

# The Pamlico News

Wednesday, December 24, 2025

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## The Pamlico County Christmas Parade

by: Hiram Lupton

Always the last Saturday before Christmas, the Pamlico County Christmas Parade signals the final stages of pre-Christmas. School is out, stores are crowded, and if you haven't started your Christmas shopping yet, time is running short. Can you say socks, underwear and gift cards. As Santa would say, "Merry Christmas to all, and to all a good night."



Santa arriving in the Pamlico County Sheriff's Department's Special Operations Boat



The PCHS NJROTC Color Guard

■ Photos continued on Page A06

## Remembrance Tree Dedication

by: Hiram Lupton



A Remembrance Tree is a way to honor and remember relatives and loved ones we have lost, by placing an ornament inscribed with that person's name on the tree. The Pamlico County Remembrance Tree is once again up on the front lawn of the Courthouse. For the fourth year in a row, it is sponsored by the Pamlico County Senior Services and the EP7 Youth Outreach, and was donated by Pamlico Home Builders. A dedication and decoration event was held last Saturday, but if you have a loved one you would like to honor this holiday season, it is not too late. You can pick up a blank ornament to inscribe their name on at Sweet Annies Bakery and place it upon the tree until January.

## Moving Day for PCA

by: Hiram Lupton



Christmas break came just a little bit early for Pamlico Christian Academy as teachers, administrators, staff, parents, students, and supportive community members all pitched in to help last Tuesday as it was moving day for PCA. Tables, desks, chairs, shelving, and a myriad of school supplies were transported from the lower school's now former location at New Life Praise and Worship Church to their new facility on Lee Landing Road. When lower school students,

Pre-K through 5th grade, return to school in the new year, it will now be at a school they can truly call their own. This is one of the final steps in Phase 1 of the school building project which includes the lower school classrooms, administrative offices, chapel, and cafeteria. Next up will be phase 2, which will be the construction of upper school classrooms. Plans are already in place and fundraising continues for this next important step.

## Phibbons Named Washington Fireman of the Year

by: Hiram Lupton

Last week it was announced by the City of Washington Fire-Rescue-EMS that FF/EMT Brandon Phibbons, a resident of Oriental, has been awarded the Harry Gautier Firefighter of the Year Award for 2025. He has been a firefighter with the City of Washington for 3 years. Phibbons is also a Volunteer Fireman with Southeast Pamlico Volunteer Fire Department. Congratulations Brandon!



Chief RM Flowers presents Brandon Phibbons with the City of Washington Firefighter of the Year Award.

## NJROTC Food Distribution

by: Hiram Lupton



It is the season of giving and one student organization is always there to give back to the community. The Pamlico County High School Navy Reserve Officer Training Corps (NJROTC) gave something no one should lack this holiday season, food. They held their annual Christmas food distribution in

cooperation with the Food Bank of Central and Eastern North Carolina last Friday morning at the high school. Cadets packed bags and loaded vehicles and had some awesome assistance from members of the Pamlico County High School football team. Great job by everyone spreading some Christmas cheer.



Sheriff Chris Davis

## Multi-Agency Narcotics Operation Results in Five Arrests in Pamlico County

**Pamlico County, NC** — On Wednesday, December 10, 2025, the Pamlico County Sheriff's Office, in conjunction with the Neuse River Narcotics Task Force, executed a narcotics search warrant at 764 Florence Road as part of an ongoing drug investigation.

Participating agencies included the Pamlico County Sheriff's Office, the Neuse River Narcotics Task Force with members from Carteret County, Craven County, Pamlico County and North Carolina SBI. Also involved were officers from the New Bern Police Department, FBI Task Force Officers, and agents with the North Carolina ALE.

As a result of the search, investigators located and seized approximately 128 grams of crack cocaine, 36 grams of cocaine, 4 grams of marijuana, two handguns, four rifles, one shotgun, multiple items of drug paraphernalia, and U.S. currency. Five individuals were arrested in connection with this investigation.

This operation highlights the effectiveness of neighboring agencies working collaboratively to combat the ongoing narcotics epidemic impacting local communities. Pamlico County Sheriff Chris Davis reaffirmed his office's zero-tolerance policy for drug offenders and emphasized the importance of continued cooperation among law enforcement agencies.

Sheriff Davis extends his sincere appreciation to all participating agencies and personnel whose combined efforts were instrumental in the successful outcome of this operation.

Anyone with information regarding narcotics activity is encouraged to contact the Pamlico County Sheriff's Office.

**Cedric Bernard Dunham, 48 years old, Bayboro \$500,000 Secured**



Trafficking in Cocaine two Counts  
Possession of Firearm by Convicted Felon  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to ½ Ounce  
Possession of Drug Paraphernalia not for Marijuana

**Randy Donell Gibbs, 63 years old, Bayboro \$200,000 Secured**



Conspire to Traffic Cocaine Two Counts  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Drug Paraphernalia not for Marijuana

**Nitchele Cherene Mann, 51 years old, Bayboro \$200,000 Secured**



Conspire to Traffic Cocaine Two Counts  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to ½ Ounce  
Possession of Drug Paraphernalia not for Marijuana

**Tyson Earl Brinson, 45 years old, Florida \$300,000 Secured**



Conspire to Traffic Cocaine Two Counts  
Possession of Firearm by Convicted Felon  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to ½ Ounce

Possession of Drug Paraphernalia not for Marijuana

**Jasmine Lakeitha Paulk, 40 years old, Florida \$200,000 Secured**



Conspire to Traffic Cocaine Two Counts  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to ½ Ounce  
Possession of Drug Paraphernalia not for Marijuana

Sheriff Chris Davis (252) 745-3101

### LIKELY WEATHER OVER THE WEEKEND

 Saturday, December 27th **57°Hi** Cloudy throughout the day.

 Sunday, December 28th **58 °Hi** Cloudy throughout the day.



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# COMMUNITY

## LETTER TO THE EDITOR

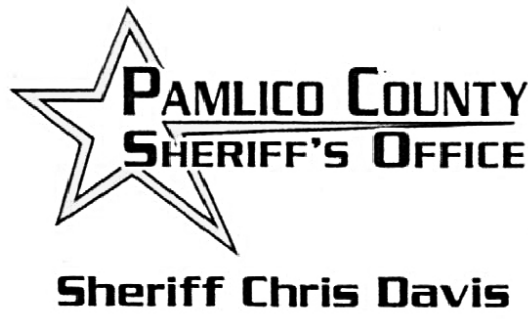
Response to December 10th letter by Doug Sligh:

Have you ever had a family member or loved one addicted to drugs. Have you ever had a family member or loved one die to a drug overdose. You say experts said it's a crime to sink narc boats, who is your experts, CNN, MSNBC, or The View. None of those vessels display legal documentation numbers, none fly flags of vessels registered country. They don't want to be traced. These are illegal vessels. People losing money over lost drugs are the ones crying wolf the worst. You never wrote a letter when Obama killed over 800 civilians. You never wrote a letter when Biden killed 13 service members and civilians. Hope you are not crying over the good work ICE agents are risking their life to do because of Biden's failed policy.

D. Wade Moore  
Alliance, NC

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.

# Suspicious Activity at Wells Fargo Leads to Two Arrests



On Friday, December 12, 2025, the Pamlico County Sheriff's Office was notified of suspicious activity at the Wells Fargo Bank located in Bayboro, North Carolina.

Upon arrival, deputies spoke with bank personnel who reported that two individuals were attempting to fraudulently access a bank account and withdraw a large sum of money. Deputies and investigators conducted a search of the surrounding area and initiated an investigation into the reported fraudulent activity. As a result of the investigation, the two suspects involved were identified and located. Both individuals were taken into custody without incident.

The individuals were identified as Alexa Lowery, a 24-year-old female of Morehead City, North Carolina, and Shiheim Miller, a 23-year-old male of Morehead City, North Carolina. As a result of the investigation, the following charges were filed:

The Pamlico County Sheriff's Office would like to thank Wells Fargo bank personnel for their quick action and cooperation, which helped prevent further financial loss.



**Alexa Lowery was charged with:**

- Identity Theft
- Felony Larceny
- Felony Conspiracy
- Obtaining Property by False Pretenses More Than or Equal to \$100,000.00
- Resisting Public Officer
- Simple Possession of Marijuana

**\$302,000.00 Secured Bond**



**Shiheim Miller was charged with:**

- Identity Theft
- Felony Conspiracy
- Resisting a Public Officer
- Simple Possession of Marijuana

**37,000.00 Secured Bond**

## THIS WEEK IN HISTORY

by: Hiram Lupton

- December 24th – Today is Christmas Eve. Santa's coming tonight and I still don't know what list I'm on. I tried to be good, I really did.
- December 25th – Merry Christmas! "For unto us a child is born..."
- December 26th – Today is National Candy Cane Day.
- December 27th – 1971, The Sonny and Cher Show began airing on CBS-TV.
- December 28th – Today is National Chocolate Candy Day.
- December 29th - 1851, the first Young Men's Christian Association was organized in Boston, MA.
- December 30th – Today is National Bacon Day.

### BIRTHDAYS THIS WEEK

December 24th – 1922, Actress Ava Gardner (in Grabtown, NC)  
December 24th – 19??, Board of Education Member Helen Jones Gibbs  
December 24th – 19??, Principal of Pamlico Primary School Savannah Alexander  
December 24th – 1946, Jimmy Buffett  
December 25th – 19??, loyal reader of The Pamlico News Suellen Manning  
December 28th – 1954, Actor Denzel Washington  
December 29th – 1947, Actor Ted Danson  
December 29th – 19??, Musician Perry Cheatham (Brant Island Strings)



## Dear NCCF community member,

**More than 130 college scholarships administered by the North Carolina Community Foundation are now open for applications!**

Scholarships are available for students from all 100 counties, including for non-traditional students, and for students attending all types of institutions, including community colleges. Most scholarships close for applications at 11:59 p.m. on March 3, 2026. Eligibility criteria vary greatly. All students are encouraged to complete the NCCF Universal Scholarships Application on our Scholarships Portal. The application matches students with available scholarships using details like county of residence, GPA or intended major. Interested students and guardians may sign up to attend an optional virtual information session at 6 p.m. on Jan. 13, 2026, to learn more about the application process. This webinar is hosted in partnership with the North Carolina State Education Assistance Authority. NCCF will offer the Disaster Relief and Resilience Scholarship again this year to support incoming freshmen whose financial ability to pay for higher education was affected by Hurricane Helene. For step-by-step instructions and answers to frequently asked questions, visit [nccommunityfoundation.org/Scholarships](https://nccommunityfoundation.org/Scholarships).

### Please help us reach potential applicants!

Share information about NCCF's scholarships on social media. Follow us on Facebook, Instagram, and LinkedIn to share posts. Use this toolkit to share information with teachers, caregivers and school administrators. All scholarships are established through endowment funds at NCCF, with criteria determined by the donor. In 2025, NCCF awarded over \$3 million in scholarships to over 500 students, including \$1.3 million to 110 students through the NCCF Disaster Relief and Resilience Scholarship.

Thank you for your partnership in promoting our scholarship opportunities!

## 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://aaeastermnc.org/>    <https://aamorthcarolina.org/>    <https://www.aa.org/>

## The Pamlico News

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FOR ENTERTAINMENT PURPOSES ONLY

## Horoscopes



**ARIES – Mar 21/Apr 20**  
If you are feeling half-hearted about what you are working on, then put it off for a little bit and focus on something more interesting this week, Aries. You can use the rest.



**TAURUS – Apr 21/May 21**  
Make it your business to remind others not to take life so seriously this week, Taurus. The best way to do that is to show them how to laugh by example.



**GEMINI – May 22/Jun 21**  
Your thoughts are on an important decision that you need to make, Gemini. It's best to wait a few days before you get into the thick of things. You need to mull all possibilities.



**CANCER – Jun 22/Jul 22**  
Cancer, you may have the courage and the confidence to deal with whatever life throws at you right now, but not everyone is as dedicated as you. Make allowances for others this week.



**LEO – Jul 23/Aug 23**  
Sensitive feelings are coming to the surface this week and you are not sure what to do about them, Leo. You won't find peace of mind until you have dealt with them thoroughly.



**VIRGO – Aug 24/Sept 22**  
Virgo, some unexpected news could come your way between now and the weekend. It may seem like a lot, but in the grand scheme of things, it will only be a minor issue.



**LIBRA – Sept 23/Oct 23**  
You have reason to be suspicious of someone's motives this week. Just don't go to extremes and start reading into every message or nuance, Libra.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, you might look super confident on the outside, but underneath you get anxious like everyone else. At some point this week you may need to ask for some help.



**SAGITTARIUS – Nov 23/Dec 21**  
It is easy to believe you have enemies around every corner, Sagittarius. Although you might have rubbed a few people the wrong way, most people actually are on your side.



**CAPRICORN – Dec 22/Jan 20**  
Capricorn, usually you couldn't care less what other people think about you. But this week it seems important to get another person's approval for your actions.



**AQUARIUS – Jan 21/Feb 18**  
Aquarius, be careful when dealing with someone in a position of power. They may have sights on a promotion you also hope to earn. Keep your cards close to the vest.



**PISCES – Feb 19/Mar 20**  
Pisces, some people believe the world is full of doom and gloom, but you know that every day is what you make of it. Brighten the days of others with your positivity.

### CAPRICORN Traits & Overview

*Smart, hardworking, and fully in control of their destiny, Capricorn signs will always get what they set their mind to, in both personal and professional life—no excuses. Capricorns may get a reputation as stubborn, but they simply know what they want, and also know how they wish other people would behave. Natural rule-followers, Capricorns thrive on order and love strict rules, hierarchies, and set ways to do things. Can a Capricorn sign think outside the box? Yes, they can, but they prefer when they have strict boundaries to constrain against—free reign can make them feel paralyzed by choice. Capricorns are great at climbing the corporate ladder, and especially adept at making (and investing) money. Capricorns love family, and put a lot of stock in traditions. A Capricorn might stress themselves out trying to do everything perfectly—a Capricorn may feel like they must present a home-cooked meal every day, and would never admit to doing drive-thru or takeout. Capricorns believe presentation is everything, and their homes are usually Insta-worthy. A Capricorn sometimes is overly focused on what things look like, instead of how things feel, which could cause them to feel stifled and unhappy.*





Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week

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

I would like to thank Mariner Realty in Oriental, North Carolina. My real estate broker Linda Hoff did an exceptional job. Linda actually listened to my wants and needs. Linda is very knowledgeable of the real estate market in Oriental and the surrounding areas. She and others at the Mariner office helped with the many questions I had and did a great job! Thanks so much!

Robert, Merritt



**ARAPAHOE** – Prime Commercial Opportunity, 12,000 sf on 1.43 acres near Arlington Place, Minnesott Beach and the Arapahoe Charter School. Not in a flood zone. Expansive paved parking, large loading bay door on side.  
**OFFERED AT \$249,500**



**MERRITT** – Waterfront **3BR/3BA** 2,023 sf home on 1.02 acres with dock on deep water Ball Creek. Includes fire pit, spacious back deck, covered patio, 2 detached storage buildings, and a carport. Plenty of windows, laundry room, extra room for office, kitchen island and walk-in-shower & soaking tub in primary bath.  
**OFFERED AT \$325,000**



**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 \$339,000**



**ORIENTAL** – **3BR/2BA** 1,894 sf open floor plan, deeded boat slip on 1 acre lot. Screened outdoor entertainment area & fire pit. Bright, open spaces indoors and inviting outdoor areas surrounded by mature trees and natural beauty. Being sold as-is.  
**OFFERED AT \$545,000**



**ORIENTAL** – 4,000 hsf commercial, fully-insulated. Reception, conference room, 2 offices. Carrier 2.5 ton heat pump for office area, 2 5-ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersole Rand 200 PSI air compressor. Fabrication equipment does not convey.  
**OFFERED AT \$ 575,000**



**MERRITT** – Waterfront **3BR/2BA** with deep water deeded boat slip on Ball Creek. Wide water views, 2.27 acres, 1,919 sf, metal roof, zoned HVAC, & LP Smartside exterior for rot-resistant long-life durability. Gas log fireplace in living room, & Widow's Walk with views of the Pamlico Sound,  
**OFFERED AT \$ 625,000**

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# Common giving scams and how to spot them

December is a season of giving, and that charitable spirit is evidenced by the uptick in donations over the final month of the year. Perhaps inspired by Giving Tuesday, which is celebrated annually on the first Tuesday after Thanksgiving, donors tend to be especially generous in December. According to Donorbox, which provides an online fundraising platform to facilitate charitable donations, 31 percent of yearly charitable giving happens in December.

Nonprofit organizations undoubtedly recognize the spirit of generosity that surfaces each December, but criminals are likely cognizant of individuals' desire to give back during the holiday season as well. Indeed, a 2023 press release from the United States Attorney's Office in the Western District of North Carolina cited fake charities as one of the most common scams encountered by consumers during the holiday season. With that in mind, well-meaning prospective donors can learn to recognize common giving scams to ensure they are not victimized by criminals looking to prey on their generosity this holiday season.

- **Fraudulent charities:** Criminals targeting people who want to donate during the holiday season may set up fraudulent charities in an effort to trick people into giving them money. The New Jersey Division of Consumer Affairs notes that fraudulent charities may feature impressive names or a name similar to one used by a reputable, well-known charity.
- **Phishing emails:** Phishing emails have been around for decades, and for good reason. Such scams are easy to implement and highly successful. The Federal Trade Commission reported receiving 358,000 reports of scammers contacting individuals via email in 2023, and the real number is likely much higher, as few consumers take the time to report such emails to the FTC. Phishing emails typically prompt recipients to click on a link embedded in an email. These emails may seem as though they're coming from an individual's bank or credit card company, while others may indicate recipients can win a prize if they open the email and click on a link within it. The New Jersey Division of Consumer Affairs warns consumers against sharing their credit card information in an email, even if the sender claims to be from a reputable charity.
- **Pressure tactics:** Seeking to capitalize on the spirit of giving that surfaces each December, some scammers will pressure prospective donors and potential victims into making donations over the phone or via links embedded in an email. Reputable charities do not pressure donors



into giving over the phone or via email, so solicitations for immediate donations are a telltale sign of a charity scam. If prompted to make donations with cash or via gift cards or wire transfers, hang up the phone, as the FTC notes such payment methods are how scammers request donations.

- **Thank you messages:** Another common giving scam is to thank potential victims for past donations they never made. This is an attempt to trick generous individuals into thinking they have a past relationship with a charity they believe is reputable, which might make them less inclined to vet the person or organization thanking them. Scammers are banking on establishing that false sense of security and trust, particularly during a notably busy time of year when donors may feel as though they don't have the time to research organizations they want to support.

Scammers prey on individuals' generosity each holiday season. More information about giving scams and how to avoid them is available at [consumer.ftc.gov](http://consumer.ftc.gov).

# PAMLICO SMALL BUSINESS CENTER

## FREE Seminars and Webinars

### Register NOW for January's events!

#### "S.O.A.R." Series

#### Supporting Opportunities for Aspiring Rural Entrepreneurs

Tuesdays, Jan. 13 - March 3  
6-8pm ONLINE with Tierra Norwood

#### Backbone Basics: Strengthening Your Nonprofit's Core Operations

Wed, Jan. 14th, 9:30-11:30am Pamlico Public Library

#### Side Hustle Saturday

Saturday, Jan. 24th, 10am-3pm  
IN PERSON at the Pamlico Small Business Center with Tierra Norwood

#### Small Business and Nonprofit Tax Prep Workshop (and hands-on help!)

Saturday, Jan. 31st, 10am  
IN PERSON at the Pamlico County Public Library

### For more info and to register for FREE, visit [www.PamlicoSBC.com](http://www.PamlicoSBC.com)

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# Health&Wellness

## 7 ways to enjoy a healthy holiday



- Certain words are synonymous with the holiday season, and “festive,” “family,” “friends,” and “food” are certainly among them. Celebrants focus on being a little more indulgent with their time and habits as the year comes to a close, and health and fitness may be set to simmer on the back burner.
- According to a research review published in the journal *Obesity*, the average person gains between 0.8 and 2 pounds during the holiday season. Food represents more than just nutrition this time of year, as family gatherings around the dinner table are about tradition and fellowship. While no one wants to feel deprived when holiday celebrations arrive, it is important to make smart choices and continue to prioritize health as much as possible. These seven tips can help.
1. Plan your daily eating. Scale back meals accordingly if a large family feast is on the docket at dinnertime. While you shouldn't skip meals altogether, a light breakfast or lunch may enable you to save more calories for dinner and treats to come later in the evening.
  2. Aim for mostly healthy foods. Buttery rolls, fatty roasts, candied yams, and pies come out in full force during the holidays. Try to make the majority of your plate full of lean protein, low-fat dairy and plenty of vegetables and whole grains. Then you can splurge on one or two foods like pumpkin pie.
  3. Remain physically active. It may be tempting to hibernate inside watching heart-felt holiday movies on television, but resist the urge to be sedentary. Keep up normal fitness routines, aiming for the recommended 150 minutes of moderate-intensity exercise per week or 75 minutes of vigorous-intensity exercise. Take the stairs at malls and park further away from stores when shopping for the holidays to add a little extra movement to your day.
  4. Get enough sleep. It may seem your schedule is packed with everything from parties to holiday preparation, but it is important to get adequate rest. Without enough sleep, you may feel sluggish and your immune system may not be as strong.
  5. Lay off the alcohol. Holiday toasts are replete with delicious cocktails. However, moderation is key whenever alcohol is being served. Popular drinks often are calorie-dense, and health experts warn that consuming too much alcohol is linked to a higher risk of developing certain conditions, like liver issues, cancer, diabetes, and heart disease, says WebMD. Opt for non-alcoholic beverages. Water and unsweetened drinks are healthy options.
  6. Position yourself away from the buffet. When you are close to food, you might engage in mindless nibbling. Find a seat away from the dinner table or buffet during holiday gatherings.
  7. Slow down and be aware. The holiday season is a busy time of year, and that means people may be racing around distracted or in a rush. Take special care to be alert while driving to avoid accidents that can lead to injuries or even fatalities.
- Although nutrition often isn't top of mind during the holiday season, healthy behaviors shouldn't be completely forgotten during this festive time of year.

*"The worst gift is a fruitcake. There is only one fruitcake in the entire world and people keep sending it to each other."*  
— Johnny Carson

Happy Holidays.

Joy, cheer, and good health to *You.*

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**contentnea.org/Locations**



# COASTAL LIVING

Continued from page A1

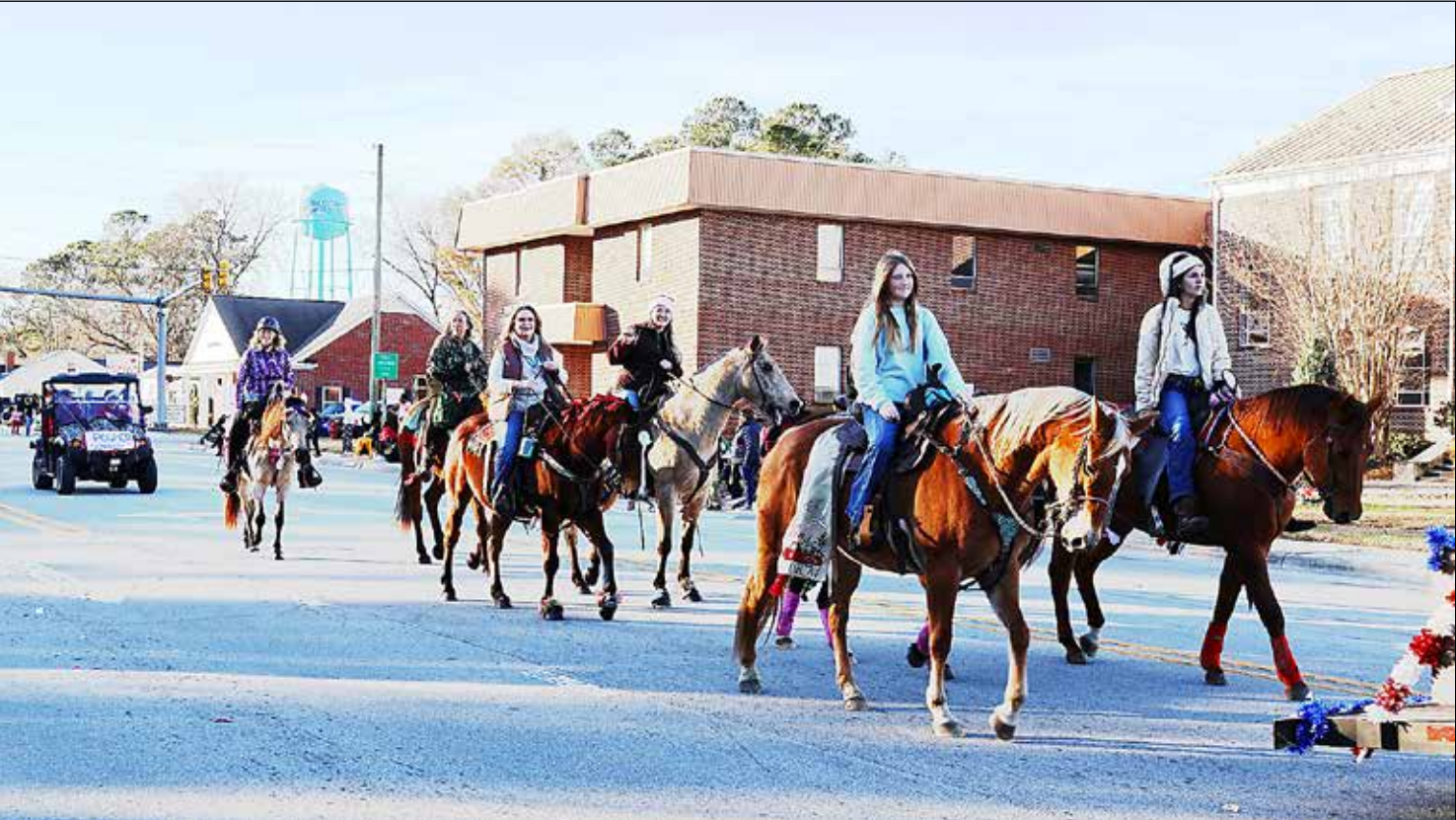
## The Pamlico County Christmas Parade



No one really thinks PCC President Zack Schnell is the Grinch



Grinches nearly outnumbered Santas



The Pamlico County Horseman's Association



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*"It Ain't Skated of No Hurricane"*

**The Inland Waterway Provision Company**

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**HOURS:**  
Monday – Thursday 9:00 am – 5:00 pm  
Friday – Saturday 9:30 am – 5:30 pm  
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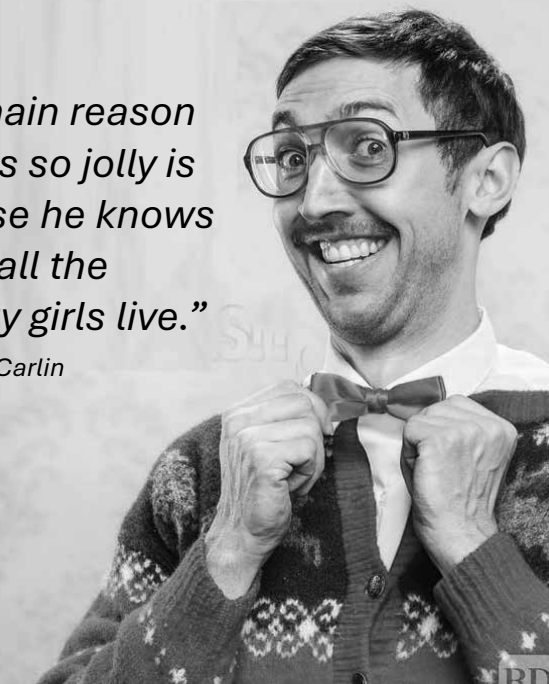
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— George Carlin



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**FINANCIAL FOCUS**

**Take control: Why budgeting doesn't have to feel restrictive**

Let's be honest: The word "budget" doesn't exactly spark joy for most people. It can feel restrictive or even generate feelings of guilt about past spending choices. But what if budgeting could feel empowering? When done right, it's simply about understanding your money and making sure it aligns with what truly matters to you.

**Who needs a budget?** While nearly everyone can benefit from budgeting, it's especially helpful if you're just starting out on your own, if your expenses exceed your income or if you're working toward a big goal like buying a home or retiring. Major life changes — marriage, a new baby, a job change or even retirement itself — are also perfect times to take a fresh look at your finances.

If your spending causes you stress or you simply want clarity about where your money goes each month, budgeting can help. Here are a few tips to help get you started:

**Dispense with the dread.** Often, the hardest part of budgeting is just getting started. Try breaking it down into small, manageable steps, and dedicate 30 minutes a week to tracking your income and expenses. Pair budgeting with something enjoyable — a favorite coffee or a relaxing activity — to make it less of a chore.

If you have no idea how much you spend, start by simply observing your buying habits for a few months. Review your checking and credit card accounts to see money coming in and going out. You can't change the past but you can adjust for your future.

**Find your level of detail.** There's no one-size-fits-all approach to budgeting. You might start by tracking just total income and expenses or by using the popular 50/30/20 rule: 50% for necessities,

30% for wants and 20% for savings and debt reduction. Some people prefer to build detailed categories for everything from groceries to entertainment, while others keep broader categories that work better for their lifestyles.

Technology can be your friend here. Budget apps and Ai-enabled spreadsheets can pull information directly from your bank and credit card statements, making the process much easier.

**Make it work for you.** Once you've tracked your spending, look for areas to adjust. Can you swap brand-name items for generics? Are there subscriptions you're not using? Sometimes the biggest impact comes from examining your largest expenses — housing, utilities, transportation, insurance — to find opportunities to save.

If you can't make room in your budget, you may need to revisit and reprioritize your financial goals. A financial advisor can help you understand your options and any trade-offs.

**Stay on track.** Check in with your budget monthly, quarterly or annually — whatever works for you. When life changes, your budget should too. Salary increases, bonuses, new expenses or significant life events are all good reasons to review and adjust.

Above all, the goal of a budget isn't perfection. It's progress toward financial confidence and peace of mind. A good budget shouldn't limit you — it should free you to spend guilt-free on what matters while saving intentionally for your future.

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

**NC COOPERATIVE EXTENSION Pamlico County**

**BASIC HOLIDAY FOOD SAFETY**

ESSENTIAL TIPS FOR KEEPING YOUR FESTIVITIES SAFE AND HEALTHY

**PREPARATION**

Keep surfaces and hands clean to avoid contamination during food prep.

**COOKING**

Use thermometers to ensure your food reaches safe temperatures before serving.

**STORAGE**

Store leftovers promptly in appropriate containers to maintain freshness and safety.

**TEMPERATURE DANGER ZONE**

Harmful bacteria thrive between 41°F and 135°F, known as the temperature danger zone. To reduce bacterial growth, minimize the time food spends in this range to no more than 4 hours.

Examples: cooked vegetables, pasta and rice; cooked and raw meat, poultry and fish; cut melons, tomatoes and leafy greens.

LEARN MORE ABOUT FOOD SAFETY AT [FOODSAFETY.CES.NCSU.EDU](https://foodsafety.ces.ncsu.edu)

**safe plates**

**BASIC HOLIDAY FOOD SAFETY**

During the holidays, many people plan and prepare meals to feed more than just their own family. Feeding a crowd can raise the risk of foodborne illness from pathogens that you can't see, smell or taste. Consider these tips on how to safely prepare, cook and serve meals to keep those at your table safe from foodborne illness.

**Temperature Danger Zone**

Harmful bacteria grow fastest between 41°F and 135°F. Minimizing time in this range, called the temperature danger zone, reduces growth of these harmful bacteria. Foods that can support the growth of harmful bacteria should not be left in this temperature range for more than 4 hours.

Examples: cooked vegetables, pasta and rice; cooked and raw meat, poultry and fish; cut melons, tomatoes and leafy greens.

**Personal Hygiene**

- Wear clean clothes and aprons when cooking and serving.
- Cover cuts and sores with water proof bandages.
- Do not prepare or handle food if you have had diarrhea or vomited in the last 48 hours.
- Wash hands thoroughly and often when preparing food.

**Cleaning and Sanitizing**

- Clean dishes and prep equipment by washing them in a dishwasher or hot soapy water.
- To sanitize dishes, equipment and surfaces that do not go in a dishwasher dip them a bleach solution or another sanitizer approved for food surfaces.
- To make a bleach solution mix 1 tablespoon of bleach in 1 gallon of water.
- Be sure to follow all manufacturers' directions and never mix chemicals together.

**Handling Leftovers**

- Refrigerate perishable leftovers as soon as the meal is over.
- Throw away/compost perishable food left at room temperature for 4 hours or more.
- Place foods in shallow containers before refrigerating for quicker cooling.
- Eat leftovers within 7 days.

**Hot and Cold Holding**

Hold hot foods at 135°F or higher with chafing dishes, warming trays or slow cookers. Hold cold foods at 41°F or lower by placing serving dishes in or on larger dishes filled with ice.

**Cooking Food Safety**

Check food temperatures with a calibrated digital thermometer. Measure at the thickest spot and stir liquid-based foods before checking temperature. For products that have a hold time longer than <1 second, ensure the food maintains the appropriate temperature or hotter for the entire duration.

Food	Cook Temperature and Time
Roast beef	130°F for 112 min., 145°F for 4 min.
Beef, pork, veal and lamb, fish and shellfish	145°F for 15 sec.
Ground meat, sausage, fish sticks	158°F < 1 sec., 155°F for 17 sec.
Stuffed pasta or casseroles	165°F < 1 sec.
Poultry and wild game animals	165°F < 1 sec.
Reheated food to be held hot for serving	165°F < 1 sec.

For more information contact [ncsafeplates@ncsu.edu](mailto:ncsafeplates@ncsu.edu) | Updated 10.4.21

Inspiring ideas for last-minute holiday shoppers

It's unlikely that anyone aspires to be a last-minute holiday shopper. Putting off holiday shopping until the last minute can make for a stressful home stretch to the season, and there's no guarantee store shelves won't already be picked clean or that gifts purchased online will arrive on time.

Despite how unappealing last-minute shopping can be, it's still a fact of life for millions of holiday shoppers. As the clock winds down this holiday season, shoppers can look to these ideas for inspiration.

- Gift cards: Gift cards may never earn a distinction as the most sentimental item to give a loved one during the holiday season, but they are surprisingly sought-after. In fact, a survey from the National Retail Federation found that 54 percent of participants identified gift cards as the most-wanted gift of the 2022 holiday season. Chain retailers, small businesses and restaurants are among the many establishments that sell gift cards, so shoppers are bound to find a card to please anyone on their shopping list.
- Food/beverage: The holiday season is a popular time to indulge in some great food and wash it down with a favorite wine or another adult beverage. That makes food and beverages a great holiday gift. Shoppers can take a loved one out to a favorite restaurant, prepare a homemade treat or purchase a favorite dish from a local specialty grocery store or eatery. Pair the food with an appropriate beverage and this accessible last-minute gift idea is sure to be a hit.
- Tickets: Tickets to a movie, sporting event, live theater performance, or concert are another gift idea that likely won't be gobbled up by early bird shoppers. People of all ages enjoy experiences, and a 2022 survey from the travel booking platform GetYourGuide found that 50 percent of survey respondents indicated they would enjoy tickets to a concert or show.
- Books: Books make an ideal holiday gift for everyone from young kids to grandparents. Traditional print books are small enough that they can likely arrive on time even if they're purchased just a few days before Christmas. E-book sellers enable gift givers to pick the perfect time to notify loved ones they have received an electronic book. Audiobooks, which can be downloaded to a smartphone or given as a CD, make an ideal gift for loved ones who spend a lot of time behind the wheel.



Last-minute holiday shopping can be stressful. However, various sought-after items can be secured at the last minute, ensuring gift givers' loved ones have a happy holiday season.

4 popular wine varieties and the foods that go with them

Ingredients and culinary skills are not the only components that can bring out the flavor in a delicious meal. Wine can serve as the perfect complement to a meal, particularly when individuals identify which varieties go well with certain foods.

Wine lists can sometimes be intimidating when dining at establishments known for their extensive offerings. In such instances, diners can ask servers for recommendations, as many restaurants teach staff about which wines go well with the various dishes on their menus. But diners also can learn which wines pair best with certain types of food, a process that can be both enjoyable and illuminating. The following are four popular wine styles, their flavor profiles and foods that go well with them.

- Pinot Noir**
- Cabernet Sauvignon**
- Chardonnay**
- Sauvignon Blanc**



**1. Pinot Noir**

Pinot Noir is a popular style of wine that can be found on the red wine list at many establishments. Wine Folly notes that Pinot Noir is a dry, light-bodied red that has a very fruity, floral taste. Wine Folly notes that a Pinot Noir typically pairs well with chicken, pork, veal, duck, or cured meat.

**2. Cabernet Sauvignon**

Wine.com reports that Cabernet Sauvignon is the most planted and popular red wine grape in the world. A Cabernet Sauvignon is full-bodied and tends to be higher in alcohol by volume (ABV) than other styles, which is something diners should keep in mind. Wine Folly indicates lamb, beef and smoked meats pair well with Cabernet Sauvignon.

**3. Chardonnay**

Chardonnay is widely considered the most popular white wine in the world. In fact, WineInsiders.com reports that almost every wine region around the world grows the variety of grapes necessary to make Chardonnay. Wine Folly indicates Chardonnay boasts a yellow citrus fruit taste that can be akin to banana or pineapple and often features a touch of butterscotch, vanilla or toasted caramel. Chardonnay pairs well with seafood like lobster, crab and shrimp, but also goes well with chicken and pork.

**4. Sauvignon Blanc**


Sauvignon Blanc is another white wine that boasts a fruity flavor profile. The profile of Sauvignon Blanc calls to mind exotic fruits like honeydew melon and kiwi. Sauvignon Blanc is considered a light- to medium-bodied white wine, and Wine Folly reports that it goes well with fish, chicken, pork, and veal. In addition, Sauvignon Blanc pairs well with various ethnic cuisines, including Mexican, Vietnamese and French dishes.

When paired with the right dish, wine can make a night out at a favorite restaurant that much more memorable.



# AROUND THE COUNTY

## Grantsboro Jeff Roberts, *Correspondent*


 Good morning, good afternoon, and good evening. I hope you all are doing well and are ready for some quality time with each other celebrating this wonderful time of the year. Oh how my mom loved Christmas. The wonderful smells and laughter that would bellow throughout the house. Seemed like Christmas was just one continuing get together from this house to the next. Christmas in Pamlico County hasn't always looked the way it does now. There were years when decorations were simple, when gifts were fewer, and when most of the season happened quietly at home. Boats were tied up longer. Fields rested. People gathered not because of schedules, but because that's just what you did. Some remember Christmas Eve services where the church was cold and full all at once. The candlelight service is still one of my most favorite services of the year. Others remember early mornings, coffee on the stove, and a walk outside before the day truly began. For many families, the season was less about what was given and more about who was present. Neighbors checked on one another. Meals stretched farther. Stories were told again. the same ones, every year maybe even every hour and no one minded, much.Those Christmases weren't perfect, but they were steady. Rooted. Familiar. Oh how I miss those Christmases, those still ring out in my memories.Even now, trac-

es of those times remain. You can still find them in quiet docks at sunrise, in small sanctuaries lit against the dark, and in homes where the pace slows just enough to remember what matters.




Christmas past in Pamlico County lives on not in how things looked, but in how they felt. I wish you all a Merry Christmas and Happy New Year. May light be before you on the water, and warmth wait for you at home.


## Pamlico Betty Jo Rodgers, *Correspondent*

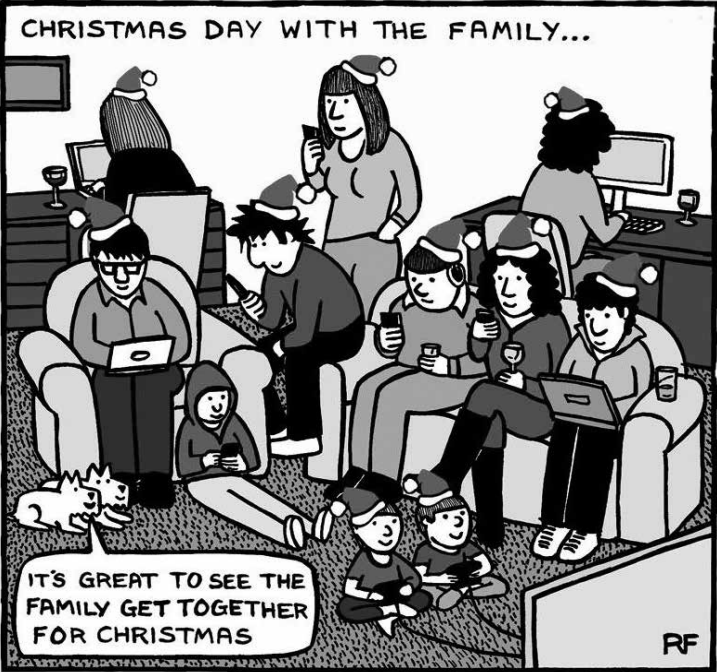
 Merry Christmas and Happy New Year to all our readers. This will be my last article for 2025; however, I will write to you again next year. This week, blackbirds by the hundreds have been in our trees and yard, probably eating the seeds from the surrounding trees that the wind has blown down. Speaking of wind, on Friday, a partially rotten gum tree fell across our driveway. I couldn't get to my house, but I was blessed by church members and friends who came to my rescue. Mo Benton and Mitchell Jackson brought a chainsaw and cut the tree into movable sections. Isaiah and Micah Rodriguez picked up the pieces and moved them out of the driveway. I was blessed to have these gentlemen to help. The Pamlico Middle School band concert on Wednesday night was a big success. Jim Durham, Director of Bands, is to be commended for the fine work he does with our students. Construction is happening on the house at the intersection of Straight Road and Trent Road. I have not had a chance to meet the new owners and ask about the decks they are building. Thursday night, six youth from Stonewall Methodist Church accompanied me to Carolina East Hospital to help the chaplains sing Christmas carols throughout the entire facility. Some of the youth were in my chaplain's group caroling on floors one and two. The other youth went with a group to sing on floors 3, 4, and 5. Nan Gilbert told me she heard them when she was in her room on the fourth floor. Sunday morning during worship, the Stonewall Methodist children presented their Christmas program to the delight of the congregation. Once again, our service was in the fellowship


hall due to the lack of heat in the sanctuary. Beth Wood always uniquely presents things for our children to help them learn more about Jesus. Sunday afternoon, 18 turkeys crossed our driveway as I was driving home from church. Stonewall Methodist Church had its Blue Christmas Service on Sunday evening in the fellowship hall. Not everyone is jolly and happy during the Christmas season. Some are grieving, financially stressed, or burnt out, but they are doing the best they can. Holidays are a tough time for many, and you never know what someone else is going through. Be kind. It was special for the few who attended, but attendance was low, probably due to the cold night air. I hope it was also an indication that fewer people are grieving this year. Attendees lit candles of remembrance for their loved ones. Craig Cooper made it special by performing selected music. The Stonewall Methodist Church will celebrate its Candlelight Communion on Christmas Eve at 6:00 pm. Everyone is welcome. Celebrating birthdays in December are Beth Stowe Wood (12/23), Savannah Alexander (12/24), Jesus (12/25), Larry Gwaltney (12/26), Pam Hannah (12/27), and Kenneth Smith (12/28). Celebrating birthdays in January are Janice Shorey (1/1), Reuben Phillips, Jeremiah Day, and Anne Watson (1/3), and Kathy Tyndall and Barbara Varley (1/5). Have a blessed week. Vexed? Take Spiritual Vitamin V. "There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed everyone." (Acts 5:16)

## Aurora Joy McCracken, *Correspondent*

 Saw a squirrel crossing over me on a power line while driving. Don't see that often. Wonder if that was an omen. This is such a magical place. While out in the yard I could hear Tundra Swans to the north and Loons calling to each other on the creek at the same time! And the exciting news is that I heard a number of Black Scoters on the creek down towards Aurora. An audible lifer! They're in the area as someone reported seeing probably the same bunch at the Long Point Rec Center a few days before. For one day there was a lone Canadian floating calling to its gang. Had a big flotilla of White Pelicans down at the point for a day. I think I have a spiritual Squirrel that comes around and stares in the window looking for food. They say that when you see Cardinals, you are seeing past family members checking up on you. My aunt was very involved with Transcendental Meditation and was below the beach house in the downstairs room meditating

once. I was sweeping up on the outside and kept trying shoo a grass snake away from the dryer vent. Later I was telling the family about it and my aunt was thrilled, convinced her good vibes were attracting it. My dad hid behind his paper. This year's special cooking includes sausage balls, caramel Rice Crispy cookie bars and Danish Wedding balls.  I include this favorite photo of mine of Whitehurst Creek in Aurora. I wish you the happiness of Holidays.





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(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## LEGAL NOTICE

**STATE OF NORTH CAROLINA  
UTILITIES COMMISSION  
RALEIGH**

DOCKET NO. E-100, SUB 211  
BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of  
2025 Biennial Avoided Cost Proceeding  
Biennial Determination of Avoided Cost  
Rates for Electric Utility Purchases from  
Qualifying Facilities

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission (Commission) has scheduled a public hearing in this docket which will commence on Monday, February 16, 2026, at 6:30 p.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina, for the purpose of taking nonexpert public witness testimony as a part of its 2025 biennial determination of avoided cost rates for purchases of electricity by the electric utilities who are parties to this docket from qualifying cogeneration and small power production facilities. The electric utilities who are parties to this docket are Duke Energy Carolinas, LLC (DEC), Duke Energy Progress, LLC (DEP), Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (Dominion), Western Carolina University (WCU), and Appalachian State University, d/b/a New River Light and Power Company (New River).

The Public Utility Regulatory Policies Act of 1978 (PURPA) requires electric utilities to offer to purchase electric energy from cogeneration and small power production facilities which obtain qualifying facility status under PURPA. The rates for such purchases shall be set by the state regulatory authority, shall be just and reasonable to the ratepayers of the electric utility and in the public interest, shall not discriminate against qualifying cogenerators or qualifying small power producers, and shall not exceed the incremental cost to the electric utility of acquiring alternative electric energy. As a part of its responsibility in these matters, the Commission determines on a biennial basis the avoided cost rates and conditions for the purchase of electricity by electric utilities from qualifying cogeneration and small power production facilities in North Carolina.

In addition to the requirements of PURPA, N.C. Gen. Stat. § 62-156 requires the Commission to determine the rates and contract terms to be observed by electric utilities in purchasing power from small power producers as defined in N.C.G.S. § 62-3(27a). The rates established pursuant to N.C.G.S. § 62-156 shall not exceed, over the term of the purchase power contract, the incremental cost to the electric utility of the electric energy which, but for the purchase from a small power producer, the utility would generate or purchase from another source.

The purpose of the hearing cited in this Notice is to consider revision of the avoided cost rates and contract terms previously set by the Commission for the purchase of electricity by the electric utilities who are parties to this proceeding from qualifying cogeneration and small power production facilities in North Carolina.

The Public Staff is required by statute to represent the using and consuming public in proceedings before the Commission. Written statements to the Public Staff should include any information which the writer wishes to be considered by the Public Staff in its investigation of the matter, and such statements should be addressed to Mr. Christopher J. Ayers, Executive Director, Public Staff – North Carolina Utilities Commission, 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Josh Stein, Attorney General of North Carolina, c/o Utilities Section, 9001 Mail Service Center, Raleigh, North Carolina 27699-9001.

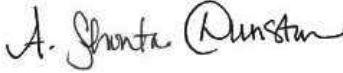
Written statements are not evidence unless those persons submitting such statements appear at a public hearing and testify concerning the information contained in their written statements.

Any person desiring to intervene in the matter as a formal party of record should file a motion under Commission Rules R1-5 and R1-19 no later than Thursday, February 5, 2026. All such motions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4325. The comments and exhibits to be presented in this proceeding by formal parties other than DEC, DEP, Dominion, WCU, and New River must be filed with the Commission no later than Thursday, February 5, 2026.

ISSUED BY ORDER OF THE COMMISSION.

This the 22ND day of August, 2025.

NORTH CAROLINA UTILITIES COMMISSION

  
A Shonta Dunston, Chief Clerk



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Check out our website at  
www.TheOrientalPetParlour.com



Katherine H. Winfrey

Income Tax Service

801 Broad St.  
Oriental, NC 28571

533 South Creek Rd.  
Aurora, NC 27806  
252-670-7728  
252-675-2828



2005 Thor Windsport 36A, Ford V8 Gas, 2 Slides, 38K miles, New tires, New Mini Split Units, Everything Works! One Owner. \$23,500 OBO or Do You have something to trade? 518-657-1348 in Oriental

FOR RENT

3 BR, 2 BA on private lot, Merritt. Garbage included. Deposit, references needed. NO PETS. \$880/mo. 252-670-0138.

SERVICES

Small Driveways - granite, limestone, base, crushed concrete. Also topsoil, sand and mixed green and rip rap rock.  
Roy Holton 252-670-7124.



BAYBORO DEVELOPMENT REENTRY CENTER  
13632 Hwy 55 ~ Alliance

Ms. Vennie Himbry  
Executive Director  
252-229-9041

Monday-Thursday 10:00 - 4:00 REENTRY SERVICES  
Court Advocacy Expungement – Counseling – ID Recovery – Housing – Job Referrals  
Food/Gas Cards – Clothing  
Bayboro Development Reentry Center <http://tinyurl.com/bdcreentry>

Why SANTA doesn't use cats.



Hit me with that whip, Chimney Breath, and I'll scratch you silly!  
I'm Sorry. I can only wear real diamonds.  
I'll leave when I'm good and ready.

"I'm dreaming of a white Christmas, but if the white runs out, I'll drink the red."

LEGALS

NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
DISTRICT COURT DIVISION  
ALAMANCE COUNTY  
252CV006667-000

NOTICE OF SERVICE  
BY PROCESS OF PUBLICATION

Rodney Carlyle Jordan, Jr.,  
Plaintiff,  
vs.  
Violet Mollano Jordan,  
Defendant.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The Plaintiff is seeking an Absolute Divorce.

You are requested to make defense to this pleading no later than the 19th day of January 2026; said date being forty (40) days from the first publication of this notice and upon your failure to do so, the Plaintiff will apply to the Court for the relief sought.

This the 10th day of December 2025.

Robert D. Craig  
Attorney for Plaintiff  
4 NE Court Sq., Suite D  
Graham, NC 27253  
(336)266-1526  
NC Bar #16457  
12/10, 12/17, 12/24

Dec.4, Dogwood Landing Rd., Merritt, domestic violence protective order violation (misdemeanor)  
Dec. 5, NC Hwy 306 S., Grantsboro, trespass of real property  
Dec. 5, Vandemere Rd., Bayboro, order for arrest fail return hired motor vehicle > \$4,000  
Dec. 6, Scotts Store Rd., Grantsboro, welfare check  
Dec. 6, NC Hwy 304/33, Hobucken, verbal domestic  
Dec. 7, NC Hwy 304, Vandemere, missing person  
Dec. 7, Stillwater Lane, Oriental, injury to real property  
Dec. 8, NC Hwy 55, Grantsboro, order for arrest driving while license revoked impaired revoked, order for arrest free text, order for arrest simple assault, order for arrest resisting public officer, possession of drug paraphernalia not for marijuana, possession of marijuana paraphernalia, simple possession of Schedule VI controlled substance, storing firearm from unsecured vehicle  
Dec. 9, Wichita Village Lane, Bayboro, assault on a female by male at least 18 years of age  
Dec. 9, Halls Creek Rd., New Bern, break or enter motor vehicle  
Dec. 9, NC Hwy 55, Grantsboro, domestic violence protective order paper service  
Dec. 9. Alligator Creek Rd. Stonewall, larceny of property or goods <= \$1,000  
Dec. 9, Lynchs Beach Rd., Bayboro, order for arrest speeding, order for arrest driving while license revoked not impaired revoked  
Dec. 9, Jones Rd., Vandemere, break or enter any building intent commit felony/larceny, larceny after breaking or entering  
Dec. 12, Main St., Bayboro, failure to appear driving while license revoked, failure to appear expired

INCIDENTS

registration  
Dec. 12, Main St., Bayboro, warrant for arrest misdemeanor larceny, warrant for arrest possess stolen goods/property (M), resist/delay/obstruct public officer, possession of marijuana up to ½ oz, possession of marijuana paraphernalia, driving while license revoked not impaired revoked, drive/allow drive motor vehicle not registered/plate not displayed, operate a motor vehicle no insurance, possess fictitious/altered title/registration card/plate, identity theft, larceny of property or goods value > \$1000, felony conspiracy, obtain property by false pretenses  
Dec. 13, Elm St., Vandemere, larceny of property or goods <= \$1,000  
Dec. 13, Main St., Bayboro, contributing to delinquency of juvenile  
Dec. 13, NC Hwy 55, Bayboro, civil complaint  
Dec. 13, NC Hwy 304, Vandemere, contributing to delinquency of juvenile  
Dec. 15, Maritime Dr., Oriental, drive/allow motor vehicle no registration, driving while license revoked  
Dec. 15, Keel Rd.,Grantsboro, simple assault  
Dec. 15, Fairview Court, Bayboro, verbal argument  
Dec. 16, Ireland Rd., Alliance, exposing child to controlled substance, possession of marijuana up to ½ oz, possession of marijuana paraphernalia.  
Dec. 17, Fork Point Rd., Oriental, obtain property by false pretenses  
Dec. 17, Scott Town Rd., Grantsboro, civil standby  
Dec. 17, Swan Point Rd., Bayboro, larceny of property or goods <= \$1,000  
Dec. 17, Kershaw Rd., Oriental, missing person  
Dec. 17, Riggs Rd., Alliance, driving while impaired, driving while license revoked impaired revoked

PROPERTY TRANSFERS

Sept. 19, 2.196 AC NC Hwy 55 from Friends of the Pamlico County Public Library to Pamlico County, \$0  
Sept. 19, 719/785; Substitute Trustee's Deed; PIN F052-41; 1.58 AC N/S Muddy Landing Rd. (SR 1108) MB 9/73 from Genevieve Johnson/TR, Anthony Maselli/TR, John Hellen, IV, Christine McPhatter/AIF to Atlantic Bay Mortgage, LLC, \$399  
Sept. 19, Sea Vista Oriental Heights Block: D Lot: 76, MB 5/53 & Map DB 368/857, Life Estate Reserved from William B. Ennett, II to Samuel B. Ennett, \$0  
Sept. 19, Lot B E/S NC Hwy 55 Map DB 712/367; 7.3 AC E/S NC Hwy 55 & SR 1312 from Richard D. Wyne, Michelle L. Wyne to Kyle R Emmey, Savannah R Emmey, \$102  
Sept. 19, Blackwell Cemetery Lot: 10 Edgewater Subdivision MB 6/65 from Milton Powell, Georgie Powell, Milton B. Powell, Georgie Lee Powell, \$0  
Sept. 22, Pecan Grove Marina 1/220 Und Int Exhibit A DB 334/140 & DB 352/697, Pecan Grove Marina 1/220 Und Int Piers & Docks PCA 108-5, PCA 118-4, PCA 173-10 & PCB 4-17, Pecan Grove Marina Boat Slip 280 PCB 4-17 from Chris Wright to Christopher Wright, Caryn Cloer, \$0  
Sept. 22, Und Int ½ AC SE/S Lane or Center St (Formerly Ferebee Rd) Stonewall from Lindsay Taylor Lane, Linda Faye T. Lane, Stephen Douglas Lane, Sr. to Stephen Douglas Lane, Sr., \$21  
Sept. 22, 2.98 AC Tract Two PCA 174-17 & PCA 187-12 from John C. Winslett to John C. Winslett, Matthew D. Foster, \$0  
Sept. 22, WC Yacht Club 1/82 Und Int Exhibit A DB 262/835, DB 323/911 & DB 382/111; WC Yacht Club 1/82 Und Int Piers & Docks PCA 47-9 & PCA 130-2; WC Yacht Club Boat Slip 57 PCA 47-9 from Coastal Marine, Inc. to Interactive Marketing Group, Inc., \$0  
Sept. 22, WC Yacht Club 1/82 Und Int Exhibit A DB 262/835, DB 323/911 & DB 382/111; WC Yacht Club 1/82 Und Int Piers & Docks PCA 47-9 & PCA 130-2; WC Yacht Club Boat Slip 57 PCA 47-9 from Interactive Marketing Group, Inc. to Daniel W. Williams, \$50  
Sept. 22, River Dunes Lot: 32F Marina Village - Harbor Village III-B PCA 198-4, PCA 148-7, PCA 148-11, PCA 148-13, PCA 148-15 & PCA 148-17 from Adam Ward Estrada, Kristy Dawn Arrington to Eddie S. Winstead, III, Elizabeth S. Winstead, \$780  
Sept. 22, 0.51 AC Map DB 332/788 from Joseph O'Neil Andrews, Lori Gaskins Andrews to Jonah Thomas Andrews, \$320  
Sept. 23, Hortons Landing Lot: 29 Section Four PCA 54-10 from Rich Halvarson to Angelia K. Diamond, \$76  
Sept. 23, Buccaneer Bay West Lot: 13 Section One PCA 24-6 PIN I081-1-13 from Jean Marie Chase to Michelle Ann Cooke, James W. Cooke, \$770  
Sept. 23, PIN I07-97; 1 AC E/S NC Hwy 55 & Neuse or Kershaw Rd (SR 1005) from Douglas M. Delisle, Keri A. Delisle to Timothy A. Tingle, Karah L. Tingle, \$274  
Sept. 23, Portion PIN K06-1; 259.00 AC (111,282,040.00 Sq Ft) Parcel PCB 20-17 from OW World, LLC to Spear Fish, LLC, \$1,036  
Sept. 23, Portion PIN K06-1; 259.00 AC (111,282,040.00 Sq. Ft) Parcel PCB 20-17 from Spear Fish, LLC to \$1,200  
Sept. 24, PIN E08-1-2-26; Lot 26 PCB 20-14 from Pivot Coastal Development, LLC to Camiley Ventures, LLC, \$58  
Sept. 24, 6 AC B.B. Mayo-Jesse A. Mayo “Hopkins Land” from Logan Keller, Logan Shane Anderson to Lionel Frank Alcock, Hazel Alcock, \$10  
Sept. 25, Sea Harbour Condominium Yacht Club Boat Slip 56 CB 1/71 & Und Int Common Areas from David L. Mayfield, Kelli S. Mayfield, Sea Harbour Condominium Yacht Club, Inc. to Thomas Leslie McElroy, Alice Ann Petree, \$58  
Sept. 25, Caraway Cove Lot: 26 PCA 164-11, Caraway Cove Lot: 26A PCA 164-11 from Paula M. DiBenedetto, Paula M. Huntoon, Clyde W. Huntoon to Maher Construction, Inc., \$50  
Sept. 25, Cutter Bay Lot; 88 4.60 AC PCB 15017 & PCB 13-9 PIN H042-70-88; Undivided Interest from Cutter Bay LLC to Destiny Gabriela Campos-Rivera, Destiny Gabriela Campos Rivera, Destiny Gabriela Campos Rivera, Carmen Revlon, Marina Isabel Luis, Laurencio Alducin, Sabas Campos Cardenas, Dulce Elizabeth Rivera Campos, Augustin Velasco Avila, \$200  
Sept. 26, PIN H091-3; 1.95 A Lot Map DB 345/815 from David C. Fowler, Lisa B. Fowler to Samantha Gail Dennis, \$145  
Sept. 26, Cutter Bay Lot: 45 4.68 AC PCB 16-2 & PCB 13-9 PIN H042-70-45

from Michael T. Abenante to Michael T. Abenante/TR, Michael T. Abenante, Michael T. Abenante Revocable Living Trust, \$0  
Sept. 26, Quitclaim Deed; 0.335 AC Lot: 33 PCB 8-19 from Blue Sky Boatworks, Inc. to Wilda M. Young/TR, Wilda M. Young, Wilda M. Young Revocable Trust, \$0  
Sept. 26, Cutter Bay Lot: 49 6.57 AC Cutter Bay Way Merritt PCB 16-2 & PCB 13-9 PIN H042-70-49 from Cutter Bay LLC to Zachary A. Kennedy, Janine M. Hernandez, \$340  
Sept. 26, Tracts 1, 2-A & 8 PCA 64-8 from Cathy Ann Potter to Tonya Burton, \$0  
Sept. 29 Natures Run on Dawson Creek Lot: 20 PCA 177-20, Natures Run on Dawson Creek Boat Slip 7 PCA 178-2 PINS G08-37-20 & G08-37-7SL from Raymond Leo Marr, Raymond L. Marr, Diane Julie D'Amato Marr, Diane J. Marr to Raymond Leo Marr/TR, Raymond Marr, Diane Julie D'Amato Marr/TR, Diane Marr, Raymond and Diane Marr Joint Revocable Trust, \$0  
Sept. 29, Quitclaim Deed; PIN G101-19-L; 1.07 AC N/S River Rd (NCSR 1304) & 0.16 AC S/S River Rd & N/S Neuse River from Michael R. Barker to Shelby J. Barker, \$0  
Sept. 29, Cutter Bay Lot: 12 4.24 AC Cutter Bay Way Merritt PCB 13-9 PIN H042-70-12 from Cutter Bay LLC to Derwin Ashley Westerburger, \$700  
Sept. 29, PINS F052-102 & F052-103; 3.412 AC Tracts A, B & C, Map Attached; MB 3/28 from Benjamin M. Willis to Corey Nelms, \$490

STATEWIDE CLASSIFIEDS

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No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-877-649-1190 to schedule a FREE inspection and no obligation estimate. Plus get 75% off installation and a bonus \$250 discount! Limited time only. Restrictions apply, see representative for warranty and offer details.

**Miscellaneous**  
Get a High Quality, Modern Design bath or shower transformation in as little as One Day. \$0 Down, \$0 Installation, \$0 Payments for 12 months! Call: 1-877-243-7050.

**Miscellaneous**  
We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer. 1-919-925-6362.

**Miscellaneous**  
We Buy Vintage Guitar's! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-6577

**Miscellaneous**  
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-928-1861. Have zip code of service location ready when you call!

**Miscellaneous**  
Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help!

Win or Pay Nothing! Strong, recent work history needed. 877-553-0252 [Stappacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

**Miscellaneous**  
Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-869-7055 today!

**Miscellaneous**  
BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist 844-492-0883

**Miscellaneous**  
Replace your roof with the best

looking and longest lasting material – steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer – up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-585-1815

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Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 844-213-6711



# Pamlico Vistas

vista /vis-ta/ n / : a distant view through or along an avenue or opening



The Oriental Rock Jetty

## Strategies to promote wellness



The tenets of wellness can be traced to ancient civilizations. Wellness encompasses strategies that lead to a state of holistic health. Those strategies include physical, mental and even spiritual components. The root of wellness incorporates various natural approaches and preventive care. Physical, mental, social, and spiritual well-being is achieved through different avenues. Programs in communities and places of employment can promote and emphasize wellness, which can benefit people in myriad ways.

- **Feeling empowered:** Wellness begins with individuals, who can feel empowered when they make healthy choices and utilize the tools and support systems at their disposal. This can include information provided by health care professionals as well as research people uncover on their own.
- **Community involvement:** Individuals who have access to healthy food, safe housing, education, and medical care are more likely to make wellness a priority. Community leaders can ramp up their efforts to provide health-based offerings to people in surrounding neighborhoods.
- **Workplace initiatives:** People spend eight or more hours each day at work, and health should and can be prioritized at places of business. Employers can incorporate healthy eating options in cafeterias or break rooms, offer stress management services, engage in fitness challenges, and even provide workout equipment or quiet spaces so employees can incorporate wellness into their work days.
- **Spiritual connection:** While spiritual wellness can include faith in a specific religion or belief, it also encompasses values, ethics, service to others, and finding meaning and purpose in one's life. Embracing spiritual wellness through outreach and other efforts can improve health. The World Health Organization states that health is not merely the absence of disease or infirmity. It also includes physical, mental and social well-being, which can be fostered through a spiritual component of wellness.
- **Mental health support:** The National Institute of Mental Health says approximately 59.3 million adults in the United States experienced a mental illness in the past year. Such illnesses include anxiety and depression. The World Health Organization estimates 970 million people globally live with a mental health disorder. Mental wellness comes from seeking help from doctors, therapists and support groups when needed. It also can involve finding root causes of mental distress and taking steps to remove triggers.

Wellness is a broad term that incorporates many different components, each of which can contribute to improved health and a greater sense of well-being.

## Pamlico Partnership for Children hosts Child Care Christmas Celebration



Pamlico Partnership for Children recently hosted our annual Child Care Christmas Celebration for local privately owned childcare centers and one childcare home in Pamlico County. Childcare providers are truly the backbone of our community. They do far more than care for young children; they help shape young minds, support healthy development, and provide safe, nurturing environments that allow parents to work and support their families. Without their dedication, many local businesses and essential services simply could not function.

Our childcare providers are our unsung heroes. They work long hours with limited pay; they invest countless hours in required training, professional development, and meeting strict state regulations to ensure the highest quality care for the children of Pamlico County. Their commitment, patience, and passion make a lasting impact on our children and our community as a whole.

Pamlico Partnership for Children works with both private child care centers and state and/or federally funded child care centers, as allowed. While Christian-based child care centers play an important role in our community, they often have their own faith-based celebrations and support systems. Our privately owned child care centers, however, are not typically included in other Christmas celebrations, which is why this event is so special to the Partnership team and to the childcare providers.

This annual Christmas celebration is a small way to say “thank you” and to recognize the vital role private child care providers play every day. We are grateful for their hard work, dedication, and unwavering commitment to the children and families of Pamlico County.

A special thank you goes to Bayboro Baptist Church and Broad Creek Christian Church for their support of the event. And a special thank you the owners of the centers and home, who provided essential care and learning for the youngest citizens of Pamlico County.

“Come, gentlemen, I hope we shall drink down all unkindness.”

— William Shakespeare



## It’s The Perfect Plan For A Life Well-Lived

Welcome to Brice Pointe, New Bern’s first Life Plan Community. Nestled on 70 picturesque acres along Carolina Lake, every detail is designed to support the life you’ve imagined.

JOIN US FOR AN INFORMATIVE LUNCH AND LEARN

12:00 PM - 1:30 PM

Thursday, January 15 & Thursday, January, 29

Carolina Colours Pavilion

3300 Waterscape Way | New Bern, NC 28562

RSVP by calling 252-659-4550 or emailing [hquinones@thrivemoreinc.org](mailto:hquinones@thrivemoreinc.org)

Space is limited.



503 WEST THURMAN ROAD  
NEW BERN, NC 28562

