

January Astronomy

Even in astronomy, there is a sense of new beginnings. In the Northern Hemisphere, the days are starting to get longer again, and we look forward to the light's re-emergence.



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The Pamlico News

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**Applications for Golden LEAF
Colleges and Universities
Scholarship due March 1, 2025**

Rocky Mount, N.C., (January 9, 2025) The Golden LEAF Colleges and Universities Scholarship application for the 2025-2026 academic year is now available at CFNC.org. A total of 215 awards will be offered to first-time recipients from qualifying counties. Applications are due March 1, 2025.

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).

“The Golden LEAF Scholarship Program is an important component of the Foundation’s workforce preparedness strategy,” said Golden LEAF President, Chief Executive Officer Scott T. Hamilton. “The Golden LEAF Board established the scholarship program 25 years ago with the goal for Golden LEAF scholars to gain the talent, knowledge, and skills necessary to help North Carolina’s rural communities thrive by returning home to live, work, and lead future generations.”

To be eligible, students must be a graduating North Carolina high school senior or a currently enrolled North Carolina community college transfer student, enrolling full-time in the fall at a participating North Carolina public or private college or university.

Recipients are selected based upon multiple factors including an intent to return to a rural North Carolina county after graduation. Applicants must also fill out the Free Application for Federal Student Aid (FAFSA) and demonstrate financial need with a Student Aid Index (SAI) that does not exceed 15000; have a cumulative GPA of no less than 2.5; and be a resident of and have strong roots in a rural North Carolina county that is economically distressed. Click here for the full list of eligible counties.

For 25 years, the Golden LEAF Scholarship Program has provided more than 6,600 scholarships to help rural students attend the state’s colleges and universities.

The Golden LEAF Scholarship Program is administered by the North Carolina State Education Assistance Authority and funded by the Golden LEAF Foundation. A complete list of program requirements, participating campuses and qualifying counties can be viewed at CFNC.org. Call 1-800-700-1775, and select Option 2 or send an email to information@ncseaa.edu, for more information.

Students awarded the Golden LEAF Scholarship to attend North Carolina colleges and universities are also eligible to participate in the Rural Internship Initiative. The initiative allows scholars to participate in paid internships in their career field of interest, while strengthening career connections and opportunities in a rural North Carolina community.

For more information about the Golden LEAF Scholarship Program, visit Scholars.GoldenLEAF.org.

For more information about Golden LEAF and our programs, please visit our website at GoldenLEAF.org.

Hurricanes on the Mat Pamlico Goes 2-0 at Home Meet

by: Hiram Lupton

The Pamlico County High School wrestling team was in action last week, hosting Manteo and South Lenoir in team duals on Thursday evening. And picked up a pair of wins over the visitors. The Hurricanes Men bested Manteo, 54-27 and out grappled South Lenoir, 47-36. Head Coach Kevin Knox remarked that “It wasn’t pretty, but it was good to pick up a pair of wins.” Plenty of outstanding per-

formances by the Hurricanes including Riley Treacy, Eric Brantley, Isaiah Mewborn and Joc Kirkman were among several wrestlers to go 2-0 on the night. The Lady Hurricanes were also in action and went 1-1 on the night with a win over South Lenoir, 30-12, while losing to Manteo, 46-12. Pamlico will host another home duals meet this week on Wednesday and it will also be Senior night.



Riley Treacy



Eric Brantley



Isaiah Mewborn



Syler Hall

Neuse Road Bridge Construction

by: Hiram Lupton



It appears that motorists who use Neuse Road will be waiting a bit longer to travel the road as bridge construction over Beards Creek slowly but surely continues. The road has been closed at the creek crossing since the end of August 2024 for replacement of the old bridge which had been built in 1964. Construction was expected to take roughly 6 months to complete which would put completion in late February or early March. Of note, with the 1964 bridge out of the way, the old turntable that operated an even older swing bridge at the site is easily visible. This allowed taller boats to pass upstream to reach a mill site located on the creek. As with the construction in 1964, the old turntable gear will remain after this construction is complete.



Rotary Community Service Chair Barbra Stockton presenting a \$2000 check to Ray Rupert PCFLO Director. In addition to financial support Rotary members drive for PCFLO monthly delivering food to the home bound.

NORTH CAROLINA COMMUNITY FOUNDATION



Nearly 140 college scholarships now open for applications across North Carolina

Jan. 7, 2025 – Nearly 140 college scholarships administered by the North Carolina Community Foundation are now open for applications, representing nearly \$1.8 million in available scholarship funds.

Most NCCF scholarships close for 2025 applications on March 3 at 11:59 p.m. There is no cost to apply, students can apply online using NCCF’s Universal Scholarships Application.

The Universal Scholarships Application matches information about the student – such as county of residence, GPA or intended major – with criteria for approximately 130 scholarships. Students are then alerted to all scholarships for which they may be eligible and must submit any required supplemental information to apply. More detailed instructions for applicants are available at nccommunityfoundation.org/Scholarships.

About a dozen other NCCF scholarships have separate applications with different due dates. Students are encouraged to review the criteria for those and follow the instructions on how to apply.

This year, NCCF is also administering a special Disaster Relief and Resilience Scholarship to assist students in western North Carolina whose ability to pay for their education has been impacted by Hurricane Helene. This scholarship is also available through NCCF’s Universal Scholarships Application.

NCCF believes in the power of education to improve lives and partners with donors to administer scholarships for the benefit of students across the state. All scholarships are established through endowment funds established at NCCF with criteria determined by the donor. In 2024, NCCF awarded nearly \$1.5 million in scholarships to 360 students.

“We’re proud to administer a wide range of scholarships across the state,” said Jennifer Tolle Whiteside, President & CEO of the North Carolina Community Foundation. “We encourage all North Carolina students to use our universal application to find eligible scholarships.”

■ Continued on Page A3

WEEKEND WEATHER

Saturday, January 18th **56°Hi** Rain throughout the day

Sunday, January 19th **54 °Hi** Cloudy throughout the day



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Pamlico Community College’s acting president discusses capabilities, future of Artificial Intelligence

By Sandy Wall

About 25 Pamlico Community College faculty members and staffers became students for a morning last week as Acting President Zac Schnell presented a short workshop on the uses for Artificial Intelligence (AI) in the classroom and on the job.

During his presentation, Schnell showed off the remarkable capabilities of various AI platforms and offered real world examples of how the technology can be used to help students succeed and to make employees’ workdays go more smoothly.

“Utilizing these AI tools is a way to free up your time,” the acting president said. “It is becoming very easy to interact with these things.”

During the session, participants got to try several of the ever-improving, web-based AI tools, including ChatGPT, Gemini’s NotebookLM and Perplexity. Several colleagues shared how they’re already using these tools in their lessons and preparation, with many offering suggestions on how AI can make teaching today’s students more interactive and engaging.

Schnell, who also leads the college’s Environmental Science Technology program, is a staunch advocate for AI and other developing technologies. He has made similar presentations about AI at community colleges across the state, and he has been interviewed by local radio station Public Radio East (WTEB-FM) about the uses of AI in the classroom.

The acting president told his PCC colleagues that AI has been shown to boost productivity by quickly synthesizing information,



Pamlico Community College’s Acting President Zac Schnell, center near lectern, takes his place at the front of a Brinson Building classroom shortly before leading a workshop last week on the uses of Artificial Intelligence. Contributed photo

summarizing reports and drafting documents. He pointed out that nearly two-thirds of all Fortune 500 companies mentioned the use of AI in their most recent annual reports to shareholders, with one in five of them referencing the use of generative AI in the workplace.

Schnell discussed the incredibly quick pace of development and improvement in AI technologies, pointing out that recent versions of popular AI tools were functioning at a Ph.D. level. He also offered a forecast on where the technology could be headed in the months and years to come.

Most importantly, Schnell urged colleagues to use AI as a means to help PCC students understand concepts, discuss material and succeed in their academic pursuits.

“Set up these things in a way to engage them,” he said. “Use it and also verify the material.”

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

local entrepreneurs

Conscientious consumers who want to help local entrepreneurs thrive may not need any extra incentive to support small businesses in their communities. However, that doesn’t mean it isn’t worth noting the tax benefits of buying local compared to buying online or in other towns or cities. Small businesses pay sales taxes to the city and county where the business is located, which means a significant amount of the money spent at local businesses is ultimately going to the community at large. In addition, local businesses tend to hire local residents, who pay taxes on their incomes. Those taxes also benefit the towns and cities where workers live and work. This ripple effect of supporting local businesses is one reason why the Small Business Administration estimates that, for every \$100 consumers spend at a small business, \$48 remains in the community.

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





Land/Home Sales Property Management Appraisals Development



Agent of the Week

Gregory Green
Broker-
Here’s what one of Gregory’s customers had to say...

When my wife and I wanted to purchase a nearby property that was not currently listed for sale I contacted Gregory Green. Greg was able to identify the distant owner and negotiate a price for us. Once the deal was agreed on he promptly and professionally managed the entire process. He even arranged to have expired permits on the property renewed and referred us to a local attorney to handle the closing. When my neighbor mentioned wanting to purchase a similar property nearby, I recommended she call Greg. He handled all the negotiations, and that property is now under agreement and will shortly be hers. Overall I would highly recommend Gregory Green to broker any real estate purchase or sale.

Dave & Lorraine, Arapahoe




ORIENTAL – Lakefront 1.04 acre site with Neuse River view only 1 mile from downtown Oriental. Elevated to 12’ above sea level; flood insurance not required. Septic system drain field installed; lifetime septic permit. Community clubhouse with salt-water pool & fitness center.

OFFERED AT \$55,000



ORIENTAL – Spacious **3BR/2.5BA** home offers comfortable living. Open floor plan, ideal for family gatherings or entertaining. Three acres of land provide ample space for outdoor activities. 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 fishin 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 – Waterfront 3,289 sf, **4BR/2.5BA** in Heart of Oriental on Tarpon Channel on Whittaker Creek, the most protected deep-water location in Oriental. Not in flood zone; no flood insurance required. Expertly designed landscaping, detached garage/workshop, detached storage building, 32’ boat dock with 100’ of waterfrontage. No HOA, no HOA fees.

OFFERED AT \$ 595,000



ORIENTAL – Million-dollar waterfront views over Green Creek, 2,472 hsf, **4BR/4BA** only 1.5 miles from downtown Oriental. Designed for extended family or for income-producing. 2nd floor stand-alone apartment offers a full kitchen, full bath, bedroom and living room with a separate HVAC system. FROG has kitchen, full bath, living area and loft bedroom with stand-alone HVAC. Boat dock is concrete with a drop-down for launching kayaks and a Swinger boat lift. Four dedicated boat slips can be rented with 2nd floor apartment & FROG apartment. Vinyl bulkhead, lifetime metal roof & maintenance-free vinyl siding.

OFFERED AT \$ 625,000

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



THIS WEEK IN HISTORY

by: Hiram Lupton

- January 15th – Today is National Bagel Day. Toasted with Cream Cheese please.
- January 16th – Today is National Religious Freedom Day.
- January 17th – 1929, Popeye the Sailor Man first appeared in a comic strip. It is also National Hot Buttered Rum Day.
- January 18th – Today is National Winnie the Pooh Day. Silly ‘Ol Bear, don’t get your head stuck in the Huny Jar.
- January 19th - Today is National Popcorn Day.
- January 20th – Happy Martin Luther King Day.
- January 21st – Today is Squirrel Appreciation Day. It is also National Hugging Day, so hug a squirrel to show you appreciate him.

BIRTHDAYS THIS WEEK

- January 15th – 1929, Civil Rights Leader Dr Martin Luther King, Jr.
- January 15th – 19??, Teacher and Coach, Keith Reese
- January 17th – 1706, Statesman, Inventor, Writer, and Patriot, Benjamin Franklin
- January 17th – 1942, Boxing Champion Muhammad Ali
- January 19th – 1943, Singer Janis Joplin
- January 19th – 1946, Dolly Parton
- January 19th – 19??, Supporter of Pamlico County Arts Angie Propst
- January 20th – 1930, The 2nd Man to Walk on the Moon, Edwin Aldrin (Buzz Aldrin)



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

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

Breakfast with Friends @ Brantley's
Thursday's – January 16, 23 & 30
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 – January 16, 23 & 30
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.

Pancakes for Prime Time A Fundraising Event with Silent Auction
Thursday, January 23
4:30 pm – 7:00 pm
Brantley's Village Restaurant
Donations of items for the silent auction are being accepted. Services, dinners, merchandise. Please call Debora @ 252.675.0909 or drop by OUMC office.

Tickets on Sale Now @ OUMC, Nautical Wheelers, Brantley's or from Prime Time Board Members.

Ports, Pilotage, & Shipping in Colonial NC Maritime Heritage Lecture Series
Thursday, January 30
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
Join Maritime History Curator David Bennett to learn about the economic role of shipping in colonial North Carolina. In addition, the lecture will discuss the rise of ports and pilotage and how they facilitated economic development.
The informal lectures focused on North Carolina's rich maritime history, coastal environment, and culture. The lectures are currently being held in the Fort Macon Coastal Education Center and streamed via Zoom. Visit ncmaritimemuseumbeaufort.com/virtual to sign up to receive the Zoom links. Programs are also posted to the museum's YouTube channel.

Why is January's full Moon called the *Wolf Moon*

Holly Spanner

It's also called the Moon After Yule, Ice Moon and Old Moon. Here's why the January full Moon is widely known as the Wolf Moon.
Naming moons, such as January's Wolf Moon, stems from various cultural traditions and indigenous practices that assign distinct names to each full Moon throughout the year.
These names often reflect seasonal changes, natural phenomena, or the behaviors of flora and fauna during different months of the year. Indigenous people and early civilizations also used lunar cycles to mark time, guide agricultural activities (looking at you, Harvest Moon), as well as navigate seasons.
The practice of naming moons not only served practical purposes, but also embedded a cultural connection between celestial events and our comings and goings here on Earth, fostering a deeper understanding and reverence for the natural world. Have you ever experienced anger, frustration, and resentment during the month of February? It could be because there's a Black Moon... or so the superstition goes. You might also just be hungry and tired.
Today, these lunar names persist as a blend of historical legacy and a way to appreciate the rhythmic lunar cycles.



Concerned about your drinking?

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

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

The Pamlico News

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COMMUNITY

Rotary



Club #6172 | District #7720



Rotary Club of Oriental enjoyed a presentation by local Eagle Scout candidate, Henry Foster, at their club meeting last night. As part of his Eagle Scout project, Henry coordinated with Disaster Aid USA (a nonprofit, Rotarian-led organization) to create the first disaster relief trailer in North Carolina. Henry secured the funding, trailer, outfitted the trailer with shelves, and is currently securing the tools and items required to ensure the trailer will help the most amount of people when it's deployed. He's \$500 from his goal of \$15,000. Once completed, the trailer will reside in Greenville, North Carolina and will be deployed and maintained by Disaster Aid.

Disaster Aid USA (DAUSA) is a Rotary Club project aimed at providing humanitarian aid during domestic disasters. Open to all U.S. Rotary Districts, clubs, and members, DAUSA focuses on rebuilding communities through activities like debris removal, roof tarping, meal preparation, and more. While not a first responder, it deploys Disaster Aid Response Teams (DARTs) to assess needs and deliver aid. Guided by Rotary values, DAUSA emphasizes transparency and accountability, striving to offer immediate relief and support to those affected by disasters.

The mission of Rotary and Pamlico County's Rotary Club of Oriental is to provide service to others, provide financial support to civic and nonprofit efforts, while promoting integrity and fellowship. Being a part of Rotary is a great way to give back to those in need, meet new people, and enjoy camaraderie. If you're interested in learning more, please visit [www. OrientalRotary.org](http://www.OrientalRotary.org) or email us at orientalrotaryclub@gmail.com.

■Continued from page A1

Nearly 140 college scholarships now open for applications across North Carolina

Scholarships are available for students from all 100 counties, including for non-traditional students, and for students attending all types of institutions, including community colleges.

As eligibility criteria vary greatly, all students are encouraged to complete the NCCF Universal Scholarships Application on the NCCF Scholarships Portal. To learn more and get started, students should visit nccommunityfoundation.org/Scholarships.

About the North Carolina Community Foundation
The North Carolina Community Foundation brings together generous people and connects them to causes and organizations they care about, with a focus on inspiring lasting and meaningful philanthropy in the state's rural communities.

With \$460 million in assets, NCCF sustains nearly 1,300 endowments and partners with donors and a network of affiliates in 60 counties to strengthen our state. By stewarding and growing donors' gifts, NCCF makes a powerful impact through a robust grants and scholarships program, awarding over \$300 million since 1988.

For more information, visit nccommunityfoundation.org.

Horoscopes



ARIES – Mar 21/Apr 20
Aries, charm is one of your strongest attributes. This week your magnetism is magnified and can work to your advantage. You might attract people who can help with a situation.



TAURUS – Apr 21/May 21
Taurus, it is never easy to reevaluate finances and cut back. However, this is the week when you likely have to keep your credit card in your wallet; otherwise, the bills add up.



GEMINI – May 22/Jun 21
Gemini, now is the time to turn great opportunities into big ideas. Make a plan of action and spell out the steps necessary to see an opportunity come to fruition. Ask for help, if needed.



CANCER – Jun 22/Jul 22
Cancer, others are supportive of a new project you recently proposed. Maintain that support by staying focused on the tasks at hand. It's time to move things along.



LEO – Jul 23/Aug 23
You are open to new activities and friendships, Leo. Luckily, you may not have to work too hard to make these things happen. Bring new members into existing friend groups.



VIRGO – Aug 24/Sept 22
Do whatever it takes to have some quality time to yourself, Virgo. This may include taking a trip or booking a relaxing day at a nearby spa.



LIBRA – Sept 23/Oct 23
Libra, allow some time to pass by before offering an assessment. Responding too quickly might produce a knee-jerk reaction that could prove regrettable down the road.



SCORPIO – Oct 24/Nov 22
Take extra care dealing with a sticky situation at work, Scorpio. You may need to be very careful about checking for mistakes in detail-oriented tasks without stepping on any toes.



SAGITTARIUS – Nov 23/Dec 21
You might need to bargain to get something you want this week, Sagittarius. Figure out what you are willing to give up and then identify a person you can work with.



CAPRICORN – Dec 22/Jan 20
Clear communication is needed right now, Capricorn; otherwise, you may fall victim to hearsay or crossed signals. Get the facts before sharing your opinion.



AQUARIUS – Jan 21/Feb 18
Start contemplating big changes pertaining to your employment situation, Aquarius. An opportunity might come along that proves too good to pass up.



PISCES – Feb 19/Mar 20
The feelings you have for someone will help you overlook any imperfections you have noticed, Pisces. Keep your relationship strong by focusing on this person's good points.

CAPRICORN Traits & Overview

The last earth sign of the zodiac, Capricorns and their unique spirits are powerful, to say the least. I've worked with thousands of clients over my nearly-10 year-long career as a professional astrologer, and I can confirm that there's something that makes Capricorn extremely special. Perhaps it's their fearless ambition? Their limitless resilience? Their ability to keep pushing forward, even in the face of challenging adversity and painful strife? Or, maybe it's their secret wild side that's very rarely depicted in standard personality assessments, but that rumbles within the soul of every Capricorn: Not everyone gets to see Capricorn ordering rounds of tequila, dancing on the table, and staying out until the crack of dawn—but that rebellious, untamed spirit is a Capricorn asset. I mean, how else do you expect this zodiac sign to let loose and have fun?

Interestingly, Capricorns are said to age backwards: they become increasingly youthful, optimistic, and playful as they mature. Indeed, inside every earnest Capricorn is a mischievous troublemaker. Though this earth sign may seem a bit conservative and restrained at first, Capricorn's closest friends and lovers know that these sea goats love to party.

FOR ENTERTAINMENT PURPOSES ONLY

FINANCIAL FOCUS

Are your protection plans in place?



Dan M. Roberts

Have you ever thought about how much you have to protect? Between your family, your finances, your independence and your legacy, it can be quite a lot — and that’s why it’s important to have the right protection plan in place.

Let’s look at these areas of need and some possible protection solutions:

- Protecting your income – An injury or severe illness could prevent you from working for some time. And if that happened, your family’s finances could become strained. To help guard against this possibility, you may want to consider disability income insurance. Your employer may offer some type of coverage, but it’s likely to be short term and may not be enough to help close the income gap you might face, so you may want to consider purchasing your own policy.
- Protecting your family – If you were no longer around, how would your family’s lifestyle be affected? Could they stay in the same house? Could your children afford college or another type of post-secondary education? If you have adequate life insurance, the answer to these questions can be “yes.” Again, you might get some coverage from your employer, but it may be insufficient, so you may want to explore additional protection through a personal policy. In determining how much coverage you’ll need, you’ll want to weigh several factors: size of mortgage and other debts, number of children, spouse’s income and needs, and the legacy you’d like to leave.
- Protecting your goals – You may have some important financial goals, such as sending your children to college and achieving a comfortable retirement. To protect these goals, you’ll need strategies to help prepare for them, which could include investing in an education savings plan and contributing regularly to your IRA and 401(k) or other retirement plans.
- Protecting your financial independence – Hopefully, you will be able to remain financially independent your entire life.

But this independence could be threatened by the need for some type of long-term care. Consider this: A private room in a nursing home costs, on average, more than \$116,000 a year, while the services of a home health aide are more than \$75,000 a year, according to Genworth, an insurance company. Medicare generally does not cover these costs or types of needs and would typically only pay for a short period. You might be left with significant bills or creditors and possibly dependent on family or loved ones. To help protect yourself from these threats, you may want to consult with a financial professional, who can offer long-term care solutions.

- Protecting your legacy – When you work hard your whole life, you may want to leave something behind to your loved ones. A comprehensive estate plan can help ensure your family — and the charitable groups you support — will receive the resources you’d like them to have. An estate plan can be somewhat complex, involving various documents and arrangements, including a will, living trust and various powers of attorney, so you’ll need to work with a qualified legal advisor, and possibly your financial professional.

As we’ve seen, “protection” can take many forms. So, try to follow all the protection strategies you need to enjoy the life you’ve envisioned for yourself and your family.

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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

Developing Life Skills Through 4-H Fun

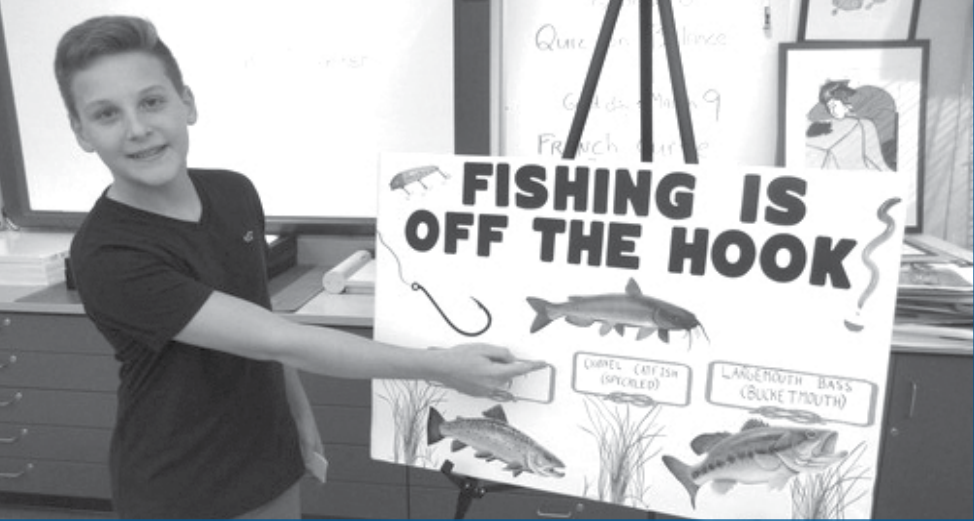
I love 4-H. It’s been a huge part of my life since I was five years old. I had so many opportunities to learn, explore, grow and challenge myself. One of the most impactful 4-H Programs I have had the opportunity to participate in is 4-H Presentations. 4-H Presentation is a public speaking program that allows youth ages 9 - 18 to develop and perfect their presentations skills by researching, writing, and delivering a speech. Once a speech is prepared there are three stages to 4-H Presentations: County Activity Day, District Activity Day, and North Carolina 4-H Congress.

Why should you do a 4-H Presentation? Apart from being fun, there are many reasons to participate. At some point in our lives nearly everyone has to give a speech. It may be a class presentation in high school, or a crowded lecture hall at university, before a congregation, or a toast at a best friend’s graduation, as part of a job interview, or to accept an award. It is a skill that is taken into many aspects of our lives, and it doesn’t have to be a daunting consideration, in fact 4-H Presentations are both exciting and fun!

How do we get started? 4-H presentations start at the county level where your 4-H Agent (me) will help you pick a subject that interests you, and decide what kind of speech you would like to give. Then youth will prepare and write their speech. First, youth will give your speech at County Activity Day where youth will receive helpful feedback before District Activity Day (DAD). DAD place winners have the opportunity to give their presen-

tations at NC 4-H Congress in Raleigh, some speech categories are eligible for an award and an opportunity to attend National 4-H Events.

Our Pamlico County 4-H Presentation preparations will start in the beginning of March. But that isn’t the only fun 4-H program we will have this Spring. It’s Electric, Chopped International, and Sew Much Fun will all be back as well as the Pamlico



& Craven 4-H Dairy Project!

We are so excited for the 2025 Pamlico & Craven 4-H Dairy Project! The 4-H Dairy Project is a wonderful opportunity for youth to connect with animal agriculture. You will have the opportunity to learn the proper care of a dairy cow. They will raise the dairy calf, learn proper nutrition, grooming, and showmanship. They will also have the opportunity to explore milk production systems, and keep project record books. We will have an interest meeting for the 2025 Craven & Pamlico

Dairy Project on January 28th, from 6 – 8 pm at the Craven County Cooperative Extension Office.

Registrations are open! If you would like a little more information, or have questions about registration please give us a call. You can also sign up for our email list! You can also get a head start on registration for specific programs by

enrolling in Pamlico County 4-H Online. You can access the link on our website. If you have any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also sign up for our Pamlico 4-H Email list. To learn more about all 4-H programs in Pamlico County contact Kait Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu. Don’t FORGET to REGISTER, spaces will fill up!!

driver's attention....

Anything that takes a driver’s attention away from the road is considered a distraction. That includes adjusting the radio station, looking ahead at the route on a navigation system, reaching into the fast-food bag for a French fry, and answering a phone or responding to a text. Distractions can be visual (taking eyes off the road), manual (taking hands off the wheel), and cognitive (taking your mind off driving). Whether it is good for people or not, multitasking is now commonplace. That means individuals are juggling two or more different tasks at one time, even while driving. This propensity to try to fit more into a day may seem like it is improving efficiency, but certain studies show that multitasking often means the focus and attention to detail supplied to tasks isn’t as great when doing two things at once as opposed to focusing on one task at a time. In terms of driving while distracted by something else, the consequences can be great. The National Highway Traffic Safety Administration says about 3,000 Americans die in crashes involving a distracted driver every year. Younger drivers, or those between the ages of 15 and 20, are more likely to become distracted drivers than other age groups. The Canadian Automobile Association says drivers who drive distracted are eight times more likely to be in a crash or near-crash event compared with non-distracted drivers. Transport Canada’s National Collision Database indicates distracted driving contributes to an estimated 21 percent of fatal collisions each year and around 27 percent of serious injury collisions. There is still work to be done to encourage drivers to be more attentive behind the wheel.



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Hurricane Hoops Pamlico Travels to Havelock

by: Hiram Lupton

The Pamlico County High School basketball team got back on the court last week and took a trip over the river and through the work zones to the Ram's house to take on our 3A neighbors, Havelock High School.

In the Lady's Varsity contest, Havelock was ready for the 'Canes and fueled by some hot outside shooting, led at the half, 27-19. At the end of the 3rd period, things hadn't really gotten any better for Pamlico, in fact the Rams had increased their lead to 9 points, 34-25. You could feel the momentum shift however, as Pamlico took control of the game in the final quarter and by the 5:00 minute mark had cut the lead to just a single point. It remained tight the rest of the way.

Freshman guard Bella Schulz was fouled with 24.2 seconds remaining and made 1 of 2 free throws, and Pamlico took the lead for good at 41-40. On her miss, Sydney Whitley-Reese snatched the rebound and was immediately fouled by Havelock. She also made 1 of 2 free throws and when Pamlico stole a Havelock pass in the final seconds, the Hurricanes sealed up a 42-40 win. Pamlico was led by Whitley-Reese who had another double-double with 21 points and 15 rebounds. Nya Clark had 13 points for the 'Canes, including 3 baskets from behind the 3-point line.

The Pamlico Men took the floor looking to start a turnaround to their season which, so far, has yielded only one win. They showed Havelock that they were

ready and not to be taken lightly as they trailed the Rams by only 3 at the end of the first quarter and by 7 at the half. Although Havelock slowly built on that lead in the second half, the Hurricanes continued to fight and would not go away quietly, and were only behind by 7 in the final minutes before the Rams finally won out by 11, 57-46.

The Hurricanes were scheduled to begin conference play on Friday evening with a trip to Lejeune, but old man winter had other ideas. When winter weather advisories were issued, the conference opener was postponed and will now be played this Thursday (1/16). Pamlico will also host East Carteret on Friday (1/17).

Sydney Whitley-Reese goes inside for a Pamlico score

Xavier Powell drives to the hoop for the Hurricanes

YOU MISS 100 PERCENT OF THE SHOTS YOU DON'T TAKE.

– Wayne Gretzky



LETTER TO THE EDITOR

Letter to the Editor:
Saturday, January 25, 2025 is the annual POLAR PLUNGE fund raiser for the Special Olympics of Pamlico County. It will be taking place at the John Bond Beach in Oriental, NC. The schedule is posted on line at 2025 Special Olympics Pamlico County Polar Plunge - Campaign . This web site is for participants, donors and spectators. This will be my 3rd plunge, joining in with other multi-plungers, I'm afraid it may be the coldest one yet, what with all the crazy polar vortexes

occurring here there and everywhere. This is an insane, fun, exhilarating way to raise money for a much needed and valuable organization in our county. Please come out and cheer us on/in and support our commitment to this program. We can all do the impossible, given the chance.

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Marguerite Garrett



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Churches of Pamlico

Photo by: Hiram Lupton



Broad Creek Christian Church - Olympia

Growers benefit in \$6.6M awards via manufacturing, processing initiative

By Alan Wooten | The Center Square

(The Center Square) – Cucumber, peanut, rice, barley and livestock growers in North Carolina are helped by \$6.6 million granted through the Agricultural Manufacturing and Processing Initiative.

The program has awarded \$19 million and exhausted its 2024 funds with Tuesday's announcement. Agriculture Commissioner Steve Troxler said he's hopeful the General Assembly will continue to support it and make appropriations accordingly.

Expansion of existing operations is planned for each of six companies.

Mt. Olive Pickles of Duplin County was awarded \$3 million for pasteurizer; Sandy Land Peanut of Hertford County was awarded more than \$1.3 million for peanut processing; and \$750,000 each was awarded to Carolina Malt House of Rowan County for malting


barley, and to Phinite of Sampson County for fertilizer manufacturing.

The other two awards were to Harpley's of Randolph County, \$642,000 for meat processing; and Tidewater Grain of Pamlico County, \$180,000 for grain storage bins.

"Our farmers and growers need more options close by to process and distribute their products," Troxler said in a release from the Department of Agriculture and Consumer Services. "These NCAMPI products will increase farmer opportunities, reduce their costs, and result in more North Carolina jobs and private investment. I'm appreciative of the confidence the General Assembly placed in the department to administer this new initiative and look forward to continuing support to meet the strong demand and obvious need for the program."



DID YOU KNOW?



According to the Cleveland Clinic, cherries get their notable color from anthocyanins, a group of deep red, purple and blue pigments found in various plants. Anthocyanins are flavonoids, which are plant-based chemicals that provide a host of nutritional benefits. Flavonoids boast antioxidant properties, which can protect individuals against inflammation and help them fight free radicals. That's noteworthy, as free radicals are unstable molecules that can damage blood cells and skin cells. The Cleveland Clinic also notes that free radicals have been linked to chronic diseases, including cancer, diabetes and heart disease. By eating more cherries, individuals can make themselves less vulnerable to the damage caused by free radicals, which is reason enough for anyone to include these colorful and powerful fruits in their daily diets.

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Health&Wellness

CELIAC-SAFE FOOD CHOICES

Gluten intolerance has gained greater recognition in recent years, as many people have transformed their diets to include fewer foods that contain gluten. Although many avoid gluten as a personal choice, people with Celiac disease must avoid gluten to stay healthy.

According to the Celiac Disease Foundation, gluten is a general name for the proteins found in various grains. Gluten helps various foods maintain their shape, essentially serving as a glue that holds foods together. While gluten is largely in foods that one expects, including certain pastas and bread products, it also can be hidden in less obvious types of foods.

For those with Celiac disease, eating gluten triggers an immune response to the gluten protein in the small intestine, says the Mayo Clinic. Over time, this reaction damages the lining of the small intestine and prevents it from absorbing nutrients. Gluten also may cause inflammation in other parts of the body.

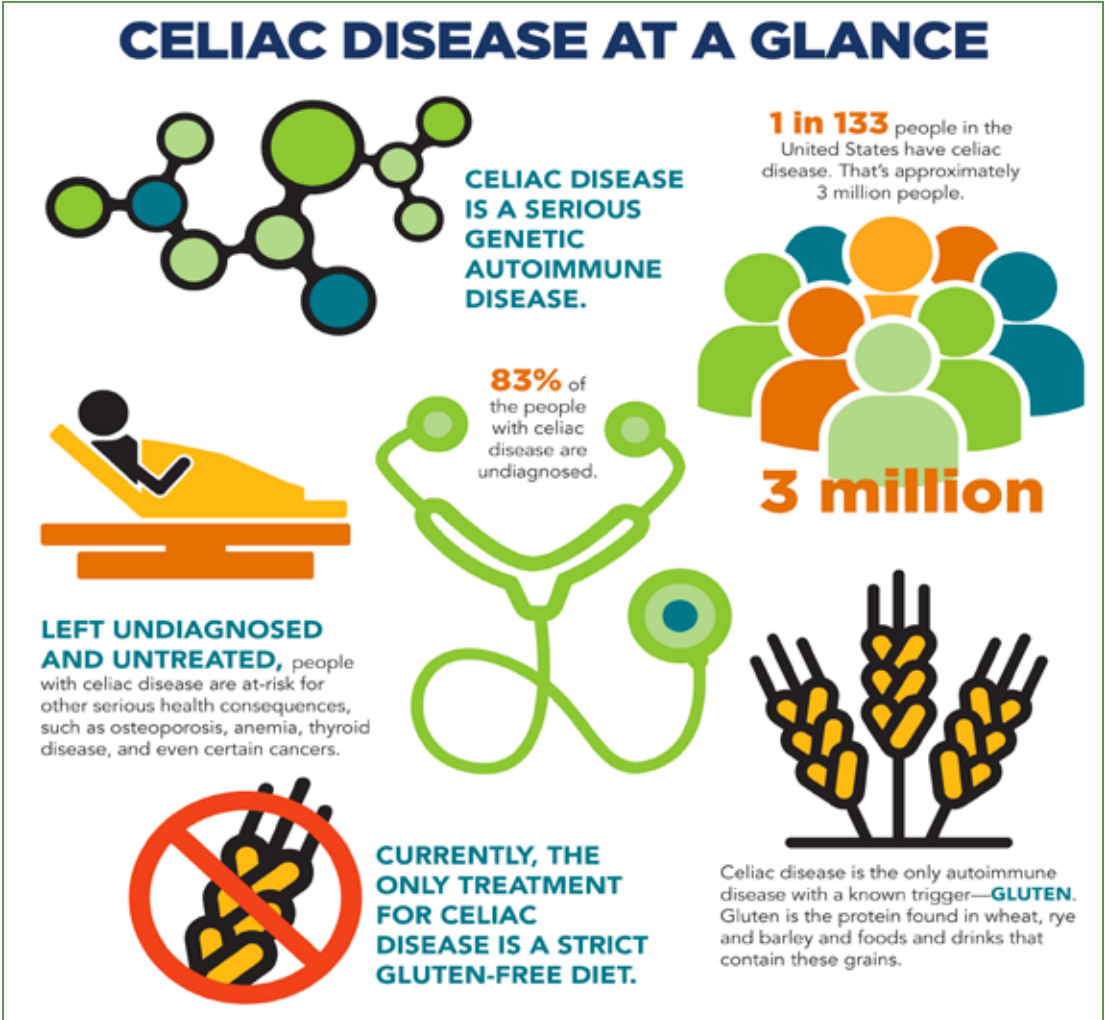
The current approach to treating Celiac disease is to avoid any foods that contain gluten, and that list is long. Grains that contain gluten include wheat, barley, rye, triticale, farina, spelt, kamut, wheat berries, farro, and couscous. While oats are naturally gluten-free, they often are manufactured and packaged on equipment that also processes other grains, so they can become cross-contaminated. It's essential to look for grains that contain a "certified gluten-free" label.

There are many things those with Celiac disease and gluten intolerances cannot eat, but the good news is there are plenty of gluten-free foods that are safe and delicious. Foods that make the most sense are those that are naturally gluten-free,

- including:**
- **fruits**
 - **vegetables**
 - **rice**
 - **potatoes**
 - **rice noodles**
 - **meats and seafood (not battered)**
 - **corn and corn products like corn starch and corn chips**
 - **legumes**
 - **nuts**
 - **millet**
 - **quinoa**
 - **amaranth**
 - **teff**
 - **cassava**
 - **tofu**
 - **Non-wheat beers and other alcoholic beverages**

Try to avoid pre-mixed or prepared products. Avoid any foods and beverages that you cannot confirm as gluten-free. Soy sauce and teriyaki sauce are traditionally made with fermented crushed wheat, which people who must avoid gluten may not recognize. Soups thickened with a "roux" typically have flour in them. Salad dressings may use malt vinegar or modified food starch that is made from wheat. Some cheeses have added flavors or other ingredients that may contain gluten. Gluten may be in the products used to prevent caking in shredded cheese. Also, some imitation meat products add wheat gluten to bind the "meat" and may use yeast extract for flavor.

Going gluten-free requires vigilance and constant awareness of ingredients. However, there are many foods and recipes that people who must avoid gluten can still enjoy.



"Treat your body like a temple, not a woodshed. The mind and body work together. Your body needs to be a good support system for the mind and spirit. If you take good care of it, your body can take you wherever you want to go, with the power and strength and energy and vitality you will need to get there." – Jim Rohn



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COASTAL LIVING



Commercial Fishers Begin Search for Lost Fishing Gear

WANCHESE, N.C. - This January, the North Carolina Coastal Federation is excited to kick off its eleventh annual Lost Fishing Gear Recovery Project, enlisting the support of 20 dedicated commercial fishermen and women. This initiative aims to locate and remove displaced and potentially dangerous fishing gear along the northern and central coast. Throughout the month, crews will diligently search designated areas to recover lost crab pots, which pose serious threats to boaters, wildlife, and the fishing community.

Each year, crab pots and other gear are lost in our coastal waters due to various circumstances, creating hazards that can disrupt both the ecosystem and local fishing industries. Since its inception in 2014, the Federation has successfully led the charge to clear lost gear from North Carolina's sounds, finding more than 23,000 lost crab pots.

This year, commercial fishermen will be active from January 1-31, during the annual closure that prohibits the use of crab, eel, fish, and shrimp pots in internal coastal waters, specifically north of the Highway 58 bridge to Emerald Isle. Last year, collaborative efforts between commercial watermen and the N.C. Marine Patrol resulted in the recovery of an impressive 2,463 pots across all three Marine Patrol Districts.

The 2025 project will specifically target select areas within Marine Patrol Districts 1 and 2, covering the northeast and central regions of the coast. After collection, recovered crab pots will be recycled as much as possible, and those retrieved from the Albemarle and Pamlico Sound region will be available for rightful property owners to reclaim post-cleanup.

This vital project is funded by the N.C. Commercial Fishing Resource Fund Grant Program aims to enhance marine habitat, improve water quality, and bolster the coastal economy. Chris Lamb, a long-time project participant from Belhaven, shared, "I'm glad to be involved and do my part to keep the sounds clean. It's important for the blue crab fishery and much more. Without



clean waterways, there would be so much at risk."

Sara Hallas Hemilright, Coastal Education Coordinator for the Federation and project leader, emphasized the significance of this collaborative effort: "This project brings together unique partnerships for a common cause of clean waterways. Our commercial fishers are true experts of the local waters, and it's an honor to work alongside them to

ensure the success of this initiative."

Starting January 8th, boat crews will conduct crab pot removals from 8 a.m. to 2 p.m. on favorable weather days for a limited number of days. Each crew will operate between 3-5 days throughout the month, contributing to the Federation's ongoing mission to rid the N.C. coast of marine debris. Establishing an annual paid program for marine debris removal, including crab pots, is a key objective of the N.C. Marine Debris Action Plan. To learn more about the Lost Fishing Gear Recovery Project and its impact over the years, please visit our website.

Members of the media interested in covering the crab pot removal operations or interviewing crew members are encouraged to contact Stacia Strong at stacias@nc coast.org to coordinate logistics. Please note that visits will be weather-dependent.

About the North Carolina Coastal Federation

The North Carolina Coastal Federation is a nonprofit membership organization that has worked since 1982 to keep the coast of North Carolina a great place to live, work and play.

Through a variety of programs and partnerships, the Federation works with people from all walks of life for clean coastal waters, abundant salt marshes, thriving oysters, effective coastal management, and a coast that is free of marine debris.

The Federation has offices in Ocean, Wanchese and Wrightsville Beach, N.C.

To learn more, please visit nc coast.org or call 252-393-8185.

Application Deadline for the New Bern Historical Society's Harriet Marks and John R. & Alice Taylor Land Scholarships is March 21, 2025



NEW BERN, N.C. The New Bern Historical Society has established the deadline for the combined Harriet Marks Scholarship and the John R. and Alice Land Taylor Scholarship as March 21, 2025.

Scholarship applications are available on the New Bern Historical Society website (www.newbernhistorical.org/scholarships) and on the New Bern High School website (nbh.cravenk12.org/student-life/scholarship-information). They must be hand-delivered to the New Bern Historical Society by Friday, March 21, 2025. For further information contact the New Bern Historical Society office at 252-638-8558.

This joint scholarship is awarded to a senior graduating from New Bern High School and contributes to helping pay for tuition, books, board or lodging for the purpose of obtaining higher education at an accredited college, university, or other institution of higher learning. It is renewable for three succeeding years if academic standards and full-time student status are maintained.

The Marks Scholarship was established in a trust for the estate of Miss Harriett Marks. It was created in 1968 under the terms of her will as a memorial to the O. Marks family. The Taylor Scholarship, although a separate entity, complements and supplements the Marks Scholarship. It was created in 2015 and is administered by the North Carolina Community Foundation and sponsored by their grandson to honor the memory of his grandparents. These scholarships are awarded annually based on both academic performance and financial need. The combined funds generated by these scholarships will provide greater financial assistance for the worthy recipient.

Historical Society Executive Director Anthony Giardino explains, "These combined scholarships can make all the difference to a young student who needs financial help to go to college. We are very proud of the academic records of our scholarship awardees over the years, and we look forward to selecting another worthy student who will maintain this tradition."



Scholarship Committee Chair Mary Parrish and 2024 Marks & Taylor Scholar, Abigail Gonzalez-Zavala.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go to one of our sites at either www.NewBernHistorical.org or www.facebook.com/NewBernHistoricalSociety.

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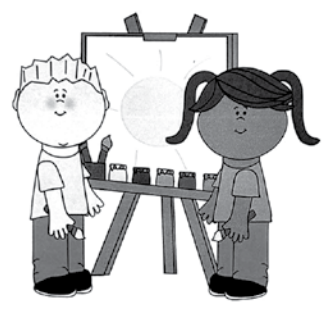
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Pamlico County Students’ Art Open House Festival



Where: 1007 Gilgo St., Oriental, NC

When: Sunday, January 26th 12:00-3:00 pm

Cost: Free!

Refreshments available

Woodfield Cove in Havelock is now accepting applications for the waiting list for 1, 2, and 3-Bedroom Units. This family community is close to schools, the bus line, and shopping. Woodfield Cove offers on-site laundry facilities, washer dryer hook ups in each unit, and a playground. Units also include ceiling fans, Energy Star Appliances, spacious closets, patio/ balcony space, and dishwashers. Call 252-652-7025 today to schedule an appointment for an application. Credit and Criminal (TTY 711) Background check required. \$25 application fee. Handicap accessible units subject to availability. Equal Housing Opportunity. Professionally managed by Partnership Property Management.



Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Carl Vincent Williamson, deceased, of Bayboro, NC, are notified to present the same to the personal representative listed below on or before April 8, 2025, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 8th day of January, 2025.

Cindi M. Quay, Administrator of the Estate of Carl Vincent Williamson
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES:
1/8/2025; 1/15/2025; 1/22/2025;
1/29/2025

AMENDED NOTICE OF FORECLOSURE SALE 24 SP 40

Under and by virtue of the power of sale contained in a certain Deed of Trust made by Thomas R. Hoskins (Deceased), Maria Hoskins and Jonathan Hoskins (PRESENT RECORD OWNER(S): Thomas R. Hoskins and Maria Hoskins and Jonathan Hoskins) to PRLAP, Inc., Trustee(s), dated December 8, 2006, and recorded in Book No. 484, at Page 548 in Pamlico County Registry, North Carolina, default having been made in the payment of the promissory note secured by the said Deed of Trust and the undersigned, Substitute Trustee Services, Inc. having been substituted as Trustee in said Deed of Trust by an instrument duly recorded in the Office of the Register of Deeds Pamlico County, North Carolina and the holder of the note evidencing said indebtedness having directed that the Deed of Trust be foreclosed, the undersigned Substitute Trustee will offer for sale at the courthouse door in Bayboro, Pamlico County, North Carolina, or the customary location designated for foreclosure sales, at 12:00 PM on January 21, 2025 and will sell to the highest bidder for cash the following real estate situated in Arapahoe in the County of Pamlico, North Carolina, and being more particularly described as follows: Being Lot No. 85, Phase 1, of the subdivision known as Arlington Place as shown on that certain plat or map entitled “Arlington Place, Phase 1, Township 5, Minnesott Beach, Pamlico County, North Carolina”, prepared by Herbert J. Nobles,

JR., Professional Land Surveyor, dated October 2, 2006 and duly recorded in Plat Cabinet A, Slide 153, Pages 17 through 20 and slide 154, Pages 1 through 8, of the Public Registry of Pamlico County, North Carolina. Together with improvements located thereon; said property being located at 38 Wild Swan Lane, Arapahoe, North Carolina.

Trustee may, in the Trustee's sole discretion, delay the sale for up to one hour as provided in N.C.G.S. §45-21.23.

Should the property be purchased by a third party, that party must pay the excise tax, as well as the court costs of Forty-Five Cents (\$0.45) per One Hundred Dollars (\$100.00) required by N.C.G.S. §7A-308(a) (1).

The property to be offered pursuant to this notice of sale is being offered for sale, transfer and conveyance “AS IS, WHERE IS.” Neither the Trustee nor the holder of the note secured by the deed of trust/security agreement, or both, being foreclosed, nor the officers, directors, attorneys, employees, agents or authorized representative of either the Trustee or the holder of the note make any representation or warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at or relating to the property being offered for sale, and any and all responsibilities or liabilities arising out of or in any way relating to any such condition are expressly disclaimed. Also, this property is being sold subject to all taxes, special assessments, and prior liens or prior encumbrances of record and any recorded releases. Said property is also being sold subject to applicable Federal and State laws.

A deposit of five percent (5%) of the purchase price, or seven hundred fifty dollars (\$750.00), whichever is greater, is required and must be tendered in the form of certified funds at the time of the sale. If the trustee is unable to convey title to this property for any reason, the sole remedy of the purchaser is the return of the deposit. Reasons of such inability to convey include, but are not limited to, the filing of a bankruptcy petition prior to the confirmation of the sale and reinstatement of the loan without the knowledge of the trustee. If the validity of the sale is challenged by any party, the trustee, in its sole discretion, if it believes the challenge to have merit, may request the court to declare the sale to be void and

return the deposit. The purchaser will have no further remedy. Additional Notice for Residential Property with Less than 15 rental units, including Single-Family Residential Real Property An order for possession of the property may be issued pursuant to N.C.G.S. § 45-21.29 in favor of the purchaser and against the party or parties in possession by the clerk of superior court of the county in which the property is sold.

Any person who occupies the property pursuant to a rental agreement entered into or renewed on or after October 1, 2007, may after receiving the notice of foreclosure sale, terminate the rental agreement by providing written notice of termination to the landlord, to be effective on a date stated in the notice that is at least 10 days but not more than 90 days, after the sale date contained in this notice of sale, provided that the mortgagor has not cured the default at the time the tenant provides the notice of termination. Upon termination of a rental agreement, the tenant is liable for rent due under the rental agreement prorated to the effective date of the termination.

SUBSTITUTE TRUSTEE SERVICES, INC.
SUBSTITUTE TRUSTEE
c/o Hutchens Law Firm
P.O. Box 1028
4317 Ramsey Street
Fayetteville, North Carolina 28311
Phone No: (910) 864-3068
https://sales.hutchenslawfirm.com
Firm Case No: 22926 - 112750

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF BRENT DAILY STOWE File No.: 24 E 231

All persons, firms and corporations having claims against deceased, are notified to exhibit them to GLENN E. STOWE, ADMINISTRATOR on or before APRIL 8, 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.

This 8TH DAY OF JANUARY 2025

ESTATE OF BRENT DAILY STOWE
C/O GLENN E. STOWE
203 CAMPEN RD
BAYBORO, NC 28515

Publish JANUARY 8, 15,22 AND 29TH 2025

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CAROL E. HERMAN

Having qualified as Executor of the Estate of Carol E. Herman, late of Oriental, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 4626 10th Avenue North, St. Petersburg, Florida 3713-6127 on or before the 16th day of April, 2025 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 8th day of January, 2025

Jeffrey E. Herman
4626 10th Avenue North
St. Petersburg, FL 33713-6127

Publish: January 8, 15, 22 and 29th, 2025

HOLLOWELL & HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JEFFERY ISAAC WATKIN File No.: 24 E 245

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARTINE G. WATKIN, EXECUTOR on or before APRIL 8, 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 8TH DAY OF JANUARY 2025

ESTATE OF JEFFERY ISAAC WATKIN
C/O MARTINE G. WATKIN
17 PRETTY LOOP
ARAPAHOE, NC 28510

Publish JANUARY 8, 15,22 AND 29TH 2025.

REPORTS

INCIDENTS

- Dec. 10, NC Hwy 55, Alliance, stalking
Dec. 10, NC Hwy 55, Oriental, mis-demeanor crime of domestic violence
Dec. 12, Main St., Bayboro, obtain property by false pretenses
Dec. 12, Main St., Bayboro, order for arrest driving while license revoked not impaired revoked, order for arrest fail to maintain lane control
Dec. 12, N. Dawn St., Merritt, driving while impaired
Dec. 13, Gilgo Rd., Oriental, financial card fraud - felony, financial card fraud
Dec. 13, NC Hwy 306 N., Bayboro, missing person
Dec. 13, NC Hwy 55, Grantsboro, larceny of property or goods <= \$1,000
Dec. 13, Connie Cove Rd., Oriental, suspicious activity
Dec. 13, Main St., Bayboro, order for arrest child support warrant
Dec. 14, Orchard Creek Rd., Oriental, warrant for arrest assault on a female
Dec. 14, Main St., Bayboro, order for arrest driving while license revoked
Dec. 14, Main St., Bayboro, misuse of 911 system
Dec. 14, Cooper Rd., Alliance, warrant for arrest misuse of 911 system
Dec. 15, Main St., Bayboro, order for arrest probation violation
Dec. 15, Callison Rd., Merritt, motor vehicle collision
Dec. 16, Prescott Rd., Grantsboro, driving while license revoked not impaired revoked, possession of drug paraphernalia for marijuana, possession of marijuana up to ½ oz, driving without two headlamps
Dec. 16, Main St., Bayboro, simple affray
Dec. 17, Main St., Bayboro, larceny of property or goods - value > \$1,000
Dec. 17, NC Hwy 55, Grantsboro, citizen arrest for juvenile delinquency
Dec. 17, Bayleaf Rd., New Bern, agency assist - possess stolen goods/property (F)
Dec. 17, Moores Swamp Rd., New Bern, domestic criminal trespass
Dec. 18, Main St., Bayboro, lost property returned
Dec. 18, NC Hwy 55, Alliance, fraud
Dec. 18, Vandemere Rd., Bayboro, driving while license revoked not impaired revoked
Dec. 18, Main St., Bayboro, misdemeanor crime of domestic violence, violation of court order, assault with a deadly weapon
Dec. 19, Main St., Bayboro, involuntary commitment order
Dec. 19, Kelly Rd., New Bern, possession of marijuana paraphernalia, possession of prescription pill
Dec. 20, Third St., Vandemere, break or enter any building - intent commit felony/larceny, injury to personal property
Dec. 20, NC Hwy 55, Grantsboro, break or enter motor vehicle
Dec. 20, Main St., Bayboro, order for arrest unsealed wine/liquor in passenger area, order for arrest driving while license revoked not impaired revoked, order for arrest fail stop sign/flashlight red light, order for arrest possess/consume alcohol passenger area of motor vehicle, order for arrest driving while license revoked not impaired revoked (3), order for arrest license plate frame/cover violation
Dec. 21, Olympia Rd., New Bern, driving while license revoked not impaired revoked, expired registration card/tag, possess/display altered/fictitious/revoked drivers license, rear lamps violation
Dec. 21, Ireland Rd., Alliance, driving while license revoked not impaired revoked, first degree trespass enter/remain, resist/delay/obstruct public officer
Dec. 22, Mill Pond Rd., Bayboro, fail to heed light or siren, resist/delay/obstruct public officer, possess fictitious/alterd title/registration card/plate, driving while license

- revoked not impaired revoked, driving while impaired, rear lamp violation, operate motor vehicle while fleeing/attempt to elude law enforcement (F)
Dec. 23, Moonlight Lake Dr., New Bern, communicating threats, first degree trespass
Dec. 23, NC Hwy 55, Grantsboro, aid and abet, assault, stalking
Dec. 23, Main St., Bayboro, lost registration plate tag
Dec. 24, Pretty Loop, death investigation
Dec. 26, Bayleaf Rd., New Bern, break or enter any building - intent commit felony/larceny, larceny after breaking or entering, larceny of firearm
Dec. 26, Oakwood Dr., New Bern, order for arrest injury to personal property
Dec. 27, Foxwood Trail Rd., New Bern, order for arrest child support warrant service
Dec. 27, Baker Ave., Grantsboro, trespassing complaint
Dec. 27, Leaf Lane, New Bern, injury to personal property
Dec. 27, Leaf Lane, New Bern, order for arrest child support warrant service
Dec. 28, NC Hwy 55, New Bern, missing person
Dec. 28, Silverbrook Rd., Oriental, communicating threats
Dec. 28, Swan Point Rd., Bayboro, disturbance
Dec. 29, Kershaw Rd., Oriental, larceny of motor vehicle
Dec. 30, NC Hwy 306 N., Grantsboro, harassing phone communication
Dec. 30, Main St., Bayboro, financial card fraud - misdemeanor
Dec. 30, Van Dr., Grantsboro, order for arrest possession with intent to manufacture/sell/distribute Schedule VI controlled substance, order for arrest possess drug paraphernalia, order for arrest possess controlled substance prison/jail premises

- Dec. 31, NC Hwy 55, Grantsboro, obtain property by false pretenses, simple worthless checks
Dec. 31, Main St., Bayboro, order for arrest driving while license revoked not impaired
Jan. 1, Alligator Creek Dr., Stonewall, communicating threats
Jan. 1, Scotts Store Rd., Grantsboro, death investigation
Jan.1, Point of View Dr., Merritt, cruelty to animals (M)
Jan. 1, Williams Lane, New Bern, warrant for arrest second degree trespass, possession of drug paraphernalia not for marijuana
Jan. 1, Main St., Bayboro, warrant for arrest felony possession Schedule II
Jan. 2, NC Hwy 304, Bayboro, misdemeanor crime of domestic violence
Jan. 2, Scotts Store Rd., Grantsboro, involuntary commitment order
Jan. 2, Prescott Rd., Grantsboro, communicating threats
Jan. 4, Neuse Rd., Grantsboro, unattended death
Jan. 5, Hickory St., Arapahoe, injury to real property
Jan.6, Vandemere Rd., Bayboro, larceny after breaking or entering
Jan. 7, Kershaw Rd., Oriental, missing juvenile
Jan. 7, Bennett Place, Arapahoe, larceny of property or goods value > \$1,000
Jan. 7, Main St., Bayboro, fraud
Jan.7, Kershaw Rd., Arapahoe, driving while license revoked impaired revoked
Jan. 7, White Farm Rd., Oriental, driving while license revoked not impaired revoked
Jan. 8, Lowland Rd., Lowland, break or enter any building - intent commit felony/larceny, larceny after breaking or entering, possess stolen goods/property (F), obtain property by false pretenses, possession of marijuana paraphernalia

AROUND THE COUNTY

Pamlico

Betty Jo Rodgers, *Correspondent*



On Epiphany Sunday, members of Stonewall Methodist Church received a “star word” to give them a prayer focus for 2025. This “star word” will be helpful for their prayer and spiritual life.

Mrs. Mary Mattocks will soon be in her new house. They have been emptying the storage pods in her front yard where all her furniture and belongings have been stored during construction of her new home. It is a blessing to know she will be back home in our Pamlico community.

Members of our community have been suffering with respiratory illnesses. Some have been to the doctor more than once. Whether it is the Flu, Covid, RSV, the common cold, or this “crud” that seems to be making so many cough, please keep them all in your prayers.

The Methodist Men met Sunday morning at 7:30 am for a fellowship breakfast. This is open to all men even if they are not members of Stonewall Methodist Church. As always, the cheese biscuits were great, and the aroma of bacon and a fresh pot of coffee permeated the fellowship hall.

The crochet class meets every Tuesday from

9:30-11:30 am in the fellowship hall. The Methodist Women will meet Tuesday evening January 14, 2025, at 7:30 in the fellowship hall. Next week on Tuesday January 21, 2025, the Ina Gaskins Circle will meet for lunch at Brantley’s Village Restaurant at 11:00 am. Both men and women take part in this ministry. Everyone is welcome.

Wednesday night Bible Study at Stonewall Methodist Church meets Wednesdays at 6:30 pm and is studying the second part of the Book of Romans. This study is for anyone interested in studying the Bible, not just church members.

Celebrating birthdays in January are Shelby Sutton, Elizabeth Farmer Tillman (1/15), Kelli Hinson and Ruth Ireland (1/16), Ned Ferris (1/21), Kate Moye, Ellen Lupton, and Jenny Lupton (1/22), Desiree Brinson (1/25), Ann Smithwick (1/26), Willy Hope (1/28), Nan Gilbert, Becky Sadler (1/30), and Shari Roberts Hale (1/31).

Have a blessed week. Want a blessing? Take Spiritual Vitamin “B” and “Be confident of this very thing, that he who has begun a good work in you will complete it until the day of Jesus Christ.” (Philippians 1:6)

Empty Bowls Main Event

15th Annual Fundraiser to fight hunger and support the arts

Temple Church, 1500 Kingdom Way
February 21, 2025; 11 am to 1 pm



Craven Arts Council & Gallery and Religious Community Services are proud to present the Empty Bowls Main Event, from 11 am to 1pm on February 21, 2025 at Temple Church in New Bern, North Carolina. This annual event raises money to fight hunger and support the arts in Craven County, supporting two local nonprofits, CAC&G and Religious Community Services.

Beginning at 11 am, Empty Bowls will take place at Temple Church in New Bern, North Carolina, where attendees will be able to enjoy an afternoon of lunch with over twenty choices of soup, quilted items, wood crafts, and handmade pottery by local artists. Returning for its fifteenth year in Craven County, Empty Bowls is a great opportunity to support two local nonprofits, communities, and fundraising.

Empty Bowls tickets are \$30 each, including a handcrafted bowl and two choices of soup, or \$5 coupon to a participating local restaurant. Tickets are available at emptybowlsnewbern.org, over the phone at 252.638.2577 and in person at the Bank of the Arts, Mitchell’s Hardware, and at Fuller’s Music. Empty Bowls is organized by the Empty Bowls New Bern committee, and all proceeds from the event benefit Religious Community Services and Craven Arts Council.

The Craven Arts Council & Gallery is free and open to the public Tuesday through Saturday from 10:00 am – 5:00 pm.

The more you know, the dumber you sound to stupid people.
-Unknown

Maintenance Technician

Part-Time (3 days a week) Maintenance Technician needed. The ideal candidate will have apartment maintenance experience, must be willing to be on-call, and have a valid driver’s license. Rate of pay depends on experience and skill level. Professionally Managed by Community Management Corporation. EEO.

This job description is intended to provide you with a guide as to your primary responsibilities and duties as a Maintenance Technician on a day-to-day basis. It is not intended, however, as a procedures or “how to” manual. Your individual Property Manager will provide you with standard operating procedures. Under the direction of the Property Manager and Regional Property Manager you are responsible for the physical maintenance, repair and appearance of the complex. Your normal duties and responsibilities include, but are not necessarily limited to the following:

- Keep all grounds, common areas and parking areas free and clear of trash and debris on a daily basis.
- Complete Work Orders at the direction of the Property Manager.
- Provide completed timesheets and work orders to Property Manager at end of every shift.
- Clean and paint vacant apartments within CMC guidelines.
- Pressure wash as needed. Water grounds as needed during spring and summer
- Remove ice and snow from sidewalks and parking lots during winter.
- Clean and mop Community Room and laundry facility weekly.
- Change apartment HVAC filters quarterly (monthly during heavy-use seasons), maintain filter log.
- Inspect and service HVAC at the beginning of each extreme weather season; maintain service log.
- Service ranges, refrigerators, dish washers and water heaters as needed.
- Accompany exterminators quarterly and keep log of all apartment exterminations.
- Inspect and service all maintenance equipment, including power washers, leaf blowers, lawn mowers, weed eaters, etc. at the end of each winter to ensure they are in good operating condition for the season ahead, and continue to maintain while in use. Maintain service log. Inspect all buildings and apartments on a regular basis in conjunction with performing other duties, making Property Manager aware of any problems you may find. As authorized by the Property Manager and Regional Property Manager, make purchases necessary to complete maintenance and repairs specified. Maintain small inventory of replacement parts in the maintenance area. Advise Property Manager and Regional Property Manager whenever outside contractors are needed. Be prepared to handle emergency situations by having emergency information available, i.e., telephone numbers, names of contacts, location of cutoff valves for water and electrical sources, etc.

Follow on a regular schedule the preventive maintenance/servicing of the following items:
Heating and Air Conditioning Equipment -Filter changes, Freon checks, Proper operation
Hot Water Heaters –Fluid check, Element check, Proper operation
Major Appliances -Check elements and burners, Check for proper operation and cleanliness, Check freezer and cooling efficiency in refrigerator, Check operation of lights and seal gaskets
Exterior Windows –Wash and check for cracks and proper operation, Caulking around windows and doors



BAY RIVER APARTMENTS

One Fairview Court ~ Bayboro, NC 28515
(252) 745-5980
Telecommunications Relay Services:711



Professionally Managed by Community Management Corporation

LEGAL NOTICE

STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-100, SUB 204

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of
2024 Integrated Resource Plan of Virginia)
Electric and Power Company, d/b/a) NOTICE OF PUBLIC HEARING ON
Dominion Energy North Carolina) 2024 BIENNIAL INTEGRATED
RESOURCE PLAN

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission (Commission) has scheduled a public hearing in conjunction with the Commission’s review and evaluation of Virginia Electric and Power Company d/b/a Dominion Energy North Carolina (DENC) proposed 2024 Integrated Resource Plan (2024 IRP).

The purpose of the review and evaluation is to ensure that DENC is developing reliable projections of the long-range demands for electricity in its service area and is developing a combination of reliable resource options for meeting the anticipated demands in a cost-effective manner. IRP is intended to identify those electric resource options which can be obtained at least cost to ratepayers in North Carolina consistent with adequate, reliable electric service. IRP considers conservation, efficiency, load management, and other demand-side program alternatives in the selection of resource options. Commission Rule R8-60 requires that DENC furnish the Commission with a biennial report that contains the specific information set out in that Commission Rule.

On October 15, 2024, DENC filed its proposed 2024 Integrated Resource Plan (IRP) with the Commission as well as the Virginia State Corporation Commission (VSCC). On November 19, 2024, DENC filed a supplement to its proposed 2024 IRP in response to an October 11, 2024 order of the VSCC (Virginia Directed 2024 IRP Supplement). On December 2, 2024, DENC filed a corrected plan with the Commission (together with the Virginia Directed 2024 IRP Supplement, 2024 IRP).

Anyone wishing to review DENC’s proposed 2024 IRP may do so at the Commission’s website, www.ncuc.gov, by selecting the Docket tab and entering Docket No. E-100 Sub 204. Upon request, the Chief Clerk will place copies of the IRP and any other documents filed in this proceeding in centrally-located public libraries where they may be copied without prohibition. Such a request may be made by writing to the Chief Clerk, North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300, and providing the name and address of the library to which the information is to be mailed.

Persons who desire to send written statements to inform the Commission of their positions in the matter should address their statements to the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300, and reference Docket No. E-100, Sub 204CS. However, such written statements cannot be considered competent evidence unless those persons appear at the public witness hearing described below and testify concerning the information contained in their written statements. Persons can also submit a statement on proposed 2024 IRP via theplaced in Docket No. E-100, Sub 204CS and may be accessed by searching that docket number via the Commission’s website.

The Commission has scheduled this matter for a public witness hearing on Tuesday, April 22, 2025, which will be held at the Halifax County Courthouse, Superior Courtroom, 357 Ferrell Lane, Halifax, North Carolina, 27839 to begin at 7:00 p.m. and end at the earlier of the last witness’ testimony or 10:00 p.m.

The public hearing will be solely for the purpose of receiving the testimony of public witnesses in accordance with Commission Rule R1-21(g). The Commission reserves the right to limit testimony at the public witness hearings pursuant to Commission Rule R1-21(g)(5).

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information which the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to:

Mr. Christopher J. Ayers
Executive Director Public Staff North Carolina Utilities Commission
4326 Mail Service Center
Raleigh, North Carolina 27699-430

The Attorney General is also authorized to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to:

The Honorable Josh Stein
Attorney General of North Carolina c/o Consumer Protection - Utilities
9001 Mail Service Center
Raleigh, North Carolina 27699-9001
utilityAGO@ncdoj.gov

This the 11th day of December, 2024.

NORTH CAROLINA UTILITIES COMMISSION

Paula C. Berry

Taylor C. Berry, Deputy Clerk

STATEWIDE CLASSIFIEDS

Auctions
Equipment Auction Jonesville NC! 6 Mercedes Sprinter Vans, Kubota B26 Tractor, Dodge Dump Truck, Trailers, Dump Trailers, 53’ Great Dane Van Trailer, Bobcat E35 Excavator, and more! www.HallAuction.Hibid.Com NCAL-4703

Auctions
PUBLIC AUCTION Saturday, January 25th @10am, 312 E. Main Street Locust, NC. Selling New Windows, Doors, Trim, Door Hardware, Blinds, Mirrors, Patio Sliding Doors, Columns, Fixed Windows from Building Supply Company. www.ClassicAuctions.com - 704-507-1449 NCAF5479

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 [Steppacher 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

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

LOOKING FORWARD TO 2025

HAPPY NEW YEAR



A New Year Message

Looking Ahead with Faith and Purpose!

We hope you had a restful holiday season and are eager for the year ahead. As we wrap up the first semester and look toward the second, it's important to reflect on the value of private Christian education. In a culture where postmodern ideas often challenge the concept of absolute truth, we remain steadfast in our belief that the Bible is the ultimate source of truth.

We ask for your continued prayers and support for our students and staff as we lift you up in prayer as well. 2025 promises to be an exciting year, as we witness God's blessings and the fruits of much prayer and hard work—especially as construction begins on phase one of our new campus in Reelsboro.

We're excited to continue this journey together and look forward to all the opportunities for growth and connection that this year will bring.

Happy New Year!
2025 is going to be AMAZING!

Earl Sadler, Jr.
Head of School

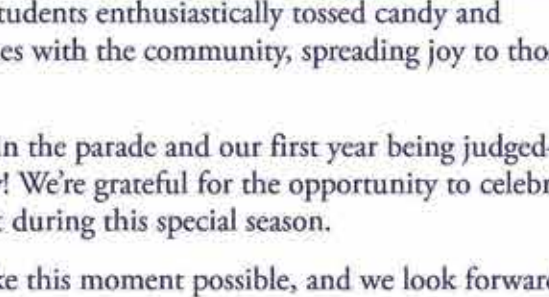

PCA Brings the Christmas Spirit to Bayboro

This year, Pamlico Christian Academy joyfully participated in the Bayboro Christmas Parade, bringing light, hope, and the true meaning of Christmas to Main Street. With the theme "O Christmas Tree," our float featured a beautifully decorated live tree adorned with twinkling lights, creating a warm and festive centerpiece.

As the float made its way through town, Mrs. Coursey delighted the crowd by reading the Christmas Story over the loudspeaker, while students cozied up in their pajamas, listening intently. The moment was a heartfelt reminder of the reason for the season—the birth of our Savior, Jesus Christ. Meanwhile, other students enthusiastically tossed candy and shared cheerful "Merry Christmas" wishes with the community, spreading joy to those who lined the streets.

This was PCA's third year participating in the parade and our first year being judged—earning us an exciting **third-place win** in our category! We're grateful for the opportunity to celebrate with our community and share the light of Christ during this special season.

Thank you to everyone who helped make this moment possible, and we look forward to shining even brighter this year!





Capital Campaign Update

Exciting progress is happening at Pamlico Christian Academy! With construction set to begin in early 2025, we are closer than ever to expanding opportunities for our Mariners. On January 9, we officially closed on the building project, marking a pivotal milestone in our journey. This marks the beginning of Phase One.

Looking ahead, Phase Two will focus on a new Upper School and gymnasium. This facility will serve as a hub for athletics, school events, and community engagement, with the possibility to function as an emergency shelter for our community in times of need.

Your support is crucial to making this vision a reality. Every contribution, no matter the size is vital to this mission and brings us closer to lasting impact. Together, we're building a space where students thrive academically, spiritually, and physically while creating lasting benefits for our community. Thank you for your prayers and partnership!



Together We Build the Future **NOW ACCEPTING APPLICATIONS FOR FALL 2025!**
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How reading affects children

Early childhood is a critical time for personal development. During this period, many intellectual, physical and emotional changes are taking place in a child's body at a rapid pace. Parents want to give their children the best opportunities for success in life, and encouraging children to read is one of the ways they can help youngsters develop intellectual and emotional maturity.

Data from the Adolescent Brain and Cognitive Development project, an American national cohort study with more than 10,000 participants across different ethnicities and varying socioeconomic statuses, found that reading for pleasure in early childhood was linked with better scores on comprehension cognition assessments and better educational attainment in young adolescence. It also correlated to fewer mental health problems and less time spent on electronic devices.

Reading is a learned activity, and reading early on with a child is a bonding activity between caregiver and child. The Arnold Palmer Hospital for Children says reading has the potential to increase academic achievement by improving vocabulary and learning comprehension. Interactive reading also helps increase mental imagery and language processing.

It's important to note that reading can positively affect the body physically as well. Children may experience less stress by reading, as reading is thought to be even more calming than listening to music or even taking a walk.

In a study published in the journal Psychological Medicine, researchers in the UK and China found that 12 hours of reading a week was the optimal time linked to improved brain structure and good brain health. When researchers examined brain scans from those who had been reading from an early age, the scans showed moderately larger total brain areas and volumes, including in regions of the brain responsible for roles in critical cognitive functions.

"It's widely accepted that [reading] inspires creativity, increases empathy and reduces stress," says professor Barbara Sahakian from the University of Cambridge.

Reading is a skill that children should begin to enjoy at an early age. Parents can introduce reading to their children by reading to them, and then supporting children's efforts at independent reading.

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There's still time to register for the Spring 2025 semester, but you need to act **FAST!**

Pamlico's convenient online courses start Jan. 27!



The formal registration period has passed, but there's still time to enroll at Pamlico this semester!

PCC can prepare you for a great career or can get you started on a four-year degree at a fraction of the cost of university tuition!

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