

# The Pamlico News

Wednesday, February 19, 2025

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## Oriental 's RemarkableWomen Special Exhibit

February 22 – June 14  
Reception Saturday, March 8, 1-4pm

Oriental's History Museum presents a Special Exhibit honoring those women from this area who were the driving force behind the founding of important events, traditions, and non-profit organizations. Most of these women have passed away but their efforts remain making the area a better and more vibrant place to live. They spearheaded the development of lasting structures that contribute to the daily lives of area residents. Oriental and the County now have a history museum, health clinic, theater for musical and other productions, food bank...and the list goes on. All this because these remarkable women, some natives of the county and some who moved here, saw a lack in services and did something about it.

Oriental's History Museum is located at 802 Broad Street. Hours are: Friday 11-3, Saturday 1-4. Admission is always free, donations gratefully accepted. For more information contact us: OrientalHistoryMuseum@gmail.com.

## Pet Microchip Company Unexpectedly Shuts Down

by: Hiram Lupton



Pamlico County Animal Control Officer Berkley Hill holds a microchip insertion needle. Chips are about the size of a grain of rice and are inserted just under the skin of your pet.

For many of us, our pet is a part of our family and we do everything in our power to keep them safe and healthy. One way we can do that is to have our dog or cat microchipped, but last week, one of the six companies who provide this service suddenly shut down operations. The Texas based Save This Life microchip and registration company went inactive, with calls to their number being replied to with an out of service response. "People are depending on these chips," says Pamlico County Animal Control Officer Berkley Hill. "It's like buying insurance. You hope you never need it, but if you do, you want it to work." So, if you have chipped your pet with a Save This Life chip, are you out of luck? There is nothing wrong with the chip explains Hill, the problem lies with retrieving the registration information from a data base. "If your pet has a chip registered with Save This Life, they just need to reregister the chip with a different company." If you have the registration documents and they state

■ Continued on Page A2

## Valor Horses for Heroes

by: Hiram Lupton



Breakfast time for the Herd



Founder and co-owner Kenneth Palmer

"Horses teach you a lot. Very little of it actually has to do with horses" ~ Anthony Lothian

There is a new trauma-focused outpatient therapy practice located right here in Pamlico County that in addition to many traditional methods, also offers a unique treatment for its patients, equine therapy. "We are the only practice of this kind in eastern North Carolina," says founder and co-owner Kenneth Palmer. Valor Horses for Heroes specializes in treating active-duty military personnel, veterans, first responders, victims of domestic violence and victims of physical sexual assault. Palmer, who deployed to Iraq and Afghanistan during his 15 years of service in the United States Marine Corps and has 20 years in the fire service has seen first hand the reasons that many

experience trauma and the consequences of it. The staff of certified therapists at Valor Horses use cognitive behavioral therapy and have experience with addiction recovery, anxiety, depression, and other mental illnesses. "I tell our teams everyday to determine what you are trying to treat, and what modality are you going to use to treat it," says Palmer. "Every client is different and so is what they are experiencing." Those teams typically consist of a licensed mental health professional, a certified equine specialist, and one of the five highly attuned horses working with the client so that they (the client) can discover the answers within themselves. "We use the horse as an agent of change,"

says Palmer. The equine therapy is entirely ground based and clients need not know how to ride. The equine approach is only one of several ways that Valor Horses use to treat a patient's trauma which also may include Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive Behavioral Therapy (CBT). Between their offices in Jacksonville and now Grantsboro, Valor Horses treats roughly 200 clients a week both in-office and with telehealth therapy. If you'd like to know more about Valor Horses for Heroes, visit their website at valorhorses.com or contact them by phone at (252) 631-8150. Their Grantsboro office and stables are located at 1303 NC Hwy 306.

## BOC Votes to Accept Affordable Housing Grant

by: Hiram Lupton



The Pamlico County Board of Commissioners

Two weeks ago, the Pamlico County Board of Commissioners (BOC) heard several presentations about the proposed new 48-unit, affordable housing apartment complex to be built in Grantsboro. On Monday night, the BOC voted to formally agree to accept the North Carolina Office of Recovery and Resiliency grant for the construction of the apartments. Commissioner Carl Ollison made the motion to accept the grant, with Commissioner Kari Forrest seconding the motion. During the discussion prior to the vote, members of the Board were able to express their views on the project as well as attempt to explain their reasoning for either supporting or not supporting it. Two Commissioners had taken the time to visit another apartment complex in Chocowinity. It was built and is managed by the same company, Mills Construction, that will be handling the Grantsboro project. Commissioner Ken Heath admitted that he went looking for a reason to vote against the project, but after seeing the complex first hand, he "found no negatives." Commission Chairman Ed Riggs also visited and only had positive things to say about it. "It was clean and well maintained. It was 12-years old and looked practically new." Commissioner Forrest said that she hoped that this project would help alle-

viate the housing shortage for working people in the County. She stated that, "Getting people to live here in order to work here," was what she hoped for. One issue raised in opposition, concerned giving current Pamlico residents preference in applying for residence at the new complex. It was raised two weeks ago by Commissioner Candy Bohmert after the presentations, and brought up again during discussions. Housing rules state that applications for residency will be taken on a first come, first serve basis. Chairman Riggs stated that "we need to make sure that it is well publicized in the community when application acceptance will start." Commissioner Doug Brinson raised concerns that Pamlico County would be able to effectively manage another project with the amount of construction we already have going on. With no further discussion, a vote was taken and passed 5 to 2. In addition to Ollison and Forrest voting for the agreement, Commissioners Riggs, Heath, and Thomas Mills also voted in the affirmative, with Commissioners Bohmert and Brinson casting the two no votes. Mills Construction (no relation to Commissioner Thomas Mills) hopes to start construction this summer and have the complex completed in 12 to 14 months from the start date.

## Escaped Fugitive Captured in Pamlico County

by: Hiram Lupton



Pamlico Sheriff Chris Davis answers questions at a joint press conference in Craven County about the arrest of John Nigh

John Matthew Nigh, the escaped fugitive who had been on the run since January 26th, was captured by Pamlico County Sheriffs Deputies on Tuesday of last week. Nigh's time at large began when he escaped from the Craven County detention facility by climbing through a ventilation shaft to the roof, and 16 days of freedom. He was being held there on a variety of charges from both Craven and Onslow Counties including multiple counts of attempted murder on a law enforcement officer and resisting arrest as well as assault on a law enforcement officer. After more than



John Matthew Nigh back in custody and under a \$1 million bond

two weeks of watching, waiting, and searching, by area law enforcement agencies, the Pamlico County Sheriff's office received a tip that Nigh had been seen at the residence of his fiancé, Camren Laughinghouse, in Reelsboro. Deputies surrounded an out building on the property and after being provided with a key, entered the building and took Nigh into custody without incident at about 4:30 PM. He was taken to Craven County where he was charged with felony escape and held under a \$1 million secured bond. Laughinghouse was charged in Pamlico County with felony harboring a fugitive as well as felony obstruction of justice and was later freed after posting a \$35,000 bond. Pamlico County Sheriff Chris Davis appeared on Wednesday morning in Craven County with Craven County Sheriff Chip Hughes and other law enforcement officials to answer questions about the capture. All expressed gratitude that the more than 2-week saga was now over and that the arrest was made safely for all involved including Nigh.



FEBRUARY IS NATIONAL LIBRARY LOVERS' MONTH

### WEEKEND WEATHER

 Saturday, February 22nd **48°Hi** Partly Cloudy throughout the day

 Sunday, February 23rd **50 °Hi** Clear throughout the day



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# Pamlico Community College to offer slate of short-term health care courses

By Sandy Wall

Registration for the Spring 2025 curriculum semester might be over, but new and returning students can still sign up for great short-term courses that can lead to jobs in the fast-growing health care sector.

Pamlico Community College is proud to offer a wide range of hands-on courses for adult learners through its Continuing Education division.

These courses are a wonderful way for men and women to enhance their skills or to try something new.

“Our health care courses are always among our most popular offerings,” said Lori Giles, the college’s chair of Continuing Education and Technical Programs. “We start these courses throughout the year, which means new and returning students can enroll at a time period that’s convenient for them.”

She continued, “Some of these courses are offered during the day, others are in the evening, and still others are available in a hybrid format of online work and on-site instruction. Some are entirely online. We are also pleased to offer financial aid for many of these courses.”

Upcoming courses include:

\* Dialysis Technician, which will be offered in a hybrid format. Classes begin Monday, Feb. 24, and run through June 16. Cost is \$180.55.

\* Cardiac Monitor Technician, a certification course that will meet Tuesday and Thursdays beginning Feb. 25 and ending June 17. Hours will be 10 a.m. to 2 p.m. Cost is \$180.55.

\* Medical Billing and Coding, which is a three-part program offered entirely online. Component courses include Medical Terminology, Medical Billing and Medical Coding.

The program will begin March 3 and end Dec. 12. Cost for each component course is \$180.55.

\* Nurse Aide II Refresher, which is a one-day class designed to help current certified nursing assistants demonstrate their competencies.

The class will meet Thursday, March 6, from 8:30 a.m. to 5 p.m. Cost is \$70.55.



Pamlico Community College will offer its four-day Medication Aide course in March. It’s designed for current certified nursing assistants. Contributed image

\* Medication Aide, which is a four-day course to train certified nursing assistants how to competently administer medications in long-term care. Course participants must be currently listed on the Nurse Aide I registry.

Classes will take place March 13, 14, 20 and 21. Hours will be 9 a.m. to 3:30 p.m. Cost is \$70.55.

Additional courses are planned for later this year.

For more information about any of these courses or financial aid, please call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or swall@pamlicocc.edu.



Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week

Angie Propst  
Realtor/Broker

Here’s what one of Angie’s customers had to say...

Angie was our beacon, with her voice & a smile we could hear helping us move 3,000 miles and successfully coordinating two cross-country transactions for our family with her professionalism and friendship leading the entire way.

Bill & Heather, Oriental



**BAYBORO** – 1.45-acre private lakefront land, picturesque, serene setting. Nestled in tranquil environment. Central location, easy commute to major employment, walking distance to bakery/coffee shop, parks, shopping & schools.  
**OFFERED AT \$35,000**



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



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



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



**ORIENTAL** – 4,000 hsf commercial building on 0.92 acres of unrestricted land that is not zoned and is not in a flood zone located +/-3 miles north of the Town of Oriental on Hwy 55. Fully-insulated I-beam construction, 6” concrete floor. Covered front porch opens to lovely reception area, spacious conference room and 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 (1,080 hsf) above the office area and a fenced-in side yard, equipped with a 208 3-Phase electrical system with 200 amps service. There is an Ingersole Rand 200 PSI air compressor system for the warehouse with work benches and storage shelving. Metal fabrication equipment does not convey.  
**OFFERED AT \$ 650,000**



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

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

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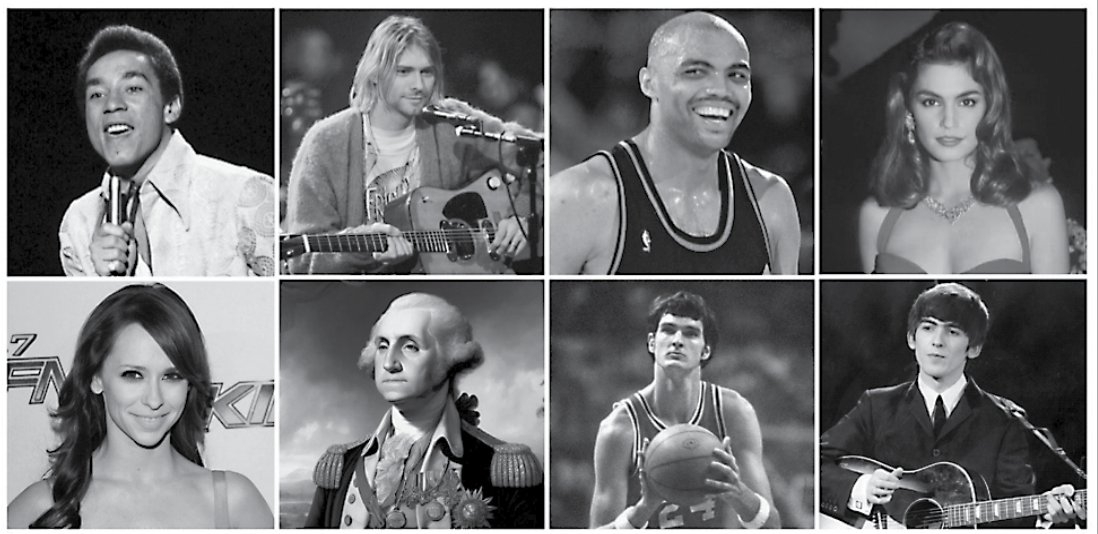
THIS WEEK IN HISTORY

by: Hiram Lupton

- February 19th – 1913, Prizes were first inserted into Cracker Jack boxes.
- February 20th – 1962, John Glenn becomes the first U.S. Astronaut to orbit the Earth.
- February 21st – Today is National Sticky Bun Day.
- February 22nd – Today is National Margarita Day.
- February 23rd – 1940, Walt Disney releases Pinocchio in movie theaters. I wouldn't lie about a thing like that.
- February 24th – Today is National Tortilla Chip Day.
- February 25th – Today is National Chocolate Covered Nut Day.

BIRTHDAYS THIS WEEK

- February 19th – 1940, Singer William Robinson (Smokey Robinson)
- February 20th – 1967, Singer/Guitarist Kurt Cobain
- February 20th – 1963, Basketball Hall-of-Famer Charles Barkley
- February 20th – 1966, Supermodel Cindy Crawford
- February 21st – 1979, Actress Jennifer Love Hewitt
- February 22nd – 1732, George Washington, the first and the best
- February 24th – 1952, NC State Basketball player and NCAA Champion Tom Burleson
- February 25th – 1943, Musician George Harrison





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](mailto:director@primetimepamlico.org)

**Breakfast with Friends @ Brantley's**  
Thursday's – February 20, 27  
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 – February 20, 27  
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.

**Weight Management**  
**Wednesday, February 26**  
**10:00 am – 2:00 pm**

Oriental United Methodist Church – Fellowship Hall

Lori Brinson Altman, PharmD a Pharmacist and Wellness Advocate and co-owner of Bayboro Pharmacy and Wellness Center

Embarking on a successful weight management journey requires a strategy that encompasses not just nutrition, but many other aspects. It's essential to understand that weight management is not a one-size-fits-all solution; it involves recognizing and addressing personal challenges. By prioritizing proper food choices and integrating healthy

habits into daily routines, individuals can navigate their unique circumstances and achieve sustainable weight goals. Embrace this multifaceted approach to transform your lifestyle and unlock the path to a healthier you!

Following the seminar, we will go into the kitchen to prepare a nutritious, healthy meal to share.

Advance Registration is required: [director@primetimepamlico.org](mailto:director@primetimepamlico.org)

**The Maritime Dimensions of Coastal Plantations**  
**Maritime Heritage Lecture Series**  
**Thursday, February 27**  
**Starts @ 11 am**

**Fort Macon Coastal Education Center**  
**Group Lunch Following Program (Lunch On Your Own)**

Car pooling is suggested. Please register with [director@primetimepamlico.org](mailto:director@primetimepamlico.org)

Join David Bennett, curator of maritime history, to learn about the maritime activities of coastal plantations in antebellum North Carolina, including shipping, shipbuilding, ferries, landings, commercial fishing, and more. He will also discuss the lives of free and enslaved watermen associated with coastal plantations.

This program is part of the museum's Maritime Heritage Lecture Series, informal lectures focused on North Carolina's rich maritime history, coastal environment, and culture. The lectures are currently held in the Fort Macon Coastal Education Center and streamed via Zoom. is free, and registration is not required for the in-person program. Visit [ncmaritimemuseumbeaufort.com/virtual](http://ncmaritimemuseumbeaufort.com/virtual) to sign up to receive the Zoom links. Programs are also posted to the museum's YouTube channel.

COMMUNITY OBITUARIES



**Charles Franklin “Frank” Brinson, Jr., 81,** of Arapahoe passed away Friday, February 14, 2025, at CarolinaEast Medical Center.

A Vietnam veteran, he served in the U.S. Navy. He retired from Carolina Telephone after 36 years of service. In the 80's Frank enjoyed scuba diving and co-owned an underwater marine vessel cleaning business. Later he followed in his father's footsteps and obtained his pilot's license. He enjoyed flying and attending the Oshkosh air show in Wisconsin. When he was no longer able to fly, he began his adventures on “his scooter”. He loved travelling with his friend, Robert West, on their Harley's wherever the roads took them.

Frank was preceded in death by his parents, Charles and Nina Brinson and his wife, Hilda Simpson Brinson.

He leaves behind to cherish his memory sons, Todd Brinson and Greg Brinson (Melanie); brother, James Brinson (Linda); sister, Francine Kitchen; and grandsons, Adam, Jacob and Aaron Brinson.

A memorial service to honor Frank's life will be held 7:00 p.m., Friday, February 21st at Daniels-Sadler Funeral Home Chapel. Inurnment will be in Paul Cemetery, Arapahoe.

The family will receive friends one hour prior to the service at the funeral home

Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.



**Ruby Lee Holton, 69,** of Arapahoe passed away Saturday, February 15, 2025, at home.

A true people person, Ruby had the ability to make everyone she met feel valued and loved. She will be remembered for her love of chocolate.

She was preceded in death by her parents, Albert and Jessie Lee; husband, Lee Holton; brothers, Gene, Bill, Ray, and Steve Lee; and sister, Mertie Bonner.

A loving mother and grandmother, she leaves behind to cherish her memory sons, Danny Sawyer (Amber) and Christopher Holton; sister, Pat Robinson (Buddy); and grand-

children, Tylor Clay, Kylie Sawyer, Jacob Sawyer, Chase Holton, and Jarrod Holton.

A funeral service to honor Ruby's life will be held 11:00 a.m., Saturday, February 22nd at Daniels-Sadler Funeral Home Chapel with the Rev. Scott Fitzgerald officiating. Interment will be in Don Lee Cemetery, Arapahoe.

The family will receive friends one hour prior to the service at the funeral home.

As an expression of sympathy, memorial contributions may be made to Daniels-Sadler Funeral Home, PO Box 99, Alliance, NC 28509.

Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

**John 14:27**

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Pet Microchip Company Unexpectedly Shuts Down

that the microchip number begins with either 991 or 900164, it was a Save This Life chip. If you had your pet chipped at a veterinarian's office, they should be able to tell you if it was a Save This Life registration.

“We have not used Save This Life as a provider of microchips and registration for any of our microchip clinics that Pamlico Animal Control has conducted,” says Hill. “We have always used AKC Reunite for registrations.” If you cannot determine if you have a chip registered with Save This Life or not, Hill has offered to help. “Contact my office at (252) 745-3203 or (252) 670-6129 and I will be happy to come out and scan your pet and see what database your pet's registration shows up in. That way you will know if you need to reregister the chip or not.”



Microchip insertion needle showing the AKC Reunite registration number

Horoscopes



**ARIES – Mar 21/Apr 20**  
Aries, impulsiveness may cause friction with loved ones this week, so avoid rushing into decisions. Keep an open mind when others come to you with their thoughts.



**TAURUS – Apr 21/May 21**  
Taurus, expect some clarity regarding a recent financial decision this week. You'll get the answers you need about budgeting and other investments you've been mulling over.



**GEMINI – May 22/June 21**  
This week you may be tempted to over-commit to social endeavors, Gemini. Keep your boundaries in check, especially if you are having difficulty telling other people, “no.”



**CANCER – Jun 22/Jul 22**  
Cancer, much of your to-do list this week will focus on your home life. Take a break from the hustle and spend time bringing order and balance to spaces in your home.



**LEO – Jul 23/Aug 23**  
Your words carry a lot of weight right now, Leo. Be very careful about the opinions you offer and the stories you share. By the weekend you may be called upon for some advice.



**VIRGO – Aug 24/Sept 22**  
Virgo, if you have been thinking about making some sweeping financial decisions, now is the time to take action. Putting things off for another day can wreck long-term plans.



**LIBRA – Sept 23/Oct 23**  
Sometimes you have to give yourself a pat on the back when others are not offering the feedback you need, Libra. You are doing a great job and learning along the way.



**SCORPIO – Oct 24/Nov 22**  
You often keep your cards close to the vest, Scorpio. Others may be surprised to learn a project you have been working on for some time has come to fruition.



**SAGITTARIUS – Nov 23/Dec 21**  
Personal ambitions are at the forefront of your mind, Sagittarius. However, you may be placing too much importance on financial matters rather than the other rewards from hard work.



**CAPRICORN – Dec 22/Jan 20**  
You are doing quite well in your professional life right now, Capricorn. But in terms of home life, there are definitely some areas that can use improvement. Focus on those things.



**AQUARIUS – Jan 21/Feb 18**  
Aquarius, you could be feeling a strong urge to declutter personal spaces, such as the garage, closets or even your home office. Find the time to start sorting through belongings.



**PISCES – Feb 19/Mar 20**  
All it may take is a simple conversation to clear up some persistent misconceptions, Pisces. Figure out when to schedule that talk and afterwards you will feel better.

PISCES Traits & Overview

Smart, creative, and deeply intuitive, Pisces can be close to psychic. Pisces feel things deeply, and have incredibly strong gut reactions. A Pisces “knows” things from deep within, and can often judge whether a person or situation is good or bad. That doesn't mean a Pisces ignores the logical part of their brain, though. Deeply intelligent, Pisces have a profound respect for the power of the human mind. Is it a surprise that Albert Einstein was a Pisces?

Pisces signs are sensitive, and get along well in small groups of people. Sometimes, a Pisces may feel like they have an internal and external self, and they may need to spend a lot of time solo to recalibrate those two halves of themselves. A Pisces is rarely lonely when they are by themselves, and have an active imagination. Creative, Pisces love spending time reading, exploring or creating art or music, and understanding their emotions through art.

Those with the Pisces sign may seem quiet but they are incredibly strong and have a very strong sense of right and wrong. Their moral compass, along with their gut, guides them well. When a Pisces speaks up, people listen. Pisces tend to take in everything around them, and they are great people to ask for advice on pretty much anything. While Pisces has strong convictions about the best way for them to live, they have a “live and let live” approach when it comes to others, and are accepting and nonjudgmental of all.

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The Pamlico News

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# FINANCIAL FOCUS

## Financial considerations when changing jobs



Dan M. Roberts

Are you changing jobs soon? If so, you'll obviously be interested in your new salary — but you'll also want to look at other financial considerations.

Here are some of the most important ones:

- **401(k)** — If you had a 401(k) plan through your previous employer, you'll need to decide what to do with it once you've joined a new employer. You could just cash it out, but you'd pay taxes and possible penalties. You could leave your 401(k) with your previous employer, if allowed, and if you have been happy with your plan's performance. Or you could move your 401(k) into your new employer's plan, which might be a good choice if the new plan has lower fees and attractive investment options. You'd also want to ask whether the new employer offers matching contributions. Finally, you could roll over your old 401(k) into a traditional IRA, which would give you more investment choices.

- **HSA/FSA** — If your new employer offers a health savings account (HSA) as part of a high-deductible health plan, you may want to take advantage of it. Your contributions are made with pre-tax dollars, your earnings generally grow tax deferred and your withdrawals are tax free, as long as they're used for qualified medical expenses. Plus, you can carry unused funds through retirement, when you can still use them for qualified medical expenses. Your employer might also offer a flexible spending account (FSA), which can pay for a variety of health care costs, such as deductibles, co-payments and co-insurance. Generally, if you're contributing to an HSA, you can't fund an FSA in the same year, except for a limited purpose FSA.

- **Waiting period for health benefits** — You'll want to ask your new employer if there's a waiting eligibility period to enroll in its benefits plan — health insurance, dental, vision, and so on. If so, you may need to get COBRA coverage for a few months to stay in your old plan, unless you can be added to a spouse's plan. When you go on your new employer's health care plan, make

sure you know what it covers. Depending on your situation, you might want to add supplemental health insurance.

- **Life insurance** — When you leave a job, your employer-sponsored life insurance will end, unless you have the option to convert your group term life policy into an individual permanent cash value policy. So, you'll want to be sure your new employer offers at least the same insurance coverage as your old one. But you should also determine whether the group policy offered by your employer is sufficient for your needs. Depending on several factors, such as your income, spouse's income and family size, you may need to supplement your employer's policy with an individual term life insurance policy.

- **Other benefits** — Review your new employer's benefits package carefully to see what's available. Many employers offer tuition reimbursement for their employees, and some even provide college planning assistance for employees' children. For example, your employer might offer matching contributions to a tax-advantaged 529 education saving plan, which can be used for college, some K-12 expenses and some trade/vocational school programs.

Changing jobs can provide you with an opportunity to expand your career, learn new skills and broaden your social network. And it can certainly be financially rewarding, too — so make sure you know all the benefits involved.

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

NC

COOPERATIVE  
EXTENSION

Pamlico County

## 2025 Master Gardener Training Class

By: Daniel Simpson County Extension Director, Agriculture Agent



The North Carolina Cooperative Extension Pamlico County office will be conducting a Master Gardener Training Class from **April 1 – May 15, 2025**. This training class will meet **Tuesday and Thursday** at the Pamlico County Extension office (13724 NC Hwy. 55, Bayboro, NC 28515 from **9 AM-12 PM**, and will cover approximately 40-hours of instructional materi-

al focused on home horticulture. Cost for this program is \$135.00 and includes supply costs and a hardcover copy of the North Carolina Extension Gardener Handbook, 2nd Edition. Topics for this class will include:

- Basic Botany: How Plants Grow & Starting Seeds
- Soil: Understanding Soil Fertility & Improvements
- Small Fruit & Tree Fruit Production
- Home Vegetable Gardening
- Lawn & Weed Management
- Insect & Disease Management
- Ornamental Plant Care & Plant Propagation
- Practical Problem Solving for Homeowners & Master Gardeners

Applications for this program will be accepted through March 25, 2025 at our office location and online at: <https://forms.gle/7QZGvtzSDYi742D88>. The course syllabus is linked within this application but can also be found at <https://www.ces.ncsu.edu/2025-master-gardener-class-syllabus/>. Participants will be notified of their acceptance via email. Additional information, as well as payment options, will be included in that email.

Participants who wish to pursue the title of Extension Master Gardener must first complete this training course and complete an additional 40-hours of volunteer service with Cooperative Extension (to learn more follow this link: <https://emgv.ces.ncsu.edu/become-a-volunteer/>). Participants who do not wish to pursue this title may still complete the training program and are welcome to apply.

The goal for this training course is to provide practical knowledge and skills that can help residents maintain sustainable and productive gardens and landscapes. Hands-on learning opportunities coupled with classroom instruction will be provided. Occasional field trips will also be used to introduce participants to course subjects and local experts.

If you would like to take part in this program, then please complete the application at <https://forms.gle/7QZGvtzSDYi742D88>. For more information about the program please contact Daniel Simpson at 252-745-4121 or [daniel\\_simpson@ncsu.edu](mailto:daniel_simpson@ncsu.edu).



2025 Master Gardener Info Site QR Code

## Did you know?



against airborne pesticides, essentially acting as walls around a property that prevent gusty winds from blowing pesticides into yards and gardens.

According to the Environmental Protection Agency, air currents can carry pesticides that were applied to nearby properties. That means even people who do not apply pesticides in their lawns and gardens can still be at risk of exposure to these potentially harmful chemicals. People concerned by the prospect of being exposed to the pesticides being applied by their neighbors can stay indoors with their children and pets while the substances are being applied. Those who live near fields and parks where pesticides are routinely applied can plant hardy, thick-branched trees to reduce their risk of airborne exposure. The EPA notes that such plants and shrubs can serve as buffers

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# The Greening of the Field

by: Hiram Lupton

In one short week the new Pamlico County High School baseball field has gone from looking like a big sandbox to something closely resembling a baseball field. The aptly named Carolina Green did not let the yo-yo temperatures and damp conditions stop them from laying sod covering the field and were quickly on their way to building concrete forms for dugout construction.

When Carolina Green completes their part of construction, Whitehurst and Sons fencing will be on deck to install fencing for the project followed by Boss Lighting who will install the lighting for the new field. Although the date could shift between now and then, it is hoped that the first conference game of the season on March 21 versus Lejeune can be played on the new field.

Sod installation. Before on top and after on bottom.

Scott

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## Hurricanes Close Out Regular Season

by: Hiram Lupton

The Pamlico County High School Basketball teams wrapped up their regular season schedule last week with a pair of at-home game nights against conference foes. On Tuesday, the Panthers of Northside came prowling to Bayboro and had their claws out. The Lady 'Canes were looking for a little payback after losing to Northside the previous week and early on things were looking good for Pamlico who took a 26-17 lead into halftime. Coming out of the locker room after the break however, the Panthers showed they were not about to go quietly. Pamlico's nemesis from the previous game, turnovers, was back and Northside blitzed Pamlico, outscoring them by 20 points in the quarter to take a 44-33 lead. Pamlico fought back in the final period, pulling to within 3, but the hole was too deep and Northside won a big one on the road, 56-53. Pamlico was led by Sydney Whitley-Reese's 25 points, but it was hard to overcome the 29 turnovers committed by the team. For the men it would be a tough go the against the first place Panthers. At the half they trailed by only 8 points, but Northside slowly added to that lead throughout the second half to win, 74-50.

Two nights later it was back on the court for Pamlico, this time hosting the Seahawks who flew down from Southside. The Lady 'Canes got off to a slow start and the game was tied up 11-11 at the end of the first period. A little second quarter surge, led by Whitley-Reese's 3 3-pointers helped the Hurricanes get a little momentum as they led 32-25 at the break. The third quarter was a pivotal one for Pamlico just as it was the previous game, but this time in the opposite direction. The Hurricanes turned up the heat on the defensive end and opened up a 54-39 margin. From there they cruised to a 68-49 win. For the men, it was a particularly tough game, especially on the offensive end. They managed just 8 points in the first half. Southside wasn't exactly setting the nets on fire, but they led at the intermission, 22-8. They added 5 to that in the third period. Pamlico finally got a little offense going late in the game, but it was way too late as Southside took home a 58-39 victory. The men finish the conference regular season with a 5-5 record, in a tie for third place in the conference and will host Jones Senior this Tuesday in the first round of the conference tournament. The Ladies finish up with an 8-2 record and get a first-round bye for the conference tourney. The time, place and opponent for their second-round game will be announced.

Samyah Maiden gets fouled by Northside on her way to the basket.

Jaiden Gaskins goes up strong against Southside

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# PCMS Athletics

## Wrestlers Compete in the CMSAC Tournament

by: Hiram Lupton



Caleb “Caybop” Dawson controls his West Craven opponent on his way to a conference championship



Darci Van Zandt



Micah Rodriguez goes for a pin



MSWC4 – Marlin Cuthrell

Pamlico County Middle School wrapped up another successful wrestling season last Monday as they competed at the Coastal Middle School Athletic Conference wrestling tournament held at Havelock High School. Pamlico sent 15 wrestlers to the tournament and seven brought back top 3 finishes with Caleb Dawson (106) and Damarion Roberts (175) leading the way with conference championships. Micah Rodriguez and Camden Centers each were conference runner ups, while Montacies Styron, Payton Wichmann, and Marlin Cuthrell all earned third place finishes. The girls were also in action and they brought back 4 medals for their efforts. Kinley Small and Darci Van Zandt each earned silver medals while Jacklyn Cook and Kendalyn Theocles picked up bronze medals. Congratulations to the entire team and their coaches for another fine season of competition and growing the program.

# Hurricane Wrestlers Compete at NCHSAA Eastern Regionals

by: Hiram Lupton



Isaiah Mewborn



Landon Yates



Jacquin Kirkman



Syler Hall

Pamlico County High School wrestling will be well represented this Friday and Saturday in Greensboro at the North Carolina High School Athletic Association's State Wrestling Championships. There will be four Hurricanes competing for a title due to each of them finishing in the top four of their respective weight classes in the Eastern Regionals held last Saturday at Rosewood High School in Goldsboro. The top finisher for Pamlico was Isaiah Mewborn who was crowned Eastern Region Champion in the 150-pound weight class. Landon Yates earned a second-place finish at 144 pounds while Jacquin Kirkman rang up a third-place finish in the Heavyweight division. Rounding out the Hurricane fearsome foursome is Syler Hall who picked up a fourth-place finish at 215 pounds. Overall, Pamlico did outstanding as a team, finishing fourth out of the 29 teams that participated.

# PCA Ladies Win Conference Tournament

by: Hiram Lupton

There is a lot to be said for peaking at the right time, especially in sports. For the Pamlico Christian Academy Girls Varsity Basketball team, that right time was in the Mid-Atlantic Christian Athletic Association Conference tournament held at Southeastern Free Will Baptist College, in Wendell, North Carolina. Lee Jones' PCA squad has been improving steadily all season and going into the tournament they held their first season winning record in their short history, 18-10 overall and 7-3 in the conference. They were seeded third in the tourney. On Thursday they took on the number one seeded Terra Ceia Christian, a team they lost to by 15 points just 2 weeks ago, and twice during the season. They promptly bounced the Knights out of title contention with a 38-20 win. Next up on championship Saturday were the Warriors of Mount Calvary Christian Academy, the number two seed. The Mariners had played the Warriors 4 times during the regular season and lost three of those contests. When you are hot, you're hot and the Mariners were hot, as they took down Mount Calvary, 35-27 for the championship. Congratulations Lady Mariners on a job well done and your first championship.



# Churches of Pamlico

Photo by: Hiram Lupton



Green Hill Missionary Baptist Church - Bayboro



For many people, winter is a time to huddle up indoors, where the harsh weather synonymous with the season can do us no harm. Food is often a friend during such times, as certain foods act like a warm blanket on an otherwise bone chilling day or night.

Perhaps no food is more effective at warding off winter weather than chili. A bowl of chile can be the perfect remedy on a cold day, and the following recipe for "Chicken and Black Bean Chili" from Leslie Jonath and Frankie Frankeny's "Soup's On!" (Chronicle Books) is sure to please.

## Chicken and Black Bean Chili

Serves 6 to 8

- 1/2 cup olive oil or vegetable oil, divided
- 11/2 pounds boneless, skinless chicken thighs, cut in 1-inch cubes
- 2 to 3 tablespoons chile powder
- 1 tablespoon cumin seeds
- 2 cups diced yellow onions
- 1 cup seeded, diced yellow onions
- 1 red bell pepper, diced
- 3 canned chipotle chiles in adobo sauce, minced
- 1/4 cup minced garlic (4 to 6 cloves)
- 1 can (14.5 ounces) black beans
- 1 can (15 ounces) diced tomatoes
- 2 ears corn, kernels cut from the cobs
- Salt
- Freshly ground black pepper
- 1 ripe avocado, halved, pitted and diced
- 1 cup cherry tomatoes, quartered
- 1/2 red onion, diced (about 1/2 cup)
- 1/2 bunch fresh cilantro, minced
- 1/2 cup freshly squeezed lime juice (about 4 limes)
- 2 jalapeno chiles, seeded and minced
- 11/2 teaspoons kosher salt
- 1/2 cup crumbled Mexican cotija cheese
- 1/2 cup grated mixed cheddar and monterey jack cheeses

Heat 1/4 cup of the oil in a heavy-bottomed, 8-quart pot over medium heat. Add the chicken, chili powder and cumin seeds and saute until the chicken is cooked through, 4 to 6 minutes. Transfer the meat to a bowl and set aside.

Return the pot to the heat, add the remaining 1/4 cup of oil, and cook the onions, poblanos, bell pepper, chipotles, and garlic, stirring frequently, until the onions start to brown. Stir in the beans with their liquid, tomatoes and corn and return the cooked chicken with all its juices. Turn the heat down to low and simmer, stirring every 5 minutes, until the chicken is cooked through and tender, about 25 minutes. Season with salt and pepper to taste.

In a large bowl, combine the avocado, tomatoes, onion, cilantro, lime juice, jalapenos, and salt. Set aside.

To sever, ladle the chili into bowls and top with the salsa and cheeses.

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# Hurricane Senior Night

by: Hiram Lupton



Senior Cheerleaders, Front Row (L to R) Ariana Godette, Katherine Banks, Annie King. Senior Basketball players, Back Row (L to R) Zyneiah Collock (Manager), Xavier Powell, Tariq Barber, Jaiden Gaskins, Jahsuan “Chuck” Lovick, Koby Lane, and Samyah Maiden. Not pictured, Janelle Norris (manager)

Last Thursday marked the final home regular season basketball games for the Pamlico County High School Hurricanes and as is tradition, the senior members of those teams as well as the senior members of the winter cheerleading squad and their families were recognized and honored between the Varsity girls and boys games.

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# Health&Wellness



40% of all cancers diagnosed and nearly 1/2 of all deaths from cancer in the United States can be attributed to preventable causes

Things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun. As a result, steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers can dramatically reduce your risk of certain cancers.

### Understanding Cancer Risk Factors

It is important to know your risk factors and talk about them with your health care team. It will help you make better lifestyle choices to improve your health. This information could also help your doctor decide if you need genetic testing and counseling. General risk factors for cancer include:

- Older age
- A personal or family history of cancer
- Using tobacco
- Obesity
- Alcohol
- Some types of viral infections
- Specific chemicals
- Exposure to radiation, including UV radiation

You can avoid some risk factors by stopping risky behaviors. Other risk factors cannot be avoided, such as getting older.

### 6 Tips for Reducing Your Risk of Cancer

While there is no certain way to prevent cancer, there are certain risk factors that increase the likelihood. You can TAKE ACTION to lower those risks through healthy lifestyle choices, getting recommended cancer screenings and vaccinating against certain viruses.

### Maintain a Healthy Weight and Active Lifestyle

- Eat a plant based diet and decrease your intake of higher calorie food.
- Limit processed meats and alcohol.
- Include at least 30 minutes of physical activity in your daily routine. Even better, strive for at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic physical activity.

### Sun protection

- Stay out of the sun between 10:00 a.m. and 4:00 p.m.
- Generously use sunscreen, cover exposed areas with hats or loose clothing, and utilize the shady areas when outdoors.
- Avoid tanning beds and sun lamps.

### Get Immunized

- Certain viruses can cause cancer. There are vaccines that have been proven to be effective to reduce your risk.
- The Human papillomavirus (HPV) vaccine can significantly decrease the risk of several cancers including cervical, throat, tongue, anal, and other genital cancers.
- The Hepatitis B vaccine decreases the risk for liver cancer.

### Avoid smoking and tobacco products

- All forms of tobacco products have many chemicals that damage DNA and cause cancer.
- No forms are safe including cigarettes, e-cigarettes, cigars, chewing tobacco/snuff, hookas/waterpipes, and even secondhand smoke.
- If you need help quitting tobacco, ask us about products and strategies available to support you.

### Get screened

- Regular screenings help detect cancers early and maximize your chance for successful treatment.
- Please check out the American Cancer Society's cancer screening guidelines by age at <https://www.cancer.org/cancer/screening/screening-recommendations-by-age.html>

### Know your family history

- 5-10% of all cancers are inherited.
- Understanding your family history can help guide your discussion with your physician of when you need to start cancer screening and whether to consider genetic counseling.

The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022. According to the WHO, in 2022 37 million children under the age of five were overweight, while 390 million children and adolescents between the ages of five and 19 met the criteria for being overweight or obese. The WHO considers a child under five years of age overweight if the youngster is weight-for-height greater than two standard deviations above the organization's Child Growth Standards median. The WHO criteria for being characterized as obese is met when a child is three standard deviations above the median. Children and adolescents between the ages of five and 19 are considered overweight if they are one standard deviation above the median and obese if they are two standard deviations above the median. The threats posed by overweight and obesity in childhood are significant. The WHO notes that being overweight as a child and adolescent is associated with earlier onset of various noncommunicable diseases, including type 2 diabetes and cardiovascular disease. In addition, the WHO notes the adverse psychological consequences of being overweight or obese in childhood and adolescence, which include a lower quality of life that is compounded by stigma, discrimination and bullying.



# COASTAL LIVING



## Command Officer Col. Brendan Burks Discusses Plans for MCAS

Cherry Point remains one of the best all-weather jet bases in the world. The air station and its associated support locations occupy approximately 29,000 acres. The heart of Cherry Point is its massive four-point runway system, which is designed to provide multiple approach and departure advantages to all aviators who can fly here. The air station's runways are so long they served as an alternate emergency landing site for NASA during the years that the agency maintained a space shuttle program. Reaching further out from the main air station area is Cherry Point's system of ranges and outlying landing fields, which provide unique littoral training opportunities for 2d MAW as well as aviation and naval combatants across all U.S. and some foreign military services. Cherry Point's influence in the region stretches even further with its 2015 expansion of air traffic control services to cover more than 9,000 square miles of airspace for military, civil and commercial air traffic.

Cherry Point was home to Marine Transport Squadron 1, which operated the well-known HH-46E search and rescue helicopters affectionately referred to as "Pedro" until the sun-down of the squadron's search and rescue mission in September 2015. In addition to its military search and rescue duties, Pedro also served the local community with its medical evacuation

and search and rescue capabilities. The Pedro helicopters flew their final flight on September 25, 2015, as the last flying H-46 airframes in the Department of Defense. The Headquarters and Headquarters Squadron now operates the Cessna UC-35 Citation II in support of worldwide personnel transport for DoD. More than 38,000 people make up the total Cherry Point-related population, including active duty and retired Marines, the civilian workforce, and their families. More than 9,000 Marines, Sailors and civilian employees earn an annual payroll of more than \$1.25 billion. These salaries, in addition to retiree benefits and local expenditures for supplies and capital improvements, come to more than \$2 billion in annual economic impact to the state, adding more significance to Cherry Point's total value to the region, North Carolina and the nation.

Finally, the air station owes much of its success to the warm support its service members and their families receive from the surrounding off-base communities, both in peace and in war. The people of Eastern North Carolina have proven, time and again, that Cherry Point Marines and Sailors are fortunate to have them as neighbors.

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).

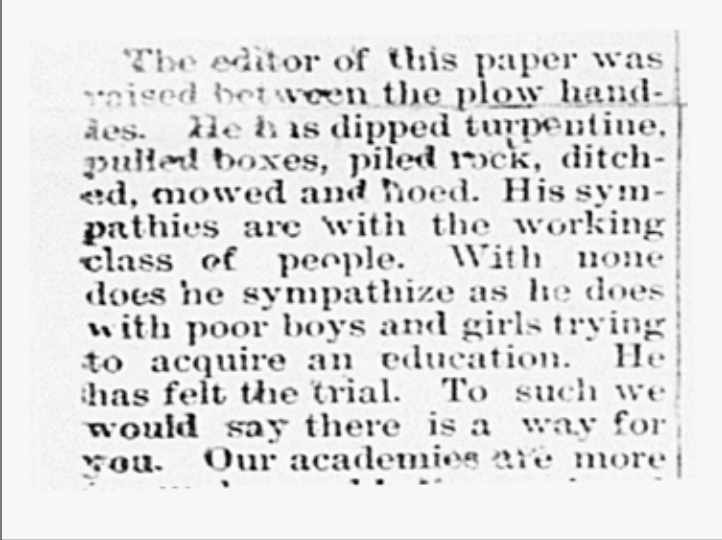
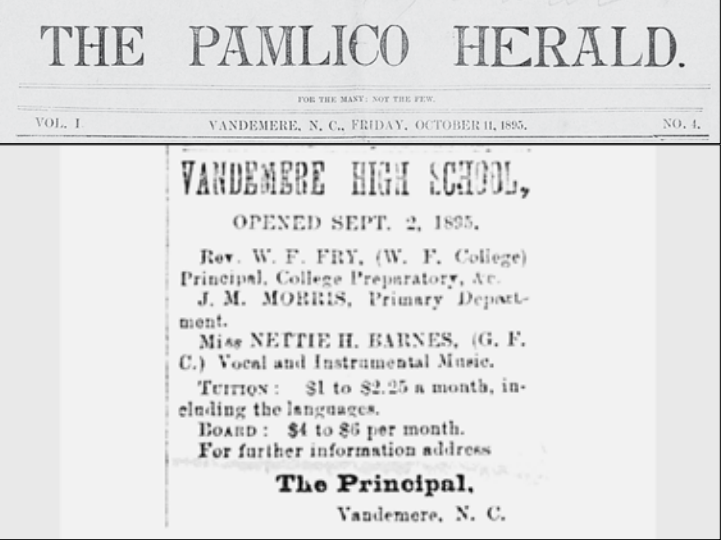


## Vandemere Sandra Snipes, Correspondent



Hello from Vandemere! As the editor for the quarterly town newsletter, The Vandemere Voice, I was fascinated to learn that in the late 1800s a newspaper was printed out of Vandemere. Of course we had to find a copy of this history and share what we can with you! February is Black History Month, and so I would like to honor the Reverend W.F. Fry. Reverend Fry was known as a passionate educator, editor, and pastor from the late 1800s. Six months after the Town of Vandemere was incorporated in 1895, Reverend Fry started a weekly newspaper called The Pamlico Herald. The paper was a four-page, 20 column, plainly printed paper and was published weekly from Vandemere. It is unclear at this time how long the paper ran in production; however, we know

that there were at least 4 papers. The quote on the heading of The Pamlico Herald reads, "FOR THE MANY; NOT THE FEW." As an educator, Reverend W.F. Fry served as the principal of the Vandemere High School. The location of the school within Vandemere is not clear, although we know that Saint James AME served as the colored school on weekdays. Reverend Fry's advertisement for the school speaks to board fees, so makes me wonder if high schools were few in the area, and parents would send their children here to learn. If you search the name Reverend W.F. Fry through old newspapers via the Raleigh Archives, you will find that Reverend Fry was a prominent family man and dedicated pastor who advocated for education. His influence was noted from Vandemere to Durham, North Carolina; determined and successful in making a difference for his community.



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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 them to LELAND WHITE, ADMINISTRATOR CTA on or before MAY 13, 2025, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named ADMINISTRATOR CTA.

This 12TH DAY OF FEBRUARY 2025

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

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


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

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



## Annual Membership & Snapshot Meeting

February 24, 2025

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**Annual Business Meeting**

Please join the Pamlico County Historical Association on February 24, 2025 for our Annual Membership and Snapshot Meeting.

President Daniel Simpson will present the current state of the Association and Museum, and our membership will vote on the new slate of officers and board members.

**February Snapshot Meeting**

Following our business meeting, we will discuss the integration of the Pamlico County School System, both the actions that advanced this need and its implementation within our County.

Mr. Doug Pearsall and Mr. Ben Hollowell will provide insight from the student perspective during this time.

Date: February 24, 2025  
Time: 7:00 PM  
Location: PCHA Museum 10642 NC-55, Grantsboro, NC 28529

# REPORTS

Feb. 2, NC Hwy 306 S., Grantsboro, death investigation

Feb. 3, Dixon Rd., New Bern, domestic violence protective order violation (misdemeanor), injury to real property

Feb. 3, Anderson Dr., Bayboro, simple assault

Feb. 3, Main St., Bayboro, warrant for arrest fail to work after paid

Feb. 3, Seafarer Rd., Arapahoe, missing firearm

Feb. 3, Olympia Rd., New Bern, warrant for arrest death by distribution

Feb. 3, NC Hwy 306 N., Grantsboro, warrant for arrest assault on a female

Feb. 3, Main St., Bayboro, order for arrest driving while license revoked not impaired revoked

Feb.4, Neuse Rd., Grantsboro, death investigation

Feb. 5, Baird Point Rd., Grantsboro, warrant for arrest obtain property false pretense, warrant for arrest felony conspiracy

Feb. 4, Main St., Bayboro, assault on a government official or employee

Feb. 7, Main St., Bayboro, failure to appear obtain property false pretense

Feb. 7, Kennels Beach Rd., Grantsboro, unattended death

Feb. 7, NC Hwy 304, Vandemere, break or enter with intent to terrorize or injury occupant, felony larceny

Feb. 7, NC Hwy 55, Alliance, order for arrest driving while license revoked

Feb. 8, Lynchs Beach Loop Rd., Bayboro, order for arrest child support warrant service

Feb. 9, Longleaf Dr., New Bern, civil matter

Feb. 10, Harper Rd., Bayboro, identity theft, obtain property by false pretenses, exploit disabled/elder (F)

Feb. 10, Swan Point Rd., Bayboro, death investigation

Feb. 10, Neals Creek Rd., Bayboro, assault on government official or employee

Feb.11, Meekins Rd., Bayboro, death investigation

Feb.11, Emily St., New Bern, harboring fugitive, obstructing justice

Feb.11, Cooper Rd., Alliance, larceny of property or goods <= \$1,000

Feb. 12, Shore Dr. W., Oriental, larceny of property or goods <= \$1,000

Feb.12, NC Hwy 55, Alliance, damage to property

## PROPERTY TRANSFERS

Jan. 15, Quit-Claim Deed; multiple tracts see instrument from Aspen River Ranch, LLC to Green Greek Farm, LLC, \$0

Jan. 15, 1/10 AC Neuse River & Live Oak Ln (SR 1114) at Kennel's Beach MB 4/18; map DB 385/477 from Gypsy Gilliam to Mitchell Faison, Jenny Faison, \$420

Jan. 15, Oriental Plantation Lot: 33 Section 3 PCA 55-8 from Elizabeth Hancock, Elizabeth S. Harris, Jimmy Hancock to Oriental Plantation Owners Association, Inc., \$0

Jan. 16, Cutter Bay Lot: 77 4.55 AC PCB 15-15, Cutter Bay Lot: 77A Septic offsite PCB 13-9 PIN H042-70-77 from Cutter Bay LLC to Marc A. Lotharp, Angela Lotharp, \$290

Jan. 16, PIN M02-4; 1.71 AC Parcel One S/S NCSR 1231 (Upper Spring Creek Road) & NW/S NCSR 1230 PCA 99-1; Lowland Rd from Zachary Nolan Brock to Barry Lynn Barnes, \$145

Jan. 16, Catch Lot: 2 3.08 AC PCA 151-11; Units A, B, C & Common Area Condo Cab 1 Slide 13-6 from Nicolas Argy to RDMN444 LLC, \$0

Jan. 17, Buccaneer Bay Section

Three Lot: 80 PCA 16-2, Buccaneer Bay Section Three Lot: 81 PCA 16-2, 0.50 AC Tract B Map DB 524/156 Straight Rd Oriental; 29.5 AC Holt's Chapel Church MB 5/17; PIN H081-41 from John Corcell, John D. Corcell to Fix It For Less, LLC, \$0

Jan. 17, 2.50 AC PCB 17-19 from Connie Earl Beasley, Nan G. Beasley to Darryl Alan Luana Swingle, Tyler Ray Sanderson, \$45

Jan.17, 1 AC S/S SR 1232 & E/S Mill Rd (SR 1236); Leary Land Old Homeplace from Jerry R. Bisette, Mary G. Bisette to Timothy G. Whitfield, Norma D. Whitfield, \$66

Jan. 17, Quitclaim Deed; 1.0 AC PCB 18-4 from Eascon Properties II, LLC to J.E. Hardison, Jr., \$0

Jan.17, Quitclaim Deed; 1.00 AC PCB 18-4 from J.E. Hardison, Jr., Cheryl W. Hardison to Storland, LLC, \$0

Jan. 17, Quitclaim Deed; PINN F03-34-1: 3 AC Sand Hill Canal from Michael S. Powers, Michael Scott Powers, Sandra S. Powers to Patricia N. Kafton, John Kafton, Andrew Powers, Patricia Powers, Jesse Franklin Powers, Chris Ann Powers, Patrick Powers, Adams Powers, Paul Powers, \$0

Jan. 17, PIN E041-52; 52 FT By 300 FT W/S Hwy 306 MB 1/120; Lot 22 Portion Gus Tingle Tract from Philmon E. Anderson, Jr., Linda W. Anderson to Ryan Day, Katlyn Day, \$31

Jan. 17, Cutter Bay Lot: 31 3.14 AC PCB 15-18 & PCB 13-9 PIN H042-70-31 from Cutter Bay LLC to James Randall Fulcher, Sr., James R. Fulcher, Jr., Kandace Lee Fulcher, \$350

Jan. 21, Estate Deed; 24E170; PIN H041-213; ½ AC S/S Chinchilla Lane (SR 1299) MB 1/175 from William Nathan Carmen/ADMR, Clementine Carmen Bell/EST, James R. Banks, Sr., Francine Banks, William Nathan Carmen, Marjorie Carmen, Deborah Rochelle Carmen, Valice Carmen, Barbara Carmen, Linda Denise McDonald, Kent McDonald, Sr., Lisa Michelle Cooks Pettaway, Kimberly D. Carmen Webb, Brandon Carmen to William Carmen, Marjorie Carmen, \$0

Jan. 21, Wind Mill Pointe Lot: 39, Phase 2 PCA 172-16 from Oriental Consortium, LLC, Oriental Consortium, LLC to David L. Knisely, Donna L. Sublette, \$100

Jan. 22, Lake Minnesott Estates Section V Lot: 58 MB 6/10; Map DB 373/18 from David L. Karcher, Sr. to David L. Karcher, Sr., \$0

Jan. 23, PIN: M021-114; 4 AC W/S Horn or James Creek Rd SR 1234 from Gokce Capital, LLC to Oyster Creek Properties, \$18

Jan. 23, Paradise Shores Lot: 18 Section B MB 3/86, Paradise Shores Lot: 19 Section B MB 3/86, Paradise Shores Lot: 20 Section B MB 3/86, Paradise Shores Lot: 21 Section B MB 3/86, Paradise Shores Lot: 22 Section B MB 3/86, Paradise Shores Lot: 23 Section B MB 3/86, Paradise Shores Lot: 24 Section B MB 3/86, Paradise Shores Lot: 25 Section B MB 3/86, Paradise Shores Lot: 26 Section B MB 3/86, Paradise Shores Lot: 27 Section B MB 3/86, Paradise Shores Lot: 28 Section B MB 3/86, Paradise Shores Lot: 29 Section B MB 3/86, PIN: K091-122-3 from Jane P. McLawhorn to Pamlico Millworks, LLC, \$80

Jan. 23, Garland F. Fulcher Lot: 8 MB 6/5, Garland F. Fulcher Lot: 9 MB 6/5 from Eston Sherrill Styron, Phyllis H. Styron to Jere C. Austin, Jr., \$950

Jan. 23, Lot 5 & 6 Jerry Cartwright MB 11/64 from Harry W. Guilford, Nina Jean Lindsey, Nina Jean Guilford to Kerri Grant Miller/TR, Wilmer Aaron Miller/TR, Kerry and Wilmer Miller Living Trust, Kerri Miller, Wilmer Miller, \$730

Jan. 24, Bluffs Lot: L-6 Phase Three;

MB 10/1; MB 9/31 MB 8/6 PIN: F094-56 from Carey Renee Parnell, Kevin Eugene Ball to Michael W. Flora, Kristin L. Flora, \$140

Jan. 24, Dawson Harbor Lot: 3 Section I; MB 7/98 MB 8/8 from Ann Elizabeth Caselli to Edward C. Jakelsky, Carol L. Jakelsky, \$20

Jan. 24, Shine Landing Lot: 56 PCA 13307, Shine Landing Lot: 89 PCA 13307, Shine Landing Lot: 32, Boat Slip 2 & 39; PCA 136-9, PIN H092-6-56, H092-6-89, H092-6-32-2SL, H092-6-32-39S, \$29

Jan.24, Whittaker Pointe Lot: 28 Phase IV; PCA 137-5 from Edward A. Gray, III, Suzanne Lavallee to Johnnie M. Gregory, Donna F. Gregory, \$50

Jan. 24, 2.182 AC Map in DB 459/663 from Rodney Cecil Mann, Michelle Linda Mann to Gary L. Christman/TR, Melodie D. Christman/TR, The Christman Family Trust, \$1,500

Jan. 24, Timber Deed; 66 AC Lot C PCA 87-3; PIN I-2-4-C; 20E165 from Michael Craig King to Superior Land and Timber Corporation, \$60

Jan. 24, 24.7 AC Lot 5; Map in DB 734/663; MB 10/27 from William W. Olah, Katherine C. Olah to Kurt Gerard Williams, \$1,450

Jan. 27, Quitclaim Deed; PIN C051-19; 0.90 AC NC Hwy 55 Reelsboro from Ingrid Ogle, Kathy Thayer, Eileen Desantis, Lucille Vogel, Laura Bush to Ingrid Ogle, \$0

Jan. 27, PIN C051019; 0.90 AC NC Hwy 55 Reelsboro from Heather Owen to Stewart Dunham, Jennifer Miller, \$60

Jan.27, Bluffs Lot: 2 Phase Two MB 9/18, PIN F094-23 from Tony W. Woodall, Leigh Ann Woodall to Tony W. Woodall/TR, Leigh Ann Woodall/TR, Woodall Revocable Trust, \$0

Jan. 27, Sea Harbour Marina Boatslip 29 CB 1/71 from William P. Quinn, Geneva M. Quinn, Sea Harbour Condominium Yacht Club, Inc. to Christopher H. Siren, \$50

Jan. 27, Oriental Harbor Village Marina Boat Slip 24 Dock C Condo Cab 1 Slide 11-10 from Coastal Marine, Inc., Sara L. Delamar/AIF to Interactive Marketing Group, Inc., \$0

Jan. 27, Oriental Harbor Village Marina Boat Slip 24 Dock C Condo Cab 1 Slide 11-10 from Interactive Marketing Group, Inc., Sara L. Delamar/AIF to Michelle D. Morrison, Elizabeth P. Morrison, \$70

Jan.28, Dolphin Point Lot: 20 PCA 30-6 PIN J083-30-20 from Richard J. Guimond, Catherine L. Guimond to Richard J. Guimond/TR, Catherine L. Guimond/Tr, Guimond Living Trust II, \$0

Jan. 28, PIN H042-94; 0.82 AC NC Hwy 55 Stonewall MB 2/2; Map in DB 357/803 from Jennifer Ann Miller to Stewart Dunham, Jennifer Ann Miller, \$0

Jan. 28, Water's Edge Lot: 8 PCA 67-1, Water's Edge Lot: 9 PCA 67-1, PINS K07-19-8 & K07-19-9 from Thomas Ray Atkins/TR, Thomas Ray Atkins, Thomas Ray Atkins Revocable Trust, Curtis L. Atkins and Dorothy M. Atkins Irrevocable Trust, Curtis L. Atkins, Dorothy M. Atkins to Thomas Ray Atkins, Georgia Anne Atkins, Karen Atkins Nobles, Herbert J. Nobles, Stephen C. Atkins, Sr., Maureen J. Atkins, \$0

Jan. 28, Broad View Lot: 5 MB 8/75 PIN K08-54-5 from Deborah H. Early to Louis B. Early, III, \$0

Jan. 28, PIN I061-53; Southern Portion Tract 2 PCA 17-6 from John Corcell, John D. Corcell to Fix It For Less, LLC, \$0

Jan. 28, PIN F04-4; 10 AC Map in DB 274/564; 11E1 from Phillip Todd Humphries to Kenneth Ward Humphries, Dawn Byrd Humphries, \$0



# AROUND THE COUNTY

## Grantsboro Jeff Roberts, *Correspondent*



Hello again, I hope everyone has had a wonderful week. I have read lately that Grantsboro is in talks of building an apartment complex. I have read a lot of the comments about this and there are definitely some mixed reviews on the subject. I would hope that this could be a favorable thing for our county. The what if's is always a hindrance in anything in life. This is what I know from looking around town, we don't have the availability of an apartment here. Taking a look at rental prices in the area and they are just plain high. It makes me wonder how we retain our younger generations here. Anyways just food for thought.

There is still time to find your fix for girl scout cookies. They will be set up this weekend Feb.22/23 from 10-2 at the Grantsboro Silverhill fire department. Please come out and support these young ladies as they have definitely put in the work! Not to mention the parents!

There is a free event happening Saturday February 22 at 5:30pm at Grove and Vine in Oriental.Remembrances of Pamlico Past- A Storytelling Event. The feature story tellers will be Shelia Cantine, Bill Fentress, and Leesa Jones. As much as I love the history of the county I know I plan to be there. Last week's article included a photo and the question of where it was taken. It was taken at the Potter house, Herbert and Joy Mae, in Lowland.

In last week's article we talked a little about John Vendrick and I mentioned Jno Caruthers. I know that John Caruthers (Carruthers) owned land at the same time as Vendrick in 1770. Trying to find information on him has been quite difficult as the name John was used quite often in that time especially with Carruthers. I have found several documents with his name associated with the area.

Including ones with connections to a Francis Delamar.

The more I read and research about our beautiful county the more I am seeing certain names that pop up. Some names that pop out as early as the 1700's are Carraway, Bryan, Brinson, Carruthers, Green, and Clayton. As I continue my research I will continue to share it with you.

If there are any events or information you would like me to share here please feel free to contact me. I am pretty easy to find around town or on Facebook.



I have shared another photo I took, wonder where this one was taken?

## Pamlico Betty Jo Rodgers, *Correspondent*



Due to internet circumstances this article was not printed last week, so I will repeat most of it this week. Happy Valentine's Day! And Happy Belated Birthday to Valentine's John Farmer, Chris Fulcher and Mildred G. Harrison,

I want to welcome Jeff Roberts as the new kid on the block. I think it is exciting that he will be writing the Grantsboro Community news each week for the Pamlico News. I know he will be an asset to the paper and the community. Grantsboro is a thriving community, and I am excited to be able to read about it in the news, so I won't have to bug Ray Lewis about what is happening in his little corner of God's paradise in Pamlico County.

Stonewall Methodist Church activities include the crochet class at 9:30 am on Tuesdays, Bible Study and the choir on Wednesdays at 6:30 pm; and the Methodist Women on the second Tuesday at 7:30 pm; and the Ina Gaskins Circle which meets once a month at Brantley's at 11:00 am on the third Tuesday. The men have fellowship breakfast every second Tuesday at 7:30 am.

On February 23, 2025, there will be a MLK Jr. celebration at the Pamlico County High School auditorium at 4 pm. There will be several musical groups performing. This Black History Month celebration is in honor of Ms. Ernestine Mattocks.

The Neuse-Pamlico Sound Women's Coalition, Inc. (NPSWC), is proud to announce their 9th Annual March for Sickle Cell 5K Walk/Run will take place on March 8, 2025. You may choose to take part

in person or virtually. This march is in honor of Jamal Jones, son of Greg and Vicky Mosely Jones of Pamlico.

Broad Creek United Church of Christ is preparing to commemorate the 160th anniversary of their historic church. It is the oldest African American Church in Eastern NC and was established in 1865 soon after the Emancipation Proclamation was declared. 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 February are Mattie Cuthrell (2/11), Jean Braswell (2/12), Mildred Harrison, Chris Fulcher & John Farmer (2/14), Willie Banks & Doug Carey (2/15), Sheryl Kaye Sanders, Esther Jane Lupton, & Sharon Rowe (2/20), Tillie Roberts (2/24), Elizabeth Cuthrell (2/25), Lupe Bennett (2/28), and Bless Her Heart, Penny Ford will not get a year older since her birthday is February 29th. Karen and John Deaton will celebrate their wedding anniversary on February 13. Remember February 14 is Valentine's Day, so tell someone you love them and remember, "Jesus Loves You."

Have a blessed week. Fearful? Take Spiritual Vitamin F. "Fear thou not; for I am with thee be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10)

## Whortonsville Reba Tiller, *Correspondent*



It was a windy day on Sunday, warm to start the day but turned cold later. There were 17 at church yesterday with 6 children attending with their parents. They are calling for freezing rain and possibly snow Wednesday and Thursday. Just when we get used to warm weather it decides to switch on us. Februarys are always unpredictable. The steak dinner at the church was a big success for Valentine. There was food galore with not only steak, but big trays of fried and boiled shrimp along with many desserts. Thanks to the women of the church for their contributions and to Matt and Alex for being the chefs for the steak and shrimp. There is a toning class

going on at the church Monday through Thursday from 4 to 5 o'clock so if you need a little toning up, go out to Bethel and join the class. Joe and Richard celebrated birthdays this month along with Mattie Cuthrell who turned sweet sixteen. New houses going up all around the county. The area is really growing. When we moved here in the eighties we traveled dirt roads, but there has been a lot of changes since then. Today is President's Day, so thank goodness we have a president that is on the job!

THOUGHT FOR THE WEEK—THANK GOD THAT WE LIVE IN A COUNTRY THAT IS FREE, AND THAT WE HAVE A PRESIDENT AND NOT A DICTATOR!

## Aurora Joy McCracken, *Correspondent*



The Internet was down most of the day on 2/6 (seems it was an area-wide problem) and it even affected cell service. Being without either was a real eye-opener for how much I depend on both.

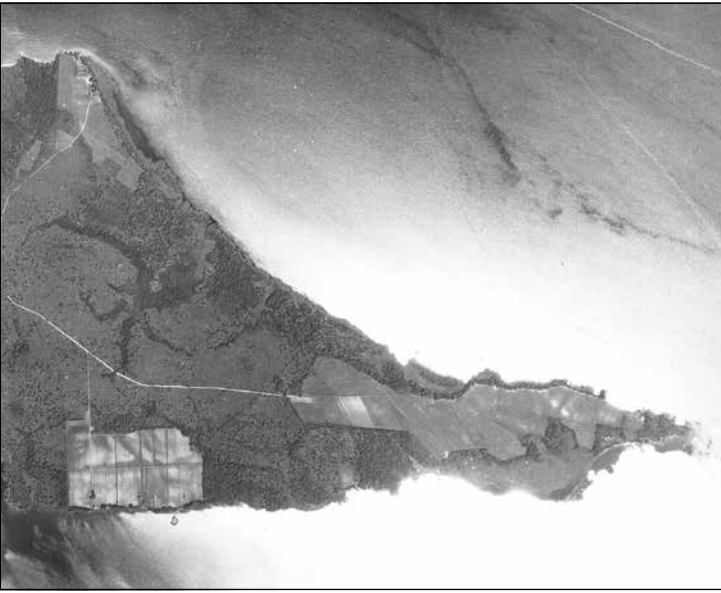
It warmed up so much an Anole came out on one of the screens. Crickets were singing on 2/9. The Camellias are back to littering the lawn with their blooms and it makes me feel rich as Mom would say.

I saw a Bobcat near the Aurora Beach turnoff crossing the road recently. I found out we have Venus Fly Traps in the southern part of the county near the county lines. I discovered a neat website for ideas of populating your yard with native plants: <https://nativeplantfinder.nwf.org>

The table feeder is attracting new visitors: Pine Warblers and (gasp!) Bluebirds. They have never used any of the feeders all these years, but staying out near their box. WB Thompson's here in Aurora has stocked up on birding supplies. Go by there and see Big Boy the Cat.

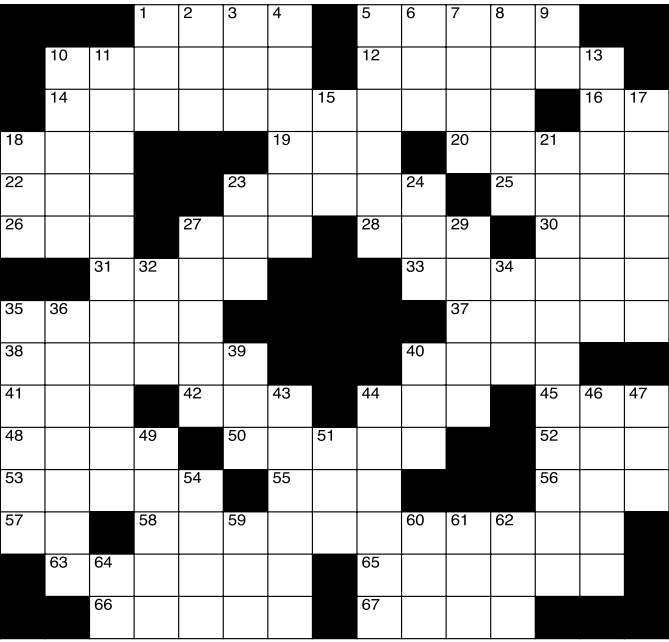
Bigger flocks of combined Cormorants and White Pelicans are visiting the creek. Larger bunches of Blackbirds are coming and going. I spied with my little eye a lone crab pot near the neighbor's dock.

Ferry Landing is going gangbusters with various stages of development on all the lots now including new docks. Two of the new neighbors down here have been rehabbing and getting a lot ready to build upon.



My Photo of the Week is of Hickory Point in 1938. In the bottom left you can see farm fields from an old tobacco farm. When we first got here you could see remaining rows in the woods and the remnants of their dock they used for transportation. Photo Credit Steve Bonner.

# CROSSWORD



- CLUES ACROSS
1. Tropical Asian plant

5. Yankees' slugger Judge

10. Helps to preserve food

12. Plant disease

14. One who predicts

16. Equally

18. Burundian franc

19. Pouch

20. Arizona city

22. Surround

23. Hard, heavy timber

25. Witnessed

26. They \_\_

27. French river

28. A way to drink

30. Small constellation

31. Peruse a written work

33. Type of hound

35. Plant of the goosefoot family

37. Evade or escape

38. A way to confine

40. Volcanic crater

41. Weekday

42. Women's service organization (abbr.)

44. Local area network

45. Sensory receptor

48. Posted

50. Tibetan pastry

52. Licensed for Wall Street

53. Very willing

55. Golf score

56. Consume

57. Touchdown

58. Tends to remind

63. In a way, smoothed

65. Poke holes in the ground

66. Herbaceous plants

67. Taiwanese river

- CLUES DOWN
1. Body art

2. Boxing's GOAT

3. Film for posterity (abbr.)

4. Prayer

5. Calculating machine

6. Keyboard key

7. Outburst

8. Man-eating giants

9. New Hampshire

10. Type of sword

11. Counting

13. Pants style

15. Political action committee

17. U.S. government legislative branch

18. Civil Rights Act component

21. Contractors take one

23. Spanish soldier

24. A person's brother or sister

27. Expressed pleasurer

29. Song of praise

32. Shock treatment

34. Patti Hearst's captors

35. Counteract

36. Goes over again

39. Popular Dodge truck

40. Male adult

43. A part of a river where the current is very fast

44. Rope used to lasso

46. Become less intense

47. Subway rodent

49. Lead alloy

51. Japanese honorific title

54. Advise someone

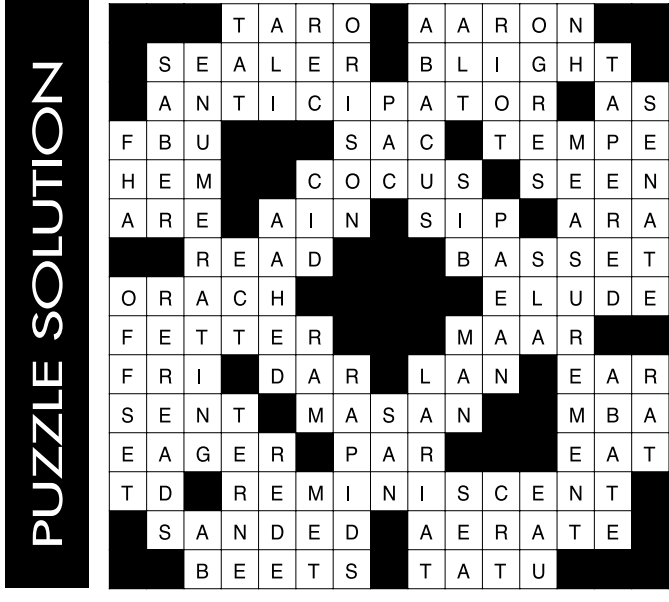
59. Famous NYC museum

60. Ocean

61. Cathode-ray tube

62. Cologne

64. It starts with these two



# GUESS WHO ?

I am a singer born in Canada on February 16, 1990. I began to gain a following after anonymously uploading my songs to YouTube. I went on to release a mixtape, which was met with acclaim. I have since won multiple Grammy awards.

Answer: The Weeknd

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

A Q P E U L

--	--	--	--	--	--

Answer: Plaque

“A day without sunshine is like, you know, night.”  
—Steve Martin



# Good morning!

You know it's a good morning when you wake up with everything you need.  
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OUR SCHOOL

Mr. Watson reads to Mrs. Gold's kindergarten class to earn ReadBowl minutes.



Shout out to Nicy Cooper and her girls for representing ACS at the New Bern Mall.



1st graders in Mrs Cornell's class work on Aztec/Mayan Sun Gods in art class as part of integration with CKLA reading program.



Under One Roof



Arapahoe Charter School is your K-12 tuition-free, regional public school of choice

For more information or to schedule a tour, visit [www.arapahoecharter.org](http://www.arapahoecharter.org) or call 252.249.2599

All About Our Super Bowl Winners!

On February 3rd, Ms Cephas' 4th grade class surveyed the K-4 teachers and office staff about who they thought would win on February 4th. Students then took their data and made bar graphs. All of our students were happy to see that the Eagles did end up winning the Super Bowl!

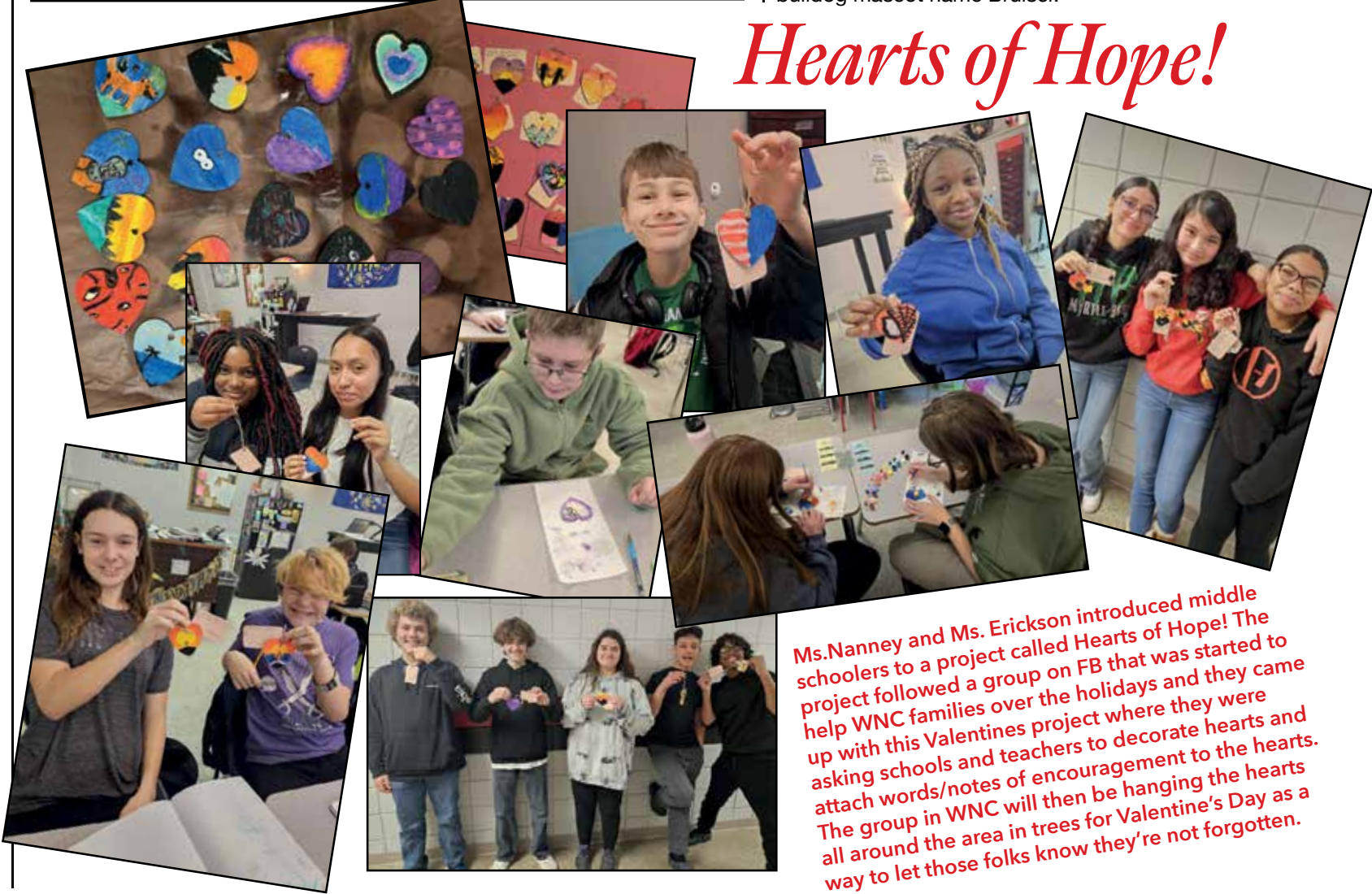


All About Reading!



Recently OCS Students traveled to Pitt Community College, Winterville, to tour and explore degree and certification programs of their interest. This will help to prepare OCS students to decide which career pathway they should pursue upon graduating from high school. This is a picture of OCS students with Pitt Community College bulldog mascot name Bruiser.

Hearts of Hope!



Ms.Nanney and Ms. Erickson introduced middle schoolers to a project called Hearts of Hope! The project followed a group on FB that was started to help WNC families over the holidays and they came up with this Valentines project where they were asking schools and teachers to decorate hearts and attach words/notes of encouragement to the hearts. The group in WNC will then be hanging the hearts all around the area in trees for Valentine's Day as a way to let those folks know they're not forgotten.

COMMON OCCUPATION FOR FEMALE PROFESSIONALS

According to the U.S. Department of Labor and data from the U.S. Census Bureau, registered nurse is the most common occupation for women in the United States labor force. Slightly less than 2.1 million women worked as registered nurses in 2017, the most recent year for which statistics are available. Such figures are harder to come by in regard to Canada, but Statista reports that the labor participation rate among women in Canada in 2018 was right around 64 percent. That rate marks a slight decrease from its 21st century peak in 2005, when 66.7 percent of women were active members of the Canadian workforce. In the United States, more than two million women worked as secretaries or administrative assistants in 2017, making these professions the second most common occupation among female workers. Elementary and middle school teachers was the third most common occupation for female professionals, employing more than 1.9 million women in 2017. Data from the U.S. Census Bureau also indicates that women have the lion's share of jobs in an assortment of professions, including preschool and kindergarten teachers, secretaries and administrative assistants, childcare workers, and dental assistants. Women hold at least 92 percent of the jobs in each of those professions in the United States.

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## CarolinaEast Medical Center Receives 2025 Best Hospitals Rankings By Women’s Choice Award®

*New Bern Hospital Recognized as one of America’s 100 Best Hospitals for Patient Experience Plus Four Specialties*

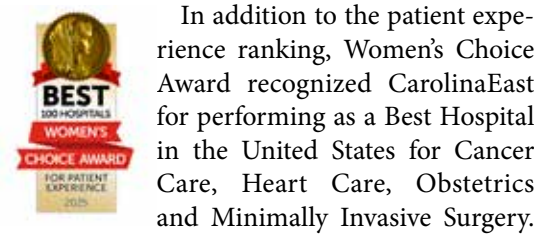


(New Bern, NC) – CarolinaEast Medical Center has been recognized as one of America’s 100 Best Hospitals for Patient Experience by Women’s Choice Award®. This award signifies that CarolinaEast has been ranked within the top 100 hospitals of similar size based on number of beds, of which there are five categories. Additionally, CarolinaEast received top rankings in Heart Care, Cancer Care, Obstetrics and Minimally Invasive Surgery.

The Women’s Choice Award for Best Hospitals™ is a trusted referral source and coveted credential that identifies the nation’s best hospitals based on robust criteria that includes relevant clinical performance, patient satisfaction and appropriate accreditations. The methodology used to select CarolinaEast Medical Center as a top hospital is unique in that it evaluates specific Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results along with primary research about women’s healthcare preferences. 86% of women would travel up to 50 miles for a hospital that was rated best inpatient experience.

“By raising your standards to meet the highest expectations – which studies show tend to be held by women – you’re giving everyone the best you have to offer. The Women’s Choice Award is so much more than an award. As one of America’s Best Hospitals for Patient Experience, your entire hospital and all of your service lines are lifted up for the exceptional experience

you provide – not only for women but for all patients.” said Delia Passi, founder and CEO of the Women’s Choice Award. “To help women simplify their choices, the 100 Best Hospitals for Patient Experience are awarded because they excel in the patient’s willingness to recommend, as well as doctor communications, staff help, cleanliness, providing recovery information, explanation of medications, communication by nurses and peacefulness of the room at night.”



In addition to the patient experience ranking, Women’s Choice Award recognized CarolinaEast for performing as a Best Hospital in the United States for Cancer Care, Heart Care, Obstetrics and Minimally Invasive Surgery. Notably, our SECU Comprehensive Cancer Center at CarolinaEast Medical Center ranked in the top 2% of nearly 5,000 facilities in the Cancer Care category.

“We are once again privileged to be recognized by a prestigious rating organization,” said Michael Smith, President and CEO, CarolinaEast Health System. “These rankings, along with many others over the years, are a direct reflection of the quality work by 3,000 caring healthcare professionals. I am beyond proud of our team at CarolinaEast.”

The full list of hospital rankings is available on the Women’s Choice Award website: <https://womenschoiceaward.com/best-hospitals>

### About CarolinaEast Health System

CarolinaEast Health System has been serving the growing needs of the coastal North Carolina community since 1963. In addition to the system’s flagship, 350 bed CarolinaEast Medical Center, CarolinaEast includes a rehabilitation hospital, free-standing surgery center, the SECU Comprehensive Cancer Center, and numerous CarolinaEast Physician practices providing primary and specialty care for all phases of life from offices in four counties. Visit [carolinaeasthealth.com](http://carolinaeasthealth.com) to learn more.

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## Golden LEAF Colleges and Universities Scholarship application due March 1, 2025



The March 1, 2025 deadline is fast approaching for the Golden LEAF Colleges and Universities Scholarship. Information and the application for the 2025-2026 school year is available at [CFNC.org](http://CFNC.org). A total of 215 awards will be offered to high school seniors and community college transfer students from qualifying rural North Carolina counties

attending participating North Carolina colleges and universities.

The awards are valued at \$14,000 (\$3,500 per year for up to four years) for North Carolina high school students attending a participating North Carolina college or university. North Carolina community college transfer students can receive up to \$10,500 (\$3,500 per year for up to three years).

## 5 reasons to get an air fryer

Air fryers have emerged as must-have items in recent years. Air fryers flew off the shelves during the 2020 holiday season, and that popularity hasn't waned in the ensuing months.

Air fryers are touted as handy tools for a variety of reasons, including that they can cook foods quickly and with relatively little to no use of oil. Those who have yet to join the legions of air fryer fans may wonder if one is worthy of a spot in their kitchen, or if reviews of these appliances are just a bunch of hot air?

While there are scores of air fryers on the market offering various features, each utilizes a similar technology. Air fryers work by circulating very hot air around foods coated with just a small amount of oil (and some recipes add no oil at all) to crisp them. Air fryers can be used to prepare both fresh and frozen foods. Some also have features that go beyond air frying, serving as souped-up toaster ovens and broilers.

For those who still need more convincing, the following are five reasons why you may want to purchase an air fryer in the near future.

1. Affordability: Air fryers are very affordable, especially when considering their versatility. Many air fryers can be had for around \$100 or less.
2. Create healthier foods: Since air fryers rely on little or no oil, fat content in the cooking process drops considerably. That makes air frying a heart-healthy option, particularly for people who appreciate fried foods but not all of the negatives associated with such dishes.
3. Cook foods faster: Air fryers reach high cooking temperatures in just minutes, compared to 10 to 15 minutes for traditional ovens. Air fryers can shave several minutes off of cooking times, which appeals to busy home cooks.
4. Good for tight kitchens: Those who have small kitchens may benefit from air fryers that boast combination cooking features. That means they can use one appliance for all of their meals, saving them from the nuisance of overcrowded counter space.
5. Great for small meals: Air fryers cannot cook large batches, which makes them ideal for singletons or empty nesters who do not want to make large quantities of food.

Air fryers can be a lifestyle choice and an investment in faster, healthier cooking. Cooks who are still on the fence can borrow a friend's air fryer to see if it might be something worth adding to their own kitchens.





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