



**Merry Christmas**  
AND A HAPPY NEW YEAR



Letters To Santa B

Vol. 57 No52, 10 Pages

# The Pamlico News

Wednesday, December 24, 2025

Your County News Source Since 1968

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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.



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

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



**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.

## LIKELY WEATHER OVER THE WEEKEND

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

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

**Sheriff Chris Davis (252) 745-3101**

**PAMLICO COUNTY SHERIFF'S OFFICE**  
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 1/2 Ounce

Possession of Drug Paraphernalia not for Marijuana

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

Conspire to Traffick 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 Traffick Cocaine Two Counts  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to 1/2 Ounce  
Possession of Drug Paraphernalia not for Marijuana

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

Conspire to Traffick Cocaine Two Counts  
Possession of Firearm by Convicted Felon  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to 1/2 Ounce  
Possession of Drug Paraphernalia not for Marijuana

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

Conspire to Traffick Cocaine Two Counts  
Felony Maintaining a Dwelling for the Sale of Controlled Substance  
Possession of Marijuana up to 1/2 Ounce  
Possession of Drug Paraphernalia not for Marijuana

**Dwight Turnage**

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Cell: 252-637-8817

Fax: 252-745-5240

# 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



**Sheriff Chris Davis**

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

## 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.



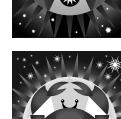
### TAURUS – Apr 21/May 21

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.



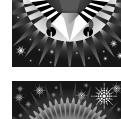
### GEMINI – May 22/Jun 21

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 null all possibilities.



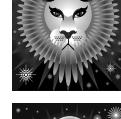
### CANCER – Jun 22/Jul 22

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.



### 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.

FOR ENTERTAINMENT PURPOSES ONLY



### 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.



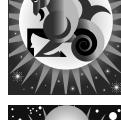
### SAGITTARIUS – Nov 23/Dec 21

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/Febr 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.

## 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](http://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://aaeasternncc.org/> <https://aanorthcarolina.org/> <https://www.aa.org/>

## The Pamlico News

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**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, Minnesota 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**

See all Listings & Visual Tours at  
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1-800-347-8246 • 252-249-1014

Or contact Allen Propst  
252-671-4644  
704 Broad St, PO Box 750, Oriental, NC 28571



## 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)

Pamlico SBC  
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Bayboro, NC 28562  
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**NC COMMUNITY  
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## PAMLICO COUNTY SCHOOLS

### Retired School Personnel Celebrate with Christmas Luncheon



There are many groups that gather together to celebrate each other's company this time of year and there are none any more special than the Pamlico County Retired School Personnel who enjoyed a very special Christmas luncheon last Wednesday at the Alliance Methodist Church's Fellowship Hall. Merry Christmas ladies and thank you for your service to the schools and children of Pamlico County.

### Pamlico County Middle School Holiday Band Concert



The 6th Grade Band (top), and the combined 7th and 8th Grade Bands.

Last Wednesday it was the band students of Pamlico County Middle School's turn to take the stage for their Holiday Band Concert. The sixth-grade band took the stage first and these young musicians performed a great show filled with beginner pieces and Christmas classics. They were followed by the combined seventh and eighth grade band who played several more intricate selections in their set along with several festive favorites. If you left the auditorium without being in the Christmas spirit, you must have had your ears closed.

## different paths

Students entering high school have two different paths they can choose: public or private. Attending a public high school in the United States generally comes with few out-of-pocket costs because the running of the school is subsidized by local property taxes. In Canada, public secondary schools are free to Canadian residents, but most charge tuition fees for international students. Private schools charge tuition because they likely do not receive any oversight or assistance from government agencies. As a result, private high schools may be able to set their own curricula, policies and costs of attendance. Tuitions to attend private high schools vary greatly. Secular schools may cost more than Catholic and other religious schools. Also, location can affect the cost of attendance. According to U.S. News & World Report, Connecticut is home to the most expensive private schools, with private high school there costing twice the national average. Wisconsin is the lowest for private high school, with that tuition being half the national average. As of March 2023, Education Data Initiative reported the average tuition at a private high school in the U.S. came in at \$15,645 per year. Private high schools in New England tend to cost more than schools in other parts of the country.



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## Katherine Clowers to Retire from the Craven-Pamlico Regional Library

by: Hiram Lupton

The Regional Director of the Craven-Pamlico Library System, Katherine Clowers, has decided to take the big step into retirement. Ms. Kat, as she is affectionately known as, was a familiar face at the Pamlico County Public Library, having served as Branch Manager for twenty years before becoming Regional Director five years ago. During her time in Pamlico, she helped shape



Katherine "Kat" Clowers

the library we all know and love, laying the foundation for growth, innovation, and community connection. Her leadership was instrumental in bringing the new Pamlico County Library building to fruition, a lasting gift to our community. During her 5-year tenure as Regional Director, Mrs. Clowers led system-wide initiatives that significantly expanded access to library services and resources. These efforts included the establishment of the Book Tech Mobile, the formal development of a regional Outreach Department, and the implementation of the TOPS & SPOTS mobile hotspot program, each designed to reduce barriers to

information, technology, and lifelong learning. Beyond programs and infrastructure, Mrs. Clowers fostered strong inter-library collaboration, supported professional development, and mentored staff at every level. Her leadership strengthened the capacity, sustainability, and effectiveness of the regional system, grounded in trust, accountability, and a firm belief in the power of librarians to serve their communities. At one time or another she has worked in each of the five branches that make up the Craven-Pamlico system, earning the respect and admiration at every location. Last Friday, she was honored with a reception to celebrate her retirement at the New Bern library location where friends, family, colleagues and coworkers gathered to celebrate her dedication to the library. Her retirement is effective on December 31 and she plans on spending more time with family, especially her grandchildren, as well as tending to her beloved horses. Happy retirement Ms. Kat, thank you for a job well done.



Even Santa was on hand to wish Kat a happy retirement



(L to R), Fran Benninger, Kat Clowers, and Sidney Phibbons

**SAVING FOR RETIREMENT** ensures people can navigate their golden years with enough money to comfortably say goodbye to working full-time. The earlier one begins to set aside savings for retirement, the more money accumulates. Mass Mutual says a saver at age 22 with a goal to retire at age 65 can achieve total savings of \$2,255,844 before taxes and inflation when putting away \$500 a month for retirement. Waiting until age 32 to start saving the same amount monthly drops the total savings down to \$972,542, while waiting until age 42 shaves it down to \$395,866. When a person starts saving at age 22, the rate of savings increases because of compounding interest over time. The earlier a person starts, the easier it is to end up with a nest egg that can ensure a comfortable retirement. While it may be challenging to think about retirement when just starting out in a career, keeping an eye on the future with smart saving strategies can set people up for financial security later in life.

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

**presents Featured Special Artist**

## SARAH RIDGWAY

Mark your calendars because we have even more in store for January! Join us at the gallery on Saturday, January 10, from 2-5 p.m. for a lively opening reception featuring the inspiring artworks of Sarah Eve Ridgway.

Once a Respiratory Therapist, Sarah's life took a dramatic turn when she faced a challenging, inoperable brain tumor. But instead of letting that define her, she embraced her creativity as a powerful way to cope with the ups and downs of her journey—just like the incredible Frieda Kahlo! Known affectionately as Sarah Sunshine, she keeps her spirit bright and has even started a support group in Pennsylvania to uplift others facing similar battles.

While she can't be with us in person, her art will shine at the opening, and every piece purchased goes towards her essential medication not covered by insurance. Let's come together to celebrate art, resilience, and community! Don't miss out on this fantastic opportunity!

**Please join us for an opening reception for the artists at the gallery from 2-5 p.m., Sat., January 10**

Refreshments will be served • [broadstrokesgallery.weebly.com](http://broadstrokesgallery.weebly.com)

**JANUARY 2026**



If you missed the opening on Jan. 3 for Guest Artist Quin Troxler Dionne and Student Artist Lena Robertson, their work will still be on view for the rest of Jan., so come see it all!

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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

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# 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



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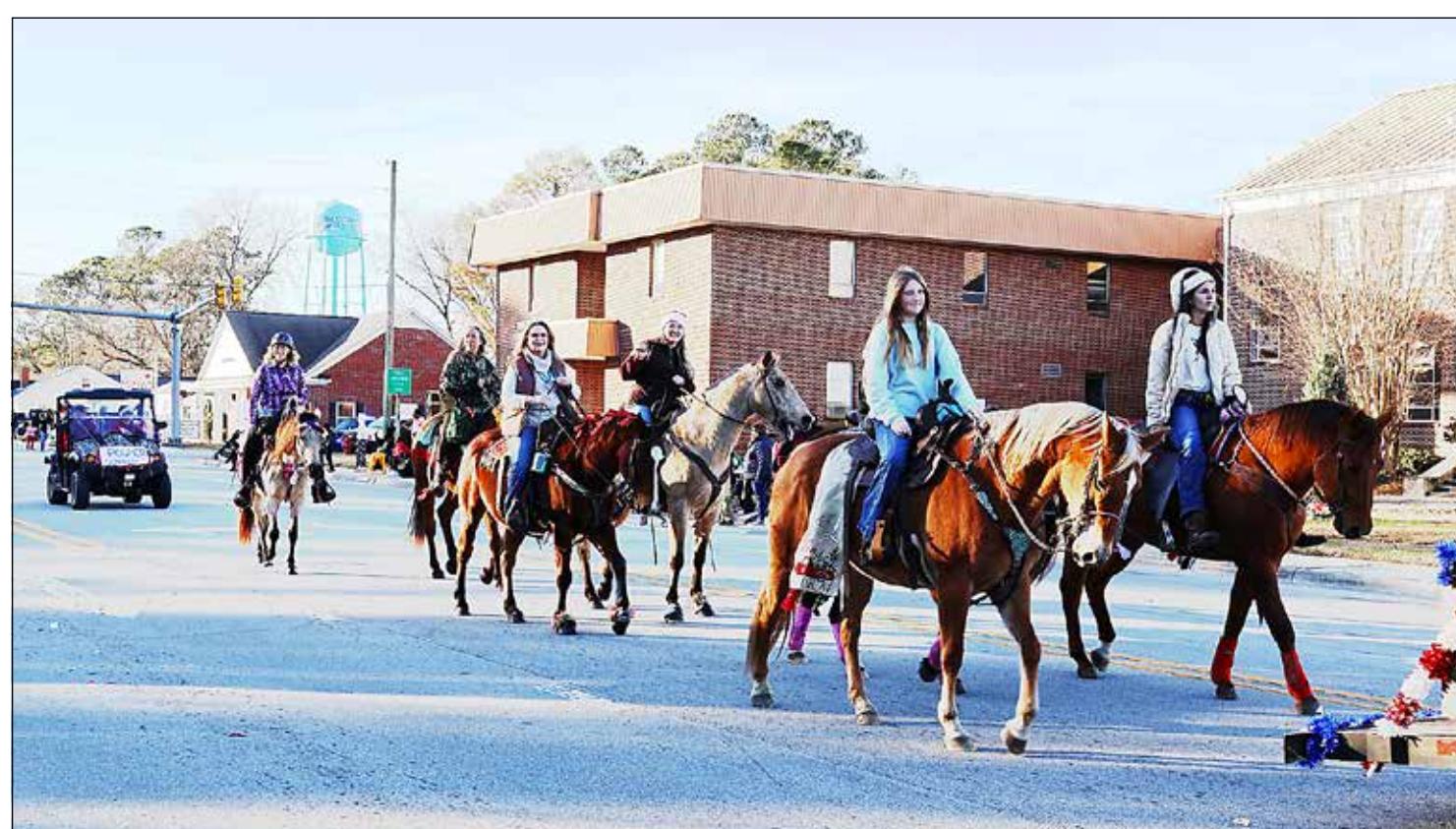
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The Pamlico County Horseman's Association



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## 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)



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

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**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 to 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.

## 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.

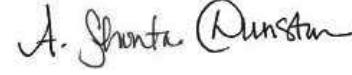
Written statements are not evidence unless those persons submitting such statements appear at a public hearing and testify concerning the information contained in their written statements.

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 Dunstan, Chief Clerk



## Year of the Fire Horse

The Lunar New Year, commonly referred to as the Chinese New Year, highlights Chinese astronomical animals and elements. With 12 signs and five elements, certain combinations only arrive once every 60 years. In 2026, celebrants will recognize the Fire Horse with celebrations that begin on February 17.

Chinese astrology assigns a year with one of the 12 zodiac animals paired with one of the five elements: metal, wood, water, fire, or earth. As these elements complement and clash, it is believed they promote order, harmony and balance in the natural world.

The Chinese lunisolar calendar is based on a sexagenary (60-year) cycle of "ganzhi," which means "stems and branches." Although the last Year of the Horse was in 2014, that was a Wood Horse. We haven't seen a Fire Horse since 1966. The combination of fire and horse can bring about certain effects.

According to Sinocultural, the horse has earned a distinguished place in the Chinese Zodiac through legendary speed and unwavering endurance. Horses were indispensable in ancient Chinese society and representative of power, nobility and ambition. China Highlights says Chinese astrology asserts that personality and luck are determined by both zodiac sign and 12-year cycle element. The fire element provides warmth, enthusiasm, connection, and creativity.

For the Fire Horse, the element modifies the animal's trait. Fire Horses are said to be strong-willed, proactive and lively. They can handle various problems simultaneously and they thrive on challenges, succeeding in the face of adversity. According to myNEWS, The Year of the Fire Horse is expected to be full of breakthroughs, rapid changes and innovations. People are encouraged to chase their dreams this year as many opportunities await. A Fire Horse allegedly burns everything to rebuild, so the year could be tumultuous in the name of progress.

Celebrating the Lunar New Year will be even more exciting with the vibrant and change-inducing Fire Horse.

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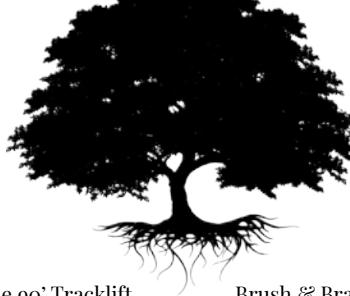
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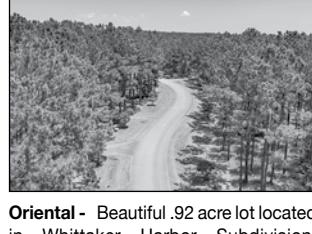
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"I'm dreaming of a white Christmas, but if the white runs out, I'll drink the red."

## LEGALS

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
DISTRICT COURT DIVISION  
ALAMANCE COUNTY  
25CV006667-000**

**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

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 F052-411; 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 Remmey, Savannah Remmey, \$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 1/2 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, Und Int 1/2 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, Und Int 1/2 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, Und Int 1/2 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, Und Int 1/2 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

## INCIDENTS

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

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 1/2 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/alter 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 1/2 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. 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., \$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., \$0

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Sept. 22, WC Yacht Club 1/82 Und Int Exhibit A DB 262/835, DB

# 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 to 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



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