

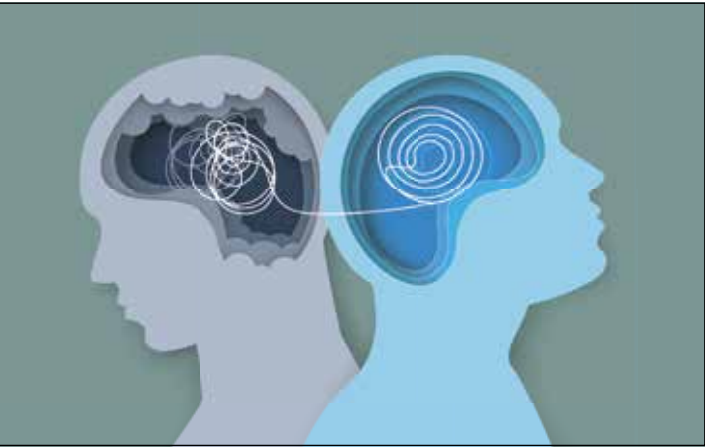


Pamlico Community College



Chili Cookoff winners

For the second year in a row, Albert Krelie, photo at left, is the champion of the Pamlico Community College Foundation's Chili Cookoff! He took first place in the Feb. 22 contest with his "Crazy Al's" chili, which narrowly beat Tanya Banks's "Buckaroo Bang" chili. In the photo at right, Banks, right, shows off her second-place trophy. She and fellow entrant Derek Godwin, left, initially tied for second place, but a further review of the scores found Banks edged him out. Godwin prepared "Smokey and the Bandit Chili." Thanks to all 12 contestants who entered the chili contest, and thanks to everyone for their support of the Foundation's annual Great Oyster Revival & Chili Cookoff fundraiser! Contributed photos



A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression. Authors of the study, which was published in February 2023 in the journal BJM Sports Medicine, concluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior therapy. The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress. However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions.

SMALL BUSINESS VIDEO & AI BOOTCAMP

CREATE ENGAGING SOCIAL MEDIA CONTENT WITH EASE

FREE, IN-PERSON SEMINAR

SAT, APRIL 5 9AM-3PM

Pamlico Small Business Center
701 Main St
Bayboro, NC 28571

Master Video Creation with Canva
Utilize Teleprompters & Voiceovers
Optimize for Social Media Engagement

ALSO. SIGN UP FOR BONUS ONLINE WEBINARS

INTRO TO CANVA FOR SOCIAL MEDIA

Featured Speaker
Chisa Pennix-Brown
Give it to the People

TUES OR THURS MARCH 18 AND 20TH 6PM-7:30PM (ONLINE WEBINARS)

REGISTER FOR FREE AT
WWW.PAMLICOSBC.COM

Land/Home Sales Property Management Appraisals Development

Agent of the Week

Gregory Green
Broker-

Here's what one of Gregory's customers had to say...

We are writing to say how pleased we Gregory-I am so impressed by your performance listing multiple lots and achieving two sales in quick order. Your enthusiasm is contagious and is so appreciated by me that I would not hesitate to recommend you to my friends and associates. You are a welcome addition to Mariner Realty's staff.
Susan, NJ

MERRITT – Newly-renovated, 2,100 sf **3BR/2BA**, on 1 acre unrestricted lot on Gibbtown Road (SR 1335); no HOA, no zoning. New kitchen, SS appliances, Butcher-Block Island, glass-front upper cabinets, solid surface countertops and a large Breakfast nook. New LVP flooring, new carpeting. Electric-log fireplace in living room. Home is on an engineered permanent foundation with a HUD Compliant Foundation Engineering Certification letter; qualifies for Conventional, VA, FHA and USDA financing. Roof & HVAC installed 2021.
OFFERED AT \$325,000

ORIENTAL – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos in the Heart of Oriental. Building B, Unit 7 is a **2BR/2BA** condo with a 40' x 16' deeded boat slip with 5' controlling water depth.
OFFERED AT \$350,000

ORIENTAL – Spacious **3BR/2.5BA** home offers comfortable living. Open floor plan, ideal for family gatherings or entertaining on 3 acres. Whether you're looking for a peaceful retreat or a place to call home, this property offers a great balance of space and tranquility. Property will be sold as is.
OFFERED AT \$425,500

ORIENTAL – Waterfront **3BR/2BA** offers breathtaking water views and direct access to some of the best fishing in the area. Spacious, open floor plan, perfect for entertaining. Large windows flood 1,828 sf home with natural light.
OFFERED AT \$ 498,900

ORIENTAL – 4,000 hsf commercial building on 0.92 acres of unrestricted land not zoned and not in flood zone located +/-3 miles north of Town of Oriental on Hwy 55. Fully-insulated I-beam construction, 6" concrete floor. Reception area, conference room & 2 office spaces. Carrier 2.5 ton heat pump for the 1,080 hsf office area and two 5.0 ton HVAC systems for the 2,920 hsf fully-insulated warehouse. Walk-up attic storage, fenced side yard, 208 3-Phase electrical system with 200 amps service. Ingersole Rand 200 PSI air compressor system for the warehouse with work benches and storage shelving. Metal fabrication equipment does not convey.
OFFERED AT \$ 650,000

MERRITT – Waterfront **3BR/2.5BA** with dock and boat lift on Moores Creek. Great water views. Oversized garage with workshop, garden shed, whole house generator, whole house 400 AMP service. Screened deck, open deck, close to ICW on 1 acre in the Bay Shores Estate community.
OFFERED AT \$ 675,000

See all Listings & Visual Tours at
www.orientalncwaterfront.com
1-800-347-8246 • 252-249-1014
Or contact Allen Propst
252-671-4644
704 Broad St, PO Box 750, Oriental, NC 28571

THIS WEEK IN HISTORY

by: Hiram Lupton

- March 5th – Today is Ash Wednesday. It is also National Multiple Personality Day as well as National Cheese Doodle Day. Quite an interesting combination we have.
- March 6th – Today is National Oreo Cookie Day.
- March 7th – Today is National Cereal Day.
- March 8th – Today is National Peanut Cluster Day.
- March 9th – Time to Spring forward. Daylight Savings Time starts at 2 AM, which would then be 3 AM. I need to remember to set an alarm so my wife can get up then and reset our clocks.
- March 10th – Today is National Napping Day. Time to get that hour you lost back.
- March 11th – Today is National Funeral Director and Mortician Day.

BIRTHDAYS THIS WEEK

- March 5th – 19??, County Commissioner Thomas Mills
- March 6th – 1475, Painter Michelangelo di Lodovico Buonarroti Simoni
- March 6th – 1972, Basketball Hall of famer and insurance salesman Shaquille O’Neal
- March 7th – 19??, Board of Education Member, Cathy Dunbar
- March 10th – 1940, Actor Chuck Norris
- March 10th – 1946, Basketball coach and announcer Jim Valvano
- March 10th – 1983, Singer Carrie Underwood
- March 10th – 1969, Actress Paget Brewster



Don’t give up…….Don’t ever give up!
–Jim Valvano



Prime Time provides services and activities promoting the physical, social, mental and spiritual well being of individuals aged 50+ in Oriental and surrounding Pamlico County. Prime Time partners with numerous organizations bringing together many resources helping area residents sustain an enriched and independent quality of life.

Director Phone: 252-675-0909 • Email: director@primetimepamlico.org

Breakfast with Friends @ Brantley’s
Thursday’s – 8:30 am

Please join the group at Brantley’s (Center Room) for breakfast. The breakfast will continue every Thursday at 8:30. (Except for when they are closed). Come as you are able. Breakfast is on your own. All are invited!

Prayer Shawl
Thursday’s – 10:00 am
Oriental United Methodist Church – Fellowship Hall

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

Creative Card Making Class
Wednesday - March 12 - 10am to Noon
Oriental United Methodist Church Fellowship Hall

The class meets each month on the 2nd Wednesday to make cards and enjoy each other’s company. The class is led by Cheryl Mcaskill, a Stampin’Up demonstrator. She will provide most of the supplies needed, and each person will make 8 cards during the class. Class Limited to ten people. Cost for paper supplies is \$25/month.

Game Day
Wednesday – March 12 2:00 pm – 4:00 pm
Oriental United Methodist Church – Fellowship Hall

Please join us for an afternoon of fun-filled board games, cards, and fellowship! All skill levels are welcome! We’ve been playing Rummikub, but it’s always exciting to introduce new games and learn from others. If you have a favorite game that you’re passionate about, it could be a great opportunity to share it with others and maybe even inspire new enthusiasts.

Concerned about your drinking?

You are not alone, there is help available!
Come join others who have found a Solution!
Alcoholics Anonymous: New Bern Hotline (252) 349-0898
Meetings in Pamlico County:

(If you think you may have a problem, you are welcome to attend)

- Tuesday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church 600 Ragan Rd. in Oriental, NC (2nd brick building on left off Hwy 55)
 - Thursday *7:30pm** - Recovery and Beyond Group - Beginner/Open Discussion Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC (close to DSS/Senior Center)
 - Friday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).
 - Sunday *7pm – Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left)
- https://aaeasternnc.org/ https://aanorthcarolina.org/ https://www.aa.org/

The Pamlico News

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

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

Press Releases, Events, News
editor@thepamliconews.com
Photographer Reporter
hiram@thepamliconews.com
Advertising
frontdesk@thepamliconews.com
Billing Inquiries
frontdesk@thepamliconews.com
USPS 782-460
Published 51 times a year
801 Broad St., P.O.Box 510
Oriental, NC 28571
(252) 249-1555 fax: (252) 249 0857
www.thepamliconews.com

The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day.

The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.

COMMUNITY

OBITUARIES



Burke “Bud” Royce Limeburner, Jr., 92, of Arapahoe passed away Tuesday, February 25, 2025, at CarolinaEast Medical Center. Retired Master Sergeant of the U.S. Air Force, Bud then worked in Law Enforcement in Cape Cod, MA before furthering his career as Director of the Department of Natural Resources. While living in Cape Cod he was active in the Lion’s Club as well as the Masonic Lodge. After retirement 25 years ago, he relocated to Minnesott Beach where he was an avid golfer. He was preceded in death by his parents, Burke and Carmelita Limeburner and brothers, Stanley and Phillip Limeburner.

He leaves behind to cherish his memory his wife of 70 years, Marjorie Anne Limeburner; sons, Bryan and Nathan Limeburner; daughter, Katherine Limeburner; and grandchildren, Ian Cooke, Scott Limeburner and Adam Limeburner. A memorial service to honor Bud’s life was held Tuesday, March 4th at Daniels-Sadler Funeral Home with the Rev. Rex Horne officiating. Military honors by U.S. Air Force. The family received friends prior to the service at the funeral home. As an expression of sympathy, memorial contributions may be made to Silver Hill Christian Church, c/o Evelyn Paul, 1903 NC Hwy 306 N., Grantsboro, NC 28529. Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.



Walter T. Brown, 92, of Oriental, left this world to join his heavenly family on February 19, 2025. Walter was born in Bay Shore, New York on August 10, 1932, to Marie F. Brown and William G. Brown. He graduated from Bay Shore High School and SUNY Farmingdale. Walter served our country as a USN Radarman 2nd Class from 1951-1955 during the Korean conflict. He met the love of his life and married Mary Ann (Grodeski) Brown in May of 1958. Walter retired from New York’s Dept. of Agriculture and Market as the Assistant Director and moved to Oriental, NC where he enjoyed boating, both power and sail, and dancing with Mary Ann, especially at the Polish Festivals. He designed many landscape plans around Oriental. His biggest project was for St. Peter the Fisherman Church in which he was a founding member. Walter leaves behind his wife, Mary Ann of 66 years; his children, Michele Bessette (Mark), of Oriental, Lee Brown (Karen) of Longview, TX, Michael Brown (Robin) of North Beach, MD and Amalie Matera (Jim) of Galway, NY. He leaves behind eleven grandchildren; ten great-grandchildren; and one great-great grandchild; and many granddogs and grandcats. Services will be held at Saint Peter the Fisherman Catholic Church on March 7, 2025, at 11:00 a.m. As an expression of sympathy, memorial contributions may be made to Hospice of Pamlico, PO Box 6, Bayboro, NC 28515; Pamlico County Fishes and Loaves Food Pantry, PO Box 771, Oriental, NC 28571; or the Alzheimer’s Association, PO Box 96011, Washington, DC 20090-6011. Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.

Strength training for seniors

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health. According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles. When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys. • Speak with a healthcare provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health. • Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.



• Graduate to resistance bands. When you’re ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury. • Work with a trainer. Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form. • Exercise with a friend. Strength training with a friend or family member can provide motivation and keep you on target to meet your goals. • Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training. Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.

Horoscopes



ARIES – Mar 21/Apr 20
Aries, a burst of energy propels you to move forward. It feels like everything is clicking, and you are full of ideas and brimming with contagious enthusiasm.



TAURUS – Apr 21/May 21
You are in the mood to get down to business this week, Taurus. It’s a great time to focus on your career or finances. Pay attention to all of the little details as you go along.



GEMINI – May 22/Jun 21
Curiosity takes control this week, Gemini. Opportunities for learning are all around you. You just need to look for them. It may be a new class or a trip that you take with friends.



CANCER – Jun 22/Jul 22
Cancer, this week you may have a lot of emotional processing going on, particularly regarding relationships or past experiences. Embrace these deeper feelings.



LEO – Jul 23/Aug 23
Your social energy could be off the charts this week, Leo. Others will be drawn to your magnetism and self-confidence. It is a great time to network or collaborate.



VIRGO – Aug 24/Sept 22
Efficiency and productivity are the name of the game right now, Virgo. When it comes to organizing and planning, you will be all about getting things done in a timely manner.



LIBRA – Sept 23/Oct 23
Libra, this week is a time for self-expression. You may find yourself pulled toward hobbies or artistic endeavors that enable you to showcase your talents.



SCORPIO – Oct 24/Nov 22
This is a time to dive deep into your home and family life, Scorpio. You want to create a sense of stability at home and address anything that might compromise that. Trust your gut with how to move forward.



SAGITTARIUS – Nov 23/Dec 21
Communication is the key this week, Sagittarius. Initiating important conversations and speaking directly with others is a great way to clear the air and get to the root of these issues.



CAPRICORN – Dec 22/Jan 20
Capricorn, you are focused on your financial well-being this week, but other issues may fall by the wayside. You might have to bring in someone else to keep the balance.



AQUARIUS – Jan 21/Feb 18
Personal goals and ambitions are front and center this week, Aquarius. This could put you in the spotlight and showcase what you want to accomplish to those around you.



PISCES – Feb 19/Mar 20
Pisces, this week invites you to slow down and recharge your batteries as much as possible. You might feel pulled to spend time alone or simply get away for a few days.

PISCES Traits & Overview

Smart, creative, and deeply intuitive, Pisces can be close to psychic. Pisces feel things deeply, and have incredibly strong gut reactions. A Pisces “knows” things from deep within, and can often judge whether a person or situation is good or bad. That doesn’t mean a Pisces ignores the logical part of their brain, though. Deeply intelligent, Pisces have a profound respect for the power of the human mind. Is it a surprise that Albert Einstein was a Pisces? Pisces signs are sensitive, and get along well in small groups of people. Sometimes, a Pisces may feel like they have an internal and external self, and they may need to spend a lot of time solo to recalibrate those two halves of themselves. A Pisces is rarely lonely when they are by themselves, and have an active imagination. Creative, Pisces love spending time reading, exploring or creating art or music, and understanding their emotions through art. Those with the Pisces sign may seem quiet but they are incredibly strong and have a very strong sense of right and wrong. Their moral compass, along with their gut, guides them well. When a Pisces speaks up, people listen. Pisces tend to take in everything around them, and they are great people to ask for advice on pretty much anything. While Pisces has strong convictions about the best way for them to live, they have a “live and let live” approach when it comes to others, and are accepting and nonjudgmental of all.

FOR ENTERTAINMENT PURPOSES ONLY

FINANCIAL FOCUS

Time to consider a business retirement plan?



Dan M. Roberts

If you're a business owner, you're always thinking about the days ahead. What can I do to boost sales in the next year? What trends should I be watching? What's the forecast for my industry? But there's one element of the future you might be overlooking: your retirement plan.

Consider these advantages of establishing a retirement plan for your business:

- **You'll build resources for your retirement.** You might sell your business one day, but can you count on that to fund your retirement? By investing in a retirement plan for many years, you can help accumulate the resources you will need to enjoy life as a retiree.
 - **You can help your business attract and retain employees.** In a tight labor market, you'll want to employ all the advantages you can to attract and keep good employees — and a retirement plan can help.
 - **You can gain tax benefits.** Your contributions to a retirement plan — on behalf of yourself and your employees — can be tax deductible. Plus, you can get tax credits for starting a new plan.
- Here are some retirement plans to consider:
- **Owner-only 401(k)** — This plan is available to self-employed individuals and business owners with no full-time employees other than themselves or a spouse. You may even be able to choose a Roth option for your 401(k), which allows you to make after-tax contributions that can grow tax free. In 2024, the combined employee and employer contribution limit was \$69,000, or \$76,500 for those 50 or older. These limits are likely to rise in 2025.
 - **Personal defined benefit plan** — You can establish a pension plan, also known as a defined benefit plan, for yourself if you're self-employed or own your own business. For 2024, the annual defined pension benefit for a business owner cannot exceed the lesser of \$275,000 or 100% of their average compensation for the previous three highest consecutive calendar years.

- **SEP IRA** — If you have just a few employees or are self-employed with no employees, you may want to consider an SEP IRA. In 2024, your contribution limit was 25% of your salary or \$69,000, whichever was less. The percentage of your salary you contribute to your SEP IRA is the same percentage of your eligible employees' salaries you must contribute to their SEP IRAs.
 - **SIMPLE IRA** — A SIMPLE IRA is easy to set up and maintain, but while it may be advantageous for your employees, it's less generous to you, in terms of allowable contributions, than an owner-only 401(k) or a SEP-IRA. In 2024, you could contribute up to \$16,000 to a SIMPLE IRA, or \$19,500 if you are 50 or older. You must put in 2% of your employees' salaries, regardless of whether they contribute, or match their contributions dollar for dollar, up to 3% of their salaries.
- And keep this in mind: The SECURE 2.0 legislation has made it possible for you to offer a Roth version of a SEP or SIMPLE IRA. Although contributions to either Roth account are not deductible, earnings and withdrawals are tax free, provided you (and your employees) are at least 59½ and have had your account at least five years.
- To learn more about these and other business retirement plans, you might want to contact a financial professional. But don't wait too long — the sooner you start preparing for your retirement — and helping your employees plan for theirs — the better.

Edward Jones is a licensed insurance producer in all states and Washington, D.C., through Edward D. Jones & Co., L.P. and in California, New Mexico and Massachusetts through Edward Jones Insurance Agency of California, L.L.C.; Edward Jones Insurance Agency of New Mexico, L.L.C.; and Edward Jones Insurance Agency of Massachusetts, L.L.C. California Insurance License OC24309

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

NC

COOPERATIVE
EXTENSION

Pamlico County

Homegrown Potatoes

Adapted from Clemson University Potato publication at <https://hgic.clemson.edu/factsheet/potato/>

By: Daniel Simpson County Extension Director, Agriculture Agent



Potatoes are an easy and fun crop to grow in the home garden and have a historically important place in Pamlico County history. There are many different varieties available for planting that vary in color, shape, size, and texture. From French fries, to potato chips, and almost every conceivable dish in between, potatoes consistently rank number one as the most commonly consumed vegetable in the United States. Let us discuss a few tips to help get your potato crop off to a good start, should you choose to grow potatoes this spring.

Plant potatoes between February 15 and March 31 for eastern NC locations. Try to utilize certified seed potatoes from a garden supplier to reduce disease development and to ensure true to type varieties. Potatoes stored from last year or purchased from a grocer can also be used, but they do not perform as well as seed stock and may carry diseases.

Seed potatoes can be cut in several pieces containing at least one “eye” (actually a bud on the tuber, which is a type of modified stem), weighing at least 2.5 ounces. New stems and roots will form from these eyes as the potato begins to grow. You can also plant whole seed potatoes without cutting them into pieces. However, plants from large, uncut seed potatoes will need additional space to support large vines. Commonly available table stock varieties include Dark Red Norland, Harley Blackwell, Kennebec, and Superior. Many additional varieties are available for home gardeners and are worth experimentation to see how they perform in your garden. Newer varieties include purple and blue fleshed potatoes that can add color to your table and gardening experience.

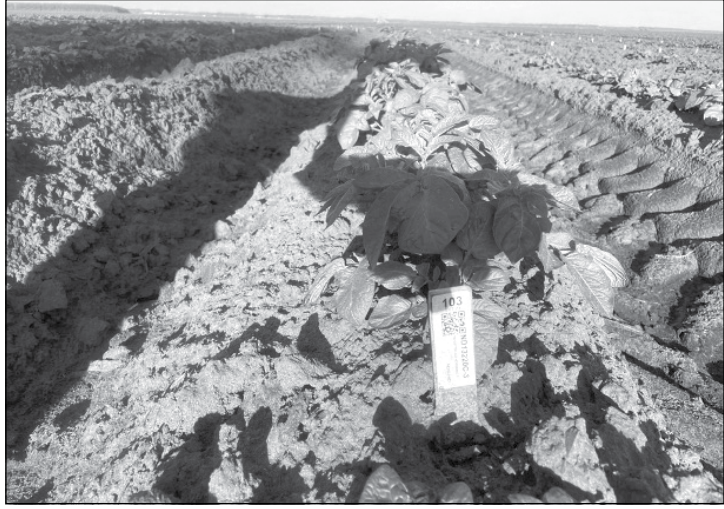


Plant potatoes in furrows 3 to 5 inches deep, and space seed pieces 8 to 10 inches apart in rows 3 feet apart. Pull a ridge of soil over each row when planting and repeat this process after plants break through the surface. Twelve pounds of seed potatoes should plant 100 feet of row. Utilize a soil test to determine your fertility needs, but in the absence of a soil test use 10-10-10 fertilizer at a rate of 10 pounds per 1,000 sq. ft. at planting. This should be worked into the soil ahead of planting. Follow this application with additional nitrogen fertilizer at a rate of 1 pound nitrogen fertilizer per 1,000 sq. ft. when plants reach 6-8 inches tall. Soil pH values around 6.0 will help to ensure efficient use of soil nutrients, but slightly lower pH ranges between 5.0-5.3 can be useful to control the soil borne disease called scab.

Potatoes average 100 to 120 days to maturity. Harvest potatoes after most of the vines have died; a spade fork is useful for digging. Handle the tubers as gently as possible during harvest to avoid skinning tubers when digging. Leave the tubers exposed to the sun just long enough for the soil to dry and fall off (usually about one to two hours). Potatoes for use in early summer (“new potatoes”) may be dug before the vines die. Dig early potatoes when tubers are large enough to eat. Harvest potatoes for storage about two weeks after the vines die down in midsummer.

Late maturing potatoes are best for storage and can last for six to eight months when stored in cool, (40 to 50 °F) moist (90 percent relative humidity) conditions. Sprouting can be a problem if potatoes are stored at warmer temperatures (such as in a home).

For more information on growing potatoes, you may contact Daniel Simpson at 252-745-4121 or daniel_simpson@ncsu.edu.



Understanding smart farm automation

Modern agriculture looks little like the early days of farming. All aspects of farming have been modified by the access farmers now have to technologies to meet the demands of their work and the pressure a growing population places on farmers to produce quality food. Farm automation, precision farming and smart farming are strategies utilized by today's farmers. These technologies have become important ways for farmers to optimize the production of food and improve its quality. According to the Food and Agriculture Organization of the United Nations, agricultural production must increase by 70 percent in order to meet global food demand by 2050, by which time the population could be 9.7 billion persons. Smart farming can make raising livestock more accurate and controlled. While farm automation is a broad term, precision smart farming zeroes in on exact mea-



surements between variations in land conditions and livestock, according to Techie Loops, a technology information website. Examples of farming automation technology include:

- autonomous vehicles and machines
- drones
- robotics
- GPS guidance
- micro-forecasting and weather forecasting
- soil sampling
- yield mapping
- use of artificial intelligence
- geomatics
- statistical processes, and more.

Farmers can employ these technologies to save time and also manage labor shortages. Robot-assisted irrigation systems, for example, can maximize efficiency of water distribution where it is needed the most. Weeding robots can use artificial intelligence and computer vision to target field areas and reduce use of pesticides. Driverless tractors can make labor cheaper for farmers by plotting the machine's route and letting it run the course automatically. Harvest robots also exist to grab crops gently (some with vacuum technology) and reduce reliance on field workers. Some harvesters can determine ripeness of fruit via AI technology, according to Eastern Peak, a provider of custom hardware and software solutions for businesses. Technology is changing farming in many ways. Innovations in automation can make operations more efficient and less costly.

Edward Jones

> edwardjones.com | Member SIPC

Plan for their future and yours.

Let's make a plan. Learn how you can save toward both college and retirement. We can create a strategy that works for your family.

Contact me today, and let's figure it out together.

Dan Roberts IV, AAMS®
Financial Advisor
301 South Front Street
Building 1, Suite A
New Bern, NC 28560
252-633-5263

EDS-5422-A AECSPAD 2457892

The Bath or Shower You've Always Wanted
IN AS LITTLE AS A DAY

\$1000 OFF*

OR

\$1500 OFF when financing with remodelingloans.com* OR **0% Interest** For 18 Months*

OFFER EXPIRES 3/31/2025

EATH
CONCEPTS
INC

CALL NOW (855) 932-7733

*Includes labor and product; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 3/31/25. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify/ Participating dealers only. See your dealer for details. ©2024 BCL

BACKUP POWER.
PEACE OF MIND.

POWERPROTECT
Standby Generators

BRIGGS & STRATTON
ENERGY SOLUTIONS

Get a Standard Warranty of **7 YEARS** **\$849 Value**

Call 1-866-515-0541

Hale Honeybells

The once a year citrus sensation!

ONLY \$34.99*

Reg. Price ~~\$54.99~~
Special Limited Time Offer!

35% SAVINGS
INCLUDING SHIPPING

Call 1-844-756-1035 to order item 2692X or Visit HaleGroves.com/H5YT05
* Only \$34.99 (reg. \$44.99) plus \$7.99 shipping and handling per pack to 48 contiguous states. Some restrictions may apply. Limit 5 boxes per customer. IC: H5YT05

WINDOW NATION

Windows that **save** you money up-front -and year-round.

Insulated
Your heat stays in — the cold stays out

Money-saving
Pay less every month for utility bills

Affordable
Up-front discounts & easy payment plans

Buy 2 Windows, Get 2 FREE!

offer ends 3/31/2025

Schedule your FREE quote!

833-638-0762

LeafFilter
GUTTER PROTECTION

CALL TODAY FOR A FREE INSPECTION!
1-877-649-1190

20% OFF
Your Entire Purchase*

10% OFF
Seniors + Military

++ We offer financing that fits your budget!¹

Promo: 285

* See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. 1.Subject to credit approval. Call for details. AR 366929923, AZ ROC 344027, CA 1035795, CT HIC 0671520, FL CBC06678, IA C127238, ID REC-51604, LA 559544, MA 176447, MD MHIC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NY 80990, NV H-19114, H-52229, OR 218294, PA 179643, 069383, RI GC-41354, TN 10981, UT 10783658-5201, VA 2705169445, WA LEAFNW0202, WV WV05691

On the South Atlantic island of Tristan da Cunha, potatoes were once used as currency.

“My bad habit is making to-do lists that are so long, I get overwhelmed and end up taking a nap instead.”

For Rent | Oriental



Your View

WATERFRONT townhome



Features

Quiet : end unit
Open : floor plan
2 Bed : 1.5 bath

Ample Storage For:

Golf Cart, Motorcycle,
Bikes, Canoe, Kayak,
Lawn Equipment

Boat Slip Included! \$1400 | M



Call Today!
252-249-1014



www.orientalncwaterfront.com

■Continued from page A1

Vandemere One Step Closer to Aquaculture/Restaurant Business

zoned business uses for the project. Two permitted uses were settled on as possibilities, both defined as a “Use by Matter of Right.” They were “food sales” or “wholesale sales.” Mr. McCrudden explained in his testimony that while he felt that this would be an ideal location for a restaurant, he had no experience running a food service establishment. His primary focus would be the establishment of the shellfish hatchery and once that was up and running, seek out a potential lessee to run and manage a second-floor restaurant. The Board finally decided that the business would fit the “wholesale sales” defi-

nition, and approved the project to move forward to the next phase, which would be producing a site plan, and application for permitting. During his testimony, Mr. McCrudden addressed some of the issues he felt would be of concern to the town. He stated that there would be no odor and noise from running pumps in the operation would be minimal. As far as the issue of large truck traffic in and out of the property, there could be some during the construction phase, but once operating, the product produced could be transported in normal delivery vans or trucks. “I expect to produce between 3 and 5 million

shellfish seeds a week. You can transport a million seeds in a two-liter container.” Employment opportunities would be minimal at best. Manpower required to run the hatchery is small and the company would be bringing in experienced personnel for that. If the restaurant idea comes to fruition, it however could bring some jobs to the town. As far as how it would look, McCrudden pledged to make the facility as aesthetically pleasing as possible. While it is still a while away from construction of the facility, including dockage along the riverfront, this approval was an important step in moving forward with the project.

Vandemere Planning Board meeting with Mr. Tom McCrudden in attendance via teleconference

Waterfront site of a proposed new shellfish hatchery and possible restaurant

Hurricanes Softball Pamlico Begins Season 1-1

by: Hiram Lupton

The Lady ‘Canes of Pamlico County High School’s softball team hit the road for their first week of regular season action. On Tuesday they traveled to Richlands to take on the 3A Wildcats and other than the third inning, when the Cats struck for 10 runs, Pamlico played things pretty much even. Junior Payton Force led the Hurricane attack with 3 hits on the night in a 16-10 loss. Pamlico was back at it on Thursday with a trip to West Craven. The Pamlico offense started slowly through the first 4 innings, but came to life in the

fifth, scoring 6 times and followed that up with 5 more in the sixth. The big blow was struck by Force who clubbed a 2-run, over the fence, home run for one of her 2 hits on the night. Hayley Shamblin was also a spark for the ‘Canes, collecting 3 hits. Avery Cain was in the circle for Pamlico and she went the distance for the win. She also had some stellar defense backing her up. The game ended on one of those defensive gems. West Craven had scored 4 times in the inning and were threatening a comeback. With 2

outs, a single to center looked to keep the rally going, but a strong throw to catcher Taylor McHenry stopped a runner from coming home, and when McHenry saw the Eagle runner had strayed too far off third, she fired a bullet to Kylee Freeman who applied the tag for the final out and Pamlico headed back to Bayboro with an 11-7 win. This week Pamlico travels to Bear Grass Charter on Tuesday, and has their home opener against West Craven on Friday. As always, all games are weather dependent.

Payton Force Connects for a Hurricane Home Run

Pamlico Shortstop Peyton Robinson

Hurricane Hardball Pamlico Opens Season on the Road

by: Hiram Lupton

The Pamlico County High School baseball team will be road warriors at least for the non-conference portion of their schedule this season as they await the final touches to be put on their new field. That means until at least March 21 they will be wearing their away uniforms. Last Tuesday they traveled to Richlands and led 3-2 going into the final inning, but couldn’t hold as the Wildcats scored twice to get a walk-off win. The Hurricanes are hoping that as the

weather warms, so will their offense as they managed only 3 hits for the evening. On Friday they headed north to Williamston to take on Martin County and the Gators got off to a good start and snapped up a win over the Hurricanes, 8-2. Weather permitting, Pamlico will be headed back to Martin County this week for games against Bear Grass Charter School on Wednesday and a rematch with Martin County on Friday.

Ross McLamb

HOME&GARDEN LIVING



Home & Garden Advertising to Grow Spring Sales

Call today to reserve your spot in our Spring Home & Garden section of our March 26 issue!

252.249.1555 • frontdesk@ThePamlicoNews.com
Advertising Deadline: March 12

A Special Issue From
The Pamlico News

PAWS Annual Dog Parade

SATURDAY, APRIL 12
LOU MAC PARK, ORIENTAL
(No Rain Date)

Registration 10-11:00 am \$5.00 per dog
Parade starts at 11:00 am
Costumes Encouraged!

Prizes awarded in many categories just for fun. You can donate the most money to the Bribe Judge and be guaranteed an award!

All dogs around the park (even if not participating) must be leashed and vaccinations up to date.

"PAWS DOGS" hot dog cart will be selling hot dogs and drinks.

All proceeds support PAWS, a not for profit organization, that assists the animals of Pamlico County.



GO TO www.pamlicopaws.net

 Or the Pamlico Animal Welfare Society Facebook Page



Scott PLUMBING & HEATING

We service and install all brands and models of Heating & Air Conditioning Units
Natural or Propane Gas, Oil, Electric, or Geothermal

- Free estimates on new installations and/or replacements.
- Residential and commercial applications
- Complete ductwork inspections, repairs, and now offering duct cleaning.
- Serving five counties for over 35 years



American Standard HEATING & AIR CONDITIONING

(252) 745-5135

6690 Hwy. 55 East in Reelsboro
Emergency, Nights & Weekends 252-670-7688
www.scottph.com

Fish Days - Pond stocking size fish

PRE ORDER NOW!!!
803-776-4923



CALL TO FIND YOUR NEAREST PICK-UP LOCATION



southlandfisheries.com
  @southlandfisheries



MCAS Cherry Point demonstrated excellence in installation management, with an emphasis on administrative discipline, high-profile asset

Direct follow-up inquiries to MCAS Cherry Point Communication Strategy and Operations at 252-466-4241 or cherrypoint@usmc.mil.

Cherry Point Guests to Be REAL ID Ready By May 7

All states issue REAL ID compliant driver's license and identification cards. REAL ID cards issued by the states bear a star marking in the upper portion of the card. Individuals seeking

Questions can be directed to Cherry Point's Communication Strategy and Operations Office at 252-466-4241 or cherrypoint@usmc.mil.

LETTER TO THE EDITOR

On behalf of our staff, Board of Directors, volunteers, and patients, I want to express deep gratitude for the community support Hope Clinic has received since its beginning. For the past 26 years, Hope Clinic was generously granted space in the Pamlico County Health Department due to the support of our county government and Pamlico County residents. Most recently, Hope Clinic held a highly successful capital campaign which allowed us to move into our lovely new facility located at 13808 NC Hwy 55 in Bayboro. We were happy to see so many join us at our Open House last month. Now that our facility is setup and patients are being seen there, we look forward to this spring's Hope Regala and celebrating this 'Next Chapter' in the future of Hope Clinic and our community. The Hope Regala, which raises 1/3 of our annual operating revenue, happens at River Dunes on May 9th and 10th (more info at www.hoperegala.com). Thank you again for all the support!

Yolanda Cristiani
Executive Director
Hope Clinic

Lifestyle choices that affect oral cancer risk

- **Age:** The National Institute of Dental and Craniofacial Research says the risk of oral cancer increases with age, and most cases occur in people over the age of 40.

Cancers of the mouth affect thousands of people across North America. Understanding which habits increase risk for oral cancers can help people do what's necessary to potentially prevent their formation.



Churches of Pamlico



Zion Hill United Church of Christ - Florence

KITCHEN CHATTER

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

A BLT that thinks outside the box

Few sandwiches are more widely enjoyed than BLTs. When hosting parties, hosts often look for foods that will appeal to their guests, which makes BLTs a great appetizer option. Those hosts who want to take a chance on a less traditional “BLT” might want to consider the following recipe for “Inside-Out BLTs” from Bob Blumer’s “Surreal Gourmet Bites” (Chronicle Books). Unlike traditional BLTs, this recipe includes cheese and some additional unique properties guests are sure to love.

Inside-Out BLTs Yields 12 bites

- 8 strips premium bacon, sliced crosswise into 1/8-inch strips
8 firm Roma tomatoes or green (unripe) tomatoes, cut into
1/4-inch-thick slices
1 cup flour
3 eggs, beaten
2 cups bread crumbs or panko
3 or more tablespoons olive oil
Salt
Freshly ground black pepper
1 4-ounce log goat cheese, approximately 1 1/2 inches in
diameter, sliced 1/8-inch-thick
24 arugula leaves, lower stems discarded



Cook bacon over medium heat until crispy. Drain on a paper towel.

Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch. Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.

In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.

To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)

“Ask not what you can do for your country. Ask what’s for lunch.”
– Orson Welles



Household Hazardous Waste



THE
**COASTAL
ENVIRONMENTAL
PARTNERSHIP**
COASTAL REGIONAL SOLID WASTE MANAGEMENT AUTHORITY

Spring 2025 Collection Events

PAMLICO COUNTY	CRAVEN COUNTY	CARTERET COUNTY
<p>Saturday, March 22, 2025 9:00am - 1:00pm Pamlico County Courthouse 202 Main Street, Bayboro</p>	<p>Saturday, April 5, 2025 8:00 AM - 1:00 PM Craven Community College 800 College Court, New Bern</p>	<p>Saturday, April 26, 2025 8:00 AM - 1:00 PM Carteret Co. Health Dept 3820 Bridges Street, Morehead City</p>

Accepted Materials

- ✓ Cooking oil
- ✓ Drain openers
- ✓ Batteries
- ✓ Paint: Latex* and oil based; paint thinners

- ✓ Automotive fluids: gasoline, used motor oil, anti-freeze
- ✓ Pesticides: Lawn, garden, and farm pesticides and fertilizer

10 gallons max per vehicle. *Dried latex paint may be disposed of via normal waste collection

Non-Accepted Materials

- ✗ Commercial waste
- ✗ Infectious, biological, or radioactive wastes

- ✗ Explosives
- ✗ Ammunition



No Mystery Cans!

Everything must be labeled or easily identified.

The Coastal Environmental Partnership (CEP) is a public solid waste management authority that serves Carteret, Craven, and Pamlico Counties. CEP provides residents with an environmentally sound and cost-effective system of solid waste disposal, and sponsors a series of household hazardous waste collection days in each of the three counties.

ADDITIONAL GUIDELINES:

You will be asked to remain in your vehicle at all times. We will remove your items from your vehicle. Contractors are not permitted to bring items for disposal (**residential wastes only**)



252-633-1564



somer@crswma.com

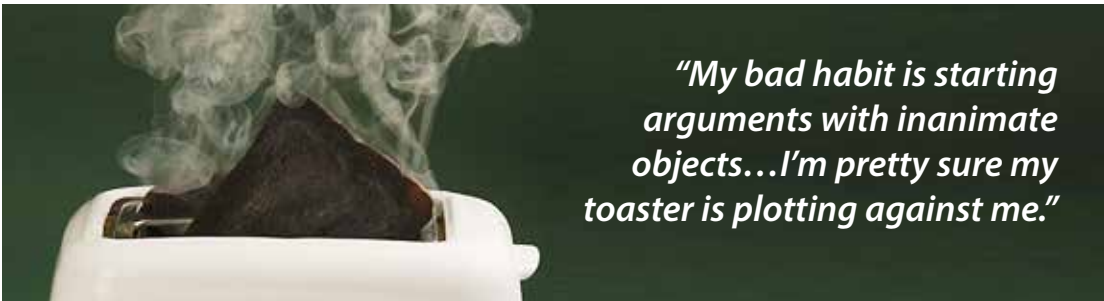


www.cepnc.org



f

Coastal Environmental Partnership





Pamlico Community Health Center

is now



We specialize in pediatric and family medical and dental care, and behavioral health care.

313 Main Street | Bayboro | contentnea.org
252-745-2070 (medical) | 252-745-0781 (dental)



RED HOT BUYS VALID MARCH 1-31

YOUR CHOICE SALE
\$1.39 each
Ace® Bird Suet, 11 Oz. Assorted varieties. 8039176, 8039176, 8039177
RED HOT BUY

SALE
\$17.99
Ace® Black Oil Sunflower Seed, 20 Lb. 81121
RED HOT BUY

SALE
\$22.00
Ace® Wild Bird Food, 20 Lb. 81122
RED HOT BUY

YOUR CHOICE SALE
\$18.99 each
Songbird Selections® Bird Food, 10 Lb. Assorted varieties. 8039227, 8039228, 8039229, 8039227, 8039228, 8039229
RED HOT BUY

PAMLICO HOME BUILDERS & SUPPLIES, INC.
Hwy 55, Alliance • (252) 745-4111
Hours: Mon. – Fri. 7:00 am to 6:00 pm • Sat. 8:00 am to 2:00 pm

PAMLICO COUNTY
HAZARD MITIGATION GRANT PROGRAM



IMPORTANT NOTICE

There will be a presentation regarding a Hazard Mitigation Grant Program (HMGP) for elevations by Sara Deskar, Eastern Carolina Council of Government, in partnership with Pamlico County Planning and Economic Development.

WHEN - March 12th, 6:30 PM - 8:30PM

WHERE - Pamlico County Court House, Court Room 202 Main St, Bayboro

Registration is Optional, and Recommended

Application Workshop

An Application Workshop will be hosted

March 18th, 9:30 AM- 1 PM & 5 - 7 PM

Pamlico County Court House, Commissioner's Room

Drop in during this time for assistance in filling out your application!

If you are unable to come to the Application Workshop, please email: sdeskar@eccog.org

Accommodations can be made to assist you on another date. Applications can also be filled out and returned to Sara Deskar at your convenience. For updates related to application deadlines please visit: pamlicocounty.org

Sara Deskar
SDESKAR@ECCOG.ORG

PamlicoCounty.org

SCAN ME



To register for the Information Session or Email SDESKAR@ECCOG.ORG

Health&Wellness

What to know about AMD



Physical changes are a normal byproduct of aging. Gray hairs and less elastic skin that contributes to wrinkles may be among the more notable physical signs of aging, but older individuals also may note their vision is not what it once was. Diminished vision can be a byproduct of various conditions. Aging individuals who have noticed a loss of vision may be dealing with age-related macular degeneration, or AMD. Seniors concerned by AMD can learn about the condition so they're well-positioned to manage it if and when they need to.

What is AMD?

The National Eye Institute notes that AMD is an eye disease that is the leading cause of vision loss for older adults. In fact, Johns Hopkins Medicine notes age is the most common cause of severe loss of eyesight among people 50 and older. The NEI notes that aging causes damage to the macula, which is the part of the eye that controls sharp, straight-ahead vision. When a person has AMD, his or her central vision is blurred.

What happens when a person has AMD?

Because AMD blurs the central vision, people who develop the disease may struggle to recognize faces, read, drive, or engage in activities that require close-up work, including cooking or fixing things around the house.

Are all cases of AMD the same?

The NEI notes that AMD happens very slowly in some people and faster in others. Some people may not recognize they have vision loss even when they already have early AMD. In addition, there are two types of AMD:

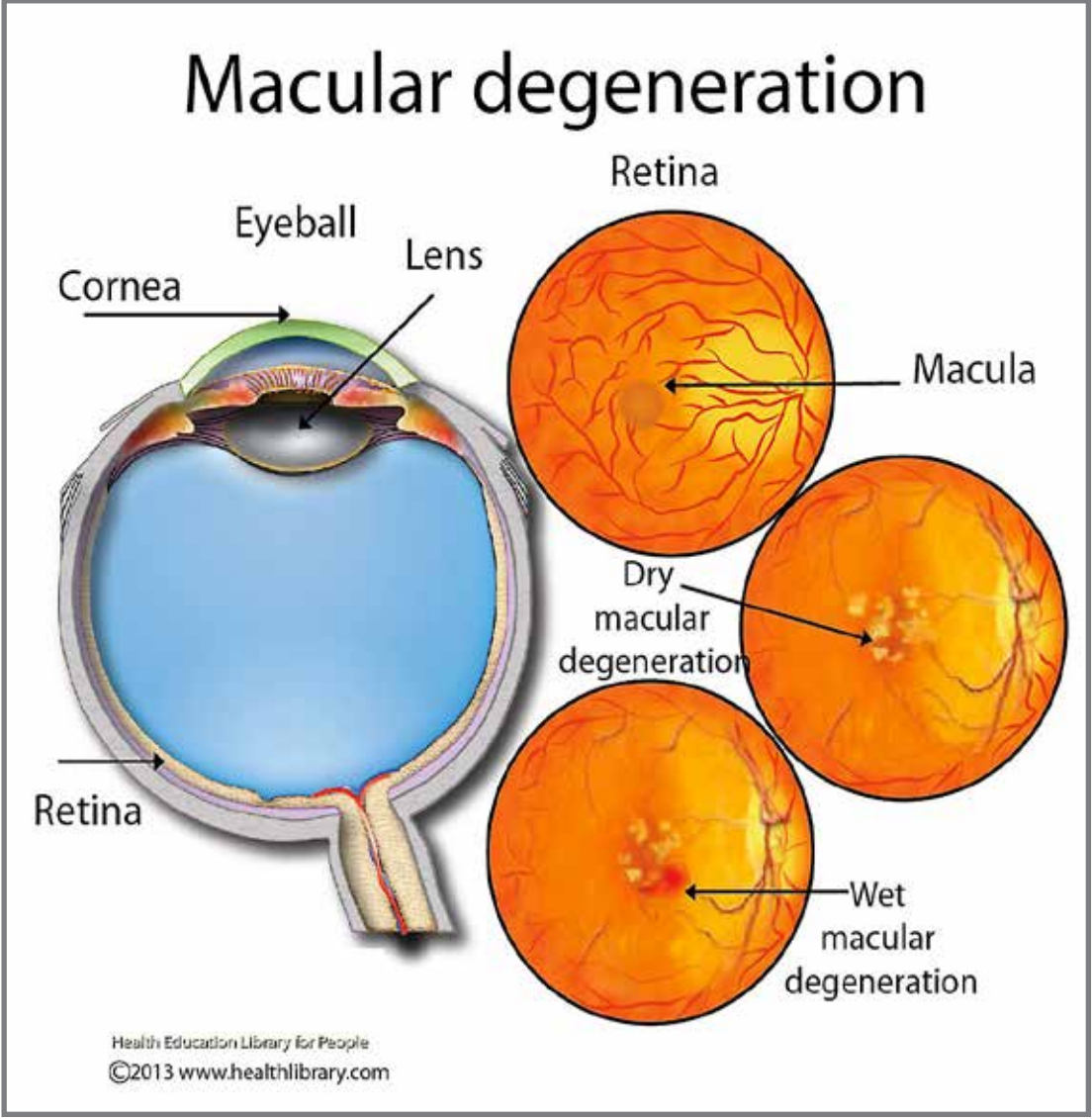
- **Dry AMD:** Dry AMD is the most common type of the disease and occurs as the macula gets thinner with age. Dry AMD progresses slowly over several years, and occurs in three stages: early, intermediate and late.
- **Wet AMD:** Wet AMD is a less common form of late AMD that the NEI notes typically causes faster vision loss. Wet AMD occurs when abnormal blood vessels grow in the back of the eye and damage the macula. Wet AMD is treatable.

Does AMD produce symptoms?

AMD produces different symptoms depending on the stage of the disease. Early dry AMD does not cause any symptoms, and the NEI notes some people with intermediate dry AMD may not experience symptoms. Those who do may notice symptoms such as mild blurriness in their central vision or difficulty seeing in low lighting. Late wet or dry AMD patients may notice that straight lines are beginning to look wavy or crooked and there may be a blurry area near the center of their vision. That blurriness can grow larger over time and people may begin to see blank spots. Colors also may seem less bright and people may have difficulty seeing in low lighting.

Who is at risk for AMD?

The NEI notes that adults over 55 are more likely to have AMD than any other group. People with a family history of AMD, Caucasians and smokers also have a higher risk of developing AMD. Quitting smoking, getting regular physical activity, maintaining healthy blood pressure and cholesterol levels, and eating a healthy diet that includes leafy greens and fish are some ways people can lower their AMD risk. AMD is most common among individuals over 50. More information is available at nei.nih.gov.



COASTAL LIVING

Oriental Dragon Boat Club

by Bobbi McKenney, Stroke Box



Did you know that Oriental, NC, has its very own dragon boat club? In fact, the Dragon Masters of the Oriental Dragon Boat Club (ODBC) have taken the Gold Medal in the community division at the River Dunes Dragon Boat Races in 2021, 2022, and 2024.

Want to know more? Well, let me tell you all about it!

Dragon boating is an exciting water sport that

originated in Southern China over 2000 years ago as part of folk rituals. It became an international sport in 1976, and dragon boat racing is now the fastest growing water sport in the world. Teams compete in 10- or 20-person boats in races of distances between 250 to 2000 meters.

Traditionally made of teak wood, a dragon boat is a narrow and long (approx. 40 ft.) human-powered vessel that is often decorated with a dragon head on the bow and dragon scales on the sides. A drummer, perched precariously in the front of the boat, helps maintain the stroke cadence and synchronicity of the crew of paddlers. The boat is propelled by a team of 20 paddlers using single-bladed paddles, and teammates sit in pairs of ten, stroking on either side of the vessel. The first row of paddlers serves as the “Stroke Pair” and determines the cadence for the team. The next two rows of paddlers, the “Stroke Box,” strive to maintain that cadence. The middle four rows of the boat are known as the “Engine Room” and are typically the most physically powerful paddlers. Finally, the team would be helpless without the “Rockets,” which are the three rows of paddlers in the rear of the boat. Behind the Rockets, the boat is steered by a standing helmsperson using a long steering oar.

Alright, so now you know the history and mechanics of dragon boating. Now let me tell you about your very own Oriental Dragon Masters.

The concept of a dragon boat team in Oriental began in 2010 by Flora Moorman and Bob and Linda Parker, and the first races were initially held on the Neuse River until the current (much less turbulent) River Dunes venue was identified. Following community fundraising efforts supported by the grilling talents of the Kellenbergers and others, a 40-foot fiberglass dragon boat was purchased. This boat, and its trailer, continue to be lovingly maintained by members of the Club.

Perhaps you’ve heard a distant drumming on Tuesday or Thursday evenings or early Sunday mornings. Well, that’s our fearless drummer, Sylvia Nelson, who expertly sits on a tiny wooden perch at the front of the boat pounding a drum and encouraging the paddlers to stroke in sync.

Or, maybe you’ve heard the booming voice of our team Captain, Bill Mahaney, as he directs and motivates the team from his seat in the Engine Room. For the past four years, Bill has enjoyed the physical nature of the sport as well as opportunities to compete in races in North Carolina and along the coast. Original team members, Pat Stockwell, serves as our diligent and focused helmsman, while Laurie Stockwell and Darlene Marquart



serve as our Stroke Pair, providing the paddlers with information on our boat speed, stroke rate, distance, and time. Our Club President, Steve Elbert, gave up his canoe paddle for a dragon boat paddle in 2016. Steve has been instrumental in recruiting and welcoming new members to the ODBC. In fact, it was Steve whom we met on a walk shortly after moving to the banks of Smith Creek. He quickly assessed my husband, Phil McKenney, as a strong candidate for the Engine Room, and I asked to tag along. Once we met the team, we were hooked!

The ODBC meets 2-3 times each week beginning in May at the Midyette Wildlife Dock, and our practices on Smith and Green Creeks culminate in a variety of potential races throughout the summer. Locally, the Oriental Dragon Boat Festival is held at River Dunes every August. This 300-meter race is a test of the team’s endurance, concentration, and resolve and typically takes less than two minutes to complete. Regardless of the finish, being a part of a cohesive team that is united in a goal is the reward.

While we strive to maintain a competitive edge, and our practices are strenuous and focused, we’re also aware that having fun on the water is key to our team. This coming season, you’ll see us not only on the water but having a beer or meal after practice. We’d like to encourage others to discover this sport and welcome you to contact Steve Elbert at selbert@uwalumni.com or (651) 270-9367; or Bill Mahaney at williammahaney@yahoo.com or (909) 677-9826.

Paddles up!!

How crafting benefits kids

Kids have boundless energy. Parents of young children can look to various activities to harness that energy, and crafting is one endeavor that makes use of kids’ enthusiasm and creativity.

Craft projects are more than just a means to getting energetic youngsters to sit down and focus their attention. Crafting pays various dividends for youngsters, some of which may surprise parents.

Crafting and hand-eye coordination

Crafting helps children develop hand-eye coordination. The Illinois-based North Shore Pediatric Therapy notes that crafts that involve drawing shapes, cutting patterns and writing require youngsters to use their fine motor coordination. Coloring, drawing and cutting also require children to use their hands together, helping to develop and strengthen their hand-eye coordination. That development can help kids perform a host of additional tasks, including tying shoes, buttoning coats and eating independently.

Crafting and creativity

Crafting presents a great opportunity for kids to explore their creativity. The American Academy of Pediatrics urges parents to prioritize creative, unplugged playtime for infants and toddlers, and that can include time devoted to craft projects. Craft projects can include more complicated undertakings in which kids follow directions, or they can simply allow kids



to create something from their own imaginations. Each type of project involves creating something new and encourages kids to develop their creative skills.

Crafting and patience

Parents know that patience is not necessarily a virtue of young children. Craft projects, particularly those that require cutting and gluing, do not provide instant gratification because they require multiple steps and time to dry before they’re completed. North Shore Pediatric

Therapy notes that such projects teach kids self-regulation because they require youngsters to exhibit self-control and patience until the project can be considered finished.


Crafting and the classroom

A 2018 report from the AAP noted that children who use their hands are strengthening areas in the brain that are associated with spatial and mathematical learning. This is an important benefit of crafting and one that the AAP report notes is not gained by kids who forgo physical activities like crafting for play that relies on interactive media. The benefits of crafting associated with spatial and mathematical learning could help younger children once they begin their academic careers.

Crafting is a fun activity for kids and it’s also one that benefits their development in some surprising ways.

Bobby Cahoon Construction, Inc.

The only marine contractor you'll ever need.



For all your commercial & residential applications.

“Specializing in custom designed docks, seawalls/ retaining walls, pile driving and boat lifts.”

As natives of Eastern NC, owners Bobby and Teresa have developed an understanding of our waters and a deep appreciation for its natural beauty. They take pride in providing excellence in craftsmanship and professionalism.

Fully licensed, insured & bonded

Call: 252.249.1617 www.bobbycagoonconstruction.com



CKB

Creative Kitchen & Bath

Design and Remodel

Showroom Open

CKB

HOME INTERIORS



32 East Trent Rd - Merritt, NC 28556

252-745-7978

CKBdesign.net - CKBhomeinteriors.com

The Inland Waterway Provision Company



We're a fully stocked marine store and what we don't have we can order for you usually with overnight delivery so you can get back on the water in no time! Check out our fishing tackle and make your requests as we grow the selection! We also stock an assortment of craft beer, wines, organic foods, snacks, condiments, personal care products and ice.



ORIENTAL, N.C.

305 Hodges Street, Oriental, NC 28571

Located at ICW statute mile marker 181

252.249.1797

HOURS:

Monday – Thursday 9:00 am – 5:00 pm

Friday – Saturday 9:30 am – 5:30 pm

Sunday 10:00 am – 4:00 pm

SUPPORT YOUR LOCAL NEWSPAPER!

Subscribe • Advertise
Report • Donate

It's not

ROCKET SCIENCE



We Deliver the Best Local Deals and Offers!

Subscribe by phone or online today, and starting saving.

Local news, shopping and entertainment
Subscribe • Support • Advertise

The Pamlico News

252.249.1555 www.ThePamlicoNews.com



TRANE

It's Hard To Stop A Trane.®



Dixon

HVAC

HEATING & AIR COND.

New Bern, NC

We provide **professional HVAC installation and repair service** for residential and commercial properties in Craven, Pamlico, and surrounding areas.

Our heating and cooling experts offer accurate and **free estimates** for your convenience. *Call us to schedule your estimate!*

(252) 745-4022 ▽ **(252) 633-2173**

dixonheatingandair.com

CLASSIFIEDS



WINFREY BUILDERS

252-670-2915



World Wide Marine Training, LLC

U.S.C.G. Approved Training & Testing

Captains Licenses ★ Master 100 Tons ★ Master 200 Tons ★ AB
★ STCW 5-day Basic Training ★ Radar Endorsements ★
Auxiliary Sail and Assistance Towing Endorsements

Call 252-249-2135
worldwidemarinettraining.com
22532 NC Hwy 55 East, Oriental, NC 28571

Pamlico Tree Care, LLC

Servicing New Bern & Surrounding Counties

Owner Jonathan Mitchell




New Omme 90' Tracklift
Access through a 4' wide gate
Complete Tree Removal
Stump Grinding

Brush & Branch Chipping
Cabling & Crown Reduction
Tree Pruning & Shaping

Fully Insured with Liability and Workmen's Comp

252-745-7232/252-671-7563
Pamlicotreecare@aol.com
www.pamlicotreecare.com

FOR SALE



Oriental - Nestled in the tranquil Neuse Winds neighborhood, this spacious 2.66-acre lot is the perfect setting for your dream home. Nature lovers will appreciate the peaceful atmosphere, while boating enthusiasts will love the convenience of a deeded boat slip on Orchard Creek.

\$56,500

CENTURY 21

Sail/Loft Realty
252-249-1787
www.SailLoftRealty.com

T.O.P.P. Care For Pets

The Oriental Pet Parlour

✦ Full Service Grooming
✦ Licensed Boarding
✦ Day Care
✦ For Dogs, Cats, Birds & Other Pets

252-249-0243

315 White Farm Road Oriental, NC 28571
Hours: M - F 8:30 - 5 ✦ Sat. 9 - 3
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

3 Keys Conjure/
Witchcraft Thrift
Store - Bridgeton, NC.
Psychic Readings by
Appointment
252-617-5745

RENTALS

3 bedroom 2 bathroom doublewide home for rent in Grantsboro, NC. All appliances included trash and lawn maintenance included \$1000.00 per month and \$1000.00 deposit. ABSOLUTELY NO PETS. 252-249-1617

3 BR, 2 bath, newly remodeled, private lot. Garbage included. \$880.00 per month. Deposit, references. Grantsboro. 252-670-0138 after 12 noon.

2BR, 1 bath, private lot. Grantsboro. \$600.00, garbage included. Private lot. Deposit, references. Grantsboro. 252-670-0138

252-670-0138



BAYBORO DEVELOPMENT REENTRY CENTER

13632 Hwy 55 ~ Alliance

Ms. Vernie 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>

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF TRUDY FAY WHITE
File No.: 25E000006-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LELAND WHITE, ADMINISTRATOR CTA on or before MAY 13, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named ADMINISTRATOR CTA.

This 12TH DAY OF FEBRUARY 2025

ESTATE OF TRUDY FAY WHITE
C/O LELAND B. WHITE
2 JEFFERSON COURT
POQUOSON, VA 23662

Publish FEBRUARY 12, 19,26 AND MARCH 5, 2025

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF GARY S. HARRISON
File No.: 25E001022-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to STEVEN E. HARRISON, EXECUTOR on or before MAY 20, 2025, at the address listed below or be barred from their recovery. Debtors of the de-

cent are asked to make immediate payment to the above-named EXECUTOR.

This 19TH DAY OF FEBRUARY 2025

ESTATE OF GARY S. HARRISON
C/O STEVEN H. HARRISON
PO BOX 511
ORIENTAL, NC 28571

Publish FEBRUARY 19, 26, MARCH 5 AND 12, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF LINDA MARIE ZIELINSKI
File No.: 25E001093-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHRISTOPHER J. STEFFENS, EXECUTOR on or before MAY 27, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named EXECUTOR.

This 26TH DAY OF FEBRUARY 2025

ESTATE OF LINDA MARIE ZIELINSKI
C/O CHRISTOPHER J. STEFFENS
2473 FOXWOOD DR
CHAPEL HILL, NC 27514

Publish FEBRUARY 26, MARCH 5, 12 AND 19 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CHARLES FRANKLIN BRINSON, JR.
File No.: 25E001044-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHARLES FRANKLIN BRINSON, JR., ADMINISTRATOR CTA on or before JUNE 3, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named ADMINISTRATOR CTA.

This 28TH DAY OF FEBRUARY 2025

ESTATE OF CHARLES FRANKLIN BRINSON, JR.
C/O CHARLES TODD BRINSON
PO BOX 123
ARAPAHOE, NC 28510

Publish MARCH 5, 12, 19, AND 26TH, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOHN CONRAD LATHAM
File No.: 25E001045-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JOHN CONRAD LATHAM, ADMINISTRATOR CTA on or before JUNE 3, 2025, at the

address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named ADMINISTRATOR CTA.

This 28TH DAY OF FEBRUARY 2025

ESTATE OF JOHN CONRAD LATHAM
C/O ANDREW L LATHAM
PO BOX 744
BAYBORO, NC 28515

Publish MARCH 5, 12, 19, AND 26TH, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CECIL C. NOBLES
File No.: 25E001041-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CECIL C. NOBLES, ADMINISTRATOR CTA on or before JUNE 3, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named ADMINISTRATOR CTA.

This 28TH DAY OF FEBRUARY 2025

ESTATE OF CECIL C. NOBLES
C/O PENNEY LEWIS
321 WYNDFALL LANE
ARCHER LODGE, NC 27527

Publish MARCH 5, 12, 19, AND 26TH, 2025.

REPORTS

INCIDENTS

- Feb.13, Whortonsville Rd., Merritt, civil property incident
- Feb. 13, Alligator Creek Rd., Stonewall, break or enter any building - intent commit felony/larceny
- Feb. 13, NC Hwy 55, Grantsboro, communicating threats, disorderly conduct
- Feb. 14, NC Hwy 55, Alliance, assault on a female by male at least 18 years of age, simple assault, possession of drug paraphernalia not for marijuana
- Feb. 14, Main St., Bayboro, found property
- Feb. 14, Kennels Beach Rd., Grantsboro, cyberstalking
- Feb. 14, Lowland Rd., Lowland, larceny of property or goods <= \$1,000
- Feb. 14, Main St., Bayboro, warrant for arrest second degree trespass
- Feb. 14, Black Bear Lane, Grantsboro, assault on a female by male at least 18 years of age
- Feb. 15, Janiero Rd., Arapahoe, unattended death
- Feb. 15, NC Hwy 306 N., Grantsboro, driving while license revoked not impaired revoked, resist/delay/obstruct public officer
- Feb. 17, Main St., Bayboro, warrant

- for arrest second degree trespassing
- Feb. 17, Bennett Rd., Arapahoe, warrant for arrest fugitive warrant
- Feb. 18, Moonlight Lake Dr., New Bern, warrant for arrest fugitive warrant
- Feb. 19, Country Club Rd., New Bern, destruction/damage/vandalism of property
- Feb. 19, Bayleaf Rd., New Bern, warrant for arrest assault on a female
- Feb. 19, River Rd., Arapahoe, injury to personal property, hit/run accident - fail stop, property damage
- Feb. 19, NC Hwy 55/White Farm Rd., Oriental, assist NCSHP with wreck
- Feb. 20, Main St., Bayboro, order for arrest failure to appear injury to real property
- Feb. 21, Main St., Bayboro, failure to appear
- Feb. 21, Mill Pond Rd., Alliance, go armed to terror of people, carry concealed gun - M, carry concealed weapon, resist/delay/obstruct public officer, disorderly conduct, resist/delay/obstruct public officer, assault on government official or employee, malicious conduct by prisoner - expose genitalia
- Feb. 22, Ireland Rd., Alliance, pos-

- session of firearm by convicted felon, intimidating or interfering with witness
- Feb. 23, Ireland Rd., Alliance, communicating threats, violating orders of court
- Feb. 24, NC Hwy 306 S., Arapahoe, citizens assist (public safety concern)
- Feb. 25, Main St., Bayboro, possess controlled substance prison/jail premises
- Feb. 25, Main St., Bayboro, exploitation of elder
- Feb. 25, Main St., Bayboro, obtain property by false pretenses
- Feb. 25, Possum Place, Oriental, damage to property
- Feb. 25, Dixon Rd., New Bern, intimidating or interfering with witness
- Feb. 26, Pine Tree Lane, Bayboro, communicating threats
- Feb. 26, NC Hwy 55, New Bern, order for arrest child support warrant service, resist/delay/obstruct public officer, order for arrest assault on a female

PROPERTY TRANSFERS

- Feb. 14, Bluffs Lot: 13 Phase Two MB 9/18, MB 9/31, MB 8/6 Life Estate from Michael Lee Sawyer, Michael Sawyer to Michael Lee Sawyer, Jr., Jacob

- Michael Sawyer, \$0
- Feb. 14, Ball Creek Lot: 5 PCA 69-2; Quail Rd Merritt from Richard A. Kendall, Richard Kendall, Linda Sue Kendall to Richard Kendall/TR, Richard Kendall, The Richard Kendall Living Trust, Linda Sue Kendall/TR, Linda Sue Kendall, The Linda Sue Kendall Living Trust, \$0
- Feb. 14, Sea Vista Oriental Heights Block: P Lot: 7 PCA 28-9 from Mark Steven Critzer to Rodney Seymour Taylor, Angela Martin Taylor, \$80
- Feb. 14, PIN L051-18; 24E134; One Tract SE/S NC Hwy 304 Metes & Bounds Mesic from Mitzi M. Barr/EXR, Shirley D. Morris/EST, Mitzi M. Barr, Bruce W. Morris, Theresa Morris to Kelsey Sutton, \$260
- Feb. 14, One Tract W/S NC Hwy 306 Metes & Bounds from Michael E. Lemons, Kimberly N. Lemons to Kenneth David Ross, \$150
- Feb. 17, PIN J082-266; One Tract Midyette St Oriental; Map DB 380/144 from Kenneth Dale Montgomery, Debra Curl Montgomery to Desmond Connolly, Traci O'Hara, \$478
- Feb. 17, PIN E06-9, E06-11, E06-12, E06-13, E06-14, G04-57-1 & E06-15-1; Multiple Tracts See Instrument from Paul Toler, Elizabeth C. Toler to Blake Toler, \$0

STATEWIDE CLASSIFIEDS

Health Services

ATTENTION OXYGEN THERAPY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 877-443-0443

Home Improvement

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-560-1844

Home Improvement

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-877-649-1190

Miscellaneous

HEARING AIDS!! High-quality rechargeable, powerful Audien hearing aids priced 90% less than competitors. Tiny and NEARLY INVISIBLE! 45-day money back guarantee! 888-970-4637

Miscellaneous

GOT TAX PROBLEMS? OWE UNDER 10K TO THE IRS? GET AFFORDABLE TAX HELP YOU DESERVE! START FOR JUST \$49/MO. CALL TAX RESPONSE CENTER 877-824-1321

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

TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-877-560-5054

Miscellaneous

Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE/ \$1000OFF POPULAR PLANS. 888-993-0878

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 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

Miscellaneous

Replace your roof with the best looking and longest lasting material – steel from Erie Metal Roofs! Three styles and multi-

ple 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

Miscellaneous

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-855-931-3643

Sale

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-877-920-7405

Time Share

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

Miscellaneous

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-247-1189

AROUND THE COUNTY

Grantsboro Jeff Roberts, *Correspondent*



Hello all, well this certainly has been my kind of weather. You know the weather I'm talking about, those cool refreshing mornings followed by the warm sun making everything fresh and new for the spring. The buds are starting to show in the trees, the daffodils are blooming, and birds are building their nest to build this year's family. The evenings are spent on the porch with a glass of cool tea while stories of the past are being shared. Those are my kind of days.

There are several events coming up. New Bethlehem OFWB church will have their annual chicken fry March 8 starting at 4 pm with all the fixins. The County Opry will begin having a local flea and farmers market on April 5 from 8-3. There is a free tax service being held at 800 Main St. in Alliance from 9-3 on Wednesdays and 9-1 on Saturdays through April 12. Pamlico Babe Ruth has had its share of troubles this year as their entire board stepped down, fortunately due to community support they were able to fill those vacancies. Folks remember baseball(including softball) isn't a new thing in this county; it has been around about as long as this county has been here. In days past every radio and tv would be found broadcasting the major games. We need to pack these stands and bring the return of days on the ball field with laughter and excitement of that first pitch and the roar of the crowd.

Last week's photo featured a contraption in a creek. Well that contraption was the gear and turn style of the old original bridge that once turned and opened the creek to boats on Bairds creek. That area at one time was one of the major spots in Pamlico. That area has been populated before Pamlico was Pamlico. Names like John Carruthers, John Vendrick, J. Clyde Barrington, and the Brinsons all owned land there. There was a grist mill owned by William Carraway, possibly a link to the Edward Carraway that built China Grove. A tram ran from the mouth of Bairds Creek

to Arapahoe to transport goods inland. The Reel family was also there which connects the Dixon plantation in Reelsboro. Turpentine, lumber, and shingles were all part of Naval stores from our area.

Pamlico is an amazing place with an incredible history. Take time, slow down, and listen to the past. Sit down and have meals at the kitchen table, put the phones down and have actual conversations like were once had on every porch in the evenings. Put the kids outside and let them get dirty and just play. Put the tablets and phones down for a bit and learn all about a person's day and future plans. Remind them of where we came from. Take time to know your neighbors.

For more tales and adventures find my page on Facebook “Love for Pamlico County” where I am rebuilding the history of Pamlico beyond our creation and connecting the pieces.



Here is this week's photo, where shall it lead our conversation next week?

Pamlico Betty Jo Rodgers, *Correspondent*



Ash Wednesday is March 5, 2025. There will be a noon time service at Bayboro Missionary Baptist Church with Imposition of Ashes by the Reverend Peg Witt. This is the beginning of the Wednesday lunchtime Lenten services for all of Pamlico County. In the past, the services had been held at Bayboro UMC, but this year the Reverend Scott Fitzgerald and Bayboro Baptist are hosting the services each Wednesday. As in previous years, there will be a short worship service starting at noon followed by a fellowship meal (by donation) after the service. It is designed so working people may attend during lunchtime. Below is a schedule for these services:

- March 5 Reverend Peg Witt, Riverside UMC Pastor
- March 12 Father Jeremiah Day, Retired Episcopal Priest
- March 19 Reverend Betty Joe Rodgers, Stonewall Methodist Church Pastor
- March 26 Reverend Joyce Bell, Retired AME Zion Methodist Church Pastor
- April 2 Evangelist Carnell J. Barrow, West Branch Missionary Baptist Church
- April 9 Apostle Thelmond Cooper, True Worshipers Assembly of ENC Pastor
- April 16 Reverend Scott Fitzgerald, Bayboro Missionary Baptist Church Pastor

Stonewall Methodist Church will also have a nighttime Ash Wednesday service with Imposition of Ashes at 6:00 pm for those unable to attend the noontime service. This will be a short

service, because Bible study is at 6:30 pm and choir practice at 7:30 pm.

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

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

Celebrating birthdays in March are David Varley & Karen Alexander (3/4), Lester Carey (3/8), Cameron Paul (3/10), Larry Gracie (3/13), Maurice Benton & Lisa Franklin Jackson (3/15), Frank Bacon & Patrick Phillips (3/21), Heath Fulcher (3/24), Emma Machle & Joanna Harrell (3/27), Asa Gatlin (3/28), Debbie Willis Fulcher (3/30), and Santa Klotz (3/31).

Daylight Saving Time begins on Sunday, March 9th and St. Patrick's Day is March 17th.

Have a blessed week. Hesitant? Take Spiritual Vitamin H. "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!" (Isaiah 52:7 KJV)

Whortonsville Reba Tiller, *Correspondent*



The big plows are in the roads going to the big fields to break up the soil for planting. It bothers some folks when they get behind then and the can't pass, but it doesn't bother me because I use that time to slow my car and my mind down to plan my day! It is Sunday evening and we had what I call good attendance for the service today. If my count is correct we had 20 and seven were young folks and children. Fran's daughter Sandra Law, Gwyneth Washburn, and Lisa Caudill were visitors. Kevin and Suzi Bryan should be home tonight after spending a month

in Florida with relatives. Maura and Melydia my next door neighbors were here overnight. Fran Law told me at church this morning that Charle Frazier had passed away. We loved them so much when they were residents here. They were so very active in the community. We have lost so many residents over the years.

THOUGHT FOR THE WEEK—WHEN SOMEONE SINGS THEIR OWN PRAISES, THEY ALWAYS GET THE TUNE TOO HIGH!

Aurora Joy McCracken, *Correspondent*



It was disappointing to hear that Martin Marietta has gotten the go ahead to discharge fresh water in the headwaters that will eventually affect the water quality of Blount's Creek. I know a lot of folks are upset about this.

The Town of Aurora was awarded a state Rural Infrastructure Grant of \$200,000 that will help with finalizing unexpected expenditures for the Industrial Park. This project is just what we need after a somber winter.

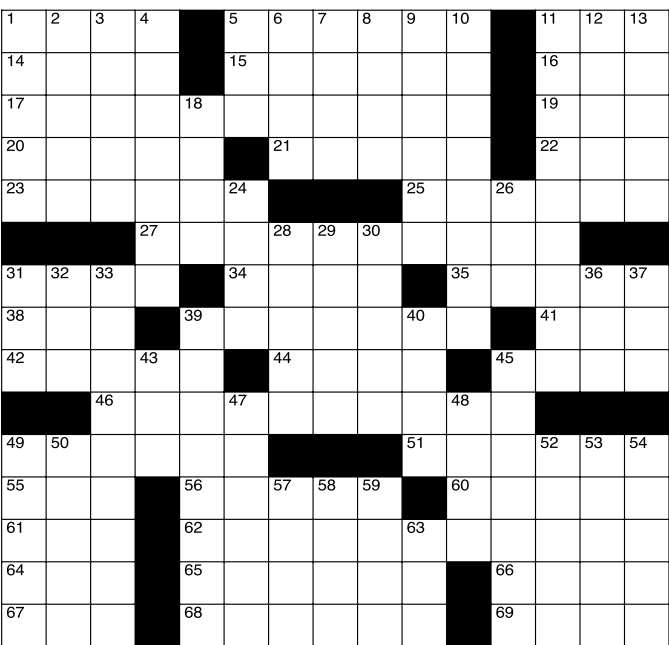
The ice storm brought down a limb that affected the power line that runs through the yard. Tideland had it fixed in a timely manner and we only had to run the generator 12 hours.

I saw a couple of Eastern Towhees in the Canna leaf litter shopping; first time seeing any around here in quite a spell. There is a Gray Catbird coming to the table feeder! I usually only hear them in the woods during the summer. Lots of singing by other birds and the Blue Birds are back attending to their box.



My Photo of the Week is of a recent visitor. I haven't seen a Raccoon in the yard in ten years.

CROSSWORD



CLUES ACROSS

1. Cut a little bit off

5. State with confidence

11. River in NE Scotland

14. Not narrow

15. Lacking social polish

16. Amount of time

17. Frame

19. Automobile

20. Toadstools

21. High school dances

22. Utilize

23. Challenged

25. One-sided

27. Showing extreme greed

31. Potted plants

34. Everyone has one

35. Lake in Botswana

38. E.T. rode in one

39. Juniors' parents

41. Small amount
42. Mother of Perseus

44. Ornamental box

45. Gov't investigators

46. Uncertain

49. A cotton fabric with a satiny finish

51. The vast grassy plains in S. America

55. Your consciousness of your own identity

56. Noted consumer advocate

60. Spanish sports club

61. Body part

62. Tractability

64. Woman (French)

65. Ready and willing to be taught

66. Muslim ruler title

67. Depressed

68. Gradually gave way

69. Clear-thinking

CLUES DOWN

1. Brushed aside

2. Water sprite

3. Ones to look up to

4. Monetary units

5. A number everyone has

6. Marine invertebrate

7. One who takes you to court

8. Indicates outer

9. Parallelograms

10. Strains

11. Cross

12. A way to remove

13. Some pages are dog-__

18. Ukraine city

24. A citizen of Denmark

26. Summer month (abbr.)

28. Hindu queens

29. Jewelry brand

30. Fictional rider of Rohan

31. Wet dirt
32. Russian city

33. Observed

36. Furious

37. Drivers' licenses

39. Musical composition

40. Auction

43. They __

45. Women

47. Inspire with love

48. Japanese ankle sock

49. Appears

50. Old World lizard

52. The leading performer

53. Type of protein

54. Pennsylvania town

57. Art __ : around 1920

58. __ Blyton, children's author

59. Abnormal breathing

63. A place to sleep

PUZZLE SOLUTION

S	N	I	P		A	S	S	E	R	T		D	E	E
W	I	D	E		G	A	U	C	H	E		E	R	A
E	X	O	S	K	E	L	E	T	O	N		C	A	R
P	I	L	E	I		P	R	O	M	S		U	S	E
T	E	S	T	E	D				B	I	A	S	E	D
				A	V	A	R	I	C	I	O	U	S	
M	U	M	S		N	A	M	E		N	G	A	M	I
U	F	O		S	E	N	I	O	R	S		T	A	D
D	A	N	A	E		I	N	R	O		F	E	D	S
		I	R	R	E	S	O	L	U	T	E			
S	A	T	E	E	N				P	A	M	P	A	S
E	G	O		N	A	D	E	R		B	A	R	C	A
E	A	R		A	M	E	N	A	B	I	L	I	T	Y
M	M	E		D	O	C	I	L	E		E	M	I	R
S	A	D		E	R	O	D	E	D		S	A	N	E

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to pet sitting.

W L K A S

Answer: Walks

PUBLIC NOTICE

The Mayor and Board of the Town of Oriental have authorized the private sale of surplus equipment.

The equipment named are as follows:

(1) 2012 Ford F-150 Pickup truck with 99,700miles. 3.7L V-6 (\$2,000)

(1) 1986 John Deere 850 Tractor with 2559 hours shown, (\$1,000)

(1) Lanier Office Copier copies, fax, scan, duplex, collate, staple, hole punch, color and B&W, previously under contracted maintenance by Advanced Office Solutions, (\$2,000)

Contact Town Manager Diane Miller at 252-249-0555, or Manager@Townoforiental.com with questions.

The Town offers no guarantees or assurances- equipment is offered AS IS.



WEAVING IN ART

PAMLICO COUNTY PRIMARY SCHOOL
UNITED THROUGH MUSIC



Pamlico Primary Kindergarten and 1st grade students are exploring their creativity through a weaving project in their art classes! By using a simple over-under pattern, they are crafting colorful snakes that add vibrancy to their grassy fields. This hands-on activity not only enhances their fine motor skills but also fosters creativity and expression in young learners.

Shelby Mehring, commanding officer of HURRICANE COMPANY states, "We are so excited to have a new partnership with PCPS... Part of NJROTC's mission is to ensure that cadets are actively engaged in our community." This opportunity is a fantastic way for us to give back to our schools and create valuable experiences for our cadets. Everyone is looking forward to continuing this collaboration for many years to come!



Kindergarten students show their knowledge of their Geodes Book Fly, Amelia, Fly. Students very much enjoyed the hands-on opportunity to fly airplanes themselves.



For 40 years, March has been designated by the National Association for Music Education (NAfME) as Music In Our Schools Month* (MIOSM*). The positive impact of music education in the lives of students lasts a lifetime. Therefore, ensuring equitable access to music education for the youngest members of our society—students—is paramount.

Every day, in classrooms and rehearsal rooms across our school district, our music educators dedicate themselves to reaching all students with life-changing musical experiences. Parents, administrators, and the wider community often only see the wonderful results of music performances; however, we miss the months of practice and rehearsals and more importantly the learning process that takes place to make it all happen.

I encourage members in our community to acknowledge and celebrate music education (and the music educators) as an essential part of every student's educational journey.



Exciting things are happening in Pamlico Primary 2nd and 3rd grade art classes! Students are exploring the vibrant world of pattern and texture while creating beautiful artwork inspired by Mexican-born artist Indi Maverick



"Inclusion Buddy Fridays" are always a blast! Ms. Sales's class enjoyed painting with their buddies from second and third grade.

PCPS
BOOK
FAIR

March
17-21

Everyone is Invited...



During the month of March students will be celebrating Music in Our Schools Month by participating in new music class activities, listening to music from other countries, and incorporating more movement. 1st Graders will present a program on March 25 at 6pm Music and Literacy featuring Pete the Cat books and instrumental accompaniments.

Ms. Wilson is encouraging all families to take some time this month and recognize the benefits of music education for children. Ask your children to teach you how to read, write, and clap rhythms. Have your children demonstrate how we use hand signals for singing certain sounds. Enjoy listening to some jazz music and sing in scat style with them. Create movements/dances to accompany favorite songs. Read a rhyming book in "rap style". Whatever you decide, have FUN and notice how we are "united through music" this month!



Students are staying busy in music class.. learning about Black History through Spirituals, Jazz, and Motown. While learning about spirituals K-1students played many instruments to accompany their songs "Do, Lord" and "This Train" while 2nd and 3rd graders learned how songs like "Follow the Drinking Gourd" and "Wade in the Water" were used as secret codes during the Underground Railroad. All students enjoyed learning about jazz and practiced Scat Singing like Louis Armstrong and Ella Fitzgerald. Lastly, who doesn't love to move to Motown? All of this with the regular singing, reading music rhythms, and movement each day. 1st Grade will begin working on their Music and Literacy program next week which will be presented on March 25.

HARDISON
TIRE
COMPANY

Alliance,
NC 28509
745-4561
745-4161

Proud to serve
Pamlico County!


PAMLICO
COMMUNITY COLLEGE
www.pamlicocc.edu

DELAMAR & DELAMAR, PLLC
ATTORNEYS AT LAW
Sara L. Delamar



408 Main Street • Bayboro, NC
252-745-3222 • M-F 8:30am to 5:00pm

A Touchstone Energy® Cooperative

Tideland EMC

Real People, Real Power.

We believe in the
power of education.

PAMLICO PRIMARY
Presents

FAMILY
MATH
NIGHT
A Title 1 Event

TUESDAY
MARCH 18

PAMLICO
PRIMARY
SCHOOL

FLOATING
FROM
5:00-6:30

• Fun and engaging math activities and games for the whole family!

• Delicious food & drinks

• Visit with your child's teacher

• Shop the Scholastic Book Fair



Staying Healthy

The dark side of daylight saving time

Why can an hour's time change in spring disrupt our body, sleep, and mental health?
By Matthew Solan, Executive Editor, Harvard Men's Health Watch

On March 9, most Americans will observe the start of daylight saving time (DST) and "spring forward" by setting their clocks one hour ahead. (The exceptions are people living in Arizona and Hawaii.)

DST lasts from mid-March until early November when the clocks turn back an hour and return to standard time. During DST, people can enjoy more time in the sunlight in the evenings. But that convenience comes at a price.

"That one-hour change may not seem like much, but it can wreak havoc on people's mental and physical well-being in the short term," says Dr. Charles Czeisler, professor of sleep medicine at Harvard Medical School's Division of Sleep Medicine.

Go toward the light

Research suggests that changing our clocks twice a year can have various health consequences. Of the two, springing ahead one hour tends to be more disruptive. That hour change can upset our circadian rhythms, the body's natural 24-hour cycles regulating key functions like appetite, mood, and sleep.

Circadian rhythms largely depend on light exposure. The hour transition in the spring initially causes darker mornings and lighter evenings. Less morning light can decrease levels of the mood-boosting hormone serotonin. In contrast, exposure to light later in the evening can delay the production of melatonin, the hormone that helps you fall asleep.

Many people also have trouble adjusting their sleep schedule to the new time. For the first few days or even a week, they may go to bed later or wake up earlier than usual, which can cause sleep deprivation. One study found that the average person gets 40 minutes less sleep on the Monday after DST begins compared with other nights of the year.

"Disrupted sleep can cause people to feel fatigued, groggy, and less focused," says



Dr. Czeisler. This may explain, in part, the 6% rise in car accidents following the spring time change, according to a 2020 study in the journal Current Biology. Poor sleep caused by DST also can exacerbate existing problems like depression, anxiety, and seasonal affective disorder.

Prepare for the switch

People can take steps to make the hour change less daunting to their bodies and mind. Dr. Czeisler offers several different approaches:

Alter your bedtime. About three days before the time change, go to bed and wake up 10 to 15 minutes earlier than usual. The next night, aim for 20 to 30 minutes, and then 30 to 45 minutes on the third night. "By the end of this period, your body would have adjusted to that lost hour, and you won't have the stress of trying to quickly catch up on sleep," says Dr. Czeisler.

Take afternoon naps. If you feel tired in the afternoons after DST starts, take scheduled midday naps for 20 to 30 minutes (napping longer than that can make you feel even more groggy).

Get more light. During the first week after the time change, try to get about 15 minutes of exposure to morning light, which can help maintain your circadian rhythms. Another option is to use a light box that produces a bright white light. Choose a light box with 10,000 lux exposure (lux is a measure of light intensity). Sit about 12 inches away for up to 30 minutes. Keep your eyes open, but don't look directly at the light. Spend the time reading, writing, or just being present.

Delay your day. For several days after the time change, postpone beginning your daily routine for an hour. For example, if you go for your morning walk at 8 a.m., wait until 9 a.m. "Your internal clock is still running an hour behind, so you give it a chance to adjust," says Dr. Czeisler. Gradually shorten your start time by 10 or 15 minutes; within a week, your body's clock should be reset to the new time.

Curb the alcohol and caffeine. Cut back on drinking alcohol and caffeinated beverages several days before and after the time change, as they can disrupt your sleep.

Image: © ljubaphoto/Getty Images

Learn how you can celebrate your music program this March!

#MIOSM | #UnitedThroughMusic | nafme.org/MIOSM

Reserve your Yearbook Today!

Remember the moments at

PAMLICO PRIMARY SCHOOL

by Preordering your child's yearbook today.

There's a Limited Time to Order as well as limited quantities available, so be sure to place your order now to guarantee your copy.

Follow the steps below to Reserve your Yearbook.

1. Go to www.strawbridge.net and click on Order Pictures & Yearbooks
2. Enter your Code: YB3T192
3. Click Find

Stay connected with us on social media for the latest tips, exclusive discounts, and all things yearbook-related!

@strawbridgedstudiosinc

strawbridge studios

@sspictures

Club #6172 | District #7720

Oriental Boat Show Returns: The Largest Fundraiser for the Rotary Club of Oriental

The highly anticipated Oriental Boat Show is returning to the waterfront of Oriental, bringing marine enthusiasts, vendors, and the community together for a weekend of all things boating. This premier event, hosted by the Oriental Rotary Club, is the club's largest annual fundraiser, with proceeds supporting thousands of dollars in scholarships and financial assistance throughout Pamlico County.

Slated for April 11-13, 2025,, the Oriental Boat Show will feature an impressive lineup of boat dealers, marine equipment vendors, and educational demonstrations. Visitors will have the opportunity to explore a wide range of boats, from sailboats to powerboats, while enjoying great food surrounded by the beautiful scenery of Pamlico County.

Volunteers Needed – Sign Up Today!

The success of the Oriental Boat Show depends on the incredible support of volunteers. This year, we are calling on community members to lend a hand and help make the event a success. Volunteers can assist with golf cart taxis, event setup, registration, guest services, and more.

To sign up as a volunteer or learn more about the event, visit www.OrientalBoatShow.com or email oncboatshow@gmail.com.

Whether you're a boating enthusiast, a local resident, or just looking for a fun-filled weekend by the water, the Oriental Boat Show is a must-attend event. Come explore, shop, and support a great cause!

For more information, including vendor registration and event details, visit <https://www.orientalboatshow.com>

If you're interested in learning more, please visit www.OrientalRotary.org or email us at orientalrotaryclub@gmail.com.

www.OrientalBoatShow.com

FARM SCHOOL ON WHEELS

Powered by Granit Training Group

Agri-Tourism & Farm-Starter Workshop

Saturday, April 26, 9am – 3pm

Pamlico Small Business Center
701 N. Main St, Bayboro, NC 28515

- ~ Maximizing Your Land a smart approach to farming
- ~ Farm Financing 101 funding & planning for growth
- ~ Agritourism 101 turning your land into a destination
- ~ Future-Proof Your Farm planning for success

Lunch provided by

Register for FREE, visit:

www.PamlicoSBC.com

www.OrientalBoatShow.com