



Punxsutawney Phil
A shadow, so get ready for more winter
At around 7:25 a.m. ET, Phil, the seer of seers, saw his shadow and predicted the year would see an extra long winter!



■ Page A2

Vol. 57 No05 , 10 Pages

The Pamlico News

Wednesday, February 5, 2025

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The Old Theater in Oriental Presents Hayde Bluegrass Orchestra

October 19, 2025, at 7:30 p.m.
Tickets are \$25. No discounts.
Tickets available at Nautical Wheelers in Oriental and New Bern and online at www.oldtheater.org.

You will want to add this event to your fall calendar. The Hayde Bluegrass Orchestra is an internationally-touring ensemble from Oslo, Norway who perform bluegrass, Americana, and folk music. Many will remember their memorable performance at The Old Theater in 2022 during the Ol' Front Porch Music Festival and their stage performance in support of the Dottie Osmun Scholarship. The group has been featured as international showcase artists and was nominated for a Norwegian grammy (also called a Spellemannprisen).



The Hayde Bluegrass Orchestra was inspired by the Belgian Oscar nominated movie, The Broken Circle Breakdown. The eight-member band spent five years in the development of their first album and Migrants debuted at number four on the Billboard Bluegrass Chart in 2021. They were nominated for Band of the Year for the IBMA (International Bluegrass Music Awards) Momentum Award in 2022. They have produced numerous videos on YouTube. Their 2015 music video of the American folk song, Wayfaring Stranger, had registered over five million views on YouTube as of January, 2024. The band's cover of the Everly Brothers' song, All I Have to Do is Dream, was featured in the Netflix animation, Lost Ollie. Their exceptional talent is undeniably unique and completely captivating. This is a show you won't want to miss.

Tickets are available now at Nautical Wheelers in Oriental and New Bern or online at www.oldtheater.org. The Box Office opens one hour before the show but don't wait until the last minute to buy tickets. We expect this show to sell out quickly. The newly renovated Old Theater will provide the comfort you deserve and the wine, soft drinks, and water you desire by donation.

The Old Theater is a 501(c)(3) nonprofit organization bringing entertainment to Oriental and Pamlico County as well as surrounding areas, located at 609 Broad Street in Oriental, NC. Phone is 252-249-0477.



Brewington Appointed as County Manager

The Pamlico County Board of Commissioners Monday night formally appointed Mark Brewington as Pamlico County's new County Manager by unanimous vote. Brewington was hired late last year as Assistant County Manager and replaces Tim Buck who retired effective on January 30th.

Pamlico Band Students Selected to All-Eastern District Band

by: Hiram Lupton

The Pamlico County Schools band program have a great reputation for educating great musicians and three of those musicians have been recognized for their talent and hard work. Evie Wall, Mia Littleton, and Z'rya Squires have been selected to be a part of the NC Bandmasters Association (NCBA) All-Eastern District Band. Wall and Littleton are members of the Middle School Band and Squires

is a part of the High School Band. Wall plays the Clarinet, Littleton the Tenor Saxophone, and Squires the Flute. They performed in two separate concerts last Saturday at Wright Auditorium on the campus of East Carolina University. Congratulations to these fine musicians and to Pamlico School Bands director Mr. James Durham for always striving for excellence in music education.



Mia Littleton



Evie Wall



Z'rya Squires

Oriental Celebrates Chinese New Year

by: Hiram Lupton



Hodges Street didn't exactly turn into Nanjing Road in Shanghai, but last Saturday, Oriental pulled out the dragons and drums to celebrate Chinese New Year. This is the year of the snake, but there was nary a copperhead or water moccasin to be seen. There was however a parade that included revelers wearing Asian attire, flags, banners, and of course, two of

Oriental's dragon mascots, all marching to the rhythmic beat of the Dragon Drummers. I'm not sure if the Bean was serving any Baijiu, China's national drink, but several of Oriental's eating establishments were offering some Asian specialties on their menus. Enjoy the year of the snake, 2026, the year of the horse, will be galloping in before you know it.

Hurricanes Reign Supreme at CPC Championships

by: Hiram Lupton

It was a long but fulfilling day for the Pamlico County High School wrestling team last Wednesday at the Coastal Plains Conference Individual Wrestling Tournament held at Northside-Pinetown High School. The Hurricanes had won the team championship at the Conference Duals meet back on January 18, and while there would also be a team award at this tournament, this was more about individual competition. Both the men and the ladies were in action in this tournament. The Lady 'Canes only had four competitors in action and all four, Diana Harper, Adalynn Nunley, Harli Nethercutt, and Lillibeth Parker earned silver medals. As a team, the small squad finished third overall behind champion Lejeune and second place Heide Trask. A good performance from this still growing team. For the men's team who won the duals team championship, it was time to hang some individual championship medals around their necks and they did just that. Pamlico had 12 wrestlers competing and 11 of those finished in the top three of their respective weight class. Bronze medals (3rd place) went to Donny Campbell, Landon Yeates, and Cayden Sanchez. Pamlico picked up four silver medals with Syler Hall, Eric Brantley, Cam Daniels, and Alex Eastwood earning those. There were four Hurricane wrestlers who returned to the County as Conference Champions by winning gold medals; Riley Treacy, Brian



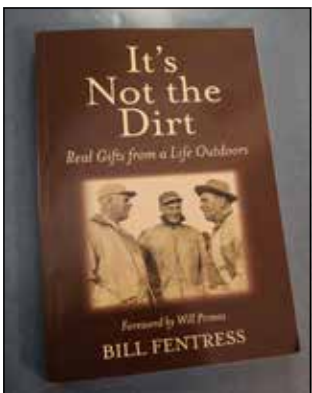
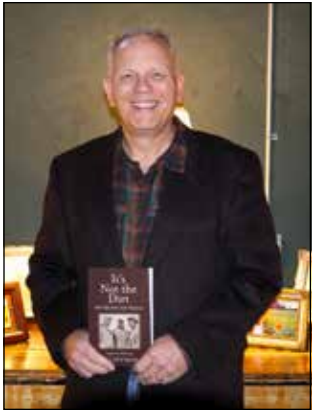
Conference Champions, clockwise from top Left, Jacquin Kirkman, Isaiah Mewborn, Brian Brothers, and Riley Treacy.

■ Continued on Page A5

It's Not the Dirt

by: Hiram Lupton

Almost immediately after releasing his well-received first book, The Yellow Honeysuckle is the Sweetest, back in 2022, Bill Fentress began getting a repeated question. "People who read my first book began asking would I be writing another. It only took me 20 years to write the first one, so I figured if I was going to write another, I'd better get busy," laughed Bill. Get busy he did and the result is his new book, It's Not the Dirt. "I had a few stories left over from writing Honeysuckle. I thought they were good, but for whatever reason, they just didn't quite fit. These formed the basis for the new book and I took some other ideas I had and just began writing them down, one at a time." While presented in the same format, as a collection of short stories, It's Not the Dirt, isn't just a continuation of Honeysuckle. "I like to use nature to relate to real life," says Bill, "so this has many of the same components of my first book, but the more I wrote, the more I realized it became much more introspective. I also think it has a stronger component of faith than my first book." When I asked if aging



Local Author Bill Fentress and His New Book, It's Not the Dirt.

been the reason for that, Fentress said "absolutely, I just didn't realize it at the time. I had intended it to be more generic, but it always comes back to personalization for me." Like his first book, the backdrop is often hunting, fishing, and being outdoors, but the real story lies in the relationships, both with family and friends, that develop and grow in those settings. The other appealing aspect of the book, for me at least, with the exception of a few "travel" stories, the events take place right here in Pamlico County. "Everything I write, I write from the heart," says Fentress. "I hope I can bring back some memories for readers, and have a positive impact for them." If you enjoyed Bill's first book, you will definitely love this one and if you haven't read his first volume, pick up a copy of it too. They are both available on Amazon.com and locally at Pamlico Gifts in Grantsboro.

OUR SCHOOLS on Page 4

PAMLICO COUNTY MIDDLE SCHOOL



8th Grade Student of Excellence: Evelyn Wall, Alexandra Duran-Guadalupe, Melody Armstrong, Nathan Ludvigsen, William Carter, Avery Hettinger, Olivia Greene, Robert Baldree, Bladen Gibson

8th Grade BUG Award: Madison Oakley

LIKELY WEATHER OVER THE WEEKEND



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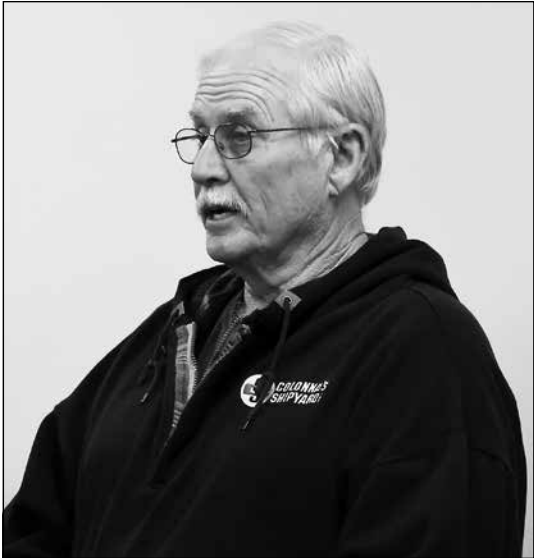
Commissioners Hear Presentations on Affordable Housing

by: Hiram Lupton

The Pamlico County Board of Commissioners (BOC) meeting drew an overflow crowd on Monday evening with the primary reason being an informational presentation and update on the Grantsboro Apartments Project status. There were actually 3 highly informative reports given by Pamlico County Economic Development Director Beth Bucksot, Bobby Funk of Mills Construction, and Tracey Colores of the North Carolina Office of Recovery and Resiliency (NCORR). Mrs. Bucksot went over the history of the project and included several key points about it, and the need for it here in the County. One early misconception about the project that was once again addressed, was that this was a HUD, Section 8 housing development. It is not. It is considered an Affordable Housing project, and potential tenants must meet certain requirements including a background check, income, and a social security card/number. The primary target for this type of housing is low to moderate income, which fit the demographics of much of Pamlico County's workforce and seniors. The target annual household income of between \$25,000 and \$51,000 with the monthly rent range of \$664 to \$975. Of the 48 units, 8 would be 1-bedroom, 24 would be 2-bedroom and 16 would be 3-bedroom units. The project is being funded in part from a \$43.6 million grant made available through NCORR to five storm impacted areas which in our area included not only Pamlico, but also Jones and Duplin Counties. \$7.1 million of that total was made available to Pamlico County in October of 2023 for the Pamlico Grove workforce housing development. The Pamlico County BOC gave permission to apply and move forward with a developer's agreement with two development companies participating, with Mills Construction receiving the contract. The project was put on hold after Hurricane Helene devastated the western part of our state and the possibility that NCORR would need this funding for emergency work there. In mid-December, the NC Legislature approved new funding for the project and the new contract was received by the County. Bucksot went over statistics indicating the need for this type of housing in Pamlico County including the average income levels of the County's working population as well as the availability, or lack thereof, of the housing that much of Pamlico County's workforce and retirees can afford. She also went over the potential economic benefits to the County of this project including the construction of a new urgent care facility near the site as well as interest by other potential retail/businesses locating on adjacent tracts to the apartments. Mr. Funk of Mills Construction also went over some of the history of the project but focused primarily on the funding for the project as well as examples of what the apartment would look like. One change he noted was that the proposal was now for 48 units instead of the original 56 units. This reduction was made to offset the rise in construction costs. He also reviewed the timeline for construction. While NCORR is providing \$7.1 million, the total cost will be a little over \$12.6 million and Mr. Funk detailed where the remainder of the construction funding would come from. The nearest example of this type of project that Mills Construction has built and

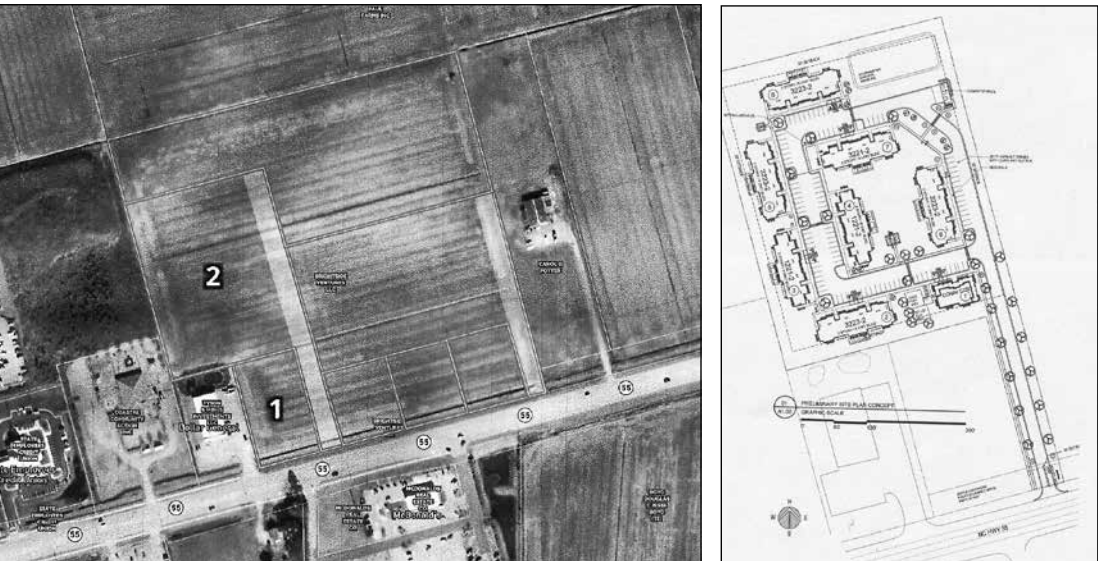


Pamlico County Economic Development Director Beth Bucksot



Grantsboro Mayor Tom Newman

managed is in Chocowinity and he encouraged members of the board to take a field trip to the facility. If given final approval and acceptance of the construction contracts, Funk stated that construction could begin this summer with completion of the project in 12 to 14 months from groundbreaking. Ms. Colores of NCORR also went over the funding for the project, but primarily focused on how her office would help the County with federal compliance requirements including monitoring of construction, reporting and ongoing training to assist the County with these requirements. After these presentations, the BOC moved into the public comment phase of the meeting and as could be expected most of the comments and questions involved the affordable housing plan. Although some concerns were raised, most of the statements were on the positive side of the issue and echoed the need for such housing in our County. Of note was the Mayor of Grantsboro, Tom Newman, who took a trip to Chocowinity to view the similar facility there and offered his assessment that it was "beautiful, clean, and well maintained." One young man made the statement that "It isn't just about affordability, it is about availability." The BOC will have to vote to formally accept or reject the grant money and Chairman Ed Riggs hopes to hold a vote on the issue either at the February mid-month meeting, or the first meeting in March. "I want to give ample time for any of my fellow commissioners to visit the Chocowinity apartments that Mills Construction has built, as well as get any questions they may have about the project answered before we take a vote," Riggs stated.



Location and Preliminary Site Plan of Pamlico Grove Apartments. Site 2 being Pamlico Grove Apartments and Site 1 being Carolina Quick Care medical facility.



The Pamlico County Board of Commissioners

"It isn't just about affordability, it is about availability."

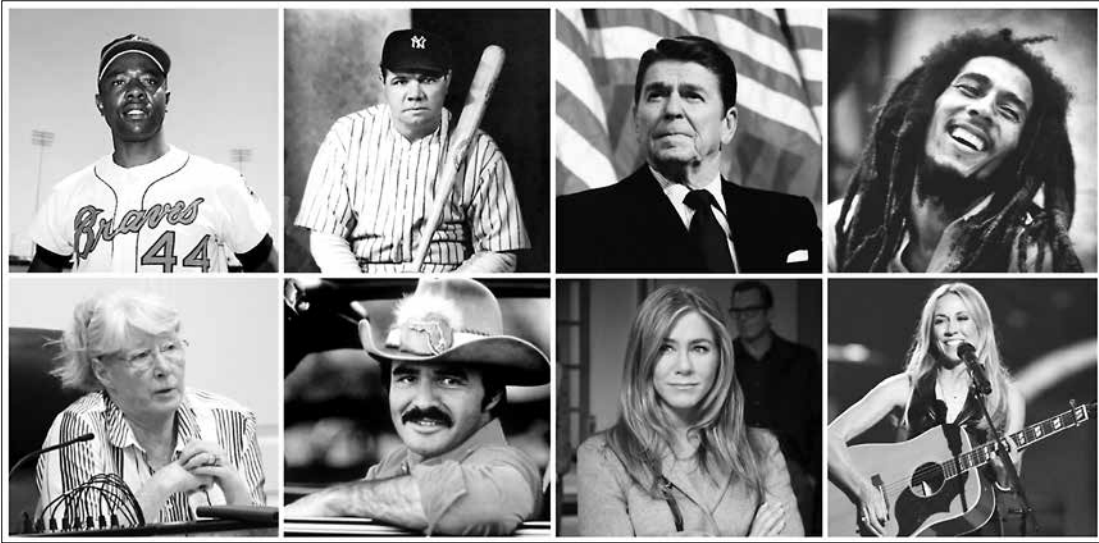
THIS WEEK IN HISTORY

by: Hiram Lupton

- February 5th – Today is National Shower with a Friend Day. Ladies, you bring the soap, I'll bring the towels.
- February 6th – 1926, The first doughnut machine is sold.
- February 7th – Today is National Girls and Women in Sports Day.
- February 8th – 1910, The Boy Scouts of America were formed.
- February 9th – Today is National Pizza Day.
- February 10th – 1863, Tomb Thumb and Lavinia Warren, two of the world's most famous midgets were married in a small ceremony. Cupcakes were served at the reception and they took a short honeymoon to Little Rock, Arkansas.
- February 11th – Today is National Inventors Day.

Birthdays This Week

- February 5th – 1934, Baseball Hall-of-Famer Hank Aaron
- February 6th – 1895, Baseball Hall-of-Famer George Herman Ruth (Babe Ruth)
- February 6th – 1911, The 40th President of the United States, Ronald Reagan
- February 6th – 1945, Singer/songwriter Bob Marley
- February 9th – 19??, Oriental Town Manager Diane Miller
- February 11th – 1936, Actor Burt Reynolds
- February 11th – 1962, Actress Jennifer Aniston
- February 11th – 1969, Singer/songwriter Sheryl Crow



"When You Tell Somebody Somethin', It Depends On Which Part Of The United States You're Standing In As To Just How Dumb You Are."
–Bandit (Burt Reynolds)

“WINGS OVER WAYNE” EVENT SET FOR MAY 3-4, 2025

Two-Day Air Show to Feature USAF Thunderbirds

Jan. 31, 2025 – Goldsboro, NC -- The popular biennial event Wings Over Wayne is set for May 3-4, 2025, at Seymour Johnson Air Force Base, featuring a variety of events for the public including a special appearance by the USAF Thunderbirds.

Wings Over Wayne (WOW#25) has grown to be the largest free air show in North Carolina, attracting nearly 200,000 people every other year to the Seymour Johnson Air Force Base. Details of the event, including premium seating information, sponsorships, specific military and civilian performers and more, will be available on the website and will be updated frequently.

Amanda Justice, Travel & Tourism Director for Goldsboro-Wayne County, says the area is thrilled to welcome WOW#25 back to Seymour Johnson Air Force Base. "This event brings thousands of visitors here to marvel at the outstanding show performers – like the USAF Thunderbirds – as well as say thank you to the men and women in uniform who serve our country."

She adds, "The economic impact upon this community is of course huge ... and we expect this year's event to be bigger and better than ever."

Admission and parking will be free. From food offerings to the Kids' Zone, to demonstrations of wings in the air and wheels on the ground, there will be activities for all ages to enjoy.

For more information about WOW#25, contact Candace Clarkson, Communications & Creative Services Manager, Goldsboro-Wayne County Travel & Tourism, or visit the official show website at <https://www.wingsoverwayneairshow.com/>

About Seymour Johnson Air Force Base: Seymour Johnson Air Force Base in Goldsboro, N.C., is home to the 4th Fighter Wing of the Air Combat Command, one of the most storied in U.S. history, celebrating 78 years of service. Two Air Force Reserve units also reside at the Base: the 916th Air Refueling Wing and the 414th Fighter Group.

About the USAF Thunderbirds: The Thunderbirds perform for people all around the world to display the pride, precision and professionalism of the U.S. Air Force. Through air shows and flyovers, they excite and inspire. In addition to showcasing the elite skills all pilots must possess, the Thunderbirds demonstrate the incredible capabilities of the Air Force's premier multi-role fighter jet, the F-16 Fighting Falcon.

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

Real estate is a complex but worthwhile endeavor, especially if you are lucky enough to find the right real estate agent. Linda Hoff is that agent. She understood what I was looking for, helped me find the right house, and led me through the home-buying process. I appreciate her patience, perseverance and personality. She was a joy to work with.

Mary, Aurora



SOLD

ORIENTAL – Lakefront 1.04 acre site with Neuse River view only 1 mile from downtown Oriental. Community clubhouse with salt-water pool & fitness center.

OFFERED AT \$55,000



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



SOLD

ORIENTAL – Perfect for large family, **4BR/2.5BA**, 2,934 hsf, in Heart of Village, not in flood zone. No HOA or HOA dues.

OFFERED AT \$435,000



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



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ORIENTAL – Waterfront views over Green Creek, 2,472 hsf, **4BR/4BA**, 1.5 miles from downtown Oriental. 2nd floor stand-alone apt. offers full kitchen, full bath, bedroom & living room w/separate HVAC system. FROG w/kitchen, bath, living area & loft bedroom w/stand-alone HVAC. Concrete dock has drop-down for kayaks & a Swinger boat lift. 4 boat slips can be rented w/2nd floor & FROG apartments.

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Pamlico Community College

Save the date! PCC Foundation to host Great Oyster Revival & Chili Cookoff

By Sandy Wall

Get ready to fill your belly for a great cause!

Tickets are now on sale for the Pamlico Community College Foundation's 13th Annual Great Oyster Revival & Chili Cookoff, which is set for Saturday, Feb. 22, from 3 to 5 p.m. at the Grantsboro campus.

Participants can look forward to indulging themselves with all-you-can-eat salty oysters as well as samples of homemade chili prepared by some of the area's best cooks.

Tickets are \$30 each; \$15 for a chili-only ticket. Proceeds benefit deserving PCC students.

Local musicians Hoff'n'Finch will provide the entertainment. The event will take place rain or shine.

"This has been a long, cold winter, so I think everyone is looking forward to coming together for a little outdoor fun and feasting," said Heather Arevalo, executive director of the PCC Foundation. "We hope to have a great turnout. It will be wonderful to see community friends and college supporters, and we expect the food to be delicious, as always. Most importantly, we are looking to raise money to fund scholarships for students here at Pamlico Community College."

As in recent years, oyster eaters will stand shoulder-to-shoulder outdoors at large tables near the college's Delamar Center to shuck and eat their fill. Inside, event participants will be able to sample the various chilis entered in the cookoff.

Attendees are encouraged to bring their own gloves, knives and condiments. Iced tea and bottled water will be provided, and participants can bring their own beverages.

Think you make a pretty good pot of chili? Then enter a crock-pot of your best for the cookoff! Chili entries will be due by 2 p.m. on the day of the contest.

"This is one of our most popular annual events," Arevalo said. "We're inviting the community to come out, bring some friends and enjoy an afternoon of food, fun and great music."

PCC President Zac Schnell added, "We're looking forward to a great day. It's going to be wonderful to see old friends and to meet some new ones."

Tickets are on sale at PCC's Bookstore, Nautical Wheelers in Oriental and New Bern, and at Bayboro Pharmacy. They are also available online at www.pamlicocc.edu.

For more information about the event, please contact the PCC Foundation at 252-249-1851, ext. 3084, or harevalo@pamlicocc.edu.

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



The Hodges Foundation 2025 Grant Award Recipients

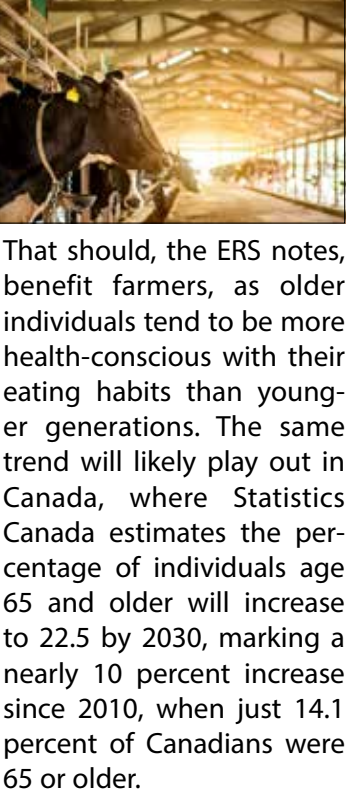
by: Hiram Lupton

Since its establishment in 2003, the Hodges Foundation has worked to help the youth of Pamlico County succeed in life and ultimately in a competitive employment market. To do this they partner with many others and endow grants to Pamlico County non-profits which help support and further the Foundation's mission. Last Friday, Richard and Patricia Hodges, creators of the foundation, along with Board members Jamie Gibbs and Jennifer Alcock were on hand at the Pamlico County Public Library to announce the winners of this year's grant awards. They are; Backpack Blessings (\$1000), Grace Fellowship Christian School (\$3000), HeartWorks (\$5000), Love Thy Neighbor (\$3200), Pamlico County Middle School STEM/SkillsUSA (\$2000), Pamlico County High School NJROTC (\$1655), and the Pamlico Partnership for Children (\$4100). These seven worthy non-profit organizations each provide unique benefits to the youth of Pamlico County and help support and further the Foundation's mission. Thank you to the Hodges Foundation for supporting these fine organizations which support our youth.



industry challenges

Shifting consumer demands pose a challenge for any industry, including the agricultural sector. Farmers who want to ensure they're in the best position to meet consumer demands in the coming decades may be happy to learn that an aging population figures to work in the agricultural sector's favor. The Economic Research Service with the U.S. Department of Agriculture notes that individuals over age 65 are expected to make up a greater percentage of the overall population in the years to come.



That should, the ERS notes, benefit farmers, as older individuals tend to be more health-conscious with their eating habits than younger generations. The same trend will likely play out in Canada, where Statistics Canada estimates the percentage of individuals age 65 and older will increase to 22.5 by 2030, marking a nearly 10 percent increase since 2010, when just 14.1 percent of Canadians were 65 or older.



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PAMLICO COUNTY MIDDLE SCHOOL

Academic Achievements Celebrated

The second academic quarter wrapped up on December 20, marking a significant milestone in the school year. Students' hard work was honored at the quarterly awards ceremony on January 17, where achievements in academics, extracurricular activities, and school leadership were recognized. The BUG award is awarded to a student in each grade level that has gone above and beyond to improve their grades.



6th Grade Honor Roll: Liam Broughton, Colt Cowell, Michael Mayo, Lilla Morris, Ayden Trull, Lea Conder, Nakiyah Kinney, Aubrie Mayo, Cypress Brothers, Raylon Cahoon, Kallen Jones, Brooklyn Bell, Cadence Williams, Paisly Phibbons, Joseph Stauble, Wyatt Gearey, Jaclyn Curtis, Kayton Forbes, Keegan Lang, Rhett Martinez, Sean Sanchez, Bryleigh Tribby



6th Grade Student of Excellence: Ally Cain, Colt Cowell, Jackson Sadler, Savannah Nelson, Tenley Boone, Montracies Styron Jr., Josephene (Pearl) Banks, Margo Tipton, Chase Carey, Laityn Willis, Genesis Perea-Soto, Anthony Badger, John Paul (JP) Newton



7th Grade Honor Roll: Morgan Blaebaum, Emily Harris, Bentley Horton, Caroline Powers, Terra Vilches, Jacob Avery, Antonio Carmon, Finley Cowell, Aaron Figueroa-Beltran, LilyAnna Lee, Noah Lin, Alyssa Trauth, Londyn Walker, Ayden Bell, Allison Buck, Emely Lopez-Jimenez, Abraham Stephens, Mya Hopkins, Clare Kanitz, Tayla Truesdale



8th Grade Honor Roll: Laura Aguilera, Noah Gibbs, Mia Littleton, Emily Long, Jasiel Perez-Mendoza, Genevieve Toler, Alexandra Duran-Guadalupe, Sienna Hancock, Manuel Benard-Zavala, Addysen Grant, Nathan Ludvigsen, Mia Angelo, Harper Cahoon, Bryce Dunham, Scarlett Volpe, Gage Caraway, Angel Garner, Olivia Greene, Cadence Powell, Micah Rodriguez, Brooklynn Sampson, Reid Smith, Darci VanZandt

7th Grade BUG Award



Dixon Strickland



6th Grade Principal's List: Axl Barnes, Ally Cain, Mackenzie Carey, Joshua Chaparro-Alvarez, Kassidy Covarrubias, Thomas Delamar, Shilah Gray, Britton Jones, Aubriana Karp, Gabriel Niznik, Savannah Nelson, Aribella Smith, Mollie Belangia, Tenley Boone, Cameron DeOliveira, Evolet Garcia-Soto, Montracies Styron Jr., Jason Langlais, Zayah Minor, Connor Smith, Josephene (Pearl) Banks, Maddox Browne, Malaki Lee, LaCarius McDavid, Kamron Outlaw, Damarion Roberts, Julia Smith, Ada Spangler, Margo Tipton, Chase Carey, Salter Doucette, Bryson Green, Azyaha Miller, Flynn Minter, Mariah Pipkin, Laityn Willis



7th Grade Principal's List: Ciarrah Carawan, Aranza Beltran-Lopez, Noah Earp, Alexander Hobbs, Francesca Karp, Mia Brothers, Haley Cauley, Dayana Lugo-Ramos, Gavin Moody, Isla Weimann, Jazlyn Alfred, Ava Lewis, Mekenna Tribby, Raylan Wilkinson



7th Grade Student of Excellence: Codie Graves, Dayana Lugo-Ramos, Haley Cauley, Finley Cowell, Alexander Hobbs, Francesca Karp, Jordan Mewborn, Morgan Blaebaum, Caroline Powers



8th Grade Principal's List: Bradley Spangler, Melody Armstrong, Tre'mhiya Arrington, Annie Delamar, Bonniel Lugo-Pichardo, Mariana Nieblas-Lugo, Aspyr Nunley, Gia Daye, Evelyn Wall, Brayden Shelton, Avery Hettinger, Brayden Bujalski, Logan Egan, Mason Foreman, Evalie Lang, Ruby Rohrman

Weather Disruptions and Schedule Changes



On January 24, students received an unexpected break as freezing temperatures and hazardous road conditions led to a school closure. Additionally, the Pamlico County Board of Education announced a change in its meeting schedule, moving its monthly gatherings to the fourth Monday of each month starting in January. With a strong start to 2025, Pamlico County Middle School remains dedicated to fostering academic excellence, athletic achievements, and a strong community spirit. Students, staff, and families can look forward to even more exciting events and opportunities in the months ahead.

Parents and Faculty Strengthen Ties

The Parent-Teacher Organization (PTO) held a meeting on January 15 to discuss school initiatives and foster collaboration between educators and families. This ongoing partnership continues to support student success and strengthen community engagement.

6th Grade BUG Award



Jaiden Hochteit

Pamlico County Middle School Kicks Off 2025 with Sports, Academics, and Community Engagement

Pamlico County Middle School has been buzzing with activity since mid-December, from thrilling basketball games to academic milestones and community involvement. As the second quarter came to a close in December, students and staff prepared for the new year with a mix of sports competitions, recognition ceremonies, and important school meetings.

Sports Bring School Spirit to Life

The school's basketball team has been in full swing, hosting home games on December 19 and January 14, rallying students and families to support their Hurricanes. The team also faced off in away games against Tucker Creek Middle on January 16 and HJ Middle on January 23, demonstrating determination and teamwork. In addition, the wrestling team hosted a home match on January 16 before traveling to Havelock and HJ Middle for an intense competition on January 23.

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Churches of Pamlico

Photo by: Hiram Lupton



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■ Continued from page A1

Hurricanes Reign Supreme at CPC Championships

Brothers, Isaiah Mewborn, and Jacquin Kirkman. With such a great showing, it is no surprise that Pamlico would win the team award for the day, scoring 184 points, outdistancing second place East Carteret's 131.5. This makes four years straight that Pamlico has been crowned conference champions. There were also two other great recognitions awarded to the Hurricanes. Isaiah Mewborn was voted the conference Male Wrestler of the Year, while Pamlico Head Coach Kevin Knox earned the conference Male Wrestling Coach of the Year award. Next up for the Hurricanes will be the Eastern Regional Tournament on February 14 and 15 at Rosewood High School just outside Goldsboro. Top finishing wrestlers at this event earn an invitation to the State Championships in Greensboro on February 21 and 22.

Conference Wrestler of the Year, Isaiah Mewborn

Conference Coach of the Year, Kevin Knox

Busy Week for Hurricane Hoops

by: Hiram Lupton

The snow days two weeks ago forced postponement of school athletics, which meant a busy week last week for the Pamlico County basketball teams, so let's get right to it. The Lady 'Canes hit the court four times last week with 2 home and 2 away games. They began the week undefeated in 2025 and at the end of the week they remained so. Monday, they hosted Jones Senior in a conference matchup that saw Pamlico thoroughly dominate the Trojans, particularly on the defensive end. They pressured Jones all night long, picking up 24 steals while riding the double digit scoring of Nya Clark (18), Sydney Whitley-Reese (15), and Kyliyah Barber (12) to a 60-11 win. The next night they hit the road for the short trip to Southside to battle the Seahawks. The birdies proved to be a little tougher opponent, but Pamlico once again rode the dynamic duo of Clark and Whitley-Reese. They had 26 and 18 points respectively as Pamlico earned a 61-49 road win. Friday, Pamlico hosted Lejeune in their second meeting of the season and after getting a 45-point win in that first meeting, Coach April Rose mixed her lineup with a combination usual starters and bench players throughout the game, substituting 5 players at a time throughout the contest. Everyone played a lot of minutes and the result was almost the same with Pamlico steam-

rolling to a 64-20 win. The Lady 'Canes weren't quite finished for the week yet. Saturday, they stepped outside conference play for a special Ladies only, all day showcase of games hosted by Greene Central. The finale of the day was Pamlico taking on the host school and the Hurricanes got the win, 61-49. With only a couple of weeks left in the regular season, Pamlico is undefeated in conference action (5-0) and sports a 17-2 record overall.

After some tough going early in the season, the Pamlico men have been able to find the win column in conference action. On Monday they played strong against Jones Senior, leading at the half by 9, 27-18. They slowly built their lead in the second half, withstanding several surges by Jones to take a 64-40 win. The next evening, they travelled to Southside and fought their way to a nice 63-53 road victory. On Friday, Pamlico hosted Lejeune and hoped to get a bit of payback on the Devil Pups, who defeated the Hurricanes by 46 earlier in the month. Lejeune looked good early and used their size and defense to put the 'Canes in a hole in the first half. Pamlico, however wouldn't lay down for the Pups, and cut the lead to 6 with just over 6 minutes remaining. That would be the closest Pamlico would get as Lejeune tightened their defense and held on for a 60-43 win.

Nya Clark scores for the Lady 'Canes against Jones Senior

Darien Fisher goes inside against Lejeune

Cheerleaders Henry Robertson and Catherine Lackey celebrate a Hurricane made free throw

PCMS Basketball – 8th Grade Night

by: Hiram Lupton

As the Pamlico County Middle School Basketball season winds down, they took some time between the girls and boys games last Tuesday evening to recognize their 8th Grade players and Cheerleaders who will be moving on to the high school next year. Those honored were; Cheerleaders: Kallie Barr, Genevieve Toler, Cadence Powell. Girls Basketball: Laura Aguilera, Tre'Mhiyah Arrington, Gia Daye, Alex Duran Guadalupe, Angel Garner, Alennah Nanney. Sports Manager: Addysen Grant. Boys Basketball: Valentin Alvarado, Deavonie Best, Braydon Bujalski, Kaivon Jones, Jasiel Perez-Mendoza, Noah Gibbs, Saadiq Barber. There was also a

pair of games on the docket for the evening too, as the Wildcats of West Craven Middle School visited PCMS. The girl's contest was a low scoring contest that had more held balls than points. The game was a close one, but the Hurricanes couldn't quite get over the hump and WCMS pulled away near the end for a 21-14 win. The boy's game was also an even matchup, with the Wildcats up by 4 at the half. Pamlico turned up the defense and reversed that in the second half, earning a 34-30 win. Conference playoffs start this week with the boys hosting this same Wildcat squad, while the girls will be traveling to Grover C. Fields.

The always fabulous PCMS Cheerleaders

Gia Daye

Braydon Bujalski

Strawberry-Chocolate facials available!

It's time to spoil someone you love – including yourself! In the spirit of Valentine's Day, students in Pamlico Community College's Esthetics department will be offering 30-minute strawberry and chocolate facials Feb. 11, 12 and 13 at PCC's Cosmetology Building off N.C. 55 in Bayboro. Cost is \$10. Appointments are required. Hours will be 9 a.m. to noon all three days. For more information or to schedule an appointment, please call 252-249-1851, ext. 3132. Contributed photo

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Marine Fisheries ask public to report cold stunned trout



MOREHEAD CITY – The N.C. Department of Environmental Quality's Division of Marine Fisheries wants to remind the public to report any cold stunned spotted seatrout they may see in North Carolina coastal waters.

During the winter, spotted seatrout move to relatively shallow creeks and rivers, where they can be vulnerable to cold stun events. Cold stun events have the potential to occur when there is a sudden drop in temperature or during prolonged periods of cold weather, making fish so sluggish they can be harvested by hand. Many fish that are stunned die from the cold or fall prey to birds and other predators. Studies suggest that cold stun events can have a significant negative impact on spotted seatrout populations.

No significant cold stun events have been confirmed so far this season, but current weather conditions are suitable for a cold stun event to occur in coastal rivers and creeks.

Spotted seatrout cold stun events can be reported at any time to the N.C. Marine Patrol at 252-515-5507 or during regular business hours to the Division of Marine



Fisheries spotted seatrout biologist Lucas Pensinger at 252-515-5638 or Lucas.Pensinger@deq.nc.gov. When reporting a spotted seatrout cold stun event, please provide the specific location, date, and time the cold stun was observed, along with your contact information.

The N.C. Spotted Seatrout Fishery Management Plan specifies that if a significant cold stun event occurs, the Division of Marine Fisheries will close all spotted seatrout harvest in the affected areas until June. A significant cold stun event is determined by 1) assessing the size and scope of the cold stun, and 2) evaluating water temperatures to determine if triggers of 5 C (41 F) for eight consecutive days or 3 C (37.4 F) during a 24-hour period are met. Data loggers are deployed statewide to continuously measure water temperatures in coastal rivers and creeks that are prone to cold stuns.

The intent of a harvest closure is to allow surviving fish a chance to spawn before harvest re-opens. Peak spotted seatrout spawning occurs from May to June.

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Hope Clinic Sets Feb. 8 Grand Opening to Celebrate

New Bayboro Home And Ability to Expand Access to Free Health Care in Three ENC Counties

Clinic serves uninsured, underinsured residents of Beaufort, Craven, Pamlico Counties
New home replaces county health department space, will begin seeing patients Feb. 13
3,600-s.f. facility will allow clinic to add services and increase number of patients served



BAYBORO, N.C. (Jan. 30, 2025) - Hope Clinic, which provides free health care to low-income uninsured and underinsured residents of Pamlico, Craven and Beaufort counties, is holding a grand opening and open house Saturday, Feb. 8, 2025, to celebrate its relocation to a new clinic facility in Bayboro.

The event is open to the public and will be held from 10 a.m. to 1 p.m. at the new location at 13808 N.C. 55. A ribbon-cutting ceremony including the Pamlico Chamber of Commerce will begin at 10:15, according to Yolanda Cristiani, Hope Clinic's executive director. Light refreshments will be served.

The new quarters give the clinic a home it can call its own after working out of space in the Pamlico County Health Department for the past 25 years. With more space and expanded hours, Hope Clinic will be able to serve more residents in the three-county area who need health care but can't afford it.

"Hope Clinic is thrilled to welcome the community to celebrate this milestone in public health care with us," Cristiani said. "The entire community benefits when every individual has access to quality health care regardless of ability to pay and ensuring that access is our goal at Hope Clinic every day."

Preceding Saturday's event, Hope Clinic will host representatives from churches in Pamlico and Craven counties on Friday, Feb. 7, 2025, for a blessings and affirmations reception to formally dedicate the new facility. The reception is not open to the public.

The clinic will start seeing patients at the new location Feb. 13 and is accepting new patients who are eligible. The clinic serves uninsured or underinsured adult residents of Pamlico, Craven and Beaufort counties between the ages of 18 and 64 with household incomes at or below 300% of the poverty level.

The 3,600-s.f. facility has space for four exam rooms, one procedure suite, lab, an expanded pharmacy, a meeting room that can be used for health education, training, or group recovery meetings and flex space for use by rotating specialists. The new

space also creates the potential for an on-site dental clinic.

Hope Clinic is an independent nonprofit 501(c)(3) organization established to serve the community's unmet health-care needs. It is a member of the North Carolina Association of Free and Charitable Clinics (NCAFCC<<https://ncafcc.org/donate-now/>>), a network of 68 clinics that serve uninsured and underinsured N.C. residents across the state.

Those interested in becoming a patient can contact Clinic Support Coordinator Kim Stewart at (252) 745-5760, extension 100. To learn more about how to support Hope Clinic and its patients, contact Cristiani at yolanda@hopeclinic.net.

About Hope Clinic

Hope Clinic is a private, 501(c)(3) nonprofit organization that relies on community and volunteer support to achieve its mission of providing free medical care to those in need in Pamlico County and surrounding communities. With one full-time executive director, seven part-time staff members and more than 60 volunteers, the clinic provides a range of services to low-income uninsured and underinsured residents of Beaufort, Craven and Pamlico counties. In 2023, Hope Clinic provided 778 medical office visits, including patients served at 21 mobile outreach clinics in five locations, made 303 specialist referrals, dispensed 5,601 prescriptions, and conducted 131 case management visits and 86 drug and alcohol counseling visits, for a total of \$2,950,000 in health-care services. Learn more at <http://www.hopeclinic.net>.

About The North Carolina Association of Free and Charitable Clinics



The North Carolina Association of Free and Charitable Clinics supports 69 member clinics in expanding access to health care, reducing health disparities and improving the health of uninsured and underinsured individuals. Member clinics are a vital part of North Carolina's safety net, providing care for more than 75,000 patients in 84 counties, including primary and specialty medical care; dental care; pharmacy services; optometry; behavioral health care; lab tests and hospital referrals, in most cases at no cost to the patient. The association supports member clinics with education, advocacy, research, funding and collaboration, and promotes quality health care for all North Carolinians. Learn more at <http://www.ncafcc.org>.

falls among older adults

Falls pose a significant threat to the senior population. The Centers for Disease Control and Prevention says someone age 65 or older suffers a fall every second of every day in the United States. This makes falls the leading cause of injury and injury death among this demographic. The National Council on Aging says one in four Americans fall each year. In fact, the NCOA notes that falls result in more than three million injuries treated in hospital emergency rooms each year, including more than 800,000 that lead to hospitalization. The financial toll of falls among older adults also is significant, and estimates suggest falls will cost \$101 billion annually by 2030. That cost is only expected to increase as the population ages.

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FINANCIAL FOCUS

You can put more into your 401(k) this year



Dan M. Roberts

Once you retire, you'll likely need to draw on a variety of financial sources — and one of the most important ones may be your 401(k). And for 2025, you can put even more money into your plan than ever.

You can invest in your 401(k) in one of two ways, depending on your employer's plan. With a traditional 401(k), you contribute pre-tax dollars, which can lower your taxable income, and your money can grow tax deferred. If you have a Roth 401(k) option, you can contribute after-tax dollars, which aren't deductible, but your eventual withdrawals will be tax-free if you've had your account at least five years and you're at least 59½.

For either a traditional or Roth 401(k), as well as similar plans such as a 457(b) (for government employees) or a 403(b) (for educators and employees of some nonprofit groups), the contribution limit has increased by \$500 for 2025, to \$23,500. If you're 50 or older, you can contribute an additional \$7,500, for a total of \$31,000. And under the SECURE 2.0 legislation, if you are between 60 and 63, you have a higher catch-up contribution — \$11,250, instead of \$7,500, for a total of \$34,750.

If you can afford to contribute the full amount to your 401(k) or similar plan, consider doing so. Of course, not everyone is in that position. If you're a younger worker, you may well have other financial obligations, such as paying off student loans. And even if you've been in the workforce for a while, you may be putting away money for other things — such as your children's education — as well as your own retirement. But even if you can't "max out" on your 401(k), try to contribute at least enough to earn your employer's matching contribution, if one is offered.

Regardless of how much you contribute to your 401(k), consider these suggestions on managing the money within your plan:


- **Create a portfolio that fits your risk tolerance.** Most 401(k) plans offer up to a dozen investment options, while some plans offer many more. You obviously want to increase your 401(k) balance as much as possible, but that doesn't necessarily mean putting all your 401(k) dollars into the most aggressive funds available. Instead, consider spreading your 401(k) contributions among a range of investments, which can help you lower your risk level while still giving you opportunities for long-term growth. Everyone's risk tolerance is different, though, so you'll want to evaluate yours when constructing your 401(k) portfolio.
- **Adjust your portfolio as needed.** It's a good idea to review your 401(k)'s investment mix at least once a year to see if it's performing as you'd hoped. But be patient — one "down" year doesn't necessarily mean you must make changes. However, as you approach retirement, you may want to lower the risk level of your 401(k) by moving some of your dollars into more conservative vehicles. Still, even when you're retired and have started drawing money from your 401(k), you might want to keep some growth potential in it to help you stay ahead of inflation.

By contributing what you can afford to your 401(k), and by carefully managing the investments within your plan, you can help maximize the value of this powerful retirement savings vehicle — and give yourself a key asset to help you enjoy your retirement years.

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Rotary
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Jim Berry Installed as an Honorary Member of Oriental Rotary Club

The Oriental Rotary Club recently honored Jim Berry, long-time Oriental resident, by installing him as an honorary member, recognizing his outstanding contributions to the community and his embodiment of Rotary's motto, "Service Above Self." This distinction is reserved for individuals who have demonstrated exceptional service and commitment to the ideals of Rotary, and Berry's dedication makes him a deserving recipient.

Originally from St. Louis, Missouri, Berry served as a US Naval Aviator, flying F14 and F4 fighters. He survived being shot down twice. After retiring from the Navy, Berry oversaw the Naval Weapons Industrial Reserve Plant in Calverton, New York before moving on to Grumman Aerospace. He was part of the team that re-engined the DC8 aircraft with turbofan engines.

Retired to Pamlico County in 1997, where he has been an active member of Rotary, the Pamlico Musical Society, and St. Thomas Episcopal Church. You could also find him volunteering for other nonprofit efforts in his spare time.



Pictured are Rob Leonard (Jim's son-in-law), Allison Leonard (daughter), Jim Berry, and Kathleen Leonard (daughter).

The installation ceremony was attended by members of Berry's family, Oriental Rotary Club, local leaders, and well-wishers who gathered to celebrate Berry's achievements. Club President Tony Santore spoke about Berry's contributions and the reasons behind his selection for this honor, highlighting his unwavering dedication to community service.

The Oriental Rotary Club's decision to bestow this honor upon Jim Berry underscores the importance of recognizing individuals who go above and beyond to make a difference. His membership is a reflection of his exemplary contributions, ensuring that his legacy of service continues to inspire future generations.

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

AROUND THE COUNTY

Grantsboro Jeff Roberts, *Correspondent*



Hello friends and neighbors. Some of you may know me and some may not. I have recently decided to take on the task of the Grantsboro Correspondent section. I'd like to take this week's part and introduce myself and tell a little background information on myself.

I grew up in Arapahoe and went to the original Arapahoe Elementary School and graduated from Pamlico County High School in 1990. Both of my parents grew up in Arapahoe as well, they are David Roberts and the late Catherine Roberts. After high school I left the county and joined the Army and served overseas and in Desert Storm. During this time I traveled a lot! In my life I have seen many incredible places and things. It has definitely been an adventure to say the least.

I lived in the mountains of NC in the Hickory area for about 14 years until finally permanently moving back to the county in 2010. Since then I became employed at Pamlico County Schools as a

custodian, you know I had to get my foot in the door. During that time I went to college at PCC and was able to switch positions to teacher assistant. With that position I grew close to probably many of your kids or grandchildren. I have a passion for helping these young folks find their way. I currently work at the bus garage as the TIMS clerk. Basically I assign and maintain the bus routes.

I absolutely love this county and I am currently researching the history here in Pamlico. I have researched the China Grove Plantation, the Brinson's on Bairds Creek, and most recently the Dixon Plantation in Reelsboro, although most of us remember it as the Reel house.

I will be writing a lot about our history here and mixing it with what is currently happening around the Grantsboro area. Please feel free to reach out to me with any information currently and from our past as I love looking into things.

With that I will bid you farewell and look forward to engaging you again.

Whortonsville Reba Tiller, *Correspondent*



Not much news this morning since I have to travel to New Bern for radiation three times a week there is not much time left for anything else. Nothing serious but takes a lot of time. There were twelve at church yesterday for the morning service. Our warm weather did not last very long and this morning I cannot see across the creek there is so much fog. Hope it clears out before I have to drive to New Bern. For Valentine's Day the church is having a steak

dinner, on Wednesday nights at 6:00 there is Bible study at Bethel. The Whortonsville Community is planning to celebrate all birthdays for January, February, and March by having a party on March 15th celebrating also St. Patricks Day.

REMEMBER ALL THE PEOPLE THAT LOST THEIR LIVES IN THE THREE PLANE CRASHES AND PRAY FOR THEIR LOVED ONES THAT ARE LEFT BEHIND.

Pamlico Betty Jo Rodgers, *Correspondent*



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.

The Neuse-Pamlico Sound Women's Coalition, Inc. (NPSWC), a 501(c)3 organization of professional women, 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 participate 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 geared up and excited as they prepare 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. All this occurred here in this little place many of us call "home." Perhaps now you know why we are so excited! The Anniversary committee has planned several events to highlight this milestone in our 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 more information, please feel free to contact Elbert Mattocks at 252-249-9865,

Ms. Sil, Sylvia Norman, owner of Brantley's Village Restaurant fell this week and is in Vidant hospital in Greenville. Please keep her and her family in your prayers.

On Sunday, Mildred G. Harrison, Sandra Ann Stowe, and Linwood Stowe transferred their membership to Stonewall Methodist Church. They were welcomed by the entire congregation after the worship service.

They already participate in activities such as the crochet class at 9:30 am on Tuesdays, Bible Study and the choir on Wednesdays at 6:30 pm, and the Ina Gaskins Circle which meets once a month..

Those celebrating birthdays in February include Tony Cowden (2/4), Aiden Smith (2/6), 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. Empty? Take Spiritual Vitamin E. "Enter into his gates with thanksgiving, and into his courts with praise, be thankful unto him, and bless his name." (Psalms 100:4)

Aurora Joy McCracken, *Correspondent*



Well, thank you February for rescuing us from January! We got 5.7 inches of snow (on 1/22) and there was still some on the ground a week later but I don't think the lore about longevity leads to more snow this time.

White Pelicans are back on the creek along with a pair of Ospreys and the occasional Bald Eagle. There's a Great Egret cruising by. Duck hunting season was busy this last week with someone using the blind at the point every day. I heard a dog with them a couple of mornings.

After getting nailed by the snow and extra cold days the Camellias are starting to bloom again. The songbirds are enjoying the lawn. I won't mow again until it's sustained 50 degrees so the Butterflies and Fireflies can emerge safely.

WUNC did a nice piece about Aurora's upcoming Industrial Park. You can find it here: <https://www.wunc.org/politics/2025-01-23/aurora-industrial-park-jobs>.

My Photo of the Week is a great catch of a Wren with a peanut. And I had to include how Anneke the Cat reacted to the snow.



STATEWIDE CLASSIFIEDS

Auctions
RESTAURANT EQUIPMENT AUCTION, Tuesday, February 11 @10am - 1794 W. Main St. Locust, NC. Almost New Equipment, 20 Coolers / Freezers, Blast Freezer, Gas Equipment, & Walkins. [www. ClassicAuctions.com](http://www.ClassicAuctions.com) 704-791-8825 NCAF5479

Pets
If veterinary care is unavailable or unaffordable, ask for Happy Jack® animal healthcare to treat yeast infections, hook & round worms. At Tractor Supply® & Southern States®

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

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

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

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

Miscellaneous
Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help! Win or Pay Nothing! Strong, recent work history needed. 877-553-0252 [Stroppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

Miscellaneous
Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE/ \$100OFF POPULAR PLANS. 888-993-0878

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

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

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

Miscellaneous
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted

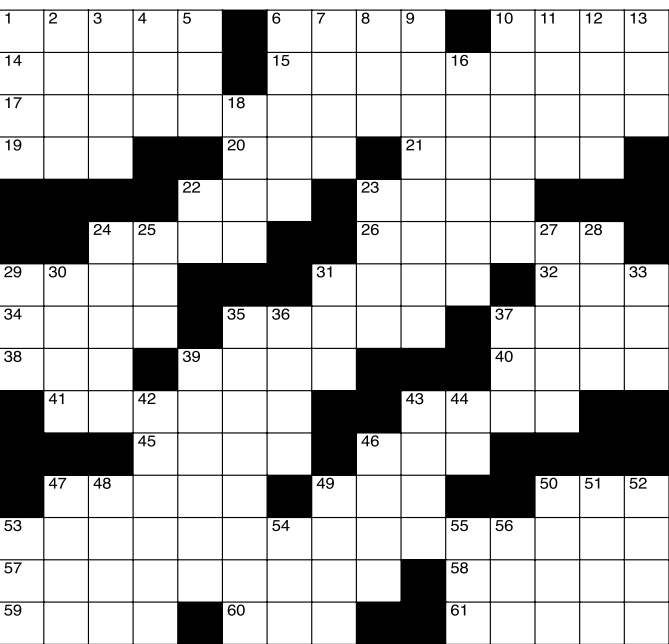
professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-313-1427. Have zip code of service location ready when you call!

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

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

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

CROSSWORD



CLUES ACROSS

1. "The Las Vegas of the East"
6. Cook
10. Manning and Wallach are two
14. Chameleon
15. A way to fill up
17. What MLBers hope to play in
19. Unhappy
20. Indefinite period of time
21. Excites
22. Males
23. Mongol leader Genghis
24. Turfs
26. Soda comes in them
29. Not nice
31. Professional organization
32. Part of a play
34. Sea eagle
35. Emily Blunt's character in "Sicario"
37. Beige
38. Mental sharpness
39. Valley
40. Alcyone's husband
41. A place to gamble
43. Flightless Australian birds
45. Call out somebody's name over a P.A. system
46. US spy group
47. Pancakes from buckwheat flour
49. Swiss river
50. Disfigure
53. Have surgery
57. Formal withdrawal
58. Early English council
59. Square measures
60. 2,000 lbs.
61. Siskel and __, critics

CLUES DOWN

1. Mouths
2. Buffalo
3. You plug it in
4. Each
5. Largest English dictionary (abbr.)
6. King of Thebes
7. English name meaning "mythical hunter"
8. Indicates near
9. More herbaceous
10. Gas-powered cars need one
11. Dishonest individual
12. Systems, doctrines, theories
13. The woman
16. The whole of one's holdings
18. Witnesses
22. Doctor
23. Paul __, Swiss painter
24. Kids look for him on December 24
25. Single
27. Competitions
28. Predict the future
29. Cage for trained hawks
30. Musician Clapton
31. Frozen water
33. Semiformal men's evening attire
35. Most worn
36. Common soap ingredient
37. Former EU monetary unit
39. Provisions
42. Book parts
43. Republic of Ireland
44. Partner to "Pa"
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Solar disk in Egyptian mythology
50. Minute arachnid
51. From a distance
52. Monthly apartment cost
53. Young women's association
54. Tourist destination
55. "Woman" in Ojibwe language
56. Pointed end of a pen



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to low vision.

L P I U P

Answer: Pupli

GUESS WHO ?

I am a singer born in California on February 8, 1961. I was interested in music and various sports in high school. In 1981, I formed the hair metal band I would be in for the majority of my life. We had many hits throughout the 1980s.

Answer: Vince Neil

Common sense is not a gift. It's a punishment because you have to deal with everyone who doesn't have it. -Unknown

Health&Wellness

A Matter of Balance

February 18 – March 14, 2025
9:30 am – 11:30 am
Two sessions per week on Tuesdays & Fridays
Oriental United Methodist Church Fellowship Hall
404 Freemason Drive, Oriental, NC



It is estimated that one-third of adults over the age of 60 and 50 percent of adults over the age of 80 will fall each year. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. This program is designed to empower older adults to take control over their lives and reduce their fear of falling. A Matter of Balance: Managing Concerns About Falls, emphasizes practical strategies to reduce and control fear and increase activity levels so that seniors can improve their quality of life and remain independent.

- Participants learn to set realistic goals
- Change their environment to reduce fall risk factors
- Learn exercises to increase strength and balance
- Are taught how to get up after a fall

Class Size is limited to 16 participants. This eight (8) session program will be held on Tuesdays and Fridays, beginning on February 18 and continuing through March 14, 2025 – 9:30am – 11:30pm Oriental United Methodist Church – Fellowship Hall 404 Freemason Drive, Oriental, NC 28571

Please register by emailing director@primetimepamlico.org or by calling 252.675.0909 to register.



“No matter who tries to teach you lessons about life, you won’t understand it until you go through it on your own.” –Otto G.

Flowers & Gifts to spoil your sweetheart



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Did you know

physical activity is most important...



Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones. The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening, and even sports participation.

BENEFITS OF PHYSICAL ACTIVITY

10 Benefits of Exercise in Great Outdoors – Female Version



- Decreases stress levels
- Helps maximize the quality of life
- It is good for your heart
- You see and hear new things
- Boosts immune system
- Improves sleep
- Helps muscle and joint functioning
- Increases energy levels
- Connects you with nature
- Fresh air

“Values are related to our emotions, just as we practice physical hygiene to preserve our physical health, we need to observe emotional hygiene to preserve a healthy mind and attitudes.” —Otto G.

Register for FREE now!



The "faces" of Facebook workshop

Sat., Feb. 8, 9am-2pm

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

Why pictures and videos on Facebook are essential for attracting views

How to take Facebook-ready photos and videos using only your Smartphone, including creating "reels."

How to edit, archive, and upload your photos and videos from your Smartphone to create eye-catching social media posts

For more info and to register, visit www.PamlicoSBC.com

