney beans are especially helpful because they are rich in

copper, which can be depleted by zinc but is necessary for the formation of red blood cells. Kidney beans thus help ensure kids get enough zinc and help to combat the effects zinc can have on copper levels.

Diet can have a notable impact on children's eye health, which makes it vital for parents to serve vision-friendly foods to youngsters.



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# Health&Wellness

## Nutritious school lunch ideas for kids



No two children are the same, but many youngsters share a number of similarities. Few young children enjoy going to bed on time, and many can't resist a good trampoline. Kids also have a reputation for being picky eaters, which can be challenging for parents tasked with picking and preparing school lunches.

When dining at home, parents know which foods their kids eat and which they push around their plates in the hopes they won't have to consume them. School lunch is a different scenario altogether, as parents are not around to ensure their youngsters eat a full and nutritious meal. Kids who are picky eaters may not eat any lunch at all. Parents who want to ensure their children get the nutrition they need to do well in school can consider the following school lunch ideas.

- **Make-your-own sandwich:** Kids may be more likely to eat a full lunch if they get to put it together themselves. Parents can put all the elements of a tasty sandwich into youngsters' lunch boxes, but let kids assemble the meal themselves. Sandwiches are not necessarily the healthiest midday meal, but they are much more nutritious when parents pack whole grain bread, tomatoes, lettuce, and low-sodium deli meat in students' lunch boxes. If a do-it-yourself sandwich is a nonstarter, consider a DIY taco lunch complete with whole grain tortillas.
- **Burrito bowl:** A burrito bowl with kid-friendly yet nutritious ingredients is another great school lunch option. Red beans are a good source of fiber and the Harvard Medical School notes all beans are rich in potassium. Fiber is filling, so a burrito bowl that includes fiber-rich ingredients, including red beans but also quinoa or brown rice, can help students avoid late-day hunger pangs that can compromise how they feel and perform in the classroom. Burrito bowls are so tasty that kids may not even realize Mom and Dad have snuck some healthy foods like vegetables into their midday meal.
- **Parfait:** Parfait has all the looks of a tasty dessert without the pitfalls of ice cream and other treats. The nutritional value of parfait depends on the ingredients Mom and Dad choose to include. Protein-rich Greek yogurt paired with some fruit and granola makes for a filling and tasty meal that's also loaded with vitamins, minerals and fiber. An insulated and airtight lunch box packed with ice packs can ensure the parfait is still cool come lunchtime.
- **Pasta salad:** Kids tend to be especially fond of pasta, and parents can use that affinity to their advantage when planning school lunches. A whole-wheat pasta salad with some cherry tomatoes and diced broccoli makes for a nutrient-rich lunch that kids can enjoy. If broccoli figures to raise youngsters' ire, consider a nutritious substitute, such as shaved cucumber or zucchini.

School lunches can be nutritious and still make kids excited to eat their midday meal away from home.



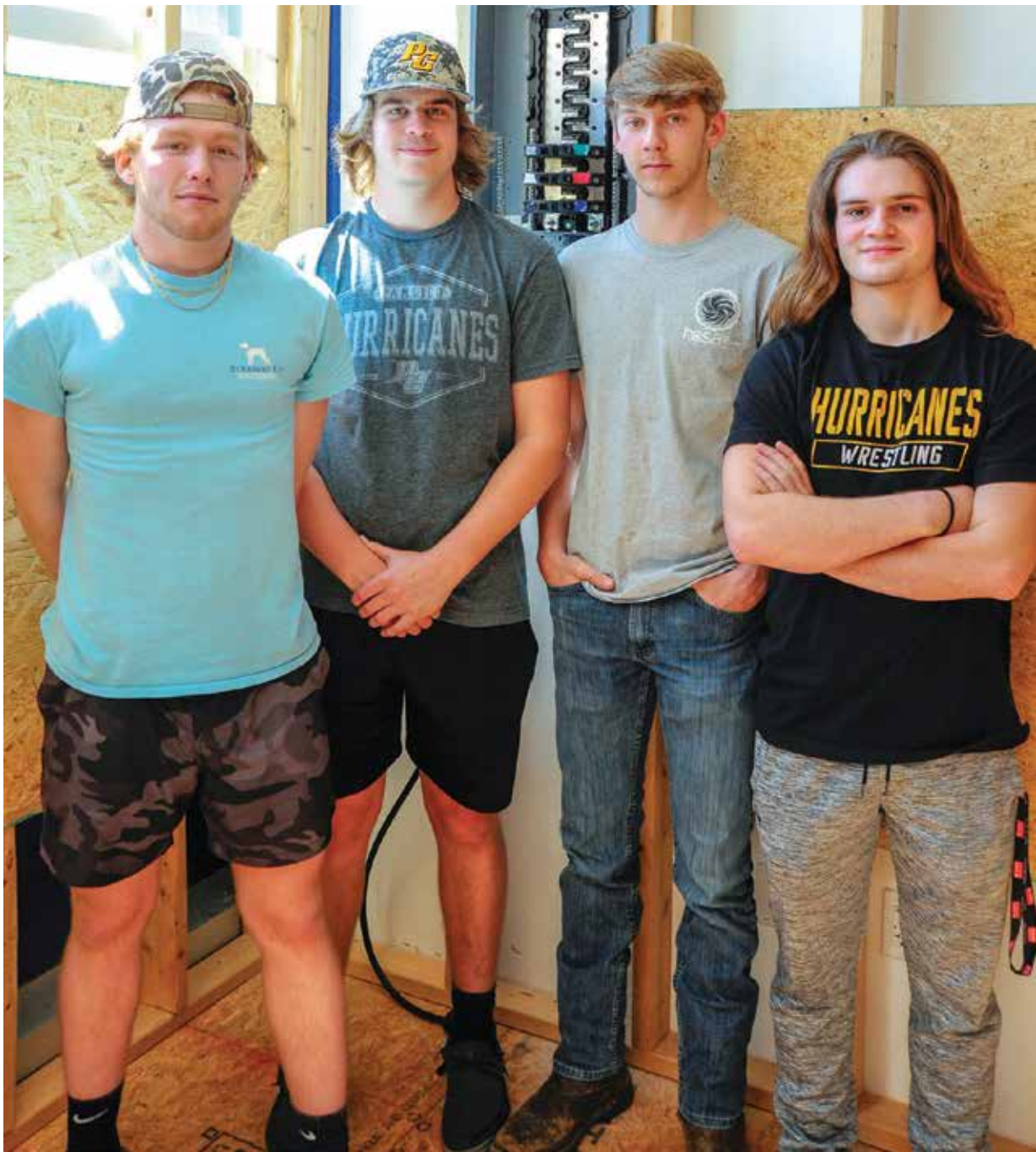
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*For details, call PCC's Derek Godwin at 252-249-1851, ext. 3106.*



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