

MARCH IS  
**BRAIN INJURY  
AWARENESS  
MONTH**

Signs of  
minor brain  
injuries

Health & Wellness P-5

**Lady 'Canes Pick Up First Win of Season**

SPORTS on Page 6

Vol. 58 No.12, 12 Pages

# The Pamlico News

Wednesday, March 18, 2026

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## Consider these community college benefits

College is the next natural step for many students after they finish high school. The process of finding a school begins in junior year of high school, and students and their parents may visit many different colleges and universities throughout the next year. Even though the bulk of the focus might be on four-year schools, students who may not yet have everything all figured out should not overlook the many benefits of community colleges.

The United States Department of State's Education USA says community colleges offer two-year programs that lead to the Associate of Arts (AA) or Associate of Science (AS) degree. Some community colleges also have vocational programs. Community colleges are a viable option for students interested in continuing their education. Undergraduate students studying at community colleges can earn academic credit that will eventually go toward a bachelor's degree should they choose to continue schooling. The following are some of the benefits of community college.

- Flexible admissions process: Community colleges do not have the same time restrictions and other requirements as schools offering four-year degrees. Interested parties may be able to register for classes at any time and not have to worry about being accepted or not.

- Part-time scheduling: Community colleges often offer part-time academic coursework, which means students do not have to take a set number of credits each semester to remain enrolled. This allows students to attend college classes according to their own schedules and work at their own pace.

- More affordable tuition: Lower tuition is one of the major draws to community colleges. The career planning resource Indeed says that many community colleges further discount their offerings to in-state students. This helps make post-secondary education much more affordable, particularly for those who are not sure about what they want to study.

- Relationships with four-year schools: A number of community colleges have partnerships with sister schools to facilitate the transfer of associate degree credits for a student working toward a four-year degree. Education USA says in this "2+2" process, a student can earn a bachelor's degree with two years of community college, followed by two years of university study. Some community colleges also serve as satellite locations for other schools, meaning one can take classes for a four-year school right on the community college campus if the location is more convenient.

- Smaller class sizes: Many community colleges have smaller class sizes that make it easier for students to adjust to the pace of college life.

- Proximity to home: As the name implies, community college is a school that serves a particular community. That means it is likely close to home for the majority of students. Students who may not be willing or able to go away to school may appreciate the convenience and proximity of a community college.

Community college is an option that students may want to explore as they pursue post-secondary education.

## Representative Davis Meets with Oriental Town Officials

by: Hiram Lupton



Representative Davis meets with members of the Oriental Town Board.

Starting with the 2026 election, Pamlico County will be in North Carolina's 1st U. S. Congressional District. That district is represented by Don Davis who also happens to be seeking reelection. Representative Davis took some time to visit the Town of Oriental last Wednesday and meet with town officials and interested residents, with a primary topic being the town's ongoing flooding issue along Hodges Street. The situation is often referred to as "Sunny Day" flooding, and can occur anytime there is a strong, prevailing northeast wind pushing water up the tributaries of the Pamlico Sound. Hodges Street, which runs by the Harbor and Town Docks and is a main area for events in the town such as the annual boat show, is particularly vulnerable to flooding on these occasions. This can and does have a negative impact on businesses along the street as well as traffic in town. Town Manager Diane Miller gave a presentation to Davis which highlighted the fact that the town has obtained grant money to study and suggest solutions to the problem, but not to actually implement any plan of action. While drainage is an issue, the primary cause of the problem is elevation, or more specifically the lack of it along the street. Most of the proposals call for the raising of the road at its lowest areas and the rebuilding of the seawall protecting it. The problem is getting a grant for funding of the plan. As Miller pointed out in her presentation, the town wants something they can sustain and maintain. Representative Davis, who is a former Mayor of Snow Hill, expressed that he was no stranger to the financial issues that can burden a small town. Of course, no promises were made, but Davis did say he would keep in touch with the town on the issue, and help out in any way he could to find solutions to this problem. "The only way to



Davis and Mayor Sally Belangia agreed to stay in touch on issues affecting the Town.



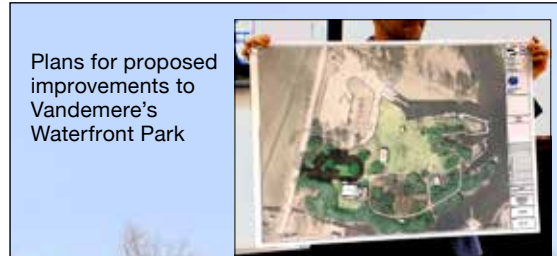
Town Manager Diane Miller and Representative Don Davis represent is to get out and engage with the people of my district," said Davis. "I'm learning a lot, particularly about the new counties that have been added to my district."

## Vandemere Explores Possible Community Center

by: Hiram Lupton

The Town of Vandemere held an information and public input meeting last Monday evening at Town Hall on the prospect of adding a Community Center to the Town's Waterfront Park. Vandemere obtained a Rural Community Grant to study the possibility, and the two-fold results of the study were unveiled to about 15 interested residents in the presentation. First up was Mr. Andrew Harrell of The East Group, who discussed proposed improvements to the park itself by first identifying its strengths and constraints. Much of this part of the plan centered on the addition of ADA compliant walkways, landscaping ideas, and improved utilization of existing structures and open spaces. In the second portion of the presentation, Mr. Bradley Williams of BW Architecture joined remotely to show the company's ideas for turning an existing structure on the property referred to as the Morton Building into a community and events center that could seat roughly 160 people. The plan involves renovating and repurposing the building which currently houses maintenance equipment for the town. It would enclose the open garages, add porches and thoroughly redesign the interior. When complete it would be a destination location capable of hosting weddings, reunions, meetings and civic events. One thing not included in the study was the estimated cost of such a project.

The attendees seemed generally impressed with the possibility, as long as any such project doesn't diminish the main aspect of the park, its waterfront and water views. None of the proposed changes would involve modifications of the boat ramp and associated parking for it. That area is controlled by the N.C. Wildlife. The project also takes into consideration the planned future construction of a living shoreline along a portion of the water bordering the property.



Existing building to be repurposed as a community center

CYCLE NORTH CAROLINA  
**COASTAL RIDE**  
ORIENTAL, NC  
APRIL 24-26, 2026

## Cycle NC Is Returning to Oriental — Host Homes Needed!

We're proud to once again partner with Cycle NC as a fundraiser that supports Hope Clinic's mission of whole-person care. We are seeking host homes close to downtown Oriental to welcome visiting cyclists.

April 24-26, 2026

(Most riders need lodging for the evenings of April 23-25)

Hosts open their private homes. Riders make a suggested \$100/night donation per room (up to 2 people) that directly supports Hope Clinic services. Hosts provide a clean room, bathroom access, sheets, and towels. No specialty items, food, or beverages are expected. Riders will be matched up with their host homes in the upcoming weeks.

This is a simple, meaningful way to support Hope Clinic, our neighbors, and the welcoming spirit that makes Oriental special! Interested in hosting? Please complete the Host Home Program form at the link below:

<https://forms.gle/Li483h2TnS3TpXxj9>



## INN at Pamlico Clears Ground

by: Hiram Lupton

The INN at Pamlico took another step forward by clearing the proposed building site, located on the corner of NC Hwy 55 and Third Street in Bayboro. This is an important step in the project to construct a transitional facility to help formerly incarcerated women reenter society through housing, resources, and employment. Small steps add up to big leaps.

**Career and Resource Fair**  
Pamlico County Library's Pathway to Success

Wednesday, April 22nd  
10 AM - 2 PM

Pamlico County Library  
13896 Highway 55  
Alliance, NC 28509

**WE ARE HIRING**

Science Experiments • Legos • Food Truck • Art Projects  
**Curiosity in Motion:**  
**FAMILY STEAM NIGHT**  
Science • Technology • Engineering • Art • Math

April 23<sup>rd</sup> 4pm-6pm  
Pamlico County Library  
13896 Highway 55  
Alliance, NC

NC SCIFEST  
AQUARIUM ON SITE

### LIKELY WEATHER OVER THE WEEKEND

Saturday, March 21st **73 °Hi** Partly sunny and warm

Sunday, March 22nd **83°Hi** Partly cloudy and warm



8 04879 31206

**TURNAGE**  
Construction & Trucking Co. Inc.  
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# Pamlico Community College

**Thank you sponsors, volunteers, and everyone who made the 14th Annual Great Oyster Roast & Chili Cookoff a tremendous SUCCESS!**

**Pearl Sponsors**

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 The Bean  
 Harbourside Garden Co.  
 The Beacon  
 PCC Cosmetology and Esthetics  
 Pamlico Gifts

Save the date for the 15th Annual Great Oyster Roast and Chili Cookoff on the Pamlico Community College campus – Saturday, Feb. 27, 2027, from 3 to 5 p.m.



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



**Agent of the Week**

**Susan Adams**

Broker/Veteran

*Here's what one of Susan's customers had to say...*

I just wanted to give realtor Susan Adams the recognition she deserves for representing my brother and me during the sale of our late mother's home. Susan was incredibly attentive and helpful during the entire process. She was patient and optimistic, even when I wasn't! She was extremely knowledgeable of local real estate trends and because of this, was able to get the house closed at full price within just a few months of listing. The house wasn't in the best of shape and I really thought we'd be carrying it through the winter. I've bought and sold real estate before and I would 100% sign with Susan again. I've never had a realtor go above and beyond the way she did for us and it's hard to put into words how much I truly appreciate it.  
 Elizabeth, Oriental



**NEW BERN** – Fairwinds 2BR/2BA Condo in Fairfield Harbor. Open floor plan, screened deck and open deck, roof replaced last year. Community boat dock, pool, golf course, and restaurant.  
**OFFERED AT \$209,000**



**ARAPAHOE** – Prime Commercial Opportunity, 12,000 sf on 1.43 acres near Arlington Place, Minnesott Beach and the Arapahoe Charter School. Not in a flood zone. Expansive paved parking, large loading bay door on side.  
**OFFERED AT \$249,500**



**ORIENTAL** – 2BR/2BA on 0.72 acres 2 miles outside of town surrounded by farm fields and mature pecan, hardwood, and pine trees. Beautifully renovated coastal cottage offers peaceful country living. Recent renovations include a new kitchen with updated appliances, new flooring, updated bathrooms, new HVAC system.  
**OFFERED AT \$295,000**



**ORIENTAL** – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos. B-7 is a 2BR/2BA unit w/ a 40' x 16' boat slip w/5' controlling water depth.  
**OFFERED AT \$339,000**



**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**



**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**

## did you know?

The Centers for Disease Control and Prevention has estimated that millions of Americans experience traumatic brain injuries each year. In addition, each year around 1.5 million registered hospital admissions are related to traumatic brain injury in European countries. Studies indicate 69 million cases of traumatic brain injury are reported worldwide each year. Recovery from a traumatic brain injury can be lengthy. However, each incident is different and recovery rates and levels of disability after injury vary. A person with traumatic brain injury may need specialized medical attention and therapy. Recovery rates are higher in cases of mild to moderate traumatic injury. TBI further reports recovery statistics in moderate cases are approximately 60 percent, and about 25 percent are left with some disability. Mild injury cases often have good prognoses, but persistent neuropsychological deficits. Severe cases have the worst prognosis, with only around 25 to 30 percent resulting in positive outcomes.

## Small Businesses! Nonprofits! Entrepreneurs!

# Build, Grow, and Thrive: Free Workshops

Google Workspaces Tutorial for Small Business & Nonprofits



**APRIL 15<sup>TH</sup>**  
**9-11AM**  
 PAMLICO COUNTY LIBRARY

AI for Small Business Operations



**APRIL 16<sup>TH</sup>**  
**1-2PM**  
 PAMLICO CC MAIN CAMPUS

AI for Marketing



**APRIL 16<sup>TH</sup>**  
**2-3 PM**  
 PAMLICO CC MAIN CAMPUS

AI for Grant Writing



**APRIL 16<sup>TH</sup>**  
**3-4 PM**  
 PAMLICO CC MAIN CAMPUS

Farm-Starter and Agribusiness Workshop



**APRIL 25<sup>H</sup>**  
**10AM -2PM**  
 PAMLICO SMALL BUS. CENTER



**REGISTER AT  
 WWW.PAMLICOSBC.COM**

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

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



# THIS WEEK IN HISTORY

by: Hiram Lupton

- March 18th – Today is National Small Business Development Center Day.
- March 19th – Today is National Ag Day. Celebrate Agriculture.
- March 20th – Spring begins today at 10:46 AM
- March 21st – Today is National Countdown Day. 3...2...1...
- March 22nd – Today is National Goof Off Day.
- March 23rd – Today is National Chip and Dip Day.
- March 24th – Today is National Cheesesteak Day. Try Aggies.

### BIRTHDAYS THIS WEEK

- March 18th – 1941, Singer Wilson Pickett
- March 19th – 1936, Actress Ursula Andress
- March 19th – 1955, Actor Walter Willis (Bruce Willis)
- March 20th – 1957, Movie director Shelton Jackson Lee (Spike Lee)
- March 22nd – 1919, Actor Werner Klemperner
- March 22nd – 1931, Actor William Shatner
- March 22nd – 1976, Actress Laura Jean Witherspoon (Reese Witherspoon)
- March 24th – 1930, Actor Terrence Stephen McQueen (Steve McQueen)



# ROSARY AT WATERFRONT

Our group of prayer warriors will once again, be gathering across from The Bean in Oriental to pray the rosary. This month we pray in support of traditional marriage.

We will be there on Saturday, March 21st at noon. Anyone is invited to join us as we pray to Our Lady for this intention.

Claudia McLean, Rosary Captain  
*America needs Fatima*

# Boat Show Volunteers Needed

The Oriental Rotary Club is having their annual Boat Show April 10-12. We are in need of volunteers! It does take a Village to help us put on this show! Anyone that would like to volunteer a few hours working the gates, or driving a golf cart as a free taxi service please call or email Sally Belangia at 252-671-9288 or sallytruitt-belangia@gmail.com .

We love people who own their own golf carts and will be taxi drivers on your own time. Need others to volunteer their golf carts so we can get people to volunteer to drive one if you do not want to taxi your own. Thank you for your support!

# PCFLO Food of the Month: Instant Mashed Potato Mix

PCFLO is selecting a Food of the Month for each month during 2026, and our selection for March is instant mashed potato mix. Help provide PCFLO clients with nutritious staples by bringing instant potato mix (preferably in envelopes) to your church during any Sunday this month. You can also bring your donations to the PCFLO collection box at the Food Pantry at 108 Straight Road in Oriental.

Looking ahead to April, the Food of the Month will be tuna. Thanks for your support!!

# 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

**Publisher**  
Sandy Winfrey  
**Office Manager**  
Katherine Winfrey  
Jeannine Russo  
**Editor**  
Sandy Winfrey  
**Photographer Reporter**  
Hiram Lupton  
**Advertising Sales**  
Jeannine Russo  
**Production**  
J.P. Miller  
**Distribution**  
Neal McCraw

**Press Releases, Events, News**  
editor@thepamliconews.com  
**Photographer Reporter**  
hiram@thepamliconews.com  
**Advertising**  
frontdesk@thepamliconews.com  
**Billing Inquiries**  
frontdesk@thepamliconews.com  
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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

## AROUND THE COUNTY

### Pamlico Betty Jo Rodgers, Correspondent



Spring is just around the corner. St. Patrick's Day was March 17th. I hope you celebrated the wearing of the green. The first full day of Spring is March 21, 2026. The weather has definitely been unpredictable. A week ago, it was summer-like and then this past week we have had devastating tornadoes and thunderstorms in Pamlico County. Florence and Whortonsville were both hit by a tornado. At least there were no fatalities. Tidewater Electric linemen are to be commended for their quick response in getting everyone back online as soon as possible. I know it was difficult with four light poles down on Florence Road.

Bayboro Baptist Church continues hosting the weekly Lenten services. The short ecumenical service on Wednesdays during Lent at noon, are followed by a fellowship meal. I understand this week it will be Flo's famous clam chowder.

Here is the schedule for March and April:

**March 18 Reverend John Farmer, Alliance UMC & Bayboro UMC Pastor**

**March 25 Reverend Scott Fitzgerald, Bayboro Baptist Church Pastor**

**April 1 Evangelist Carnell J. Barrow, West Branch Missionary Baptist Church**

Stonewall Methodist Church Easter Cantata, One Day, will be presented on Palm Sunday at 6:00 pm. Be sure to mark your calendar for March 29, 2026. Fellowship following the performance.

"Written in Red", Love's Greatest Story is a drama depicting the life, death, burial, and resurrection of Jesus Christ. It will be presented at Reelsboro Methodist Church and there is no admission charge. It begins at 7:00 pm on March 27 and March 30 - April 2, 2026. On March 28 and March 29, it will begin at 5:00 pm.

Easter is April 5, 2026. Stonewall Methodist Church will have their Easter Sunrise service in the Stonewall Campground at 6:30 am followed by breakfast in the fellowship hall. They will not have Sunday school so their worship service will begin at 10:30 am on Easter.

Pamlico Methodist Church will have a Sunrise service, and all the churches in the Arapahoe area will celebrate Easter sunrise at Camp Don Lee.

Celebrating birthdays in March are Frank Bacon & Patrick Phillips (3/21), Heath Fulcher (3/24), Emma Machle & Joanna Harrell (3/27), Asa Gatlin (3/28), Debbie Willis Fulcher (3/30), and Santa Klotz (3/31).

Have a blessed week. Grateful? Take Spiritual Vitamin G. "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again." (Luke 6:38)

# LETTER TO THE EDITOR

Dear Senator Sanderson,

The, seemingly annual, revisitation of the ferry toll question, by the North Carolina Senate, has been a volatile issue in Eastern North Carolina since the initial attempt to enact new tolls in the Budget Bill of 2011. I am Lawrence (Larry) Summers and live in Pamlico County. As a military retiree I am also one of approximately, 900 people who live in Pamlico County, that work at or receive services from the Marine Corps Air Station (MCAS) at Cherry Point. The Minnesott Beach-Cherry Branch Ferry, is the lifeline to those services. It also provides the quickest access to the Veterans Administration (VA) Clinics in Morehead City, the City of Havelock and on the MCAS Base. Many veterans and military retirees from Pamlico County receive medical care from these clinics. As a volunteer driver for the VA, I also take VA patients to medical appointments using the Ferry.

The Minnesott Beach-Cherry Branch and Aurora-Bayview Ferries were put in place in the 1960s and 1970s, respectively, as part of an economic infrastructure effort to connect the economies of Beaufort, Pamlico and Craven counties. That need has not lessened in the intervening years. The NC Senates, renewed attempts to penalize us for using our "Highway 306" to reach better paying jobs and our support services across the Neuse River, shows insensitivity to the needs of civilian workers, active-duty military, dependents and those other veterans and families who use those services. If you don't want a ferry build us a bridge. As you well know, the Minnesott Beach-Cherry Point takes large numbers of military and civilian workers to jobs at Cherry Point. Between the active-duty units on the base and the Fleet Readiness Center East, it is the largest single employer East of the I-95 Corridor.

This economic and military support issue is only one part of the equation. The other part is cost of collecting tolls and the increases in the bureaucracy for this toll collection. That part is regressive and will inhibit bringing more money into the State of North Carolina. In our fight against the tolls in 2012 and 2013 we showed how the, short and long term, employee expenses (such as medical care and pensions) would actually cost more than the tolls would bring in.

For the sake of many of your constituents, please do not support the current attempt to add new tolls.

Larry Summers

# Horoscopes



### ARIES – Mar 21/Apr 20

Sometime this week you may discover a hidden talent you didn't know you have, Aries. Embrace this new aspect of your identity and put it to good use.



### TAURUS – Apr 21/May 21

This is a time when you might feel grounded and secure, Taurus. Your inner strength will allow you to take a calculated risk that will pay off, either with your finances or relationships.



### GEMINI – May 22/June 21

You might find that this week a mental fog will lift, leaving you with a crystal-clear vision for the future, Gemini. Start moving toward your goals as soon as possible.



### CANCER – Jun 22/Jul 22

Your emotional intelligence is your greatest asset right now, Cancer. You help a friend navigate a tricky situation with ease midweek, and by the week-end you're still going strong.



### LEO – Jul 23/Aug 23

Right now your confidence is unshakable, Leo. Use all of your energy to advocate for something you fully believe in. Chances are you will evoke some change as a result.



### VIRGO – Aug 24/Sept 22

Virgo, order brings you joy, which means you may want to tackle transforming your work space into a more detailed operation. This will boost your mood and your performance.



### LIBRA – Sept 23/Oct 23

Romance is a priority right now, Libra. Whether you are single or in a relationship, expect a moment this week when the spark is ignited once more.



### SCORPIO – Oct 24/Nov 22

A small change in your routine may lead to a big increase in energy, Scorpio. Try rearranging your schedule to see what works best for you, and then make it a habit.



### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, a dream you had is more attainable than you might think. Take the first step and quickly the path will open up for you. Enlist friends to push you even further along.



### CAPRICORN – Dec 22/Jan 20

Leadership comes naturally to you now, Capricorn. People will be looking to you for guidance this week. Try to deliver it with kindness and no sense of ego.



### AQUARIUS – Jan 21/Feb 18

Your "Eureka!" moment might come sooner than you would imagine, Aquarius. Pay attention to the details this week and tune your way of thinking toward innovation.



### PISCES – Feb 19/Mar 20

Nature walks or creative hobbies may nourish your soul this week, Pisces. You might find yourself deeply attuned to the world around you and the beauty you discover.

## PISCES Traits & Overview

Smart, creative, and deeply intuitive, Pisces can be close to psychic. Pisces feel things deeply, and have incredibly strong gut reactions. A Pisces "knows" things from deep within, and can often judge whether a person or situation is good or bad. That doesn't mean a Pisces ignores the logical part of their brain, though. Deeply intelligent, Pisces have a profound respect for the power of the human mind. Is it a surprise that Albert Einstein was a Pisces? Pisces signs are sensitive, and get along well in small groups of people. Sometimes, a Pisces may feel like they have an internal and external self, and they may need to spend a lot of time solo to recalibrate those two halves of themselves. A Pisces is rarely lonely when they are by themselves, and have an active imagination. Creative, Pisces love spending time reading, exploring or creating art or music, and understanding their emotions through art. Those with the Pisces sign may seem quiet but they are incredibly strong and have a very strong sense of right and wrong. Their moral compass, along with their gut, guides them well. When a Pisces speaks up, people listen. Pisces tend to take in everything around them, and they are great people to ask for advice on pretty much anything. While Pisces has strong convictions about the best way for them to live, they have a "live and let live" approach when it comes to others, and are accepting and nonjudgmental of all.

FOR ENTERTAINMENT PURPOSES ONLY

# FINANCIAL FOCUS

## Ease the squeeze on your retirement income plan



Dan M. Roberts

Rising prices may not dominate headlines the way they did a year or two ago, but if you're retired, you're probably still feeling them. Even when overall inflation cools, the costliest expenses — like health care, utilities, insurance and property taxes — tend to rise faster than broad inflation numbers suggest. That creates a squeeze that can make you question whether your income plan is built to last.

Fortunately, you often can adjust without drastic cuts that affect your lifestyle. Start by understanding where the pressure comes from and how to build more flexibility into your plan.

**Inflation hits retirees differently.** You've likely noticed your grocery bill, prescription drug costs and heating expenses haven't returned to "normal." Even small increases compound over time and can chip away at your buying power.

If your income plan was created years ago, it may assume lower inflation or relatively stable price increases over time. Recent years have shown that's not always the case.

**Why some income plans feel strained.** Any plan relying on fixed withdrawals or rigid budgets can feel tight when living costs rise. If you're drawing from investments, you may hesitate to increase your withdrawals because of market volatility. And if you depend on fixed income sources like Social Security or a pension, yearly cost-of-living increases may not keep pace with your expenses. You might live 25 to 35 years in retirement, giving small annual cost increases decades to add up.

**What you can do without sacrificing stability.** A few adjustments can help you stay ahead of rising costs and maintain your financial confidence.

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

First, review your withdrawal strategy. Ask your financial advisor about flexible approaches that increase income when markets and portfolios perform well and pull back during tougher times. This protects your long-term plan with room to respond to rising prices.

Next, rebalance your portfolio. You may uncover opportunities to shift toward investments with more consistent income or better tax efficiency. Sometimes a small tweak can generate extra cash flow without increasing overall risk.

Finally, look at your income sources. You may be less affected by rising costs if you delay taking Social Security, work a part-time job, add inflation-protected bonds or create predictable lifetime income with annuities, if they're appropriate for your situation.

**Don't overlook health care:** Health care costs often grow faster than general inflation. Medicare premiums and out-of-pocket expenses can rise annually, and the need for long-term care remains a big financial uncertainty for retirees. Building health care-specific inflation into your plan now can help prevent surprises later. Any savings you have in a health savings account can help you cover health care costs. And many pharmaceutical companies offer financial assistance programs to help pay for costlier medications.

**Stay flexible and informed:** Today's retirements look different from those of even a decade ago. The key is staying flexible, reviewing your plan regularly and making small adjustments before pressure builds. A financial advisor can help you find the right approach to navigating rising costs without disrupting the life you've worked hard to build.

## NC COOPERATIVE EXTENSION Pamlico County

# Spring Has Sprung & So Has My Lawn

Daniel Simpson, County Extension Director, Agriculture Agent



The spring thaw has begun in earnest, leading to an explosion in lawn weeds and a quick green-up in lawn grasses. The long-range climate forecast favors an above average warming trend but we still have a few weeks of cool weather ahead. With such drastically changing weather, early spring lawn care can become tricky. Let us discuss some simple steps to help manage this situation.

Our first issue is winter weed control. Given our early warm temperatures, many of our winter annual broadleaf weeds have grown very noticeable. Annual weeds such as Chickweed (*Stellaria media*), Hopclover (*Trifolium campestre*), and Henbit (*Lamium amplexicaule*) germinate in the fall, grow slowly during the winter and explode in growth in the spring. Warm temperatures will eventually bring their death as they flower and set seed. Other perennial cool season weeds like White Clover (*Trifolium repens*) may persist all year long, but are most noticeable in the spring. Control of broadleaf weeds is best accomplished in late fall or early winter when plants are still small, with herbicide applications containing a combination of broadleaf weed killers (i.e. Speed Zone Southern, Ortho Weed Clear & Weed B-Gon). If we wait until early April, many of these plants will be setting seed, and are far less responsive to herbicide. We must also consider that our turfgrass is just beginning to come out of winter dormancy; a period called spring green-up. Many of the available broadleaf herbicides that can be used in warm season turf (Bermuda, Zoysia, St. Augustine, Centipede) warn against applications until several weeks after spring green up or after several mowings. Centipedegrass, which is the predominate grass type in Pamlico County, is especially sensitive to herbicide products containing the active ingredient 2,4-D. As 2,4-D is common among our broadleaf weed killers, homeowners should follow herbicide labels carefully.



Weed & Feed Products contain both fertilizer and weed control herbicides. These products work best on small weeds and require moisture to be present on foliage to help activate the herbicide. Ideally, splitting these applications (weed control & fertilization) is more effective, but these products provide greater convenience. For spring applications of Weed & Feed, follow the label directions carefully and prioritize the weed control aspect of these products. For recommendations on weed control, visit the NC State Extension Turf website at <https://www.turffiles.ncsu.edu/> and explore the weeds tab. Within this site, you can select from numerous weeds found in North Carolina and find recommended control options.

A second issue involves fertilization. Warm season grasses do not begin active growth until soil temperatures rise in the spring. Early warm temperatures have accelerated green-up this year, but I urge caution before rushing to fertilize your lawn. Fertilization of Zoysia, Bermuda, and St. Augustine should probably be delayed until around April 15 when chances of frost are remote. Fertilization of centipedegrass should probably be delayed until May when this turf has been actively growing for several weeks. Centipedegrass is a low maintenance grass, requiring few inputs. A single application of nitrogen applied in May at approximately 0.5 pound of nitrogen per 1000 square feet is usually all that is required. On sandy soils, an additional 0.5 pound of nitrogen can be applied in July or August. High soil phosphorus levels are detrimental to centipedegrass, so it is best to only apply phos-



phorus if a soil test requires it. Potassium can be applied along with nitrogen and generally is beneficial to most soils in Pamlico County. When choosing fertilizer, remember that the three numbers (N-P-K, 8-0-24) you see on the bag represent Nitrogen, Phosphorus, and Potassium. For centipedegrass, choose products that contain zero phosphorus unless you have a soil test that indicates a deficiency. To learn more about fertilization and general maintenance of turfgrass, you should visit the NC State Extension Turf website at <https://www.turffiles.ncsu.edu/> and review the lawn maintenance calendars available for each turf type.



Lastly, be on the lookout for pest (insects & diseases) related issues. As lawns green up, you may notice areas of circular brown dead grass that died because of large patch disease (*Rhizoctonia solani*). Many of these areas will slowly recover over the summer, so be patient. Spot applications of fungicide applied during spring green up may help with the prevention of additional disease development while temperatures are still cool, but Large Patch is best controlled on a preventative basis with targeted fungicides applications in the fall when soil temperatures begin to drop below 70 degrees Fahrenheit. For more information on Large Patch, visit the NC State Extension Turf note at <https://www.turffiles.ncsu.edu/diseases-in-turf/large-patch-in-turf/>.

Another pest of concern that we should be on the lookout for is mole crickets. Mole crickets tunnel through turf pushing up roots and generally create an unthrifty turf. Mole crickets can cause severe damage, especially in areas with sandy or loamy soils. Insecticide applications applied in early spring may help reduce the numbers of adult insects before they have a chance to lay eggs. Otherwise, June is the best time for control when insects are small and more susceptible to insecticide. To learn more about mole cricket control visit the NC State Extension Turf note at <https://www.turffiles.ncsu.edu/insects/mole-cricket-in-turf/>.

If you have additional questions or concerns for your turf, please visit our office or contact Daniel Simpson at 252-745-4121 or [Daniel\\_simpson@ncsu.edu](mailto:Daniel_simpson@ncsu.edu).

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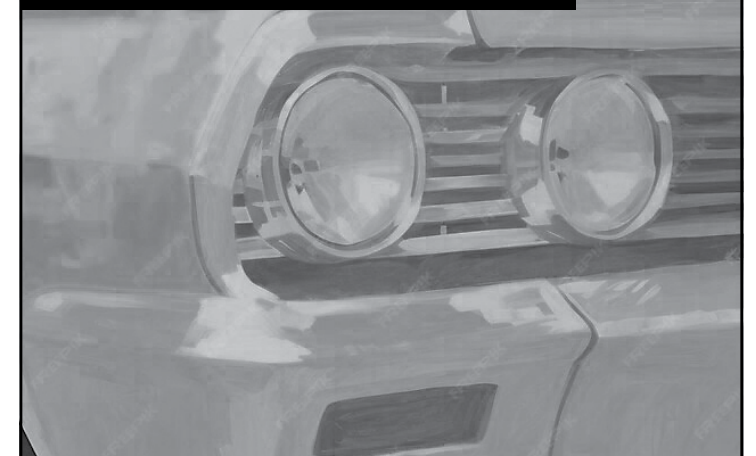
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## FUNCTIONAL HEADLIGHTS



Fully functional headlights are an important safety feature on cars and trucks. While halogen bulbs were common in the past, modern vehicles now largely utilize high intensity discharge (HID) bulbs or light-emitting diodes (LEDs). HID bulbs work similarly to fluorescent bulbs by passing an electric current through an inert gas in a glass cylinder. LEDs are semiconductors that emit light when powered by an electric current. LEDs and HID bulbs are now used because they are efficient and last longer. These headlights quickly replaced halogen bulbs as the industry standard, but many drivers have lamented that they are increasingly feeling blinded by headlight glare. In March 2020, the Ford Motor Company recalled several F-150s because their headlights were too bright. According to Donut Media, an American automotive content brand, the typical halogen bulb puts out 1,300 lumens of light and the average LED emits 1,600 lumens. But HID bulbs can emit up to 3,000 lumens. Popular Science magazine also says HID and LED headlights are a different color temperature than halogens. These newer lights put out whiter and bluer light. Human eyes are very sensitive to blue light, so these blue-white bulbs automatically seem brighter even when they're not emitting more lumens, according to PowerBulbs reports. Headlights also are supposed to be positioned correctly at a certain angle to reduce blinding glare. People who replace their own bulbs may not be doing so correctly.



SPORTS

# PCA Softball Mariners Begin Season

by: Hiram Lupton

The Pamlico Christian Academy Lady Mariners hit the field for their first softball game of the season last Tuesday and took on the Eagles of Bethel Assembly Christian Academy. The Mariners found themselves behind 7-0 in the second inning, but they continued to fight, scoring a pair of runs in their half of the second. That however would be it for the offense as the Eagles soared away with a win, 12-2. Allee Jones led the Mariners with a pair of hits.



Kaley Tyles slides safely into second



Jenna Buck makes contact

# Hurricanes Come Up Short in State Championship

by: Hiram Lupton



Prior to the game, Cherokee's Yvonne Saunooke and Pamlico's Allie Daniels were awarded NCHSAA Sportsmanship awards.



Sidney Whitley-Reese (#2) scores inside for Pamlico. Whitley-Reese was awarded Pamlico's Most Outstanding Player Award for the game.

The Pamlico County Hurricanes knew they had a big mountain to climb going into last Thursday's 2A Women's State Championship game at Lawrence Joel Veterans Memorial Coliseum in Winston-Salem. They would be facing a Cherokee team that had won two straight State Championships and had rampaged through their regular season with only a single loss. Still, the Hurricanes don't back down from a challenge and the Eastern Regional Champs definitely deserved to be in the finals. None of Pamlico's current players had been this far before, with the Hurricanes last appearance in State Championship coming in 2019 when they won it all. With that "big stage" inexperience it would be important to get off to a good start. Unfortunately for Pamlico, before you could say the "Battle of Little Bighorn", they found themselves down 10-0. By the end of the first quarter, it was 33-4. Cherokee did it with a relentless defense that smothered Pamlico the entire length of the court and an offense that was scoring inside and raining 3-point shots from the outside. Pamlico had a respectable second quarter, only getting outscored 15-7, but by then the Hurricanes looked shellshocked. The second half saw more of the same, just on a

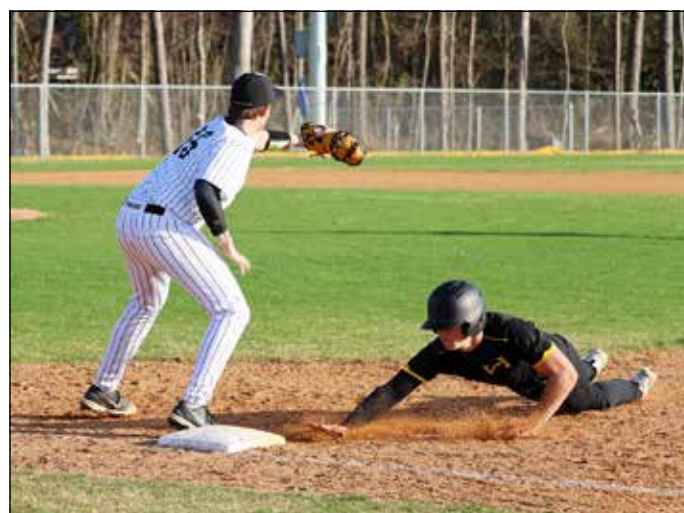
smaller scale as the Warriors outscored Pamlico 14-0 in the third period, erasing any hope for the Hurricane faithful for a closer finish. Final score, Cherokee 76, Pamlico 15. Pamlico's top scorer for the game was Sydney Whitley-Reese who tallied 8 points despite drawing double teams and fouls nearly every time she took the ball inside. No excuses, Pamlico was simply overwhelmed by a Great team that was on a roll. Despite the heartbreaking loss, Pamlico has reason to be proud of their season. At an emotional post-game press conference, Head Coach April Rose said that while of course the season didn't end the way they hoped, she was very proud of her team and all they had accomplished and how much they had grown during the season. Players Julia Bain, Sydney Whitley-Reese, and Nya Clark all expressed love for their teammates and appreciation of the opportunity to be there. Pamlico returned to their rightful spot atop Coastal Plains Conference and up until the finals, had torn through the state tournament capturing the Eastern Regional Championship. With their top six scorers for the season all returning, these Hurricanes will be back and the true Hurricane fans who supported them all season will be back too.

# Hurricane Baseball

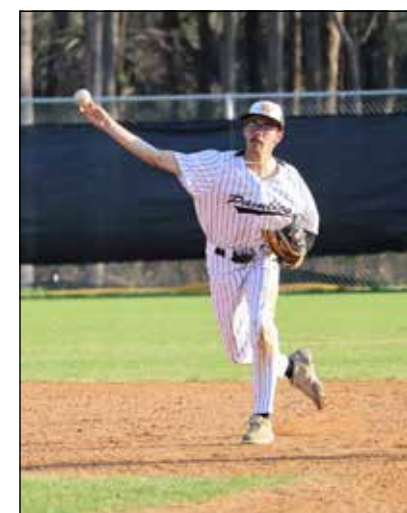
by: Hiram Lupton

The Pamlico County High School baseball squad had a busy week of games and travel last week. On Tuesday they hosted Havelock and the Rams jumped out early on the Hurricanes and were leading 4-0 after the third inning. The Hurricanes were able to pick up a pair of runs in the fourth, aided by walks from Havelock pitching, but it wasn't nearly enough as Pamlico fell, 8-2. That was it for Pamlico until Saturday when they took a nice road trip out to Hatteras to play in the Hatteras Sandlot Classic along with the host school, Cape Hatteras Secondary High School, and Panther Creek High School. Pamlico opened up against the hosts, who are also the Hurricanes, and were able to put 6 runs on the board but it wasn't enough as CHSHS crossed the plate 13 times to take the

win. Pamlico got nine hits from eight different players, and were paced by Brady Caccavaro with a pair of singles. In the afternoon matchup, Pamlico took on the Panther Creek Catamounts from Cary. The Hurricanes jumped out to an early 3-0 lead after the first inning and never looked back, winning 10-5. Freshman Logan Egan had an outstanding game at the plate for Pamlico, going 4 for 4 and driving in 3 runs. Ross McLamb also had a pair of hits including a double and scored 3 times for Pamlico and Cam Daniels also crossed the plate 3 times. In all, Pamlico had 11 hits in the game to go along with 8 walks. This week Pamlico hosts Northside-Pinetown on Tuesday for their first conference action and then will travel to NSP for a rematch on Friday.



First Baseman Addison Alcock receives a pickoff throw.



Shortstop Cam Daniels

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*"My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging."*  
 — Hank Aaron

# PCHS NJROTC Orienteering Team Competes at Nationals

by: Hiram Lupton



A big congratulations goes out to the Pamlico County High School Navy Junior Reserve Officer Training Corps Orienteering Team. They were one of forty-six teams from all over the country to travel to Gainesville, Florida and compete in the Nationals. Orienteering is a sport that combines athletic fitness with map reading skills. Teams navigate an unfamiliar cross-country course traversing rough terrain using a topographic map and compass. In competition against teams from all over the country, Pamlico finished thirteenth. Great job cadets and coaches.

# Pamlico Vistas

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



The Intracoastal Waterway along Goose Creek near Lowland

Photo by: Hiram Lupton

# Lady 'Canes Pick Up First Win of Season

by: Hiram Lupton



Sara Scott beats the throw to third for a stolen base.



Shortstop Alyssia Sinclair flips the ball to Aspen Nunley for an out at second.

The Pamlico County High School softball team played a pair of games last week and were able to earn their first victory of the season. Last Tuesday they hosted Washington and the Hurricanes jumped on the PamPack early, getting a pair of runs in the first inning and adding four more in the second. The key hit in the second was a bases loaded triple by first baseman Payton Force which cleared the bases. She later came home to score the fourth run of the inning for Pamlico. Washington bounced back in third, scoring four runs of their own to tighten things up, making it 6-4. Each team added runs in the final three innings but a late rally by Washington fizzled out earning Pamlico a 9-7 victory, their first of the season. In addition to Force, Melody Armstrong had a good game for Pamlico getting a pair of hits while Avery Cain scored three times for the Lady 'Canes. Washington out hit Pamlico ten to six but couldn't bring those base runners home. On Friday, Pamlico traveled to Onslow County to face off with White Oak and the Pamlico bats fell silent against the Vikings, managing only one hit, a single by Sarah Scott who eventually came around to score in the fourth inning, tying the score at 1 all. It stayed that way until the fifth when White Oak crossed the plate three times making it 4-1. They put the game out of reach in their half of the sixth, scoring five more runs and holding on to give Pamlico the 9-1 loss. This week Pamlico hosts Northside-Pinetown on Tuesday and then hits the road to Swansboro on Wednesday and to Northside-Pinetown on Friday.



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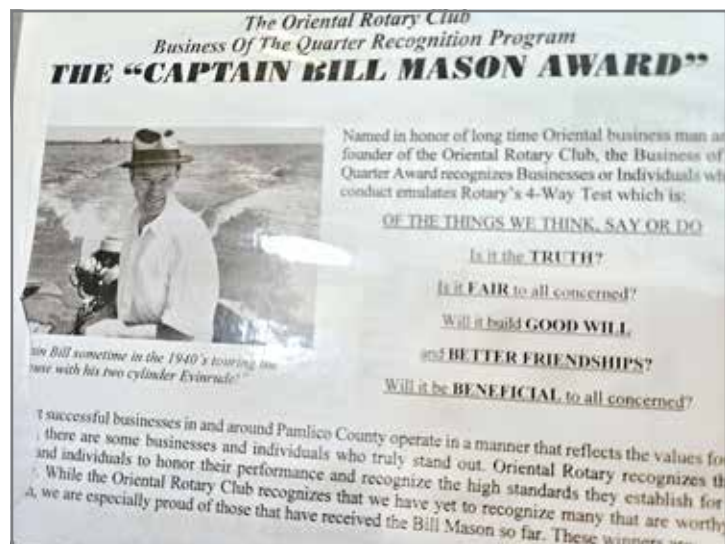
- John Wooden



## Rotary Club of Oriental Happenings

By Jim Kellenberger & Beth Obenshain for the March 18 th, 2026 edition

Ok folks, this writer is back from his trip to the UK and a visit to the Romsey Test Rotary Club. So, let's pick up where we left off in 1951 with Captain William "Bill" Mason as he seeks a Charter for the Oriental Rotary Club. You will recall Captain Bill was told he had to find at least 20 men of different professions to obtain a Club Charter from Rotary International. Well, that wasn't going to happen with just folks from Oriental, so Capt Bill thought about sharing the Club with folks from Bayboro and split the meetings between Oriental and Bayboro. Well, the "Kingpins" of Rotary said "no way Jose" on that idea. "How would visitors know where to come to make up a meeting?" (Attending a meeting every week was still a big deal in 1951). So Capt Bill went to his good buddy, Rev John W. Waters of Arapahoe. These two men had worked together with the Red Cross on the Cancer and Heart funds and he "was a prince of a fellow" in Capt Bill's eyes. Rev Waters found a few men to join the Club, but they needed a secretary. Capt Bill went across Smith creek and found George A. Perry working on his farm and talked him into taking on the Secretary's role. The next problem to overcome was what to do with the five prospective members whose professions were listed as "seafood dealers." So Capt Bill changed those professions to "wholesale fish dealer," "crab dealer," "shrimp dealer," "oyster dealer," and "retail seafood dealer." A pretty smart move from a "good ole boy" from Oriental if you ask this writer. The saga will continue.



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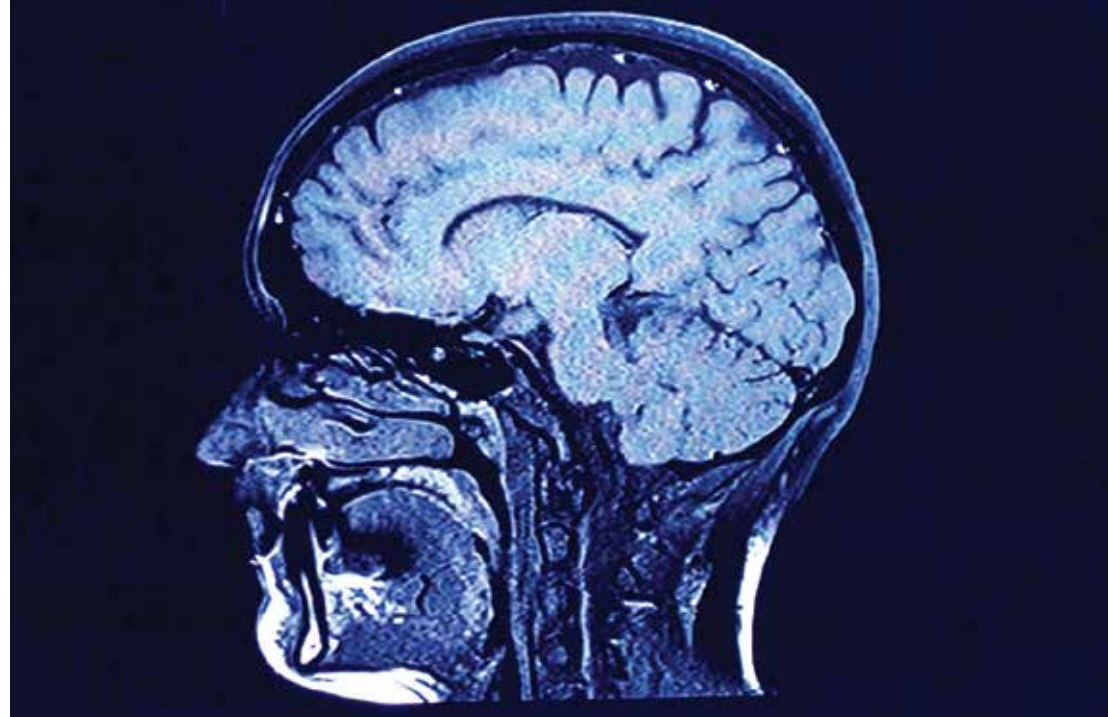
Remember, it is not too late to buy an ad, become a vendor, become a Sponsor, or be a volunteer for the Rotary Club annual In-Water Boat Show which runs from Friday April 10th at Noon to Sunday April 12th at 3 PM. Contact Sally Belangia at 252-671-9288 to participate. Our "Nautical Flea Market" Master, Joe Valinoti is still accepting your donations of all things nautical. You can contact Joe at joesail1@gmail.com to make your donations.

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

# Health & Wellness

## Signs of minor brain injuries



Mild traumatic brain injuries are more common than people may realize. While the prevalence of concussions among competitive athletes is widely recognized, one need not play a sport to suffer a mild traumatic brain injury.

The Centers for Disease Control and Prevention reports that anyone can experience a traumatic brain injury (TBI). A 2019 study published in the journal JAMA Insights noted that mild traumatic brain injuries (mTBIs) are the most common type of TBI. Despite their characterization as "mild," mTBIs can produce physical, cognitive and social or emotional symptoms. Recognition of the signs of mTBIs may compel people experiencing such injuries to seek medical attention that can make life more manageable until symptoms subside.

### Physical

The physical symptoms of an mTBI can affect everything from balance to vision. The CDC notes that such symptoms include:

- Bothered by light or noise: The Optometrists Network reports that 40 percent of individuals who have suffered a brain injury are sensitive light.
- Dizziness or balance problems: The Model Systems Knowledge Translation Center indicates that issues with balance are common among people who have dealt with a TBI. A TBI can affect parts of the brain that control movement, which can make it hard for people to maintain their balance.
- Feeling tired, no energy: The Brain Injury Association of America reports that 98 percent of people who have experienced a TBI have some form of fatigue. In fact, the BIAA notes that many report fatigue is the most challenging symptom they experience after a TBI.
- Headaches: The MSKTC notes that headaches like migraines, tension headaches and cervicogenic headaches, which can start in the neck, shoulders and back of the head before traveling over the top of the head, are common after a TBI.
- Nausea or vomiting, particularly in the immediate aftermath of suffering the injury
- Vision problems: The Optometrists Network notes that blurred or double vision, difficulty with eye movements, focus issues, and struggles with tracking are some common vision problems associated with TBIs.

### Cognitive

Some people experience cognitive issues after a TBI, and such problems may affect thinking and memory. The CDC notes that some of the cognitive issues associated with TBIs include:

- Attention or concentration problems
- Feeling slowed down
- Feeling foggy or groggy
- Problems with short- or long-term memory
- Trouble thinking clearly

### Social or emotional

In the aftermath of a TBI, people may experience a range of social or emotional symptoms. The Brain Injury Association notes such issues occur because TBIs can cause damage to parts of the brain that control emotions. Others may develop these symptoms due to living with the impact of the TBI. After experiencing a TBI, people may develop these social or emotional symptoms:

- Anxiety or nervousness
- Irritability or easily angered
- Feeling more emotional
- Sadness

The BIA notes anyone experiencing social or emotional symptoms after a TBI can work with a clinical neuropsychologist or clinical psychologist to assess their situation and work on coping strategies that can be vital to overcoming the symptoms.

TBIs affect people from all walks of life. Recognition of symptoms of TBIs can alert people when they need to seek professional medical attention.

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# COASTAL LIVING

## PCHA Kicks off Horse Show Season

by: Hiram Lupton

The Pamlico County Horseman's Association (PCHA) held their first event on Saturday with what will be a busy horse show season. This show was a schooling show with classes devoted to both English and Working Western skills and divided into both youth and adult classes. Participants and their mounts were judged on their mastery of various equine skills and were awarded ribbons for their efforts. All PCHA shows are held at the George R. Brinson Memorial Riding Arena located on Riverview Road in Arapahoe. For more information on upcoming events follow the Pamlico County Horseman's Association on Facebook and also check out their website at pamlicohorseclub.com



### PCHA 2026 SHOW SCHEDULE\*

DATE	NAME of SHOW	TIME START
March 14	1 <sup>st</sup> PCHA Schooling Show	9:00 AM
March 28 <sup>th</sup>	1 <sup>st</sup> PCHA Game Show	10:00 AM
April 25	2 <sup>nd</sup> PCHA Schooling Show	9:00 AM
May 9 <sup>th</sup>	2 <sup>nd</sup> PCHA Game Show	4:00 PM
May 23 <sup>rd</sup>	3 <sup>rd</sup> PCHA Game Show	4:00 PM
June 6 <sup>th</sup>	HOPE Fun Show	10:00 AM
Sept. 12 <sup>th</sup>	4 <sup>th</sup> PCHA Game Show	4:00 PM
Sept. 26 <sup>th</sup>	3 <sup>rd</sup> PCHA Schooling Show	9:00 AM
Oct. 3 <sup>rd</sup>	LFR Show	9:00 AM
Oct. 10 <sup>th</sup>	5 <sup>th</sup> PCHA Game Show	10:00 AM
Oct. 17 <sup>th</sup>	6 <sup>th</sup> PCHA Game Show	10:00 AM
Oct. 24 <sup>th</sup>	4 <sup>th</sup> PCHA Schooling Show	9:00 AM

No hour of life is wasted that is spent in the saddle.  
Winston Churchill

# HOME & GARDEN LIVING

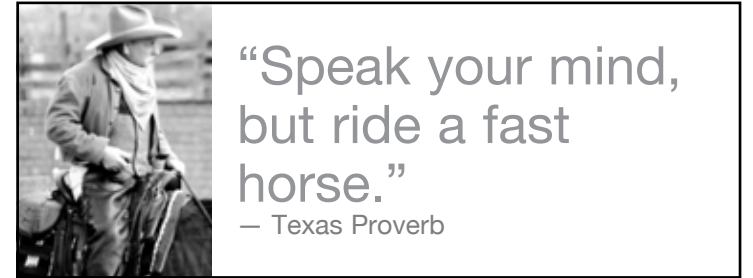
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**WATCH FOR BICYCLES**

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF HARRIETTE B. MCCOTTER**  
File No.: 26E000007-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LOUIS PATTERSON MCCOTTER, EXECUTOR on or before MAY 26, 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 25TH OF FEBRUARY, 2026

ESTATE OF HARRIETTE B. MCCOTTER  
C/O LOUIS PATTERSON MCCOTTER  
PO BOX 187  
VANDEMERE, NC 28587

Publish FEBRUARY 25 AND MARCH 4, 11 AND 18 2026.

**NOTICE TO CREDITORS**

Having qualified as the Executor of the Estate of ROBERT LEWIS GOODWIN, deceased, late of Pamlico County, North Carolina, this is to notify all persons, firms and corporations having claims against said estate to present them, duly verified, to the Executor's counsel, at 10130 Mallard Creek Road, Suite 300, Charlotte, North Carolina 28262, on or before the 27th day of May, 2026, or this notice will be pleaded in bar of their recovery. All persons, firms, and corporations indebted to said estate is to make immediate payment to the Executor.

This the 25th day of February, 2026.

Carol Marie Mancini, Executor  
c/o The Canipe Law Firm, PLLC  
10130 Mallard Creek Road  
Suite 300  
Charlotte, NC 28262  
File # 26E000024-680 (Pamlico County)

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE**

**INSPECTIONS**

- Jan. 20, Robbin Figgins, Chair Rd., New Bern, plumbing/gas, \$50; Todd McFadden, Grantsboro, plumbing/gas, \$50; Larry Miller, Bayboro, mechanical, \$100; Charles Spier, Arapahoe, lean to, \$150
- Jan. 21, Pascal Alan Woodard, New Bern, pole barn, \$188.24; Mark Brewington, Oriental, storage building, \$242.16; Hazel Harris, Vandemere, mechanical, \$100
- Jan. 22, Judy Horne, Merritt, electrical, \$50
- Jan. 23, Camp Don Lee, Arapahoe, electrical, \$149.84; Raymond Burns, Merritt, CAMA Major - dock, \$213.84
- Jan. 26, Lawana Sampson, Grantsboro, electrical, \$100; Brett & Melissa Hymel, Arapahoe, new, \$1,076.66; Amy Chapin, Oriental, mechanical, \$50; Steven Ross, Lowland, electrical, \$150
- Jan. 28, Shane Vinson, Oriental, mechanical, \$180; Chris Harrison, Arapahoe, Planning Board China Grove Subdivision, \$500; Debra Peltier, Bayboro, electrical, \$100; Ann Batchelor, Grantsboro, electrical, \$150; Cole Spain, New Bern, doublewide, \$260
- Jan. 29, Buddy Burke, Oriental, carport, \$178; Buddy Burke, Oriental, deck, \$96.08
- Jan. 30, Howard Loveless, Bayboro, pole barn, \$188.24
- Feb. 5, Sue Showfety, \$100; Grace Fellowship, Oriental, fire, \$100; Vincent Perry, New Bern, electrical, \$50; Craig Kellogg, Minnesott Beach, new residential, \$1,264.52
- Feb. 6, James Williford, garage, \$338; Bryan Perry, Oriental, mechanical, \$330.96
- Feb. 9, Arnold Lynn, Minnesott Beach, building, \$226.80
- Feb. 10, Shelia Parrott, New Bern, electrical, \$150; Laina Parry, Merritt, carport, \$270; Johnathan Peck,

# LEGALS

**PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ROBERT BRYAN MILLER**  
File No.: 26E000030-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to RANDY MILLER, EXECUTOR on or before MAY 26, 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 25TH OF FEBRUARY 2026

ESTATE OF ROBERT BRYAN MILLER  
C/O RANDY MILLER  
135 MOORE'S SWAMP RD  
NEW BERN, NC 28560

Publish FEBRUARY 25 AND MARCH 4, 11 AND 18 2026.

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOSEPH ALFRED PIGEON**  
File No.: 26E000031-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARY PIGEON, EXECUTOR on or before JUNE 2, 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 OF MARCH 2026

ESTATE OF JOSEPH ALFRED PIGEON  
C/O MARY PIGEON  
342 N TRENT RD  
MERRITT, NC 28556

Publish MARCH 4, 11, 18 AND 25, 2026.

**Notice to Creditors North Carolina, Pamlico County**

All persons, firms and corporations having claims against the Estate of Mary Watson Duffie,

deceased, of Oriental, NC, are notified to present the same to the personal representative listed below on or before June 4, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 4th day of March, 2026.

Alyson Price, Ancillary Executrix of the Estate of Mary Watson Duffie  
c/o Quay & Associates, P.A.  
412 Broad Street  
New Bern, NC 28560

PUBLICATION DATES: 03/04/2026, 03/11/2026, 03/18/2026, 03/25/2026

**Notice to Creditors North Carolina, Pamlico County**

All persons, firms and corporations having claims against the Estate of Carl Samuel Russ, Jr., deceased, of Grantsboro, NC, are notified to present the same to the personal representative listed below on or before June 11, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 11th day of March, 2026.

Ella Russ, Executrix of the Estate of Carl Samuel Russ, Jr.  
c/o Quay & Associates, P.A.  
412 Broad Street  
New Bern, NC 28560

PUBLICATION DATES: 3/11/2026; 3/18/2026; 3/25/2026; 4/1/2026

**Public Notice Dominion Energy Virginia and North Carolina 2026 Integrated Resource Plan Stakeholder Process**

Dominion Energy Virginia and North Carolina is conducting a 2026 Integrated Resource Plan (IRP) stakeholder process and will be hosting meetings over the next several months to gather input from interested parties.

If you are interested in participating in this stakeholder process, please send: your name, contact number, business or organization

name, and a brief description of your interest in the IRP to the following email address.

devirp2026@gpisd.net

**NORTH CAROLINA PAMLICO COUNTY Notice to creditors:**

All persons, firms and corporations having claims against The Estate of PHYLLIS JEAN ROBINSON deceased, of PAMLICO County, N.C., are notified to present the same to the personal representative listed below on or before June 18, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This 18th day of March, 2026.

Sandra Lee Smith – ADMINISTRATOR  
C/O MARY T. SKINNER, ATTORNEY  
Dunn, Pittman, Skinner & Ashton, PLLC  
3230 Country Club Road  
New Bern, NC 28562

March 18, 25, April 1 and 8

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF STEPHEN E. CARPENTER**  
File No.: 26E000047-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRETT A. CARPENTER, EXECUTOR on or before JUNE 16, 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 18th OF MARCH 2026

ESTATE OF STEPHEN E. CARPENTER  
C/O BRETT A. CARPENTER  
1432 HUNTERS LANE  
GREENVILLE, NC 27834

Publish MARCH 18, 25 AND APRIL 1 AND 8, 2026.

# REPORTS

- New Bern, CAMA, \$251.36; Joseph Thomas, Merritt, residential, \$81.36; Kenneth Shaffer, Oriental, fire, \$100; Hazel Harris, Vandemere, electrical, \$50
- Feb. 11, Chris & Kelly Stephens, Oriental, building, \$200; Sue & Russ, Oriental, elevator, \$100; Jason Hoyle, Oriental, new, \$2,792; Janelle Denner, Oriental, plumbing, new water line, \$50
- Feb. 12, Michael Kane, Oriental, running gas line from propane tank to generator, \$50; Christopher Bennett, New Bern, electrical wiring, \$194; David Schoenthaler, Oriental, electrical/gas, \$200; Pamlico Emergency Management, Bayboro, carport, \$0; Kimberly Ward, electrical/pole, \$100
- Feb. 13, JEC Investments, Oriental, building, \$284; Bobby Meadows, Minnesott Beach, mechanical heat & air, \$50; Lucky 32 LLC, Hobucken, t-pole, \$100
- Feb. 16, Johnny Armstrong, Grantsboro, ramp, \$0; McDonalds, Grantsboro, mechanical, \$100
- Feb. 17, John Camden C/A Heating and Air, New Bern, mechanical replace HVAC, \$500; John Camden C/A Heating and Air, New Bern, mechanical, replace HVAC, \$600; Driving Heating & Cooling, Hubert, mechanical, \$100
- Feb. 18, Jerry Midyette, Arapahoe, electrical transfer switch install, \$50; Terry Prescott, Merritt, electrical transfer switch install, \$50; Jeff Tarantino, Oriental, electrical transfer switch, \$50; Rita Carol Wolk, Bayboro, mechanical heat system replacement, \$100; Donald Riggs, Jr., Merritt, electrical service change, \$150; Donald Lewis, Merritt, new deck, \$201.92; Terri Rogers, Grantsboro, new house, \$2,200.16
- Feb. 19, Bay Slayers, new shed, \$96.08; Freya Ventures, LLC,

- Oriental, electrical 600 amp, \$600; David Burroughs, Oriental, electrical, \$50; Town of Arapahoe, Arapahoe, building, \$82; Christopher Welton, Grantsboro, new, \$1,990.54
- Feb. 20, Amy Chapin, Oriental, electrical, \$50; James Jepson, Arapahoe, electrical install whole house generator, \$200
- Feb. 23, Johnathan Cray, Oriental, electrical reconnect power, \$50; Dartha Wooten, Grantsboro, mechanical, \$50; Martha Jones, New Bern, mechanical change out, \$100; Darin & Helena Mayo, Alliance, mechanical change out, \$100
- Feb. 24, David Blythe, Trent Woods, CAMA Minor, \$119; Nan Holten, New Bern, mechanical, \$100; Eugene Kropski, Oriental, plumbing/gas, \$50; Roland Ward, Oriental, mechanical, \$100; Ken Rice, New Bern, plumbing/gas, \$200; Sandi Johnson, Merritt, plumbing/gas, \$200
- Feb. 25, Louis Ostendorff, Oriental, building - rooftop, solar w/battery, \$130; St. Stephens Missionary Baptist Church, Oriental, mechanical, \$100; Tony Morehead, Arapahoe, t-pole, \$100; Donald & Lisa Goodwin, Grantsboro, building, \$88.40; Wesley Smithwick, Oriental, electrical, \$50
- Feb. 26, Richard Blair, Arapahoe, CAMA Seawall, \$138.40; Melinda Ushry, Grantsboro, renovation, \$107.20; Carrie Ganus, Arapahoe, renovation, \$50
- Feb. 27, Larry Pipkin, Grantsboro, electrical, \$50; Ambrose Kalmbach, Oriental, plumbing, \$50; Fady Maly, Oriental, CAMA/Pier, \$162; Chuck Forrest, Oriental, barn/polebarn, \$940
- March 2, Ambrose Kalmbach, Oriental, electrical, \$50
- March 3, Kristen Marston, Oriental, electrical, \$100

**INCIDENTS**

- Feb. 26, Main St., Bayboro, warrant for arrest fail to work after pay
- Feb. 26, Moonlight Lake Dr., New Bern, misuse of 911 system
- Feb. 26, Alligator Loop Rd., Stonewall, larceny of property or goods value > \$1,000
- Feb. 26, Main St., Bayboro, obtain property by false pretenses
- Feb. 26, Main St., Bayboro, obtain property by false pretenses
- Feb. 27, Silverbrook Rd., Oriental, possession of firearm by convicted felon, possession with intent to sell/distribute marijuana, maintain dwelling for controlled substance, possession with intent to manufacture/sell/distribute Schedule II controlled substance, cruelty to animals (F)
- Feb. 27, Zodiak Lane, Powell, TN, obtain property by false pretenses
- Feb. 27, Lynchs Beach Rd., Bayboro, domestic violence
- Feb. 27, Jonathan Lane, Arapahoe, domestic violence protective order violation (misdemeanor)
- Feb. 28, Sandy Trail Rd., New Bern, order for arrest child support warrant service
- Feb. 28, Foxwood Trail, New Bern, civil complaint
- Feb. 28, Oakwood Dr., New Bern, animal complaint
- Feb. 28, Florence Rd., Merritt, damage to property
- Feb. 28, NC Hwy 304, Bayboro, harassing phone calls
- Feb. 28, Hale Rd., New Bern, unauthorized use of motor vehicle/car without consent of owner, second degree trespass
- Feb. 28, Rich Ave., Bayboro, injury to personal property

# AROUND THE COUNTY

## Whortonsville Reba Tiller, *Correspondent*



Hello to everyone who reads the Pamlico News and what a beautiful Sunday we are having so far, but I think a change is coming in the weather. Made it to church today and we were treated to a nice duet from two of our newest neighbors Mark and Brenda Milos. Brenda just lost her mother recently and our thoughts and prayers go out to the family. Larry Lupton came by yesterday for a visit. He, Alex Adams, Kevin and Suzy, and myself are the only ones that have been here long enough to remember the folks that have passed on. What wonderful memories we have of the Whortonsville Yacht and Tractor Races, the July 4th parades, the lunches at Winkeys Store, homemade ice cream served under

the shelter at Winkeys Store. Those were the days. Now I don't know very many people here. I haven't mentioned the storm we had last week. I have a yard full of pine cones but no damage otherwise. Florence was hit pretty hard and I heard Bill Sanderson was hurt. Bethel is planning for the Celebration of Ernest Ray Scott on Saturday, March 28th at 11:00. The Silverthorne nieces and nephews are coming for the service and will have lunch at Brantley's in Oriental. On Sunday, March 29 Bethel will have a luncheon at the church after the morning service. Ed Terry will play and sing for Ray's service.

THOUGHT FOR THE WEEK--- MEMORIES ARE THE ONLY THINGS THAT CANNOT BE TAKEN FROM YOU!

## Aurora Joy McCracken, *Correspondent*



**Bee Diary:**  
Eagerly awaiting my first package of Golden West Honey Bees the first week in April. Won't the folks in the post office be surprised? Going high tech with internal temperature and humidity sensor reporting to a cellular hub sending data to the Internet so I can monitor anywhere, anytime.

The Annual Rabies Clinic will be 4/25 from 9-10 am. It will be located on Pearl Street at the Public Works.

The tornado outbreak on the 12th was just to the south of us and except for some small downdrafts, didn't see anything here except for some gusty rain. The storm blew open the outer porch door and was open for an extended period of time unbeknownst to me. The cats took the opportunity to go outside and bring in a couple of mice they left proudly at the front door. It was a gruesome homicide scene.

Small Skippers and Swallowtails are starting to come out along with Carpenter Bees, Lady Bugs and Wasps. I think this recent blast of cold air has curtailed a lot of activity. There's still some diving ducks on the creek. The other early morning we had two Raccoons on the deck probably cursing the birds who did a clean up job on the platform feeder.

I caught up with Bill Watson (left) and Al Stilley (right) having a friendly chat about the wonderful Spring weather. One has to wonder what's in that cooler (wink).



## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon and good evening. The storms that rolled through eastern North Carolina recently left their mark across the coast. Strong winds and heavy rain knocked down limbs, pushed debris along the shoreline, and in many places tore apart the nests that have sat atop pilings and channel markers for years.

But along the waterfront this week, a familiar sign of spring has returned. **The osprey are back.**

Many of the nests that once crowned the poles and markers around the harbor were scattered by the storms. Some were completely gone, their sticks and branches carried off by wind and water. Yet the birds seem unfazed by the damage.

One by one, they've returned to the same places they've used for years.

If you spend a little time watching them, you'll see the rebuilding already underway. An osprey glides in from the marsh carrying a stick in its talons, circles once, and carefully places it on what remains of the old nest. Another follows minutes later with a longer branch, adjusting it until it fits just right. **It's a slow process, but a determined one.**

Storms are nothing new to this stretch of coast. Anyone who has lived here long enough knows that wind and water have a way of rearranging things. Florence, just down the road from us, saw its share of damage when the storms pushed through.

But the osprey remind us that rebuilding is part of the rhythm of this place.

Year after year they return, repairing what was lost and starting again.

Out on the water early in the morning, with the light just beginning to touch the docks and marsh grass, you can hear them calling to each other as they work. It's a sound that tells you spring is here and that life along the coast continues, storms or not.

Watching them rebuild their nests one branch at a time is a small but powerful reminder that nature has a way of carrying on. Sometimes all it takes is patience and a few more sticks.



*"Thinking is the hardest work there is, which is the probable reason why so few engage in it." –Henry Ford*

## STATEWIDE CLASSIFIEDS

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**Miscellaneous**  
Donate your car today, running or not. Support Patriotic Hearts for our Veterans and their Families! Free fast pickup. May be tax deductible. Se habla Español. Call now: 877-317-3360

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**Miscellaneous**  
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BASED ON JUL 8, 2026 DEPARTURE

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Life is a bowl of soup... and I'm a fork.

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A READY TO SING EASTER

Stonewall Methodist Church  
Palm Sunday ~ 6pm

March 29, 2026  
All are Welcome  
Fellowship following the Performance

Arranged by  
Russell Mauldin

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## 5th Graders Bridge Biology and Engineering

## Celebrating Kindness at FAA



Mrs. Davis' 5th grade scientists transformed their classroom into a biomechanics lab. Using cardstock, drinking straws, and yarn, students constructed functional "Robotic Hands" to explore how the muscular and skeletal systems work together. The project served as a hands-on model for the North Carolina Science Standard 5.L.1.2, which focuses on understanding how the skeletal and muscular systems provide movement and protection for the body.

In their models, each material represented an important part of the human body:

- Cardstock (The Skeleton): Provided the rigid framework, giving the hand its shape and support.
- Straw Segments (The Joints): Represented the points where bones meet, allowing the fingers to bend and move.
- Yarn (The Muscles and Tendons): When pulled, the yarn created tension, similar to how muscles contract and pull on tendons to move bones.

Through this activity, students discovered that the human body functions much like a complex machine. When they pulled the yarn to curl a paper finger, they were modeling how muscles contract and pull on tendons to create movement in our own bodies. The lesson also incorporated engineering design skills, as students tested and adjusted the placement of their "tendons" to help the robotic hand grip objects successfully. By connecting science concepts with hands-on construction, students gained a deeper appreciation for the remarkable engineering within the human body.

## 5th Graders Put Body Systems to the Test



Students have been exploring body systems and how they work together. From creating hands that model how muscles pull on bones to create movement, to completing a "digestion in a bag" activity that demonstrates how our bodies break down food, students are learning what it takes for our bodies to function every day. To wrap up the unit, students reviewed key concepts through a human body board game, answering questions about muscles and the digestive system as they prepared for their upcoming assessment.



Kindness is something we value every day at Fred A. Anderson Elementary, and we took time to celebrate several students who have gone above and beyond in showing care and compassion toward others.

These students were recognized for their positive attitudes, helping classmates, including others, and making thoughtful choices that contribute to a welcoming school environment. Small acts like offering encouragement, helping a friend with a task, or simply showing respect can make a big difference in someone's day.

At FAA, we believe that kindness is just as important as academic success. When students support one another and treat others with respect, it helps create a school community where everyone feels valued and encouraged to do their best.

We are incredibly proud of the students who were recognized and thankful for the example they set for others. Their actions remind us that kindness truly makes our school shine.

## Oriental Woman's Club Student Arts Festival.



We celebrated our students for their incredible artwork and special recognition at the Oriental Woman's Club Student Arts Festival. Their creativity, dedication, and talent truly shine! We are so proud of the way our students represent FAA and our community through the arts. Opportunities like this help students build confidence, express themselves, and share their unique perspectives with others.

We are so proud of our very own Georgia Stephens, a talented 5th grade art student, who was recognized at the Broad Strokes Gallery for her outstanding artwork!

Earlier this month, Georgia earned First Place in her category at the Oriental Woman's Club Student Arts Festival for her beautiful colored pencil piece. She was also awarded the prestigious Best in Show!

Her artwork was displayed at the Broad Strokes Gallery in Oriental during February. Georgia, your creativity, dedication, and talent truly shine. We are beyond proud of you and can't wait to see what you create next. Way to SHINE, Georgia!

Thank you to the Oriental Woman's Club for supporting young artists and providing this meaningful opportunity. We are grateful for your continued support of our students and the arts in our community.

## Read Across America Week



It was a fun week filled with the spirit of reading! From Superhero Day to Vocabulary Dress-Up Day, Crazy Sock Day, Gold and Black Day, and Team Spirit Day, our students showed their creativity and excitement all week long. Most importantly, the week reminded us how powerful reading can be. Through stories, imagination, and a love for books, our students celebrated the joy of learning and the adventures that reading can bring.

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# CarolinaEast Foundation Grants \$325,661 to Local Organizations



(New Bern, NC) – On March 11, 2026, the CarolinaEast Foundation hosted a check-passing event to present thirty-one local organizations with grant money to support their health-related causes. Each cycle, organizations can apply for grant money from the CarolinaEast Foundation that has been donated through the annual Employee Campaign, as well as many community businesses and individual donors. While providing great care every day to patients, CarolinaEast staff found it in their hearts to donate to a cause that directly helps local patients and community members.

- SECU Family House – Making a House a Home
- Tried by Fire/My Sister’s House – Where Your Past Doesn’t Matter
- Voices Together – VOICES in Education
- West Craven Tar Heel League – AED Machine
- Twin Rivers YMCA – LIVESTRONG at the YMCA
- YMCA Camp Sea Gull & Seafarer – Anchoring the Family Program
- CarolinaEast Rehab/Therapy – Recreational Therapy Supplies

“We are grateful to partner with local nonprofits that are improving the health of our community,” said Jared Brinkley, Executive Director of the CarolinaEast Foundation. “The generosity of our CarolinaEast employees during the Employee Campaign makes this support possible, and we can’t thank them enough. We are fortunate to live in a place where exceptional health care is truly a shared priority.”

The CarolinaEast Foundation now offers one grant cycle per year. Organizations can make a request each year for a health care initiative and must submit a Letter of Intent before completing a full grant proposal. The Letter of Intent deadline for next grant cycle is October 9, 2026. More information about the CarolinaEast Foundation’s grant process can be found at [www.carolinaeastfoundation.com](http://www.carolinaeastfoundation.com).

**About The CarolinaEast Foundation**

*The CarolinaEast Foundation is a non-profit organization with the mission to promote health in our region, support the healthcare community, and assist individuals with healthcare needs. To learn more about the mission of the CarolinaEast Foundation and to donate to one of the campaigns, visit [www.carolinaeastfoundation.com](http://www.carolinaeastfoundation.com).*

- Abundant Life Community Services – Healthy Mind, Healthy Home Project
- Backpack Blessings – Summer Blessings
- Bike Box Project – Support Services Program
- Cancer Services of Eastern NC – Mission in Motion Cancer Screening Program
- Carteret County Health Department – Enhancing Access to Women’s Health
- Catholic Charities/New Bern Region – Senior Pharmacy Program
- Coastal Center for Hope & Healing – Holistic Healing & Wellness Program for Survivors
- Craven Literacy Council – Empowering Lives through Literacy
- The EPIC Center – Parenting Education Program
- The Filling Station – Bridging Food and Meds
- Florence & Whortonsville Volunteer Fire Department – LifePak 15
- Hope Clinic – Recovery Care Connections
- Interfaith Refugee Ministry – Refugee Health and Telehealth Literacy Program
- Loaves and Fishes of Beaufort – Scholarship Beds
- Mile of Hope – Mile of Hope Weekend
- The MirIAM – Women’s Addiction Recovery Services
- One Place – Trauma Focused Therapy
- Onslow Caring Community Clinic – Maternal Access and Early Pregnancy Support
- Pamlico Community College – Project Aspire
- The Peculiar Patch Learning Academy Foundation – SAFE STEPS
- Pretty in Pink Foundation – Indigent Care
- Realize U 252 – Enhanced Recovery Training Project
- Religious Community Services – Pharmaceutical Assistance
- Scouting America – Camp Needle in the Pines

## The 19th Annual Dog Parade Fundraiser for PAWS

**Saturday March 28 (no rain date)**

**Lou Mac Park, Oriental**

**Registration 10-11:00 AM – \$5.00 per Dog**

**Parade steps off 11:00 AM**

**Costumes optional but encouraged.**

**Awards in many fun categories.**

**“Bribe a judge” to guarantee an award.**

**Broad Strokes Gallery** sponsoring raffle for an original pet portrait.

**Raffle tickets \$10 or 3 for \$25.**

**Available at the Gallery or at Dr. Hick's veterinary hospital.**

*All dogs around the park (even if not participating) must be leashed and vaccinations up to date.*

**“PAWS DOGS”** will be selling hot dogs and fixings.

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

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

**Or the Pamlico Animal Welfare Society Facebook Page**



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12:00 PM - 1:30 PM

**ThriveMore Leadership Panel**

**TUESDAY, MARCH 24**

12:00 PM - 1:30 PM

**Life Plan 101**

**Carolina Colours Pavilion**

3300 Waterscape Way | New Bern, NC 28562

**RSVP by calling 252-659-4550 or emailing [HQuinones@ThriveMoreInc.org](mailto:HQuinones@ThriveMoreInc.org)**

Space is limited.



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