

The Pamlico News

Wednesday, February 11, 2026 Your County News Source Since 1968 www.thepamliconews.com | 50 Cents



The winning image by PCHS student Wyatt Johnson.

Announcing the Winner of the Student Artwork Competition for Dragon Burn!

The wait is finally over, and we are absolutely thrilled to unveil the winner of the Student Artwork Competition for this year's hottest event, the Dragon Burn! This is the 8th year for this unique Membership Drive for the Pamlico Arts Council which brings our County so much free programming showcasing the arts like Gospel, Blues and Rockin' BBQ, our new last year storytelling event: A Story Runs Through It, Pirate Jam, Student Arts Calendars and support for the Broad Strokes Gallery to name but a few.

Prepare to be captivated by the talent of Wyatt Johnson, an 11th grader from Pamlico County High School, whose playful design will now proudly grace all official Dragon Burn merchandise and promotional materials! Wyatt's winning creation perfectly captures the vibrant spirit of our 8th annual members-only extravaganza, and you'll even have the incredible opportunity to meet him and get your exclusive t-shirt or hoodie autographed at the event itself on March 28th at the Red Rooster. As the Pamlico Arts Council gears up to unleash new, electrifying features, ensure you're part of the magic by securing your membership or sponsorship and pre-ordering your gear featuring Wyatt's stunning artwork at pamlicoarts.org before the gate crush! Don't miss your chance to own a piece of Dragon Burn history and celebrate this phenomenal local talent; secure your membership and pre-order your unforgettable gear featuring Wyatt's winning design now—the countdown to an epic Burn has officially begun!

Info@pamlicoarts.org
P.O. Box 104
Bayboro, NC 28515

The OWC Student Arts Festival



Mixed Media by Emery Spivy
COASTAL LIVING on Page 8

PAWS

by: Hiram Lupton



Mary Hiatt of PAWS at a cat fostering workshop

Since it was formed back in 2013, the Pamlico Animal Welfare Society (PAWS) has worked tirelessly in our county to give dogs and cats their best lives. Last Saturday, Mary Hiatt of PAWS was the host of an informational meeting at the Pamlico County Public Library on cat fostering. The workshop informed attendees of the requirements, what to expect, challenges, and many of the benefits and reasons of cat fostering. The fostering program is just one of several things PAWS does for the animals of Pamlico County. They help with a Catch-Spay-Neuter-Return initiative to help control the feral cat population. They are also heavily involved in helping with financial assistance for spaying and neutering of pets for those owners who may

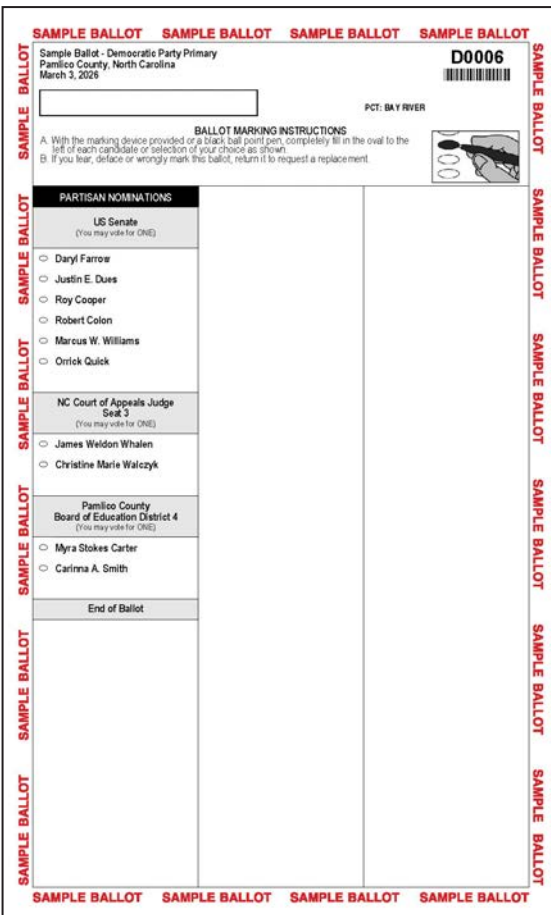
not be able to afford it. Pet adoption of course is also of prime importance, as PAWS seeks to find forever homes for adoptable pets. While monetary assistance is always welcome to help continue these programs, right now, it is not the biggest need. "We (PAWS), really need new volunteers to help continue our work," said Mary. Like many other organizations in our area, our members are getting older and an influx of younger members would be great also. Regardless of your background, if you have a love of animals, you can help at PAWS." If you have an interest in PAWS whether it be what they can do for you, but particularly if you'd like to volunteer, you can contact them at mail@pamlicopaws.net or at 252-745-PAWS (7297).

Early Voting Begins February 12th

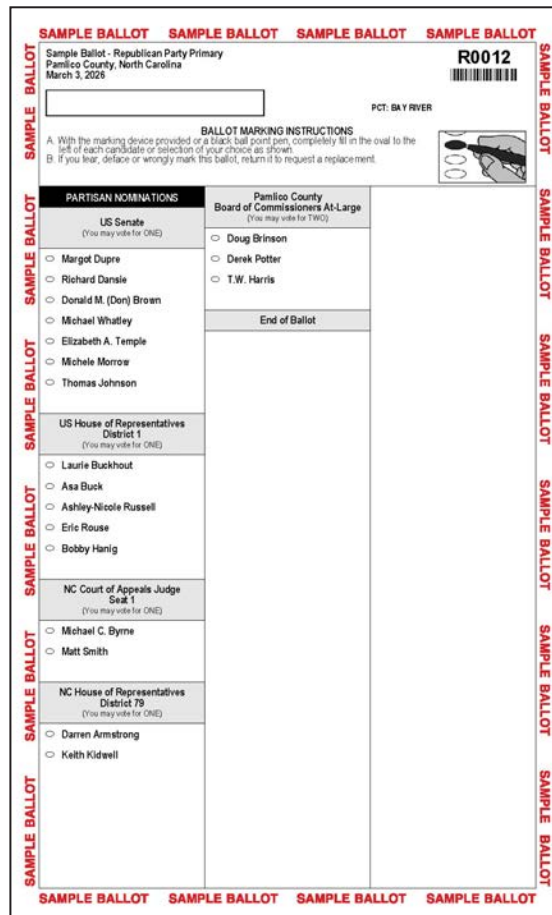
by: Hiram Lupton

Just a reminder that in person early voting for the 2026 state primary election begins this Thursday, February 12th and will run through February 28th. Early voting is at the Pamlico County Board of Elections office located on the first floor of the Pamlico County Courthouse. You can cast your ballot from 8:00 AM until 7:30 PM, Monday through Friday during the early voting period, and from 8:00 AM until 3:00 PM on Saturday the 28th of February, the final day of early voting. Primary Election Day is Tuesday, March 3rd, and voting on that day will occur at your designated precinct voting site. We are showing you the Democrat and Republican sample ballots for

District 4. Republican ballots in other voting districts are identical in other districts. The Democrat ballots are identical with one exception. District 4 is the only district with a Board of Education seat on the ballot. Also note that if a candidate is running unopposed in the primary their name does not appear on the ballot. An example would be the Democrat candidate for the U.S. House District 1, Don Davis. Representative Davis has no opposition in the Democrat primary and will face the Republican winner in the fall general election on November 3rd. For questions, the Pamlico County Board of Elections can be contacted by phone at (252) 745-4821.



Sample Democrat Ballot from District 4



Sample Republican Ballot from Township 4



Broad Strokes Gallery Becomes Independent, Expanding Opportunities for Artists and Community

Oriental, NC — The Pamlico Arts Council is pleased to announce that Broad Strokes Gallery will become an independent arts organization effective March 1, 2026, continuing its mission to showcase and support artists in Pamlico County and beyond.

Since opening in July 2024, as a program of the Pamlico Arts Council, Broad Strokes Gallery has featured a diverse roster of local artists and original works across multiple mediums. In its first year, the gallery quickly became a cultural hub in Oriental, hosting monthly artist receptions, art classes for the community, the inaugural NC: FOCUS photography competition, and exhibitions highlighting both emerging and established talent.

"This transition represents a natural and exciting next step," said Angie Propst, President of the Pamlico Arts Council Board. "Broad Strokes Gallery has thrived under the arts council's support, and as an independent organization, it will have greater flexibility to grow, pursue new funding opportunities, and expand its impact within our community."

For nearly five decades, the Pamlico Arts Council has championed the arts and culture throughout Pamlico County, expanding access to art experiences for residents and visitors of all ages and backgrounds. Learn more about upcoming events and programs at pamlicoarts.org

Broad Strokes Gallery is located at 730 Broad Street in Oriental, and its website is broadstrokesgallery.weebly.com.

Lifevantage Health and Wellness Event

The health and wellness event in Bayboro, NC on Feb. 7, 2026, hosted by Clinton Sawyer, Elethia Jones, Denise Hollowell, Billy Hollowell, and Vinnie Himby highlighted Lifevantage, a Utah-based, public traded NASDAQ company with clinically tested products and a business opportunity for Pamlico county citizen to build a financial future, help others to become healthy, and enjoy growth, travel, and life-changing opportunities. Citizens learned about gut health, cell activation, skin health, physical performance, weight management, eye and pet health, live-testimonies, and product tastings. Contact: Next event announced soon. Contact Clinton Sawyer 770-901-1217 or clintjlee80@gmail.com



LIKELY WEATHER OVER THE WEEKEND

Saturday, February 14th **60° Hi** Partly cloudy

Sunday, February 15th **56° Hi** Cloudy and rain



8 04879 31206

TURNAGE
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PCC to offer ‘Level Up Workforce Development Workshop’ on March 12

by: Sandy Wall

Pamlico Community College wants to help unemployed, underemployed and formerly incarcerated men and women learn the skills they need for a great career. The college also is offering a free job-training course to help them get started!

Thanks to a \$1,500 grant from the NC East Alliance, the college has scheduled a “Level Up Workforce Development Workshop” for Thursday, March 12, from 10 a.m. to 1 p.m. at the Delamar Center on campus.

Men and women who register for the free event will learn how to write a resume, how to conduct themselves during job interviews, and how to develop a professional portfolio for potential employers.

Participants also will receive a free head-and-shoulders photo to include in future job application packages and, most importantly, they will receive a voucher valued at \$180 for one of Pamlico’s workforce training courses, including Forklift Training, OSHA 10, ServSafe, and others.

“We know there are men and women in our community who have great potential,” said PCC’s Derek Godwin, an organizer of the workshop. “We want to help these folks, particularly those who are unemployed, underemployed or who have been incarcerated, get started on a new career. This one-day event could be the first step to helping people unlock their potential and move to the next level.”

Lunch will be provided for participants.

Registration closes Feb. 28, so Godwin and other workshop organizers encourage interested men and women to sign up soon by visiting scanning the QR code on the event flier.

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

LEVEL UP!
Work Force Development Workshop

Date: March 12th 2026
Time: 10:00a.m. - 1:00p.m.
Where: Delamar Building, Pamlico Community College

Who can join?

- Unemployed
- Underemployed
- Previously incarcerated individuals

Classes

- Forklift
- Serv Safe,
- Osha 10 and more

What will you receive?

- Free voucher for one continuing education course (\$180 value).
- Professional headshot
- Resume & Portfolio assistance

Contributed image

How 813 Schools Were Built in Rural Black North Carolina During the Jim Crow Era

New Bern Historical Society Hosts Dr. Tom Hanchett on the Rosenwald Schools Feb. 22



NEW BERN, NC, It took a strong team with the right tools. Led by educator, scientist, founder of Tuskegee Institute, Booker T. Washington and Julius Rosenwald, President and key entrepreneur in the growth of Sears-Roebuck, the Rosenwald Fund was established. It was a remarkable philanthropic partnership that helped construct over 800

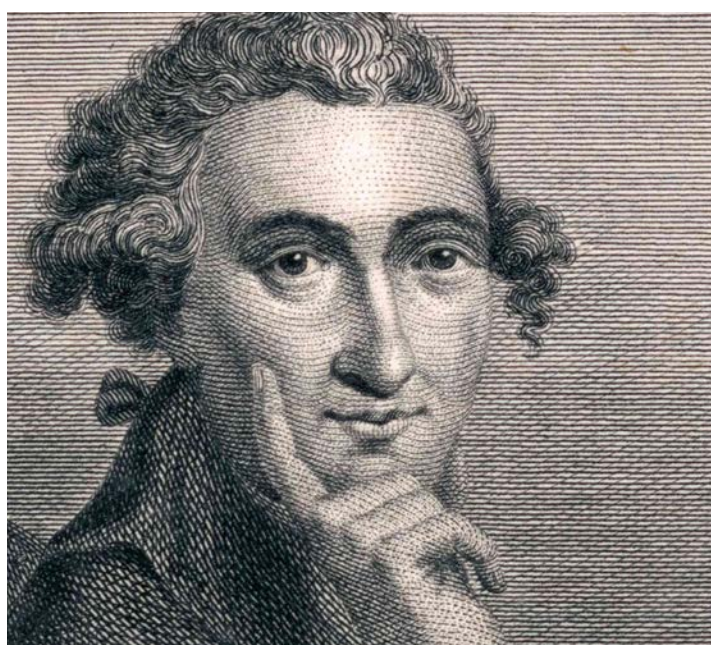
Black schools across North Carolina during the 1910s -1930s providing seed grants and state-of-the-art architectural plans. Local Black communities more than matched those grants. Nearly a dozen schools were constructed around New Bern in Pamlico and Craven counties

Come learn about this nearly lost chapter of our history on Sunday February 22 at 2pm at Orringer Auditorium at Craven Community College in New Bern. Dr. Tom Hanchett will present “The History of Rosenwald Schools in North Carolina and Craven County”.

Tickets are available on Jan. 13th from www.NewBernHistorical.org or by calling 252-638-8558 or in person at the New Bern Historical Society at 511 Broad St. They are \$10 for all and reservations are highly recommended. For groups of 13 or more, please call the office at 252-638-8558 to book with the group rate.

Dr. Tom Hanchett is noted for his documentary work. His article in the North Carolina Historical Review, “Rosenwald Schools and Black Education in North Carolina,” helped kick off the nationwide rediscovery of this important story. Dr. Hanchett earned degrees at Cornell, University of Chicago, and UNC Chapel Hill and is well known as a community historian in Charlotte, NC. Find his Rosenwald research at www.HistorySouth.org.

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



His name might not have been the inspiration for America’s capital city, a state in the Pacific Northwest or countless locales across the nation, but Thomas Paine was a hugely influential figure in the formation of the United States. Born in England in 1737, Paine moved to Philadelphia in the early 1770s and soon wrote the pamphlet, Common Sense. According to the Mount Vernon Ladies’ Association, Paine argued against the British colonial system, asserting it was rooted in tyranny directed by the aristocracy and monarchy. That assessment led Paine to contend the colonies should sever their ties to England and establish a democratic government. The success of Paine’s work is due to various factors, including his writing style, which was clear and simple and thus digestible to the masses, a reader-friendly tone that many historians have noted helped to generate enthusiasm for the notion that the colonies should break apart from the British Empire.



**Land/Home Sales
Property Management
Appraisals Development**



Agent of the Week

Allen Propst
Owner/Broker/GRI

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

We were selling a difficult house in a difficult market but Allen kept the lines of communication open and assisted in presenting the oddities of the home as the selling points they actually were! We highly recommend Allen and give him five stars for his local knowledge, process expertise, responsiveness and his negotiation skills.
Anna, Morehead City



MERRITT – Waterfront 3BR/3BA 2,023 sf home on 1.02 acres with dock on deep water Ball Creek. Includes fire pit, spacious back deck, covered patio, 2 detached storage buildings, and a carport. Plenty of windows, laundry room, extra room for office, kitchen island and walk-in-shower & soaking tub in primary bath.
OFFERED AT \$295,000



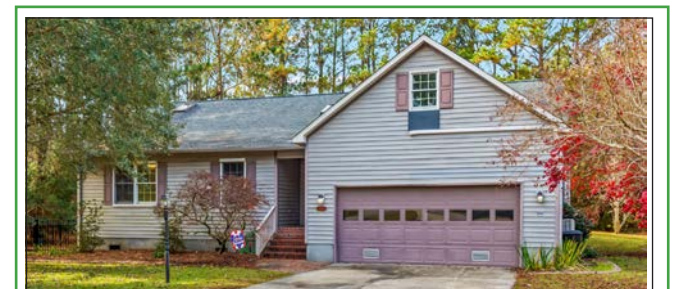
ORIENTAL – 3BR/2.5BA w/FROG is a Stuart Hardy built house nestled on wooded Sail/Loft lot. Not in a Federally-designated Flood Zone. Two-garage attached garage, detached 1-car garage/workshop, studio / sunroom, screened porch overlooks pristine back yard with handicap ramp.
OFFERED AT \$425,000



ORIENTAL – 3BR/2.5BA open floor plan, ideal for family gatherings or entertaining on 3 acres. Offers a great balance of space and tranquility. Property will be sold as is.
OFFERED AT \$425,500



ORIENTAL – 4,000 hsf commercial, fully-insulated. Covered porch opens to reception, conference room & 2 offices. Santos Mahogany flooring in admin areas, tiled floor powder room, Kohler toilets, Delta lavatory faucets, full bath features Kohler shower. Carrier 2.5 ton heat pump for office area, 2 5-ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersole Rand 200 PSI air compressor. Fabrication equipment does not convey.
OFFERED AT \$ 499,900



ORIENTAL – 3BR/2BA 1,894 sf open floor plan, deeded boat slip on 1 acre lot. Screened outdoor entertainment area & fire pit. Bright, open spaces indoors and inviting outdoor areas surrounded by mature trees and natural beauty. Being sold as-is.
OFFERED AT \$545,000



MERRITT – Waterfront 3BR/2BA with deep water deeded boat slip on Ball Creek. Wide water views, 2.27 acres, 1,919 sf, metal roof, zoned HVAC, & LP Smartside exterior for rot-resistant long-life durability. Gas log fireplace in living room, & Widow’s Walk with views of the Pamlico Sound,
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

- February 11th – Today is National Guitar Day.
- February 12th – Today is National Peppermint Patty Day. How about that, the girl from the Charlie Brown comics has her own day.
- February 13th – Today s National Cheddar Day.
- February 14th – Happy Valentines Day!
- February 15th – Today is Singles Awareness Day. If you didn't get a Valentine gift yesterday, today might be your day.
- February 16th – Today is Presidents Day.
- February 17th – 1930, Pluto (the planet not the dog) was discovered.

Birthdays This Week

- February 11th – 1934, Actress Tina Blacker (Tina Louise)
- February 11th – 1936, Actor Burt Reynolds
- February 14th – 1934, Actress Florence Henderson
- February 15th – 1820, Women's rights activist Susan B. Anthony
- February 15th – 1951, Actress Jane Seymour
- February 15th – 19??, Outstanding Pamlico County Citizen, Doug Carey
- February 16th – 1958, Actor and rapper Tracy Marrow (Ice-T)
- February 17th – 1963, Basketball Hall-of-Famer Michael Jordan



Tips to protect your personal financial information

Identity theft is a very real threat in the digital age. While it once was complicated for criminals to collect personal data, such as identification numbers, emails, phone numbers, and more, the connectivity the internet offers can sometimes make stealing information as easy as clicking a button.

In 2024, the Federal Trade Commission fielded more than 1.1 million reports of identity theft. Credit card fraud was the most common crime. Also, 2024 saw the largest data breaches in history, impacting billions of users and subjecting customers to the potential of having personal data exposed and ultimately exploited.

Although there is no foolproof way to keep personal and financial data safe, people can take several steps to safeguard their information.

- Use strong, unique passwords. Have several different and complex passwords for each online account to prevent a compromised password from providing access to all of the accounts. People can use a password manager to help create and store these unique passwords. The U.S. Cybersecurity & Infrastructure Security Agency says that strong passwords should be at least 16 characters; feature a random string of mixed-case letters, numbers and symbols; or comprised of a memorable phrase of four to seven unrelated words, known as a passphrase.
 - Use two-factor authentication. Enable two-factor authentication (2FA) on all accounts to add an extra layer of security. This second form of verification often comes by the way of a texted or emailed code that must be entered to log into an account.
 - Consider extra security for your credit report. Individuals can contact the three major credit bureaus and bolster their credit-related security. A fraud alert tells businesses to check with the person before opening a new account to verify if it is really him or her. An initial fraud alert or active duty fraud alert expires in a year, while an extended fraud alert lasts seven years, but requires an FTC identity theft report. A credit freeze is a greater measure of security that keeps others from getting into the credit report at all (with a fraud alert the credit report can still be accessed). That means no one can open a new credit account while the freeze is in place. It must be lifted each time a person wants to open a new account.
 - Protect your identification numbers. Individuals should not carry a Social Security card in a wallet or give out their Social Security Number (Social Insurance Number in Canada) unnecessarily.
 - Exercise caution on the phone and when answering emails. Scammers can mislead others by using seemingly legitimate phone numbers or email addresses to solicit information. Always verify the validity of requests before sharing personal information.
 - Regularly check accounts. People should double-check all financial accounts periodically for suspicious transactions. Each year individuals are able to request and check a free credit report from Experian, TransUnion and Equifax.
 - Use a secured internet connection. To reduce the risk of data being stolen, only review financial information when utilizing a secured (password locked) internet network.
- Taking strides to protect personal data is important to safeguard one's financial security.



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

COMMUNITY

OBITUARIES



Jasper William Spain Jr., known and loved by all as Jimmy, age 82, of Stonewall, North Carolina, passed away on February 4, 2026, at ECU Health Medical Center in Greenville. Jimmy's life was one marked by service, love, generosity, and a deep devotion to his family and community.

A lifelong resident of Pamlico County, Jimmy was a faithful member of Stonewall Methodist Church since 1957, where his faith and fellowship remained constant throughout his life. He believed deeply in serving others, a belief reflected not only in his church involvement but also in his years of public service. Jimmy proudly served 12 years as a Pamlico County Commissioner, previously served on the Town of Stonewall Board, and had also served as a past board member of the Bay River Metropolitan Sewer District. His commitment to the betterment of his community was unwavering and sincere.

Jimmy dedicated his professional life to hard work and loyalty, having worked with Pamlico Packing since 1989, where he was known for his dependability and integrity.

Above all else, his family was his everything. Jimmy was a devoted husband, a hands-on father, and a proud Papa who delighted in doing the little things—thoughtful gestures, quiet acts of kindness, and special moments—that spoke volumes of his love. He found joy in seeing others succeed and thrive, never driven by jealousy, but always by encouragement and pride for those around him.

Jimmy had a lifelong love for racing—anything with wheels, except boats—and he also treasured time spent vacationing at the beach. Whether at home, at church, or in the community, Jimmy's presence was steady, caring, and full of heart.

He was preceded in death by his parents, Jack and Vernell Spain; his sister, Brenda Whitford; and his daughter-in-law, Lissa Spain.

He is survived by his beloved wife of nearly 62 years, Marie Spain; his sons, Tommy Spain and wife Pam, and Derek Spain; his brother, Bruce Spain and wife Brenda; his sister-in-law, Irene Wright; his brother-in-law, Jimmy Whitford; his cherished grandchildren, Dair Scott and husband Shane, Devan Spain, Brody Spain, Morgan Spain, Emma Spain, and Blake Spain; his adored great-grandchildren, Molly, Chloe, and Landan Spain; and several nieces, nephews, and cousins who will miss him dearly.

A memorial service will be held on Tuesday, February 10th at Daniels-Sadler Funeral Home Chapel, with Reverend Scott Fitzgerald officiating. Private inurnment in Sandhill Cemetery.

The family received visitors following the service at the funeral home.

In lieu of flowers, memorial contributions may be made to PAWS, P.O. Box 888, Oriental, North Carolina, 28571.

Jimmy Spain will be remembered as a man of quiet strength, unwavering love, and genuine kindness—a husband, father, Papa, and friend whose legacy lives on through the many lives he touched.

NOTICE OF SOLICITATION OF BIDS

PAMLICO SENIOR SERVICES NUTRITION PROGRAM FOR OLDER ADULTS

Sealed bids will be received by the Pamlico Department of Senior Services at the Senior Center 800 Main Street, Alliance NC until 3:00pm, Tuesday, March 10, 2026.

Bids will be opened immediately, thereafter providing meals for the Congregate and Home Delivered Meals Programs for the period beginning July 1, 2026, through June 30, 2028.

Bids must be enclosed in a sealed envelope addressed to Tracy Shaw, Director and Michelle Boomer, Nutrition Manager at the Pamlico Senior Services Center, P O Box 184, Alliance NC 28509. The project will consist of preparing 80 meals a day, 5 days per week for the contract years. Meals must ensure a minimum of one-third of the daily recommended dietary allowances for people 60 years of age or older. Caterer must have a Grade A Sanitation Rating at the time of submitting the bid and maintain it during the project years.

A copy of the bid specifications may be obtained from the Office of the Director of Pamlico Seniors Services, 800 Main Street, Alliance NC.

For additional information, contact Tracy Shaw or Michelle Boomer at 252-745-7196.

The County of Pamlico reserves the right to reject any or all bids. Minority-owned, women-owned, and small businesses are encouraged to submit proposals. The County of Pamlico is an Equal Opportunity and Affirmative Action Employer.

Did you know?

According to Alphagalinformation.org, as many as 450,000 people in the United States have Alpha-gal syndrome, a food allergy that triggers an allergic response when individuals consume products derived from mammals. Despite such a sizable number of people with the condition, a significant percentage of health care providers lack awareness of Alpha-gal syndrome, which usually begins after a person is bitten by a Lone Star tick. Forty-two percent of health care professionals who participated in a 2022 survey from the Centers for Disease Control and Prevention acknowledged they had not heard of Alpha-gal syndrome, while 35 percent noted they lacked sufficient confidence to diagnose or manage patients with the condition.

Horoscopes



ARIES – Mar 21/Apr 20

A spark of excitement brightens your week, Aries. You may rediscover enthusiasm for a goal you set aside. Take one confident step and watch momentum gather.



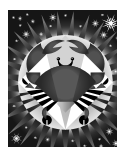
TAURUS – Apr 21/May 21

This week brings steady comfort and satisfying progress, Taurus. Something you've been nurturing starts to show real signs of growth. You're building something meaningful.



GEMINI – May 22/June 21

Your mind is in full brilliance mode, Gemini. New insights, clever connections and energizing conversations fill your days. A fun invitation or unexpected message may lift your spirits.



CANCER – Jun 22/Jul 22

Your emotional intuition is your superpower this week, Cancer. You may find a simple solution to a situation that once felt complex. Supportive people drift into your orbit.



LEO – Jul 23/Aug 23

Leo, your confidence is glowing, and others notice. This week favors bold creativity and joyful self-expression. A moment of recognition or praise may remind you of your natural leadership.



VIRGO – Aug 24/Sept 22

Organization comes naturally, and your clarity is on point, Virgo. You'll wrap up tasks with surprising ease. A shift in priorities may free up space for something you genuinely enjoy.



LIBRA – Sept 23/Oct 23

Balance returns in a way that feels refreshing, Libra. Your relationships flow smoothly, and you'll find harmony even in busy moments. An inspiring experience may uplift you.



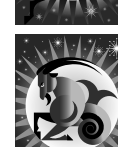
SCORPIO – Oct 24/Nov 22

Determination meets opportunity this week, Scorpio. You're sharper, more focused and ready to move forward with confidence.



SAGITTARIUS – Nov 23/Dec 21

Optimism fuels everything you touch, Sagittarius. You may stumble upon a new interest, adventure or opportunity that fills you with excitement.



CAPRICORN – Dec 22/Jan 20

Your efforts align perfectly with your goals, Capricorn. This week rewards patience and consistency. You may receive encouragement from someone who truly understands you.



AQUARIUS – Jan 21/Feb 18

Innovation thrives in your world right now, Aquarius. You'll devise unique solutions, unexpected shortcuts or refreshing ideas with ease. Stay open to teamwork.



PISCES – Feb 19/Mar 20

A creative wave washes over you, Pisces. Inspiration feels effortless, and small moments carry extra meaning. A heartwarming interaction or sweet surprise brightens your week.

AQUARIUS Traits & Overview

Aquarius is the eleventh sign of the zodiac, and Aquarians are the perfect representatives for the Age of Aquarius. Those born under this horoscope sign have the social conscience needed to carry us into the new millennium. Those of the Aquarius zodiac sign are humanitarian, philanthropic, and keenly interested in making the world a better place. Along those lines, they'd like to make the world work better, which is why they focus much of their energy on our social institutions and how they work (or don't work).

Aquarians are visionaries, progressive souls who love to spend time thinking about how things can be better. They are also quick to engage others in this process, which is why they have so many friends and acquaintances. Making the world a better place is a collaborative effort for Aquarians.

FINANCIAL FOCUS

Your credit score matters more than you may think



Dan M. Roberts

Your credit score can play a surprisingly big role in your financial life. From renting an apartment to getting a cellphone plan, your credit score can open doors or close them.

Your credit score predicts how likely you are to pay bills on time. Lenders, landlords and even some employers use this number to evaluate how responsible you appear to be. A higher score signals that you're reliable with money, which can lead to lower interest rates on loans, better insurance premiums and easier access to credit. Some service providers may even waive security deposits if you have a strong score.

The most common credit scoring system is the FICO score, ranging from 300 to 850. A score above 670 is considered good, while anything above 740 is very good and above 800 is exceptional. Most scoring models look at similar factors, with payment history the most important. Making payments on time accounts for 35% of your FICO score, so even one late payment can hurt you.

The second biggest factor is credit utilization, for 30% of your score. This measures how much credit you're using compared to your total available credit. Try to keep this below 30%. Other factors include the length of your credit history (15%), new credit applications (10%) and your mix of different credit types (10%).

It's much easier to maintain a good credit score than to rebuild one after it drops. A single missed payment can stay on your report for seven years, dragging down your score and making it

harder to qualify for loans or favorable interest rates. Prevention is far simpler than repair.

If you're looking to improve your score, start with the basics. Pay all your bills on time by setting up automatic payments or reminders. Keep your credit card balances low and pay them off in full when possible. Avoid applying for new credit too often, as each application can temporarily lower your score.

A Chapter 7 or Chapter 13 bankruptcy filing can drop your FICO score up to 200 points. For unpaid taxes, the IRS can report tax liens to your credit report.

Those just starting to build credit might consider applying for a secured credit card or becoming an authorized user on a family member's account. Some services will even report your rent and utility payments to credit bureaus, helping you establish a positive history.

You can check your credit report for free once a year from each of the three major credit bureaus (Equifax, Experian and TransUnion) through annualcreditreport.com, a site they jointly operate. Many banks also offer free credit monitoring. Review your reports regularly to catch errors and track your progress.

Taking control of your credit score is an investment in your financial future. If you need some guidance to help you build or maintain your credit score, a financial advisor can be a great resource. After all, the habits you establish today will make borrowing easier and less expensive tomorrow, giving you more flexibility to pursue your goals.

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to heart health.

I W H T E G

--	--	--	--	--

Answer: Weight

GUESS WHO?

I am an actress born on February 11, 1969 in California. I worked various odd jobs to support my acting career. One of my first acting jobs was in a 1993 horror film. My fame skyrocketed thanks to a very popular TV show about a group of young people living in New York City.

Answer: Jennifer Aniston

NC COOPERATIVE EXTENSION Pamlico County

The Chicks have Arrived



Kait Neeland
4-H Agent

There is always exciting 4-H activities any time of year, but spring has its own type of 4-H magic! Spring is the time for livestock and poultry projects, while we are anxiously looking forward to our second annual 4-H Dairy Project, we are just as excited about our spring chicken project. This week we might just be a little more excited because we are kicking off our 4-H Coastal Plains Chicken project as our Red Star Hen Chicks have arrived!

The Coastal Plains Chicken Show is an annual youth program that gives youth the opportunity to learn all about poultry and poultry care. It is a great introduction to livestock Agriculture. Chickens are easy to raise, and can be kept in most places. This year youth will be raising laying chickens. During this project our youth will develop skills in the proper care of chickens through the various stages of development. They will learn how to safely water their chicks when they are very young to prevent them from drowning. They will also learn the best methods to provide proper nutrition for birds to grow. Along with all of these practical skills youth will be developing skills in personal responsibility, prioritization, and time management.

As exciting as raising chickens is, and developing life skills like responsibility and time management is learning how to show chickens! After all it is a chicken show. Youth will raise their chicken to the best of their ability but the show is where they show it off to their best advantage.

First and for most is ensuring that all birds are healthy and meet state and federal regulations for safe transport. Another important step to showing chickens is proper grooming. Grooming?

Yes! Show chickens get baths. Bathing chickens is a three-step process, which should take place two days before the show. The first step is a bath in warm sudsy water, then rinse in apple cider vinegar which helps the chickens dry and adds a shine to their feathers, and finally a rinse in warm water. Chickens should also have their feet carefully brushed with a soft toothbrush.

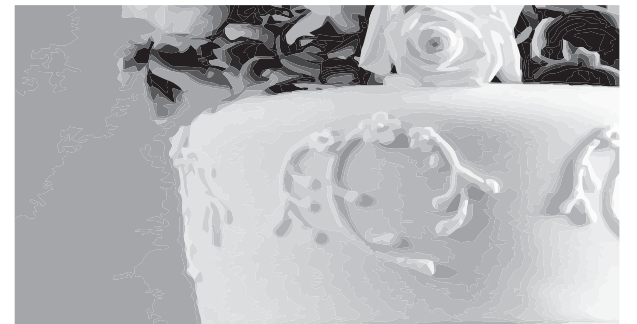
The most important aspect of showing chickens starts from the moment 4-Hers get their chickens. Youth work with their chicks so that on the day of the show, their chicken is calm and easily handled. A chicken should be carried with the arm beneath



the chicken so that the chicken's head is tucked into the crook of the arm. The chicken will also be put through several different poses during the show to exhibit the chicken's wingspan, keel, feet and tail. The tail will also have to be flexed up and down in order to show off its carriage. It is very important for the bird to remain calm throughout these various poses.

If you would like more information about our upcoming programs please give us a call or check out our Pamlico 4-H page. You'll find all the details and registration info on our website: pamlico.ces.ncsu.edu. To complete your registration, you'll also need to enroll in 4-H Online it's required for all NC 4-H programs. Don't worry if you're new to the process, the link is on our website, and if you have any trouble at all, just give us a call. We're happy to walk you through it step-by-step! Want to stay in the loop about future programs and events? Be sure to sign up for our Pamlico 4-H email list so you never miss an update. If you have questions or just want to learn more about what 4-H has to offer here in Pamlico County, reach out to Kait Neeland at (252) 745-4121 or kait_neeland@ncsu.edu

Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Wedding cake

Town of Oriental – Owner Bid 2026-01
507 Church St PO Box 472
Oriental, NC 28571

The Town puts the following project out for bid:
Separate sealed Bids for the construction of:

Town of Oriental Valve Replacement the installation and replacement of valves. The project will involve the installation of approximately 11 gate valves and 14 insertion valves, as well as the replacement of 21 gate valves. Work will include efforts in traffic control, sediment and erosion control, and surface restoration of disturbed roadways and driveways.

Will be received by: Town of Oriental at the Town of Oriental Town Hall until 2:00 PM, (Local Time) Wednesday, February 25, 2026, and then at said office publicly opened and read aloud.

The Contract Documents may be examined at the following location(s):
Owner – Oriental Town Hall, Oriental, NC 28571 Issuing Engineer Office – TRC Engineers, Inc.
114 Edinburgh South Drive, Suite 200, Cary, NC 27511
(919) 827-0864

Contract Documents can be downloaded for free from the TRC Companies Online Planroom (<https://www.trccompanies.com/knowledge/trc-construction-planroom/>) or purchased from: TRC Companies – located at
114 Edinburgh South Drive, Suite 200
Cary, NC 27511
upon payment of \$100 (non-refundable)

General Contractor's license is required.

With request for Bidding Documents please supply the following information:

- Company name
- Contact person
- Street address
- Phone and fax numbers of Bidding office
- N.C. contractor's license numbers with limitation and classification.

Also please indicate if firm will be a bidder, supplier, or sub-contractor.

Bids will be received for a single prime Contract. Bids shall be on a lump sum and unit price basis.

A non-mandatory **Virtual** Pre-Bid meeting will be held at 2:00pm Wednesday February 11, 2026, link at www.townoforiental.com

Each bid must be accompanied by a Bid Security as specified in the Instructions to Bidders.

Rotary Club of Oriental Happenings

By Jim Kellenberger & Beth Obenshain 1-14-26

Ok folks, let's travel back to 1951 and visit with Captain William "Bill" Mason as he sets about securing a Charter for the Oriental Rotary Club. This journey is only possible because of the very dedicated volunteer staff of the Oriental History Museum led by President Lou Ostendorf that has collected and stored this information. In this collection is a booklet Captain Bill compiled entitled "Oriental Rotary Club 1951 – 1976." In his own hand, Captain Bill states that he was visited by Charles K. McCotter and Henry B. Smith from the New Bern Rotary Club in May of 1951 asking him about starting a Rotary Club in Oriental. Captain Bill was told he had to have at least 20 men of different professions to obtain a Club Charter from Rotary International. You readers of this publication know how difficult that would be back in 1951 in this small village of ours. Follow Captain Bill's journey in future editions of this column.

And now back to the present. Long-standing member John Mitchell was sighted by this writer in the cheese aisle of the New Bern Harris Teeter in a store scooter with a smile on his face and

service in his heart. He sends all his Oriental and Rotary club friends a hearty hello. He is missed by this club.

Two more new members were inducted into the club on Monday, February 9 at Brantley's Restaurant. Leslie Mead, a retired archaeologist for the Federal Government, has recently relocated from Phoenix to Camp Creek Dr. and is sponsored by Jim Kellenberger. Becky Roletter has recently retired from a career in sales and lives out White Farm Rd. and is sponsored by Beth Obenshain.

If you need tents, tables, and chairs for an event you will host, please contact our "Tent Team" Scheduler Extraordinaire Charles Stackhouse at (919) 920-1355.

Would you like to be involved with an organization that is going places and doing things? Contact our Membership Chair, Jim Kellenberger at 919-621-0362 or jimkellenberger05@gmail.com and he will get you to a meeting.

Until next time... Service Above Self

Laughter is the sun that drives winter from the human face.

–Victor Hugo



Did you know?

Valentine's Day celebrants who can't wait for the arrival of February 14 each year may want to add India to their must-visit list of travel destinations. That's because Valentine's Day celebrations in India have now expanded into a week-long festival sometimes referred to as "Valentine's Week." Each day of the week between February 7 and February 14 has its own unique designation. Those designations are as follows:

- February 7: Rose Day
- February 8: Propose Day
- February 9: Chocolate Day
- February 10: Teddy Day
- February 11: Promise Day
- February 12: Hug Day
- February 13: Kiss Day



Pamlico County's 2025 Toys for Tots RECAP

As the 2025 Holiday Season recedes in our memories, every citizen of our county should know the results related to Pamlico County's 2025 Toys for Tots (TFT) Campaign. Our Campaign is one of over 860 campaigns nation-wide administered by the Marine TFT Foundation. Each Campaign is under the purview of a Marine Corps Reserve unit or a Local Community Organization (LCO) such as a Marine Corps League detachment. Campaigns range in size from Extra Large (a major city/multiple counties serving 20,000 to over 50,000 children) to Extra Small (one county with less than 1,000 children served). Pamlico County's Campaign is Extra Small.

You have two ways to participate in your county's campaign. You can either put a new, unwrapped toy in one of our TFT county donation boxes during the campaign season from mid-October to Christmas Day. Or you can make a cash donation in any amount to pamlico-nc.toysfortots.org any time of the year! All cash donations stay in Pamlico County and are only used to buy toys for Pamlico's children from businesses in the county.

The mention of cash donations brings us to the first highlight of this year's Campaign. Since Pamlico County's Campaign was recognized by the Marine TFT Foundation several years ago, our total donations over the years only amounted to about \$950 dollars. However, in 2025 alone, our donations exceeded \$850 dollars! We purchased toys valued at over \$1470 dollars from our account for the first time from Pamlico County businesses. The money in our TFT account can only be used to purchase toys or cover administrative costs. The good news is that all administrative costs (advertising, gasoline, storage facilities, equipment rental, etc. and most importantly time) in our history have been borne by Marine Corps League Oriental Dragon Detachment #1413's members, the Camp Seafarer staff and organization, The Pamlico News, and all the locations/organizations that accept donation boxes and donate toys, among others. A special thanks to the Nutrien Phosphate plant in Aurora, NC and Helen Tyndall (Nutrien's TFT Leader) for their generous contributions and support that enabled their many Pamlico County employees to support our Campaign!

The second highlight of 2025's Campaign was the number of children served. In 2024, we brightened Christmas for 353 children with slightly over 2800 toys distributed. While the number of toys distributed for 2025 was 2616, the number of children that benefited increased to 420. The number of toys distributed, while slightly lower than last year, represents the second highest number of toys in the seven-year history of the county's campaigns.

The third highlight of our Campaign was the stellar performance of our YMCA Camp Seafarer organization. When last year's TFT

organizer left for a new job, Alison Rhodes, Senior Program Director, stepped up to spearhead their effort. Under her able leadership and aided by her enthusiastic assistant, Natalie Gaster, the camp, including the host of staff volunteers, did not miss a beat in completing their critical tasks to enable TFT mission accomplishment for our Campaign. It is a pleasure to work with such a fine and caring organization!

The last highlight of our Campaign is really a constant that applies to all the people of Pamlico County. It encompasses all the businesses/organizations that allow us to place our TFT white donation boxes. It also includes all the folks who donated toys and money to bring added Christmas joy to Pamlico's children. Lastly, it recognizes all of the volunteers who dedicated their time, labor, money, and attention to ensure every task was accomplished. Well Done (Bravo Zulu in Navy parlance) Pamlico County!

Military history is replete with examples where individuals were recognized, by name, in official reports/accounts from the commanders and leaders that significantly contributed to a victory or success in the campaign. This practice was identified by the British Press in the 1800's as being "Mentioned in Dispatches" and is still used by many military organizations to this day. Consequently, it seemed appropriate to emulate this for our own Campaign for the following individuals:

George Steenson – A founding member of the Marine Corps League's Oriental Dragon Detachment #1413 and the originator of Pamlico County's TFT first official campaign. His sources of toys are most impressive and welcome!

Bob Webster – A long-time member of the Marine Corps League's Oriental Dragon Detachment #1413 who, as Assistant TFT Coordinator, expended countless hours distributing and collecting toys and boxes at his own expense. Our Campaign benefits immensely from his diligence and enthusiasm!

Helen Tyndall – As Nutrien Phosphate Plant's TFT Leader, she enabled a compressed delivery schedule to be met by opening her plant warehouse on a Sunday and helping with the transfer of those toys. Her compassion, devotion to duty, and going above and beyond for mission accomplishment bring great credit to herself, the plant, its Pamlico County employees, and the many volunteers who assist her!

The Pamlico News – They are the "voice" of our Campaign and the increase in our donations is directly attributed to their weekly notices during our Campaign!

Please remember that you can make a tax-deductible cash contribution to next year's Campaign any time at pamlico-nc.toysfortots.org!

Thank You and Semper Fidelis!

Pamlico County's Toys for Tots Local Community Organization Coordinator

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The threat a sedentary lifestyle poses to kids

Physical activity is an important component of a healthy lifestyle for people of all ages. Too often children aren't spending enough time being physically active, and they could pay a hefty price for that as kids and adults.

The digital age has altered childhood for millions of youngsters. Whereas kids once spent much of their free time engaging in unstructured play, typically doing so outdoors, modern kids now live more sedentary lives indoors. Low energy sitting or reclining while looking at a phone or playing video games means children are spending more time than ever in inactive states, which can lead to long-term, negative health consequences. According to the Centers for Disease Control and Prevention, only about 24 percent of children between the ages of six and 17 participate in 60 minutes of physical activity each day. The World Health Organization reports that more than 80 percent of the world's school-aged adolescent population is insufficiently physically active. Here's a look at how this lack of exercise is affecting children.



- **Increased childhood obesity:** Inactivity is directly tied to the global rise in childhood obesity, as sedentary behavior reduces metabolic rates and alters how the body processes fats and sugars, says the WHO.
 - **Reduction in cardiovascular fitness:** Without regular exertion, the lungs and heart will not develop the same efficiency as they would if kids were physically active. According to data published in the Journal of the American Heart Association, sedentary childhood habits can contribute to arterial stiffness, which is a precursor to heart disease.
 - **Potential for weaker bone structures:** Bone density is built through weight-bearing exercises like jumping and running. Sedentary children run the risk of entering adulthood with weaker bones, potentially leading to orthopedic issues and higher rates of fractures.
 - **Adverse psychological effects:** Physical activity releases feel-good chemicals in the body like endorphins and dopamine. Highly sedentary children may be at an elevated risk for anxiety and depression because they are not reaping the benefit of these natural mood boosters.
 - **Decreased cognitive function:** Cognitive function could be impacted by low physical movement, which decreases blood flow to the brain, says the National Institutes of Health.
- Children can benefit from being active, as it offers protective benefits against various health ailments that can manifest during childhood and even later in life.

Pamlico Vistas

vista /vis-ta/ n / : a distant view through or along an avenue or opening



Sunrise over the Neuse - Oriental

Photo by: Hiram Lupton

Wile Away the Winter Blues with The Kentucky Gentlemen

With charisma as warm as the Kentucky sun, The Kentucky Gentlemen are bringing their unique, fun blend of pop, country, and R&B to the Old Theater in Oriental on Friday, February 27, 2026 at 7:30 pm, presented by Pamlico Musical Society. Don't miss this dynamic duo's high energy brand of entertainment that defines new paths for musical genre mashups.

Twin brothers Brandon and Derek Campbell, originally from Versailles, KY, have been virtually inseparable since birth. Their musical exposure included gospel singing with their church choir, classical piano, fiddle, banjo, pedal steel and 90's R&B. Incorporating all these influences into the music they would create as The Kentucky Gentlemen, they have quickly become one of Nashville's most exciting new acts, earning a spot on several prestigious "Artist to Watch" lists. Come hear their songs filled with poignant lyrics that speak to the heart with melodies that linger long after the last note has been played.

Tickets to the concert are \$30 and are available in Oriental at Nautical Wheelers, 411 Broad Street; in New Bern at Nautical Wheelers, 202A Craven Street; and online at pamlicomusic.org.

For helping to make this concert possible, the Pamlico Musical Society wishes to thank our season sponsor: Beth Frazer Real Estate & Rentals; business sponsor: Bayboro Pharmacy

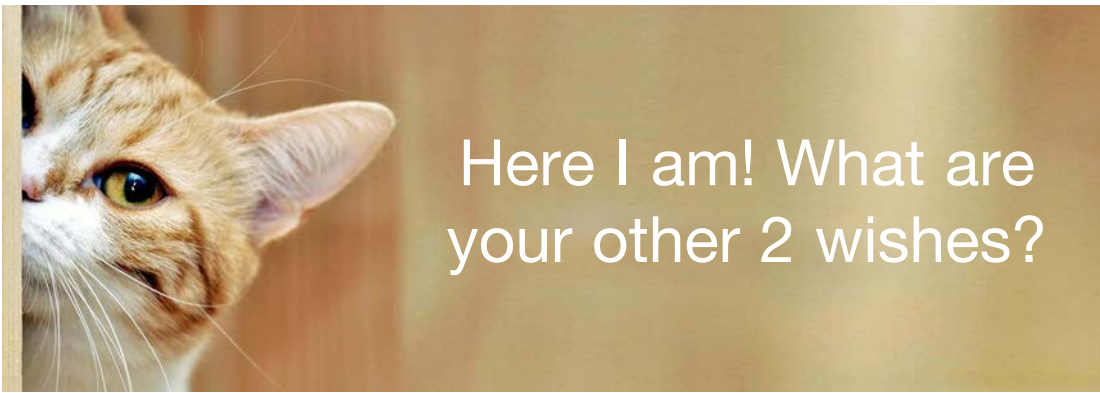


& Wellness Center; and individual sponsors: Sandi & David von Drateln. We are also grateful for a grant from the Harold H. Bate Foundation.

Celebrating 28 years of presenting great music for our community, the Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County. We welcome your support! To learn more about the benefits of joining our group, including advance ticket sales and artist receptions, call 252-617-2125 or visit www.pamlicomusic.org, and like us on Facebook @pamlicomusic.



Advertisements for non-alcoholic beer may never prove as prevalent as commercials for alcoholic beers, but the growing visibility of such promotions likely comes as no surprise to industry analysts familiar with the growing popularity of alcohol-free beer. According to the Beer Institute, the market for non-alcoholic beer tripled in size in the half-decade preceding 2025. Indeed, an economist at the Beer Institute indicates that non-alcoholic beer is the fastest growing segment in the beer industry. In addition, a recent report from the Brewers Association indicated a 30 percent year-over-year increase in non-alcoholic beer sales in 2024, and industry experts estimate the market size for non-alcoholic beer will increase from \$20 billion in 2023 to \$40 billion in 2033.



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PAMLICO COUNTY GOP

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 FEBRUARY 21, 2026 / 12:00 P.M.

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Please RSVP by February 13th.

Guest Speaker:
 NC GOP STATE CHAIRMAN
 JASON SIMMONS

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- * **Microsoft Excel, Course begins March 26!**
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Health & Wellness

CARDIAC REHAB WEEK – FEBRUARY 9-15, 2026



Cardiac Rehab Week takes place during the second full week in February, and takes place from February 9 to 15 this year. The week aims to draw attention to the role of cardiac rehabilitation in reducing the harmful effects of heart disease. Did you know that cardiac diseases are some leading causes of death around the world? Cardiac rehabilitation helps improve health for those at risk. The other aim of this week is to thank those working in the cardiac rehab sector and share educational information.

History of Cardiac Rehab Week

The heart is one of the most vital organs that keeps us alive. It works beat by beat, second by second, for 24 hours a day till we draw our last breath. In fact, the number one cause of death among men and women is heart disease which claims approximately one million lives per year. For those suffering from heart disease, cardiac rehabilitation can be life-safer! Cardiac Rehab Week was founded by the American Association of Cardiovascular and Pulmonary Rehabilitation (A.A.C.V.P.R.). It focuses on teaching people about healthier lifestyles and better management of heart disease. The A.A.C.V.P.R. aims to achieve it through avenues such as education, prevention, rehabilitation, research, and management. Cardiac rehabilitation combines a variety of activities like exercise, education, nutrition, and more to help those with heart conditions. National Cardiac Rehabilitation Week is celebrated by hospitals and medical institutions all over the world. It helps patients in hospitals to celebrate their recovery and make better life choices regarding heart health. Each year, the A.A.C.V.P.R. celebrates National Cardiac Rehabilitation Week on the second full week of February. Last year, in 2021, the theme for National Cardiac Rehabilitation Week was 'Beating Strong, Living Long.' The theme aimed to honor the patients, families, and healthcare professionals who are dedicated to saving the patients. Thus, making positive changes in all the areas of your life including nutrition and physical activities can make a drastic difference in your health. So, understand the risk factors, take necessary measures, and save yourself and your loved ones from heart diseases.

How to Observe Cardiac Rehab Week

1. **Spread the news** - The greatest way in which you can celebrate National Cardiac Rehabilitation Week is by helping raise awareness. Telling people about the role of cardiac rehab and how it can prevent the effects of heart disease.
2. **Share your story** - If you're a survivor of heart disease, you can share your inspiring story to others about how cardiac rehab helped your recovery. Be a source of encouragement.
3. **Post it on social media** - You can use the hashtag #CardioRehabilitationWeek on social media to let your friends, family, and followers know about the effects of heart diseases. Creating awareness is always good.

5 Thumping Facts About Cardiac Rehabilitation Everyone Should Be Aware Of

1. **Stayin' alive** - Cardiac rehabilitation has been proven to reduce all-cause mortality rates by 25%.
2. **Stick to the beat** - Over the average lifetime, our heart beats about 2.5 billion times.
3. **Pressure** - Cardiac rehabilitation can improve health factors like lipids and blood pressure.
4. **Help yourself** - Cardiac rehabilitation increases one's ability to return to work or engage in leisure activities.
5. **Heart attacks** - Cardiac rehabilitation is recommended for seven types of heart conditions including heart attack and cardiac transplantation.

Why Cardiac Rehab Week is Important

1. **It is a much-needed observation** - The core aim of National Cardiac Rehabilitation Week is to improve the quality of life for patients and their families. Thus, it helps improve the lives of the people who are suffering from heart diseases.
2. **Many people work together on this** - The success of the A.A.C.V.P.R. and National Cardiac Rehabilitation Week is possible due to the activities of dedicated volunteers, healthcare professionals, staff, and cooperative people like you.
3. **Healthy heart, healthy life** - With roughly nearly a million Americans suffering from coronary heart diseases, National Cardiac rehabilitation Week is a great way to maintain a healthy heart and healthy life. It reminds us to look after ourselves.



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COASTAL LIVING

The OWC Student Arts Festival

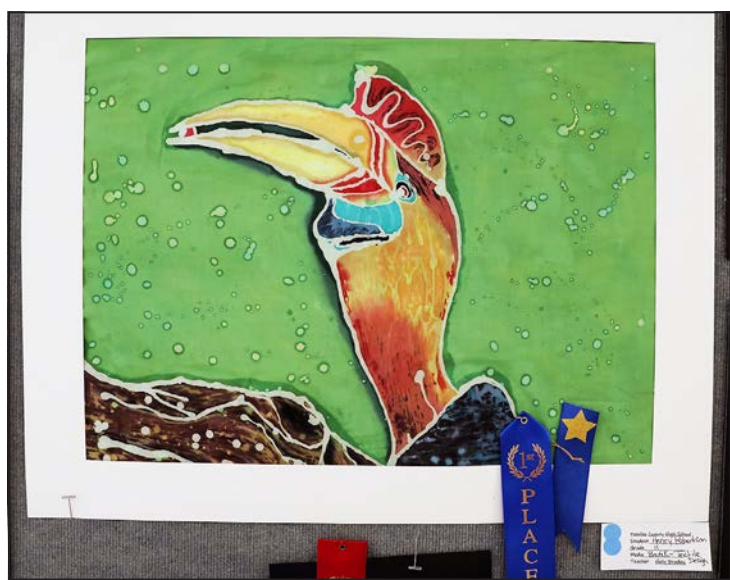
After several postponements due to the weather, the third attempt proved to be successful for the Oriental Women's Club's annual Student Art Festival and reception held Sunday afternoon. All four walls of the OWC building were filled once again with the work of students from Arapahoe Charter School (ACS), Pamlico Christian Academy (PCA), Pamlico County Primary School (PCPS), Pamlico County High School (PCHS), and Fred A. Anderson Elementary School (FAA). The art pieces included paintings, sculptures, photography, and drawings done in a wide range of media types which all served to showcase just how much young talent resides in the schools of our small county. In addition to awarding ribbons in the many categories represented, the judges also picked their top five pieces:

- Henry Robertson, PCHS (11)
- Lilibeth Parker, PCHS (11)
- Rain Suggs, ACS (11)
- Georgis Stephens, FAA (5)
- Emery Spivy, ACS (4)

In addition to the art display, attendees also received a special treat in the form of a performance by the music students from Fred A. Anderson Elementary School under the skillful direction of Dawn Wilson. They performed a choral arrangement followed by several selections performed on Ukelele. Congratulations to all the student artists and a huge congratulations to the ladies of the OWC Student Art Festival committee who worked hard, persevered, and once again presented an awesome show for these talented students and their families.

-Pablo Picasso

"Every act of creation is first an act of destruction...and a good excuse to make a mess!"



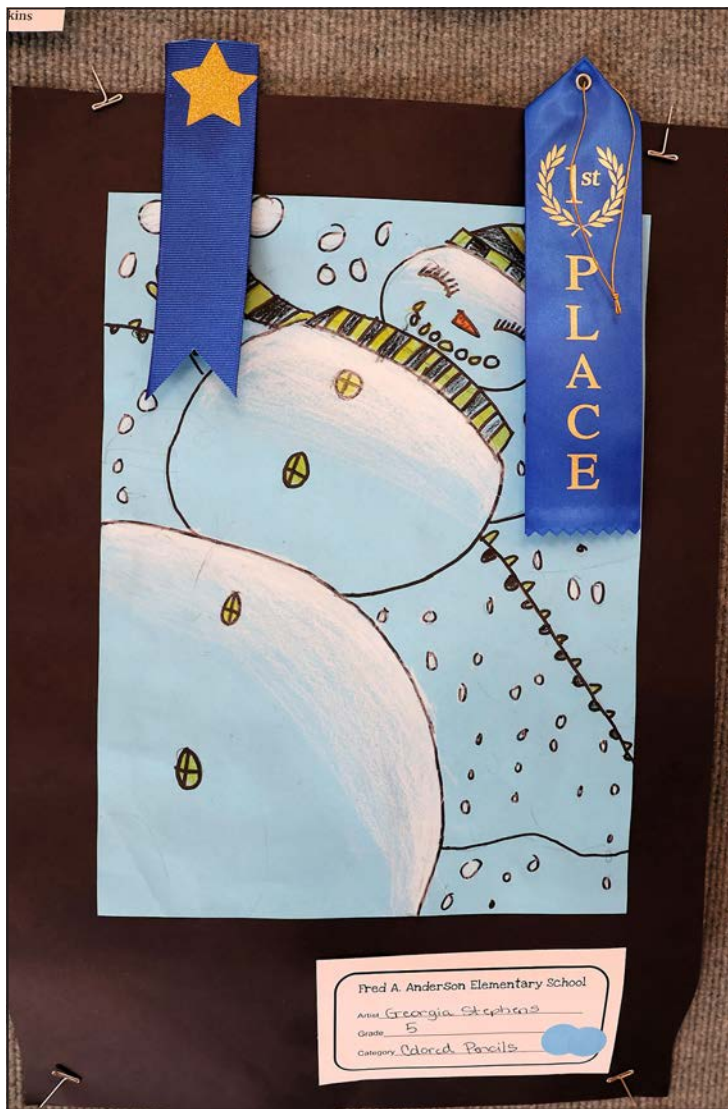
Batik-Textile Design by Henry Robertson



Pastel by Lilibeth Parker



Sculpture by Rain Suggs



Colored Pencils by Georgia Stephens



Norah Williams, 1st Grader at PCA proudly points out her First Place Drawing



The awesome music students of Fred A. Anderson Elementary School directed by Dawn Wilson

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NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CHARLES M. ALEXANDER
File No.: 26E000006-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to KAREN ALEXANDER CO-EXECUTOR or SHANNON ELLENBERG CO-EXECUTOR on or before APRIL 21, 2026 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 CO-EXECUTORS.

This 21st OF JANUARY, 2026

ESTATE OF CHARLES M. ALEXANDER
C/O KAREN ALEXANDER
803 SPAIN FARM RD
STONEWALL, NC 28583

ESTATE OF CHARLES M. ALEXANDER
C/O SHANNON ELLENBERG
PO BOX 28
STONEWALL, NC 28583

Publish JANUARY 21, 28 AND FEBRUARY 4 and 11 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CAROLYN ANN RICE
File No.: 26E000009-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to WILLIAM FREDERICK RICE, JR EXECUTOR on or before APRIL 21, 2026 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 21st OF JANUARY, 2026

ESTATE OF CAROLYN ANN RICE
C/O WILLIAM FREDERICK RICE, JR.
4909 BRIARHILL RD
NEW BERN, NC 28562

Publish JANUARY 21, 28 AND FEBRUARY 4 and 11 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY

SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF WILLIAM DAVIS
File No.: 25E000009-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MAXINE FISHER CO-EXECUTOR or HARTENSE LATHAM CO-EXECUTOR on or before APRIL 28, 2026, 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 CO-EXECUTORS.

This 28TH OF JANUARY 2026

ESTATE OF WILLIAM DAVIS
C/O MAXINE FISHER
2948 MILL POND RD
BAYBORO, NC 28515

ESTATE OF WILLIAM DAVIS
C/O HARTENSE LATHAM
508 BELL LANE
BAYBORO, NC 28515

Publish JANUARY 28 AND FEBRUARY 4, 11 AND 18 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF HERBERT EMIL FRITZE
File No.: 26E000008-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LISA RICE, EXECUTOR on or before APRIL 28, 2026 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 28TH OF JANUARY, 2026

ESTATE OF HERBERT EMIL FRITZE
C/O LISA RICE
6711 VALLEY FALLS RD
HOPE MILLS, NC 28348

Publish JANUARY 28 AND FEBRUARY 4, 11 AND 18, 2026.

NORTH CAROLINA PAMLICO COUNTY

NOTICE TO CREDITORS:

All persons, firms and corporations having claims against the Estate of Ernest Lee Riggs, deceased, of Pamlico County, N.C., are notified to present the same to the personal representative listed below

on or before April 29, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This 28th day of January, 2026.

Edward Riggs, Jr., Executor of the Estate of Ernest Lee Riggs, Deceased, c/o David B. Baxter, Jr. 416 Pollock Street P.O. Drawer 889 New Bern, NC 28563

1/28/26; 2/4/26; 2/11/26; and 2/18/26

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF THEDA RAE BUTKUS
File No.: 26E000019-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARY C. DILLON, EXECUTOR on or before May 5, 2026, 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 4TH DAY OF FEBRUARY 2026

ESTATE OF THEDA RAE BUTKUS
C/O MARY C. DILLON
1922 MAIDEN LANE SW
ROANOKE, VA 24015

Publish February 4, 11, 18 AND 25 2026

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ROLAND RAY JOSEPH SANNER
FILE NO. 25E001122-680

All persons, firms, and corporations having claims against Roland Ray Joseph Sanner, deceased, of Pamlico County, NC, are notified to exhibit the same to the undersigned on or before May 5, 2026, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment. This is the 4th day of February 2026. Elizabeth Sanner, the fiduciary, is fully authorized to receive and administer all assets belonging to the estate.

Elizabeth Sanner, Administrator
C/O Attorney Caitlin A. Preston,
Pierce Law Group, PLLC
3020 South Miami Blvd, Ste 201
Durham, NC 27703

State of Maine

Probate Court Cumberland, SS. Location: Portland Docket No: 2025-1690 ORDER FOR SERVICE BY PUBLICATION

In re: Estate of Stella Santos
Petition for Guardianship Of
Minor

This notice is directed to Angela Gayton, last of Plymouth, County of Washington, State of North Carolina, whereabouts unknown.

This cause came to be heard on a Motion of the Petitioner whose name and address is: Erica Ouellet and Dean Ouellet, 318 Maine Street Brunswick, ME 04011 for Service by Publication on Angela Gayton.

This Motion has been submitted for the following reasons: Angela Gayton's whereabouts are unknown.

Petitioner believes the newspaper in which public notice is most likely to reach Angela Gayton is: The Pamlico News, PO Box 510 Oriental, North Carolina 28571 for the following reasons: newspaper of general circulation in Angela Gayton's last known location.

It is hereby ORDERED that Angela Gayton appear and defend the cause and serve a response to the Petition upon Petitioner, on or before March 25, 2026. Angela Gayton is notified that if he/she shall fail to do so, the Petition for Guardianship of Minor will proceed without objection. His/her response should also be filed with the Cumberland County Probate Court, 142 Federal Street, Suite 125, Portland, ME 04101.

It is FURTHER ORDERED that this Order be published in the above-named newspaper of general circulation on or before February 18, 2026, once a week for two successive weeks.

Date

Paul Aranson, Judge of Probate

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AROUND THE COUNTY

Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon and good evening. Well I will be the first to say I loved the snow but I am SO very glad that it is gone. It was such a joy getting on Facebook and seeing all the snow pictures. This weekend is Valentine's Day, what is everyone doing for the love of their lives? I am taking my wife to Amity Christian Church for the annual steak dinner!!

This week's article is for the men of the community, sorry ladies. Those of us that used to go to Kermit's for a haircut, or those that still went to Ronald Hardison's little shop now have another option. I went and visited Chris, a local disabled veteran and owner of The Gentleman's Chair.

When you first walk in, you quietly step back in time. Friendly faces. Crisp white barber jackets - the kind Floyd wore on The Andy Griffith Show. Nothing rushed. Nothing loud. Just the steady rhythm of a place that knows exactly what it is.

There's a checkerboard tucked off to the side, waiting on the next challenge and conversation. That's what we call "gossip," which sounds so much worse lol. The walls carry a little weight to them, metal and brick and history, and the butcher-block countertops shine from hands that take pride in their work. Clippers, scissors, brushes - tools laid out with intention, not clutter. Three old-fashioned barber chairs sit ready, patient, waiting on the next gentleman to take a seat. You feel the cape settle across your shoulders as it floats down to your lap. And right there, you realize this isn't just a haircut - it's an experience that's slipped away from most places, like an old

postcard you didn't know you missed until you found it again. The barber works his craft. The low hum of clippers at the back of your neck. Easy conversation. Stories traded. Time slows

down. The room overlooks the harbor at Oriental Marina & Inn / Toucan Grill & Fresh Bar - boats moving, light shifting, the day carrying on outside - but in that chair, none of that matters. In that moment, you feel like a man. Not above anyone else. Not below. Just as important as the next - because that's how they treat everyone who walks through the door. When the buzzing stops and the cape loosens, warm lather finds your neck and suddenly you're completely present. Relaxed. Grounded. Exactly where you're supposed to be. This place is worth a visit - but don't wait too long. Those chairs won't stay empty once word gets out. When that happens, you'll probably need to schedule ahead, and they're ready for that too, with a finely polished website that matches the care they put into everything else.



Some places don't just offer a service. They offer a moment. The Gentleman's Chair is one of them.

Pamlico Betty Jo Rodgers, *Correspondent*



"Snow, snow, go away. Come again another day." That is a childhood rhyme I remember. I also remember hearing that if the snow doesn't melt in three days, it is waiting around for another one. I have personally had enough of this cold weather and am longingly looking forward to spring. The snow is beautiful for a while, but then when you are cooped up in the house for five or more days, it loses its appeal.

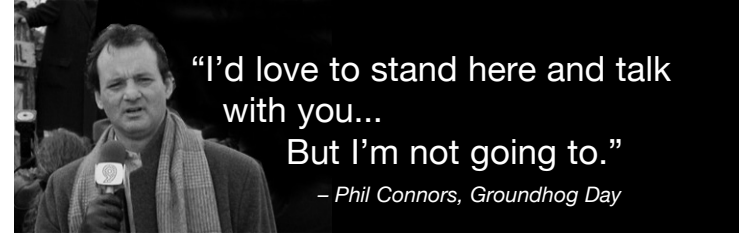
It was another sad week for the residents of Stonewall and all of Pamlico County. Jasper "Jimmy" William Spain, Jr., went home to be with the Lord. Jimmy's life was one marked by service, love, generosity, and a deep devotion to his family and community. He joined Stonewall Methodist Church on May 19, 1957, the same day as his best friend Charles Alexander. Please remember the Spain family in your prayers this week.

The temperature in the Stonewall Methodist Church sanctuary was 46 degrees on Sunday morning, but praise the Lord, we had more than that number of people who came to worship in the fellowship hall. We were all glad to be able to gather together once again, because the snow prevented our service together last week. The snow was beautiful, but I am so glad the roads are clear, and most things are back to normal.

Ash Wednesday is February 18, 2026. Bayboro Baptist Church is hosting the weekly Lenten services again this year. On February 18, Reverend Betty J. Rodgers will officiate the imposition of ashes. On February 25, Father Jeremiah Day will bring the message. For anyone new to the county, these are short ecumenical services each Wednesday during Lent at noon, followed by a donation fellowship meal. Various clergy from different denominations speak each week. I do not have the schedule for March, but I will post it as soon as possible.

Those celebrating birthdays in February include 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. Tell someone you love them and remember, "Jesus Loves You."

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)



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Bottom Line With Brad

SUNK COST
LET BYGONES BE BYGONES

I'll go ahead and apologize if you aren't a sports fan... but with the Super Bowl and UNC vs. Duke in college basketball this weekend, plus the start of the Winter Olympics, sports are front of mind.

Let's start with football. It's not hard to guess who is my favorite Patriot - he's the one with the deepest roots in North Carolina (and a wife who is responsible for about 10 extra pounds I'm carrying). But today I want to talk about their Pro Bowl cornerback Christian Gonzalez, because his play in the AFC Championship against the Broncos illustrates a very important concept in financial literacy - so called "sunk cost."



New England Patriots Cornerback Christian Gonzalez

In the first quarter of the game, Gonzalez gave up a long pass where he made a mistake in covering the Broncos' receiver. It was simply bad defense and gave the Broncos a lot of momentum. I'm sure he was embarrassed - but he had a choice to make, hang his head and lament or get up and be better the next time. It's clear what he chose. His interception late in the 4th quarter was the game-winning play for the Patriots and that is why they are playing in the Super Bowl this weekend. But if he had chosen to sulk, he could not have made that key play.

Which brings me to college basketball. One of the best quotes about learning from mistakes and moving on comes from the legendary Tar Heel coach Dean Smith: "What to do with a mistake? Recognize it. Admit it. Learn from it. Forget it."

Unfortunately, that is easier said than done, particularly in managing finances. The phenomenon of letting a past mistake overly influence a current decision, and convincing you to make another poor decision, is so common that it has a name... the "sunk cost fallacy."

You see it all the time when people go to sell a house, a car, a stock or any asset. One of the first things they do is compare the proposed sale price to what they paid for the asset. While, of course, there are some implications for taxes, the price you paid for an asset has nothing to do with what it is worth today. "If I can just get back what I paid for this" is a perfect example of the sunk cost fallacy at work. You should sell the asset at today's fair price if you have better uses for the proceeds. Period. It does not matter what you paid for it. The buyer doesn't care, and the price today wasn't determined based on what you paid years ago.

We also see this in sticking to a budget, both in finance as well as in calories. We talked last month about how we all deviate from the best made plans from time to time. So, you overspent for the holidays, or you had far too many cinnamon roll snickerdoodles (my personal favorite Ann Michael Maye recipe). What influence does that have on your choices today? These are all in the past and don't define what you can and should do today - they are all sunk costs.

Learn to identify sunk costs. Fight the temptation to let yesterday's decisions define what's right today. Take Dean Smith's advice. And be like Christian Gonzalez in the 4th quarter - an even better version of you!

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"Wine improves with age. I improve with wine."

Your Health Department Working for You – Immunizations



It seems that this winter there have been constant reports concerning infectious diseases. Late last year it was influenza and the severity of many of the cases, often requiring hospitalization. This past week statistics have shown new spikes in flu cases in many parts of the country including North Carolina. Recently, there have been reports in our state of various diseases reappearing, including some that many believed had been eliminated. Measles, a highly contagious disease that spreads through the air when someone who has it talks, coughs, or sneezes, has been reported primarily in the western part of our state. Closer to home, Varicella, also known as Chicken Pox, has shown up in a nearby county. Many of these and other contagious diseases can actually be prevented. “Immunizations are still the best shield against many childhood infections,” says Lynn Hardison, Clinical Services Director at the Pamlico County Health Department. “So many of the childhood diseases that are spread when children come in contact with one another, can be prevented. The recent Chicken Pox outbreak goes to the heart as to why we need folks to vaccinate their kids. It is a vaccine preventable disease.” It is not just kids though. There are vaccines that are available which can prevent or lessen the severity in many of the illnesses which seem to afflict adults and in particular older adults. RSV, Pneumonia, and Shingles are just three of these. Immunizations for these and many other diseases can be obtained through your health care provider and also from the Pamlico County Health Department. “We offer a wide range of vaccines and follow CDC guidelines for all immunization regimens and requirements,” says Hardison. “We also participate in ‘Vaccines for Children’ which is a program designed to provide free vaccinations to children from birth to 18 years old who meet eligibility. To be eligible, the client must be Medicaid eligible, uninsured, American Indian or Alaska Native, or underinsured. About the only thing we don’t offer is travel vaccinations.”

Here are a few of the Common Diseases addressed through vaccines:

- Diphtheria
- Tetanus
- Pertusis
- Polio
- Hepatitis A and B
- Human Papilloma Virus
- Influenza
- Mumps
- Measles
- Rubella
- Meningococcal
- Respiratory Syncytial Virus (RSV)
- Shingles
- Varicella
- Monkeypox
- COVID -19
- Pneumonia



To get more information about immunizations and how you can protect yourself and your loved ones, call or stop by the Pamlico County Health Department. They are located at 203 North Street in Bayboro, right behind the Courthouse. Their phone number is (252) 745-5111. Just a reminder, the Pamlico County Health Department also now offers Primary Care for patients.

“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier

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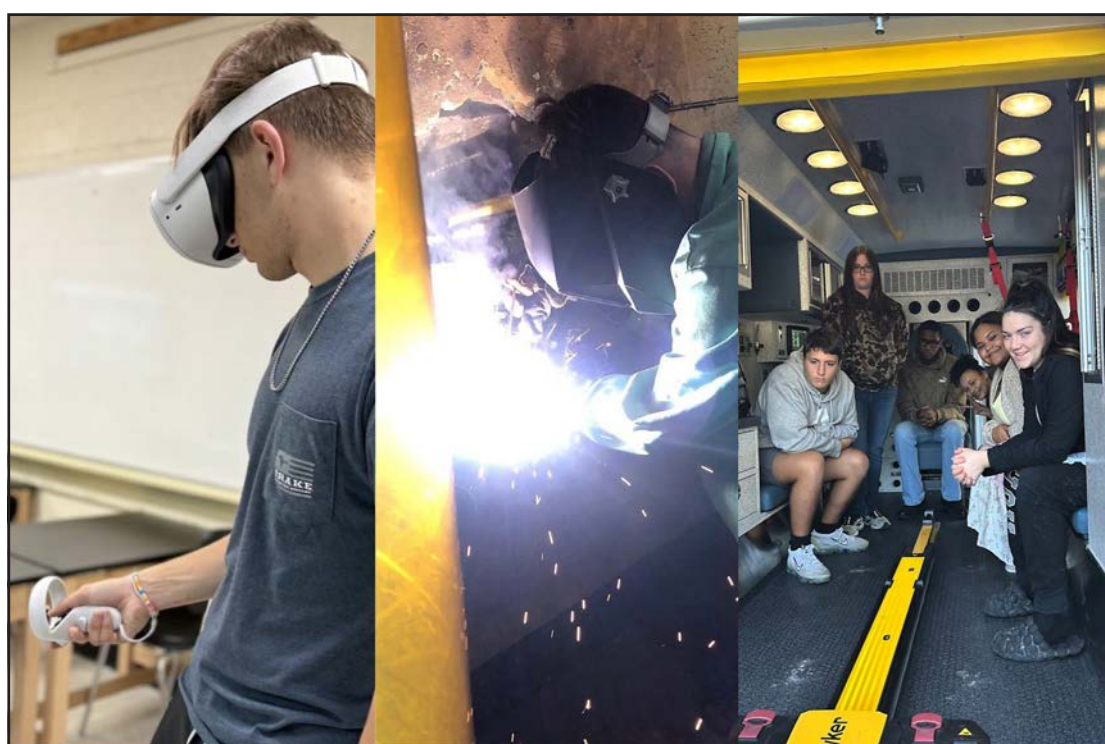
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OUR SCHOOLS

Find Your Fit, Build Your Future – CTE



From exploring virtual reality, to welding, to familiarizing themselves with an ambulance, CTE students gain valuable exposure to many varied fields of employment.

Last week we introduced you to the North Carolina Department of Public Instruction's February initiative, “Find Your Fit, Build Your Future.” This initiative by the DPI has themed weeks throughout the month of February, with last week centering on being future ready. We highlighted Early College and Advanced Placement (AP) courses available at Pamlico County High School and the partnership that exists between PCHS and Pamlico Community College. This week the theme of the initiative is “Celebrating Career and Technical Education (CTE).” While many students make the choice to continue their education after high school graduation, there are many others that are ready to enter the workforce right away. North Carolina's public schools support both by offering a variety of career focused programs aligned with workforce needs. This comes in the form of Career and Technical Education (CTE) programs. CTE type courses have been around for a long time, but it is safe to say that these aren't your father's or grandfather's “shop” classes. Today's CTE are very geared toward technology and how a student can use it in the workforce. The other huge change in current CTE programs is the opportunity for students to gain industry credentials and certifications while still in high school. “Our students have an awesome opportunity to

obtain cutting edge industry credentials for free through their High School CTE classes,” says Shawn Carawan, Director of Career and Technical Education for Pamlico County Schools. “Credentials transform classroom learning into employable skills, give students a competitive edge, and ensure high school is not just preparation for life but a powerful starting point. So far this school year students have obtained 375 credentials.” The certifications available are varied, from getting a welding certification in the Agriculture Education Program, an NC Emergency Management Certification in the Health Science Education program, to Unmanned Aircraft Systems (Drone) Credentials in the Trade and Industrial Education Program. There are also three courses on Adobe Visual Design with four different Adobe Certified Professional Credentials available. These certifications give students a head start toward not just employment, but a career, whether it is directly into a job, or into further, more advanced courses in their chosen field. Another thing these CTE courses give students is exposure to many careers and jobs they may not even have known existed. Pamlico County High School is very proud of their CTE program and the students involved in it. Producing workers for tomorrow's jobs today.

7 benefits of cheerleading

Cheerleading captivates millions of participants. Statista Research says roughly 3.8 million Americans age six and older participated in cheerleading in 2023, which was up from 3.5 million a year earlier. According to Cheer Canada, the nation's governing body of cheerleading, the sport has more than 400 schools and clubs and roughly 25,000 participants across the country.

While competitions and supporting school teams are the main objectives of cheerleading, there are many additional benefits of being involved in the sport.

1. Teaches sportsmanship: Cheer helps to teach athletes how to accept defeat gracefully, be proud of success and maintain respect for fellow competitors or teams no matter a game's final outcome.
2. Encourages teamwork: Cheerleading is a team sport that takes into consideration participants' strengths to achieve the best outcome for the team. Squads that are inclusive of all skill levels and athletes have the best environment for success.
3. Promotes physical fitness: Cheerleading is hard work that pushes the body through cardiovascular exercises as part of high-energy routines. Choreography can include dance, tumbling, jumps, and other stunts that necessitate stamina and strength.

4. Fosters discipline: Practices, showing up on the sidelines for football games and other sports and competing against other cheer squads all are part of the cheerleading experience. Cheerleaders need to prepare and focus to be at the best of their abilities, and that preparation fosters a sense of discipline.

5. Helps to build confidence: As participants make new friends and develop their skills, their confidence levels grow. Performing in front of an audience helps cheerleaders adapt to being in the public eye, which also boosts their confidence.

6. Improves self-awareness: Cheerleaders need to be aware of their movements both individually and as part of the squad. This involves being in tune with what their bodies are doing in the air and on the floor in relation to others.

7. Connects participants with their community: Not only are cheerleaders part of the team, they often act as ambassadors for schools and programs. This may take them to various events where they get to mingle with the community and spread good cheer.

Cheerleading benefits participants in a number of significant ways.

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Possible placement offices include the following:

- NC Department of Environmental Quality, State Energy Office (SEO)
- NC Biotechnology Center
- NC Department of Transportation, Chief Operating Office (NCDOT)
- NC Department of Commerce, Office of Science, Technology & Innovation

(OSTI) Albemarle-Pamlico National Estuary Partnership (APNEP) NC Rural Center

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