



## PAMLICO COUNTY PRIMARY SCHOOL

■ SCHOOLS on page A11



Vol. 57 No10 , 12 Pages

# The Pamlico News

Wednesday, March 5, 2025

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### LUNCH & LEARN

Finding Fresh Water/Oriental Artesian Wells

Wednesday, March 19

11:30 am - 1:00 pm

Oriental United Methodist Church Fellowship Hall

Join Lou Ostendorff once again as he shares a historical perspective of life in Oriental.

How fresh water sources affected Oriental over the years, especially the free flowing artesian wells and springs in Town. Plus, a demonstration of divining...does it actually work?



Lou and his wife have been permanent residents of the Town for almost 3 years, having visited on weekends from their former residence in Raleigh, NC. He worked as a civil engineer there for 26 years, consulting with the NCDOT and various other private concerns. Marcia was a science teacher at Ravenscroft, a well-established private school. Prior to his civil engineering, he was a mining engineer working in the coal fields of West Virginia, enjoying an interesting exposure to that life, living in Bluefield, W. VA. Lou is a Va. Tech graduate & Marcia graduated from Radford College.

A special thank you to the Sojourner's Circle who will be providing lunch. RSVP by emailing director@primetimepamlico.org or calling 252.675.0909 by Wednesday, March 12.

### ON THE ROAD AGAIN

Guided Tour of the Foscue Plantation Pollocksville, NC

Thursday, March 27 - 2:00 pm

Lunch in New Bern prior to Tour

Simon Foscue, Jr. owner of the home was appointed Justice of the Peace by Governor Hawkins. At that time, a Justice of the Peace held the most powerful position in county government throughout the United States. Executing judicial, executive and legislative powers, Justices of the Peace were the local governing authorities and highly respected, distinguished citizens.



Simon Foscue, Jr., who not only was a Justice of the Peace, but a successful planter, often visited New Bern and admired several of the high-style side hall townhouses that were being built in town such as the Jones-Jarvis House and Eli Smallwood House. This style, very much in vogue in England in the late 18th century, became prominent among high society in New Bern and outlying areas in the early 1800's. According to Peter Sandbeck's book, The Historic Architecture of New Bern and Craven County, the Foscue Plantation house is "the finest surviving example of the rural influence of the stylish side-hall plan" that had gained widespread popularity in New Bern. James E. Foscue, Jr., a direct descendent of the family, keeps the property in a state of ongoing preservation and restoration.

## Vandemere One Step Closer to Aquaculture/Restaurant Business

by: Hiram Lupton

Tom McCradden knows a thing or two about aquaculture, more specifically the growing of shellfish seeds. His company, The Great Florida Shellfish Company, has been in business in the sunshine state since 1995, farming and harvesting full sized clams and operating a hatchery for clams and oysters. When he was looking to expand his business, his eyes settled on a location in Vandemere as ideal for his type of operation and in September of 2024, he purchased a 1.4-acre tract at the intersection of Pennsylvania Avenue and South First Street, situated on the Bay River with over 700 feet of shoreline including a sheltered cove. His proposal to the Town of Vandemere is to locate a roughly 120' X 50' two-story facility on the tract. The bottom floor will contain a hatchery operation for growing primarily oyster seed to be planted by growers. Depending on salinity, clam seed might possibly be grown at certain times of the year. Although not a certainty, the second floor would be occupied by a restaurant, possibly as soon as 2026. Mr. McCradden appeared before the Vandemere Planning Board via teleconference last Wednesday to explain his operation and his plans for the



Tract that is site of proposed facility.

Vandemere location. There were also roughly 15 members of the public present. The task before the Board was to decide if this type of business could be located on the tract, and if not, whether to grant a special use permit for it. The parcel is zoned by the town for business use (B-1), but that zoning has a list of permissible uses that are allowed. Town Attorney, Mr. David Baxter, presided over the meeting which was defined as a Quasi-Judicial Hearing. This was done completely in public, however only members of the public with an expertise in their subject matter, and the willingness

to be sworn in and acknowledge that expertise would be allowed to testify. An example would be someone desiring to speak as to the impact this project would have on property values to neighboring parcels. If they had no verifiable expertise in property appraisals, and not be willing to swear to that expertise, it would not be advisable for them to testify, since all parts of their testimony could be called into evidence in any future proceedings on the matter. After listening to Mr. McCradden's summary of his proposed project, the board discussed whether or not if fit any of the specified

■ Continued on Page A5

## NCHSAA State Playoffs Hurricane Men Bow Out – Ladies Headed to Third Round

by: Hiram Lupton

The North Carolina High School Athletic Association State Basketball Tournament began last week and both Hurricane squads were in action. We will start with the men, who drew a #30 seed in the 1A East and had to hit the road to take on #3 Lakewood in Roseboro, NC. The Hurricanes started strong and the score was tied at the half, 25-all. Pamlico continued to fight, but a Leopard run in the third period opened up a 46-40 lead and they pulled away late for a 74-55 win, ending the Hurricane men's season.

The Lady 'Canes began the first round at home and hosted the #21 Clover Garden School Grizzlies and Pamlico took control right from the start building up a 35-13 lead by the half and then cruising to a 62-40 final. Pamlico was led by Nya Clark's 29 points as she connected on 13 of 16 shots. The Hurricanes reward

for winning was a long bus trip to Person County to tangle with the #5 seeded, and undefeated, Bulldogs of Roxboro Community School. Although seeded lower at #12, the Hurricanes unmasked the flawed seeding of the NCHSAA as they jumped out to a 17-5 lead and quickly took the home crowd out of the game. They maintained their 12-point advantage to the half and led 32-20 at the break. That lead swelled to 27 by the end of the third quarter as the Bulldogs wilted under the pressure defense of the Hurricanes. Coach April Rose emptied her bench and Pamlico moved on to the third round with a 71-44 win. Nya Clark and Sydney Whitley-Reese each had 30 points for Pamlico and mirrored each other on the defensive end too, both coming up with 8 steals. Up next for Pamlico is another trip west to take on the #4 seeded Wake Prep Academy Guardians on Tuesday.



Nya Clark hits a layup at Roxboro Community School



Kyliyah Barber scores against Clover Garden School

## 2025 Ol' Front Porch Music Festival announces the Riverfront Stage lineup

ORIENTAL, NC – February 28, 2025 – The lineup for Oriental's 11th Ol' Front Porch Music Festival will offer a unique blend of award-winning national, regional, and state performers, along with Pamlico County's best musical talent.

The festival, Oct. 3-4, will present bands and solo artists with bona fides from across the music industry, representing traditional and new-age bluegrass, folk, country rock, blues and Americana, as well as jazz, swing, and gospel. The festival will open on Friday, October 3 at 1 p.m.; the final performance on the Riverfront Stage will begin at 5 p.m. both Friday and Saturday. More than 20 bands and solo artists are expected for the festival, performing from the Riverfront Stage and from porches around the village. As always, thanks to generous sponsors, all performances are free.

The music kicks off on Friday with local favorite Moores Creek Bluegrass, followed by the Jeff Little Trio, bringing an innovative edge to the rich traditions of Appalachian music. Closing out the Friday Riverfront Stage lineup will be Nashville-based Sweet Megg, whose eclectic influences from country, jazz, swing, blues and more combine into an exciting sound that will have you on your feet.

Saturday will see the return of a couple of favorites from previous festivals: rock/blues singer-songwriter Acisse Jay will kick off the day, followed by Christie Lenée, who was named "Best Acoustic Guitarists in the World Right Now" by Guitar World in 2020. Making their Oriental debut is the Floyd VA band, The Wildmans, whose campsite jamming at festivals and fiddler's conventions and a college level music education forms the foundation for musical explorations that sets this group apart. Closing out the festival on Saturday night will be Rissi Palmer, a prominent figure in both Country and Americana music. Her performances have graced illustrious venues such as The White House, The Grand Ole Opry, Lincoln Center, and the Apollo Theater, and you may remember her from her 2018 Pamlico Music Society performance right here in Oriental. As the host of Color Me Country Radio with Rissi Palmer on Apple Music, she challenges listeners to reconsider their perceptions and stereotypes surrounding people of color in the country music landscape.

The lineup for the porches this year is still coming together. A complete schedule will be released later this spring and posted on the festival website, olfront-porch.org.

The Ol' Front Porch Music Festival presents two days of music on the front porches of homes around Oriental and on a Riverfront Stage. All performances are free. The festival also features a Village Market showcasing dozens of local and regional artisans and crafters, and a Food Park that offers selections from area restaurants in cooperation with local nonprofit organizations.

■ SPORTS page A5



## WEEKEND WEATHER



Saturday, March 8th 64°Hi Partly Cloudy throughout the day



Sunday, March 9th 54°Hi Drizzle throughout the day



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## 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.

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**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 are with 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 of 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. Ingersoll 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](http://www.orientalncwaterfront.com)

1-800-347-8246 • 252-249-1014

Or contact Allen Propst

252-671-4644

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



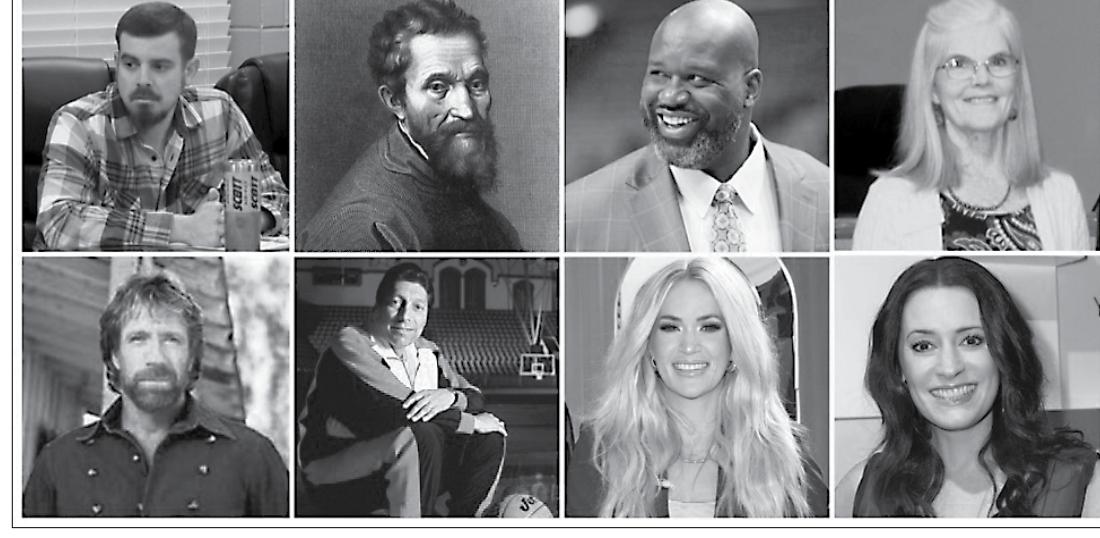
## THIS WEEK IN HISTORY

by: Hiram Lupton

- 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/>

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

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

## COMMUNITY

### 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 Minnetonka 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.

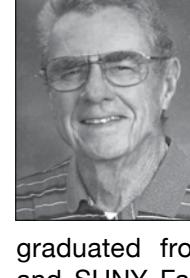
He leaves behind to cherish his memory his wife of 70 years, Marjorie Anne Limeburner; sons, Bryan and Nathan Limeburner; daughter, Katherine Limeburner; and grandchildren, Ian Cooke, Scott Limeburner and Adam Limeburner.

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.



# 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.

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

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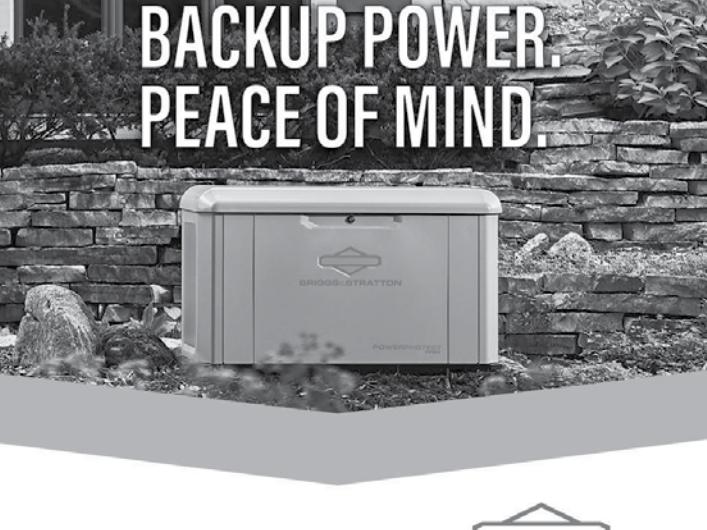


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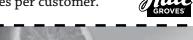
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On the South Atlantic island of Tristan da Cunha, potatoes were once used as currency.

**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](mailto: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.

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## PAWS Annual Dog Parade

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



GO TO [www.pamlicopaws.net](http://www.pamlicopaws.net)

Or the Pamlico Animal Welfare Society Facebook Page



■Continued from page A1

## Vandemere One Step Closer to Aquaculture/Restaurant Business

zoned business uses for the project. Two permitted used were settled on as possibilities, both defined as a "Use by Matter of Right." They were "food sales" or "whole-sale 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 has 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 waterfront, 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.



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## Rep. Greg Murphy Applauds MCAS Cherry Point for Consecutive Awards.

MARINE CORPS AIR STATION CHERRY POINT, N.C. (Feb. 27, 2025) — During his time on the House Floor, Rep. Greg Murphy, M.D. took time to commend Marine Corps Air Station Cherry Point for earning the prestigious Marine Corps Air Station of the Year award for the second consecutive year.

In his remarks to Congress, later shared on his official social media, Murphy, who represents North Carolina's 3rd Congressional District, praised the dedication and excellence of the Marines, sailors, and civilians stationed at MCAS Cherry Point as he extended his congratulations.

"Congratulations to Marine Corps Air Station Cherry Point for being named Marine Corps Air Station of the Year for the second consecutive year. This is a testament to the hard work and dedication of the men and women who serve there. Their commitment to excellence makes a difference for our national defense, and I could not be prouder to represent them in Congress," Murphy said.

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

and project management, innovative business practices, operations, community engagement and support, and meritorious personnel service. With back-to-back Air Station of the Year awards, Cherry Point remains at the forefront of mission readiness and operational excellence for the Department of Defense.

Commissioned in 1942, Marine Corps Air Station Cherry Point is the world's largest Marine Corps air station. Including its outlying fields and ranges, it occupies more than 29,000 acres in eastern North Carolina. MCAS Cherry Point provides 24/7 air traffic control in support of more than 130,000 flight operations annually and serves as a primary aerial port of embarkation and debarkation for Marines deploying on the East Coast. The installation is a Power Projection Platform for the Joint Force in warfighting capability and aviation readiness. Through its operation and development, Cherry Point contributes approximately \$2.64 billion to the state and local economy.

Direct follow-up inquiries to MCAS Cherry Point Communication Strategy and Operations at 252-466-4241 or [cherrypoint@usmc.mil](mailto:cherrypoint@usmc.mil).

## Cherry Point Guests to Be REAL ID Ready By May 7

MARINE CORPS AIR STATION CHERRY POINT, N.C. (Feb. 28, 2025) — Beginning May 7, 2025, Marine Corps Air Station Cherry Point will enforce the REAL ID Act, which requires visitors and non-permanent party personnel to have a REAL ID compliant driver's license or identification card to enter the installation.

The requirement will largely affect visitors over the age of 18 that include delivery drivers, third-party contracted workers, and public and private guests trying to enter the installation.

DoD-issued identification cards are REAL ID compliant. So, common-access cardholders, dependents, contractors and military retirees possessing valid credentials do not have to obtain a new identification to enter the installation.

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

to acquire a REAL ID Act-compliant identification card should visit the North Carolina Department of Motor Vehicles website at <https://www.ncdot.gov/dmv/license-id/nc-real-id> or that of your home state. At a minimum, documentation containing one's full legal name, date of birth, social security number, and lawful status can be provided to obtain a REAL ID.

The REAL ID Act, passed by Congress in 2005, enacted the 9/11 Commission's recommendation that the federal government "set standards for the issuance of sources of identification, such as driver's licenses and identification cards." The purpose of the act and regulations cover accessing certain federal facilities; boarding federally regulated commercial aircraft; and entering nuclear power plants.

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

## LETTER TO THE EDITOR

Dear Editor and residents of Pamlico County,

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](http://www.hoperegala.com)). Thank you again for all the support!

Yolanda Cristiani  
Executive Director  
Hope Clinic

## Lifestyle choices that affect oral cancer risk

Oral cavity and oropharyngeal cancers affect the mouth and throat. Estimates from the American Cancer Society predict around 59,660 new cases of oral cavity or oropharyngeal cancer and about 12,770 deaths. The Ontario Dental Association says around 5,400 Canadians will be diagnosed with oral cancers and 1,500 will die from them. No one can make themselves immune to cancer. However, recognition that certain lifestyle habits can increase a person's risk for oral cavity and oropharyngeal cancers may help them avoid behaviors that could increase their chances of being diagnosed with the disease.

**Tobacco use:** Smoking cigarettes, pipes or e-cigarettes and using chewing tobacco or snuff can increase the risk for oral cancers. There is some evidence that newer nicotine pouches may increase the risk of oral cancer, but more research is needed.

**Alcohol consumption:** Heavy alcohol use increases the risk for oral cancers. Alcohol abuse, defined as drinking more than 21 standard drinks in one week, is the second largest risk factor for the development of oral cancer, according to The Oral Cancer Foundation.

**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.

**HPV virus:** Research indicates that approximately 70 percent of cases of oropharyngeal cancer are caused by the human papillomavirus, particularly HPV16. The HPV16 virus is detectable in the tumors of these cancers.

**Poor diet:** A diet low in fruits and vegetables has been linked to increased risk of oral cancers.

**Sun exposure:** The American Cancer Society says oral cancers that begin on the lips can be the result of radiation from the sun.

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 Photo by: Hiram Lupton



Zion Hill United Church of Christ - Florence

## KITCHEN CHATTER

*Do you have a favorite recipe or your own?*

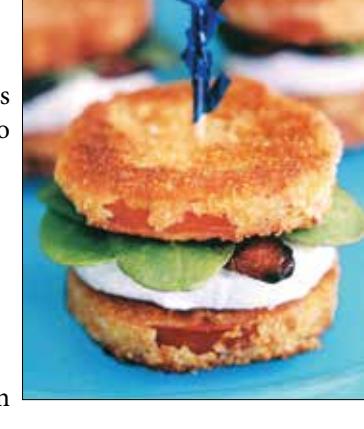
*Send it to us at [frontdesk@thepamilconews.com](mailto:frontdesk@thepamilconews.com) so we can share it with our readers. Include all ingredients, quantities and detailed instructions.*

### 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



### Spring 2025 Collection Events

**PAMlico COUNTY**

Saturday, March 22, 2025  
9:00am - 1:00pm  
Pamlico County Courthouse  
202 Main Street, Bayboro

**CRaVEN COUNTY**

Saturday, April 5, 2025  
8:00 AM - 1:00 PM  
Craven Community College  
800 College Court, New Bern

**CARteret COUNTY**

Saturday, April 26, 2025  
8:00 AM - 1:00 PM  
Carteret Co. Health Dept  
3820 Bridges Street, Morehead City

**Accepted Materials**

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

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

✓ Automotive fluids: gasoline, used motor oil, anti-freeze

✓ Pesticides: Lawn, garden, and farm pesticides and fertilizer

**Non-Accepted Materials**

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

**No Mystery Cans!**  
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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.

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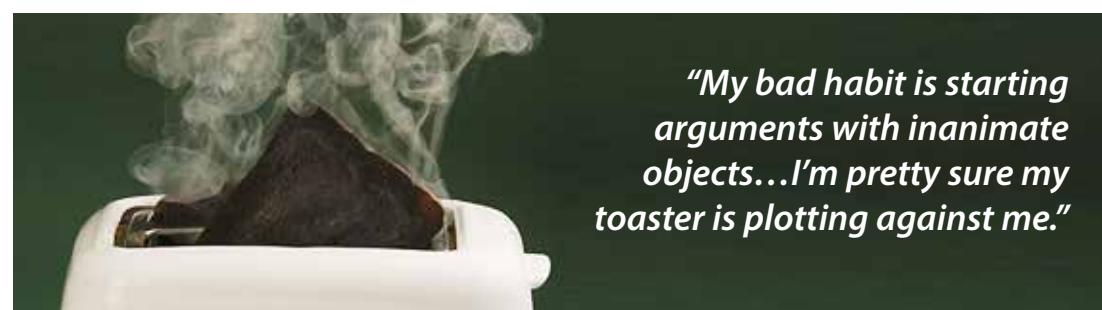
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*"My bad habit is starting arguments with inanimate objects...I'm pretty sure my toaster is plotting against me."*



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# 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?

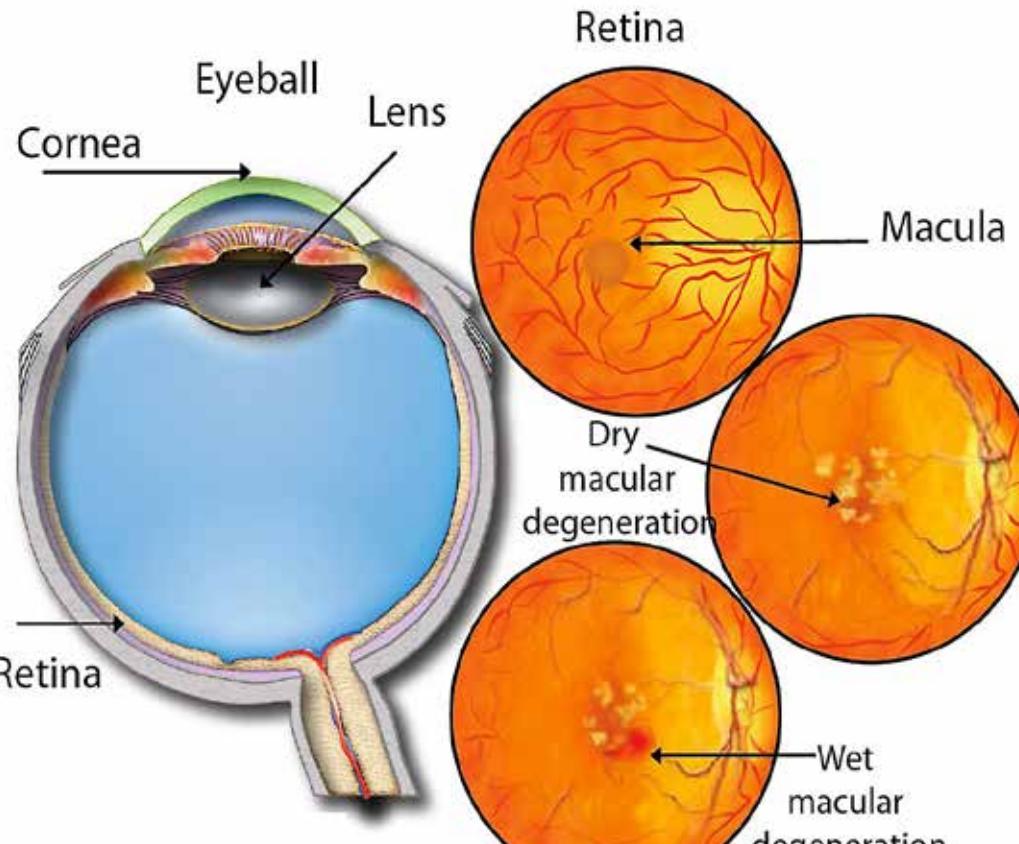
AMD produces different symptoms depending on the stage of the disease. Early dry AMD does not cause any symptoms, and the NEI notes some people with intermediate dry AMD may not experience symptoms. Those who do may notice symptoms such as mild blurriness in their central vision or difficulty seeing 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](http://www.nei.nih.gov).

## Macular degeneration



# 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](mailto:selbert@uwalumni.com) or (651) 270-9367; or Bill Mahaney at [williammahaney@yahoo.com](mailto: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

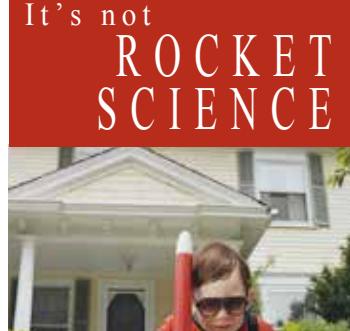
Parents know that patience is not necessarily a virtue of young children. Craft projects, particularly those that require cutting and gluing, do not provide instant gratification because they require multiple steps and time to dry before they're completed. North Shore Pediatric

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.



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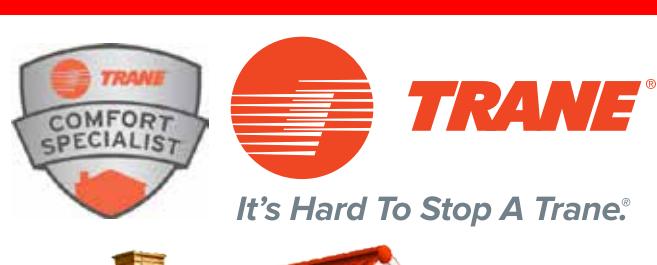
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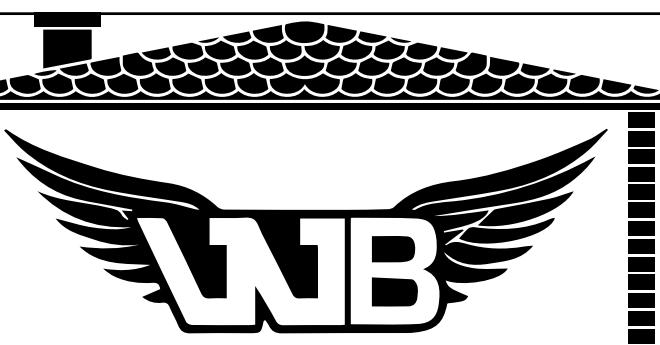
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## LEGALS

**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 it 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 dece-

dent 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  
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Publish MARCH 5, 12, 19, AND  
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## 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

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 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 306 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

# 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 Caraway, possibly a link to the Edward Caraway 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 we 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 luncheon 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 luncheon. 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 Thelmon 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 Vicki Moseley-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 them 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.

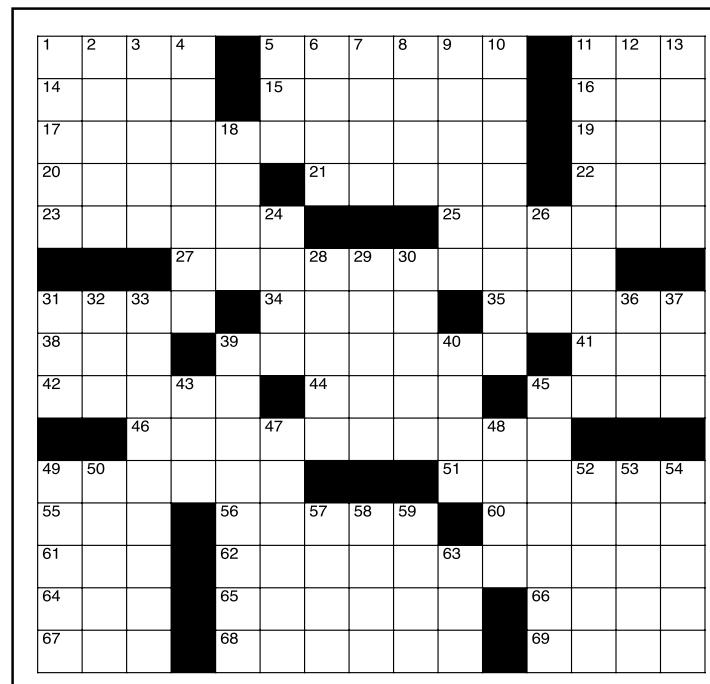
I saw a couple of Eastern Towhees in the Canna leaf litter shopping; first time seeing any around here in quite a spell. There is a Gray Catbird coming to the table feeder! I usually only hear them in the woods during the summer. Lots of singing by other birds and the Blue Birds are back attending to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



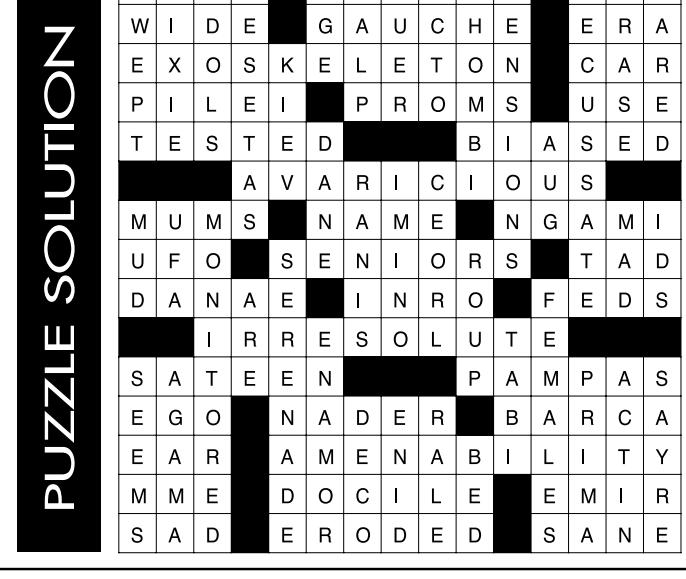
### CLUES ACROSS

- 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

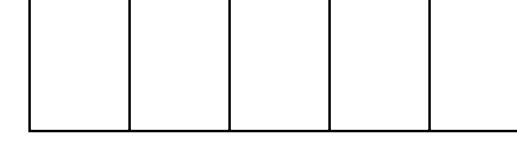
### PUZZLE SOLUTION



## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to pet sitting.

WLKAS



ANSWER: WLKAS

## 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 99,700 miles. 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 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!

PAMLICO COUNTY PRIMARY SCHOOL  
UNITED THROUGH MUSIC

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.

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!



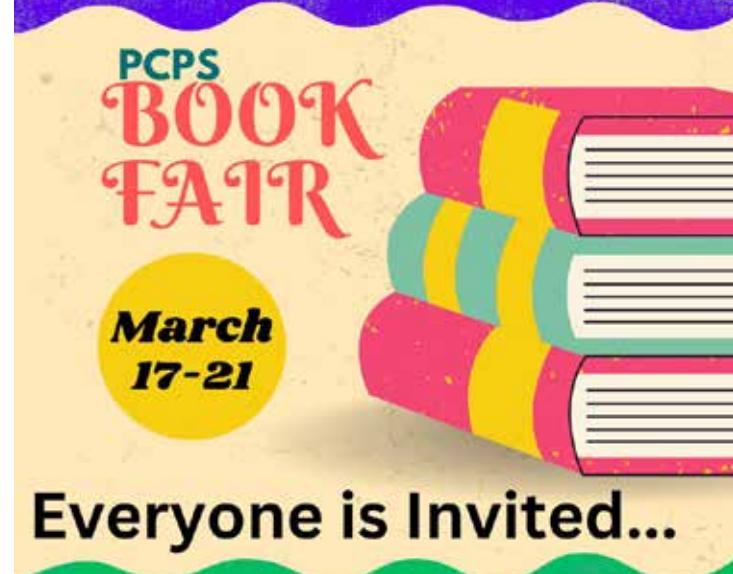
Kindergarten students show their knowledge of their Geodes Book Fly, Amelia, Fly. Students very much enjoyed the hands-on opportunity to fly airplanes themselves.



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.



Students are staying busy in music class.. learning about Black History through Spirituals, Jazz, and Motown. While learning about spirituals K-1 students 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.



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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: © iStockphoto/Getty Images*



**Learn how you can celebrate your music program this March!**

#MIOSM | #UnitedThroughMusic | [nafme.org/MIOSM](http://nafme.org/MIOSM)

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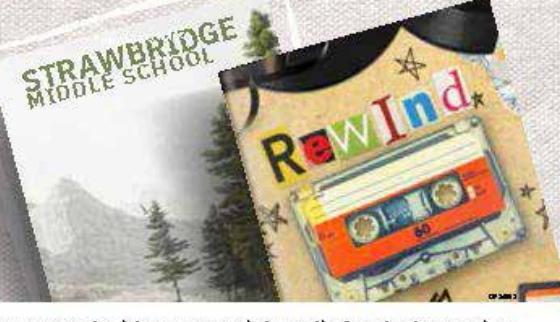
### PAMLICO PRIMARY SCHOOL

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## 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](http://www.OrientalBoatShow.com) or email [oncboatshow@gmail.com](mailto: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](http://www.OrientalRotary.org) or email us at [orientalrotaryclub@gmail.com](mailto:orientalrotaryclub@gmail.com).

[www.OrientalBoatShow.com](http://www.OrientalBoatShow.com)



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