



National blood crisis NOW:
Immediate need for blood donations
Red Cross issues rare crisis call for donors
as summer blood shortage intensifies
Patient care threatened as critical
blood type levels continue to fall - [see page 8](#)



Vol. 58 No.31, 12 Pages

The Pamlico News

Wednesday, July 29, 2026

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Aurora Fossil Museum Visits Library

by: Hiram Lupton

The theme for the summer reading program at the Pamlico County Public Library is “Unearth a Story” and it fit nicely with Thursday’s special guests at the Library, the Aurora Fossil Museum. Representatives from the museum gave a fun and educational program about fossils found in our area, how they are formed, and how deep you have to dig to find them. Attendees also got to dig for some fossils of their own as the museum brought some fresh material to sift through. Another fun day at your Pamlico County Public Library.



Lillian Gonsorick of the Aurora Fossil Museum explains how layers of strata are formed over millions of years and what fossils might be contained in them.



Museum Volunteer Dorothy Sadler shows a young paleontologist a whale vertebra



A mini dig for fossils

Pamlico County High School Yearbook Honors the Legacy of the Hurricanes and Hiram Lupton

Submitted by Elizabeth Harwick, PIO
Pamlico County Schools



BAYBORO, N.C. — Some people preserve history by writing it. Others preserve it one photograph at a time.

This year’s Pamlico County High School yearbook, The Pamlicoan, carries a shared dedication. It honors the generations of Hurricanes who came before - students, teachers, staff, alumni, and supporters whose lives and

■ Continued on Page A3



College announces plans for Fall into Pamlico event on campus Oct. 24

By Sandy Wall

Pamlico Community College is launching what officials hope will become a new annual tradition this autumn with Fall into Pamlico, a community festival planned for Saturday, Oct. 24, on the college’s Grantsboro campus.

The event, scheduled to run from 10 a.m. to 4 p.m., will feature activities and attractions for all ages, including a cornhole tournament, craft and product vendors, food trucks, a pumpkin-decorating contest, a Touch-a-Truck exhibit, children’s games and activities, and more!

Admission will be free.

College officials envision Fall into Pamlico as a signature harvesttime event that celebrates the community while showcasing the college and its programs. They also hope to capitalize on the nostalgia surrounding the Ole Country Fair, a popular on-campus event remembered fondly by longtime residents.

“We are excited about the Fall into Pamlico event, hence we are starting to spread the word now,” said PCC President Zac Schnell. “We recognize the history the college has had with a similar event in the past with the community, and we



Pamlico Community College is inviting vendors to participate in the inaugural Fall into Pamlico festival, which is scheduled for Saturday, Oct. 24, on campus. Look for more information about this exciting new event in the weeks to come! Contributed image

want to bring a revitalization to it, with some modern twists. Planned activities are taking shape now, and we expect there will be some surprises!”

Shellie Saxby, the college’s director of admissions/recruiter, is leading a committee charged with organizing the event. She wants the first Fall into Pamlico to be as big as it can be.

Members of the organizing committee have been placed in charge of various segments of the event.

Among the planned activities are:

* **A cornhole tournament.**

The competition will include both an Amateur Division and a Competitor Division, with no limit on the number of teams or participants. Prize money and trophies

will be presented to the first-, second- and third-place finishers in each division, and commemorative medallions bearing the college’s name also will be awarded. Registration for the tourney will begin at 9 a.m., with play starting at 10 a.m. For more information about the tourney, contact PCC’s Maurice Smith at msmith@pamlicocc.edu.

■ Continued on page A2

Pamlico Rescue Celebrates 60 Years

by: Hiram Lupton



Current Rescue Chief T. W. Harris welcomes guests Friday evening.

A Sixtieth birthday is a great reason to celebrate and that’s exactly what the Pamlico County Rescue Squad did last weekend. The event started Friday evening with a dinner where those who laid the groundwork for the organization sixty years ago were honored along with recognition of all the current members of the unit, the Board of directors, and the many volunteers who help make the squad what it is. The celebration continued Saturday with an open house. Visitors could take a walk through the history of the unit with photographs and newspaper clippings. There were also displays of old life-saving equipment that, while they may be antiquated today, were cutting edge in the early days of the squad. There were two ambulances set up for guests to tour. One showcasing the latest technology and another which was acquired by the squad in 1985 and is still in service as a training vehicle. The squad was formed in 1966 to serve the needs of Pamlico



The latest in life saving technology on display in the unit’s newest ambulance

County’s citizens with a medical transport service. In his Friday evening address to attendees, current Rescue Chief T. W. Harris reaffirmed that purpose. “As long as there is a need, we will be there,” said Harris. He also stated that since 1966, the unit has travelled over 3 million miles serving Pamlico County.

■ Continued on page A2

Children’s Theater Workshop Session II

by: Hiram Lupton

The Children’s Theater Workshop, a summer tradition at the Old Theater in Oriental, closed out it’s 30th year with two great performances at their Session II sharing night last Thursday. First up were the 3rd and 4th graders who performed “The Superbuddies Return,” an epic show worthy of any Marvel production. Oriental can rest safe knowing the Superbuddies are on the job. The final performance of the evening, and the year, saw the high school ensemble perform “The Switch,” a comedy/drama which explored what happens when 12 strangers from varied backgrounds are locked in a mansion with \$12 million in prize money to whoever can escape. Will they work together and share, or will greed win out? A big night of talent on display once again at the Children’s Theater Workshop.



The Superbuddies plan their next move



The cast of “The Superbuddies Return.”



“The Switch” captives talk over an escape during a pizza lunch.



The cast of “The Switch.”

Pamlico County Health Department Clinic has been approved as an **NHSC**



■ on page A7

LIKELY WEATHER OVER THE WEEKEND

Saturday, August 1st **98°Hi** Sunny and Hot

Sunday, August 2nd **96°Hi** Sunny and Hot



8 04879 31206 ;



The changing nutritional needs of aging bodies ~ see page 11



■ Continued from page A1

College announces plans for Fall into Pamlico event on campus Oct. 24

*** Craft and product vendors selling their wares and showcasing their skills.** About a dozen craft and product vendors have already committed to participating, and organizers continue to recruit additional exhibitors. Vendors interested in taking part have until Sept. 18 to register. There is no charge to participate. For more information about becoming a vendor, please contact PCC's Rhonda Tillman at rtillman@pamlicocc.edu.

*** A food truck rodeo featuring interesting flavors and delights.** Area food truck operators have been invited to the event to sell their specialties. No two food trucks will offer the same thing! For more information about joining the food truck rodeo, please contact PCC's Shellie Saxby at ssaxby@pamlicocc.edu.

*** A pumpkin-decorating contest.** This event will invite participants to bring com-

pleted decorated and/or carved pumpkins to the event for judging, while younger children will have the opportunity to decorate small paper pumpkins provided at the festival. For more information about the contest, please contact PCC's Beth Dowless at bdowless@pamlicocc.edu.

*** A Touch-a-Truck exhibit is planned.** Children of all ages will have an opportunity to explore a variety of service, utility and emergency vehicles. Have a cool-looking truck, tractor or piece of heavy equipment? Please contact PCC's LaKissha Voliva at lvoliva@pamlicocc.edu to join the fun.

Organizers also are working to add additional attractions to the festival, including a possible petting zoo, historical skills demonstrations, and more.

Local church and civic groups are invited to set up stands at no charge to offer

homemade food items for sale. Plans for live entertainment are also in the works.

"While we're drawing inspiration from the Ole Country Fair held at the college decades ago, we want this event to have its own spirit," Schnell said. "We want to build a new tradition for Pamlico County residents."

Additional details, including the complete schedule of activities and participating vendors, will be announced as planning continues.

"We look forward to seeing you on campus Oct. 24 for our first Fall into Pamlico," Schnell said. "We're going to have a great day, and perhaps a drop of magic as well!"

For more information about Fall into Pamlico, please contact Shellie Saxby at 252-249-1851, ext. 3025, or ssaxby@pamlicocc.edu.

■ Continued from page A1

Pamlico Rescue Celebrates 60 Years

"That's like going to the moon and back six times."

The Pamlico County Rescue Squad expresses sincere appreciation to all the individuals, businesses, and groups who contributed to make this special celebration of service possible.



What's a birthday without cake.



Friday's dinner honored current and former members of the Rescue Squad



A squad history walk with newspaper clippings and photographs



"The tans will fade, but the memories will last forever." – Unknown

Pamlico Vistas

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

Photo by: Hiram Lupton



The Don Lee Sunflower Fields – Near Camp Don Lee



**Land/Home Sales
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Owner/Broker/GRI

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Keirn & Carolyn / New Bern, NC



ORIENTAL – Live oaks frame views of deep-water dock on Green's Creek. Recently renovated 3BR/2BA with wrap-around decks, 2-car garage, workshop-storage area underneath w/ concrete slab throughout basement-garage area. Whole-house Aquasure water softening system and well; well pump less than a year old. Furnishings negotiable! No HOA dues.
OFFERED AT \$450,000



ORIENTAL – Waterfront 3BR/2BA w/private dock on .55 acre lot in Buccaneer Bay subdivision. Back deck, ideal for outdoor dining, enjoying the coastal breeze and scenic surroundings.
OFFERED AT \$510,000



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



MINNESOTT BEACH – Luxurious waterfront 3BR/3.5BA town-home on Neuse River near Golf & Country Club & Marina. Screened porch, elevator to 2nd floor, 2nd floor balcony, 2-car garage, close to ferry, & elevation of this home is not in a flood zone.
OFFERED AT \$ 629,900



MERRITT – 3BR/2.5BA Simpson Creek waterfront with cement pier on the property & a 2nd deeded boat slip within walking distance. Great views, water depth of 4-5 feet, 3-car garage, 2 screened decks, open floor plan, located at end of the cul-de-sac.
OFFERED AT \$ 632,500



ARPAHOE – Waterfront 3BR/2BA on 1.04 acres, not in flood zone, protected deep-water, 2 boat lifts, no HOA. Attached 2-car garage, 2 storage-workshop buildings. Fire pit gathering area overlooks Dawson Creek. Invisible fencing in front & back yards.
OFFERED AT \$ 685,000

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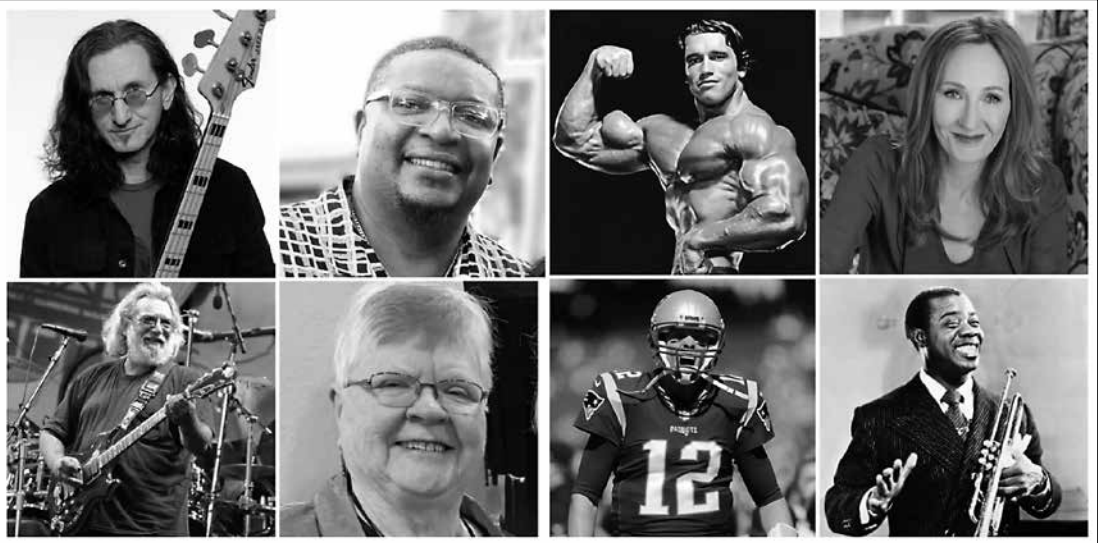
THIS WEEK IN HISTORY

by: Hiram Lupton

- July 29th – Today is National Lasagna Day.
- July 30th – Today is National Support Public Education Day.
- July 31st – Today is International Lifeguard Appreciation Day. I think I'll watch some reruns of Baywatch to celebrate.
- August 1st – Today is National Sunflower Day.
- August 2nd – Today is National Ice Cream Sandwich Day.
- August 3rd – Today is National Grab Some Nuts Day. I'll take some Cashews.
- August 4th – 1790, The U.S. Congress created the Revenue Cutter Service. This later became the U.S. Coast Guard.

BIRTHDAYS THIS WEEK

July 29th – 1953, Bass player Gary Lee Weinrib (Geddy Lee)
July 29th – 19??, Pastor of Mt. Olive Missionary Baptist Church, Dr. Ron King
July 30th – 1947, Actor, bodybuilder, and politician Arnold Schwarzenegger
July 31st – 1965, Writer Joanne Rowling (J. K. Rowling)
August 1st – 1942, Musician Jerome John Garcia (Jerry Garcia)
August 3rd – 19??, Outstanding Pamlico Citizen Flo Daniels
August 3rd – 1977, NFL Quarterback Tom Brady
August 4th – 1901, Jazz trumpeter Louis Armstrong



LETTER TO THE EDITOR

Dear Readers,

We just had the distinct pleasure of meeting our new grandson at 5 weeks old. These moments are always so full of joy, questions, expectations and prayers. Who does he look like? I can't wait until he learns to read, throw a ball, ride a bike, eat ice cream. I hope you share my prayer of hope - for all children - to be in a world that is a safe place for them to grow and flourish. Lately this seems like a tall ask. I say that because many of our key institutions are being politicized and either dramatically altered or destroyed. This leads to new questions, expectations and prayers.

If children are sick, can their family afford and receive the care they need and deserve from our health system? We know that legislation signed in July says there will be significant cuts to Medicare and Medicaid in 2027. It will also limit subsidies and result in higher costs overall. This is projected to increase the number of uninsured Americans by 9 million. I pray we can change the system for the benefit of all.

Will there be an effective FDA that can defend their nutritional needs and protect them from food borne illness like the current Cyclospora outbreak? Will the CDC restore their protection from diseases like the measles? Staff cuts and changing governmental priorities have already weakened our country's ability to track and contend with these outbreaks. I pray we can prioritize people's health and restore faith in real science.

Will children have clean air to breathe and clean water to drink? Many EPA regulations have been redacted or suspended by the current administration, that protect our waterways, air quality and fuel sources. The building of enormous data centers for AI are presenting huge environmental impacts on communities across the country. I pray we can protect our environment to the benefit of people rather than big business.

Education is central to children's growth and development. Will the resources continue to be available to learn about our true history so they can shape their future? Will they be able to believe and understand the core of science - it's methods, discoveries and applications to improve lives? Can they learn to be independent thinkers? I pray that all children have equal access to education.

With all this in mind, I hope that in November we elect representatives that listen to our questions and expectations. As citizens, we should expect nothing less than a safe world for all children. That would answer our prayers.

Sherry Owens, Minnesott Beach

The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day. The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.

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 We place ethical and professional principles of journalism at the center of everything we do in the production of the The Pamlico News.	Press Releases, Events, News editor@thepamliconews.com Photographer Reporter hiram@thepamliconews.com Advertising frontdesk@thepamliconews.com Billing Inquiries frontdesk@thepamliconews.com USPS 782-460 Published 51 times a year 801 Broad St., P.O.Box 510 Oriental, NC 28571 (252) 249-1555 fax: (252) 249 0857 www.thepamliconews.com The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.
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COMMUNITY

■Continued from page A1

Pamlico County High School Yearbook Honors the Legacy of the Hurricanes and Hiram Lupton

memories shaped the school's rich history - and it recognizes Hiram Lupton, whose camera has helped preserve those memories for decades.

Whether covering school events, community celebrations, or everyday moments that become tomorrow's history, Lupton has quietly built an extraordinary visual record of Pamlico County and the people who call it home.

Over the past year, he also became an invaluable partner to the Pamlico County High School yearbook staff, generously volunteering his time and talent to help students capture the memories that fill this year's book.

Yearbook Adviser and Public Information Officer Elizabeth Harwick said, "For generations, Hurricanes have built the legacy of Pamlico County High School. Through his photographs, Hiram has made sure so much of that legacy will never be forgotten. We felt it was time someone helped preserve his story, too."

The shared dedication was revealed during the Pamlico County Board of Education meeting on Monday evening, where Lupton was surprised with the presentation of the first copy of the 2025–2026 yearbook.

As Pamlico County Schools prepares to begin a new chapter in a new school, the dedication serves as a reminder that while buildings may change, the legacy of the Hurricanes - and the memories created through generations of students, educators, families, and community members - endure.

The Pamlicoan is proud to honor both the legacy of the Hurricanes who came before and Hiram Lupton, whose dedication to documenting this community has ensured those stories will continue to be remembered for generations to come.



Back to the Books

Watch for The Back to School Feature...
August 19, 2026
(Deadline Thursday, August 13)

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Horoscopes

ARIES – Mar 21/Apr 20
Aries, your bold approach is magnetic right now. If you have a big idea that you've been waiting to share, present it now. Everyone is ready to listen.

TAURUS – Apr 21/May 21
Think about how you can treat someone else to something nice, whether it is a gift, time spent with you or whatever it is that they desire. Build the foundation for a stronger friendship.

GEMINI – May 22/Jun 21
This week is all about clearing out the old to make room for the new, Gemini. Begin decluttering your physical space and then move on to clearing out your mind.

CANCER – Jun 22/Jul 22
Cancer, your social circle is a great asset this week. Reach out to a friend you haven't spoken to in a while. You might find the conversation sparks a great new collaborative idea.

LEO – Jul 23/Aug 23
Leo, your hard work is finally getting the recognition it deserves. Don't be afraid to accept any praise that comes your way. You will inspire others with your natural leadership and confidence.

VIRGO – Aug 24/Sept 22
Virgo, whether it is picking up a new hobby or diving into a book you have been meaning to read, you are craving knowledge this week. Your mind is hungry for growth, so feed it.

LIBRA – Sept 23/Oct 23
Right now you are able to resolve lingering tensions with ease, Libra. Lean into your diplomatic nature; you have the power to turn a complicated situation into a win-win for everyone.

SCORPIO – Oct 24/Nov 22
The connections you nurture this week will prove incredibly lucky for you, Scorpio. You will come across as deeply authentic, which can draw people to you like a magnet.

SAGITTARIUS – Nov 23/Dec 21
Getting details handled early on will clear the path for a much more open week as the weekend approaches, Sagittarius. Take to the task at hand now and reap the rewards later.

CAPRICORN – Dec 22/Jan 20
Your creativity is off the charts right now, Capricorn. You might find that you are better positioned to problem-solve when you're doing things unrelated to the task at hand.

AQUARIUS – Jan 21/Feb 18
It is a wonderful time to redecorate the garden or spend quality time with family, Aquarius. Nurturing yourself will give you the stamina to tackle the world outside of your home.

PISCES – Feb 19/Mar 20
Pisces, people are generally interested in what you have to say this week, so be sure to speak up. Your message may inspire others.

LEO Traits & Overview

Leos are the star sign born between 23rd July 23 and 22nd August and are ruled by the Sun. This perfectly represents their innate belief that they are the centre-of-the-universe! That sounds annoying AF (it can be), but mostly you'll be happy to let them take centre-stage because they work hard for it. This sign of the zodiac is charming, warm, welcoming, funny, protective, and generally great company.

Leos love to lead, perform, talk, be admired and receive the praise and respect of others. They are naturally regal, and always assume a boss-like stance in any relationship or group dynamic. They are confident, bright and sexy people, though they can be jealous, controlling and possessive at their worst.

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Variables to consider before downsizing a home in retirement

Aspiring to save money in retirement makes perfect sense. Once professionals call it a career and are no longer drawing a paycheck, cutting back on expenses can be a sound decision that ensures seniors won't outlive their money. And housing remains a significant expense, even for retirees who own their homes and no longer have monthly mortgage payments to make. Many retirees seeking ways to save money consider downsizing their homes. According to the National Association of Realtors, 12 percent of people between the ages of 60 and 69 who move indicated their home was too large, and that percentage grows among movers between the ages of 70 and 78 (16 percent) and those who move after turning 79 (18 percent). Downsizing a home in retirement can seem like an ideal means to saving money after calling it a career, but individuals pondering such a move should consider a number of variables before putting their homes up for sale.



Costs

Downsizing may help retirees lower their property tax obligations, reduce their utility bills and lower their monthly mortgage payments (for those who are still paying off a mortgage on their current homes), but that does not mean moving will not incur new expenses that render such savings moot. Expenditures like closing costs, real estate commissions, moving-related expenses, and capital gains taxes can quickly add up. In addition, retirees who currently do not pay homeowner's association fees may be subjected to such fees when moving into a new home, and those fees can be substantial and hard to avoid. Indeed, recent data from the U.S. Census Bureau indicated that 71 percent of new constructions in the western and southern United States were built in communities with homeowner's associations. Prior to downsizing, current homeowners should calculate all of the costs related to relocating, including anticipated HOA fees, to see if downsizing is to their financial benefit.

Social benefits

Another variable that merits consideration is the impact that moving can have on seniors' social lives. The World Health Organization reports that more than one in 10 seniors experiences loneliness, which can adversely affect their physical and mental health and potentially reduce their life expectancy. Retirees currently living in communities in which they are socially active should weigh the effects of leaving that social network behind. Retirees also can weigh the benefits of moving to 55 and over communities where they will be surrounded by people at a similar stage in life, and how living in such developments may improve their social lives.

Adjusting and adapting

Downsizing will require an adjustment period and a willingness to adapt. Retirees may have an emotional attachment to their current homes, and leaving that behind can be a difficult adjustment. Adapting to life in a new community also can be challenging, particularly if retirees are moving from areas where there are no restrictions regarding their properties to communities where homeowners' associations must approve of any changes to properties. Moving also may require finding new health care professionals, which can be a particularly difficult adjustment for retirees who have spent years building a strong rapport with their current health care team. Downsizing a home might be a pathway to more financial freedom for many retirees. Seniors considering such a move can consider a number of variables to determine if moving is in their best interest.





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*Source: America's Newspapers





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Health Department Plans for Possible Disasters

by: Hiram Lupton

Planning for action during disasters, whether natural or man-made, could make the difference between life and death for many. At their last meeting, the Pamlico County Board of Commissioners gave their approval to the Pamlico County Health Department to devise a plan to convert the department to a Disaster Field Clinic during an extreme emergency. A disaster field clinic is a temporary, mobile or set-up medical station providing immediate patient triage, first aid, and urgent care when local hospitals are closed, damaged, or overwhelmed. “This is an action plan that could be set in motion by emergency management if our county were cut off due to a disaster situation,” says Lynn Hardison, Clinical Services Director for the Pamlico County Health Department. “If the Health Department office were destroyed or inaccessible, this mobile clinic could treat injuries, administer care, and ensure the continuity of healthcare services for the citizens of our community. Integrating telehealth further enhances our ability to provide for patients by allowing remote providers and specialists to support operations even when physical access is not possible. It is a plan we hope we never have to implement but feel we need to have in place for the possibility it is needed.”

National blood crisis NOW: Immediate need for blood donations

Red Cross issues rare crisis call for donors as summer blood shortage intensifies
Patient care threatened as critical blood type levels continue to fall

July 27, 2026 — For only the second time in history, the American Red Cross has declared a national blood crisis — and patients may already be feeling the impact. Donors are asked to act immediately to help save lives.

Blood donations have fallen to a four-year summer low, worsening this season’s emergency blood shortage. All blood types are needed, but the situation is especially dire for type O blood as the Red Cross is now limiting distributions of these blood products to hospitals. The supply of type O positive blood has now dropped below a one-day supply.

Help end this crisis and stabilize the blood supply. Book an appointment to give blood now by using the Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). As a thank-you, all who come to give by July 31 will receive a Fandango Movie Ticket by email (up to \$15 ticket price and fees). See RedCrossBlood.org/July.

Additionally, those who come to give Aug. 1-31, 2026, will receive a \$20 Amazon Gift Card by email. For details, visit RedCrossBlood.org/August.

Patients can’t wait
Despite thousands of people who have stepped up to help end the emergency blood shortage since it was declared earlier this month, donations are still not keeping pace with hospital demand, and the situation has escalated. Extreme heat, poor air quality and widespread foodborne illnesses continue to contribute to lower donor turnout this summer.

“This summer has brought a number of unique challenges that have placed additional strain on our blood supply, creating growing concerns for



hospitals and the patients who rely on lifesaving transfusions,” said Paul Sullivan, senior vice president of donor services for the Red Cross. “If just three more donors gave at each blood drive this summer, we could help the blood supply rebound and ensure hospitals have the blood products they need throughout the remainder of the season.”

How to donate blood All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 18 years of age in North Carolina (17 and under with parental consent), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

About the American Red Cross:

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit red-cross.org or CruzRojaAmericana.org, or follow us on social media



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Pamlico County Health Department

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Southeast Pamlico Volunteer Fire Department Station 19 wishes to thank our sponsors, fishing tournament participants and the community for your support of our 4th Annual Fundraiser and 1st Annual Hooks & Ladders Drumfish Tournament. Prizes were awarded for 1st place - \$1,000, 2nd place \$500 and 3rd place \$250.

Thank you to the 49 tournament participants and nearly 150 at the Open House.

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Bayboro, NC — July 21, 2026 — The Pamlico County Health Department Clinic is proud to announce that it has been approved as an official National Health Service Corps (NHSC) Site, marking an important milestone in the department's ongoing efforts to improve access to quality healthcare for residents throughout Pamlico County.

The National Health Service Corps is a federally supported program that helps communities recruit and retain qualified healthcare professionals by offering loan repayment and scholarship opportunities to eligible clinicians who serve in areas with limited access to healthcare services.

As an approved NHSC site, the Pamlico County Health Department Clinic is now eligible to recruit primary care and behavioral health providers who participate in the program. This designation enhances the department's ability to address workforce shortages, expand access to care, and strengthen the delivery of essential health services to individuals and families across the county.

"This designation represents an important investment in the future of healthcare in Pamlico County," said Lynn Hardison, Clinical Services Director for the Pamlico County Health Department Clinic. "Becoming an NHSC-approved site strengthens our ability to recruit dedicated healthcare professionals who are committed to serving rural communities. This will help us expand access to quality healthcare and better meet the needs of our residents."

The approval supports the Health Department's commitment to providing accessible, high-quality public health and clinical services while improving health outcomes throughout the community. By increasing opportunities to recruit and retain qualified providers, the department is better positioned to ensure that residents receive timely, comprehensive care close to home.

"This achievement reflects the dedication of our staff, the support of our Advisory Board of Health, county leadership, and our community partners," added Hardison. "Together, we are building a stronger, healthier future for Pamlico County residents."

The Pamlico County Health Department's Clinic remains committed to improving the health and well-being of all residents through quality healthcare services, disease prevention, health promotion, and strong community partnerships.

UNEARTH
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SUMMER READING
FINALE!
with Bright Star Touring Theater

The Summer Reading Challenge Finale is Here!

Wow! The last week of Summer Reading is here already! And we are so excited to celebrate YOU, from your reading accomplishments to all you have learned in our SRC programs.

Don't forget to turn in your reading log by July 31! Bring it into any CPRL library branch or turn them in online at mycpri.org/srcreturn.

Online submissions will still need to pick up your SRC completion prize at your library branch by the end of August.

If you signed up through the Bookmobile, you may take your completed reading log to any CPRL branch! Please write "Bookmobile" at the top so we know where you signed up.

Certificates and branch prizes for all ages will be handed out at the SRC finale events! (If you can't make the finale event, you can pick up your certificate through the end of August.)

Summer Reading Finale Events:

Pamlico County Library
Friday, July 31, 10:00 am - SRC Finale with Bright Star Theater
Saturday, August 1, 11:00 am - SRC Awards and Giveaway on Facebook Live
Go to <https://www.facebook.com/Pamlico.Library> for the Pamlico County Public Library Facebook page.

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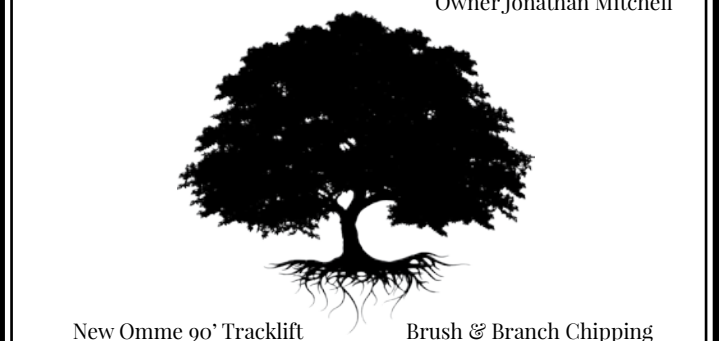


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Capt. Ron Diamond 518-657-1348 in Oriental
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NOTICE OF PUBLIC HEARING

Pamlico County Proposed Fiscal Year 2026– ‘27 Budget

NOTICE IS HEREBY GIVEN, that the public hearing regarding the Pamlico County Proposed Fiscal Year 2026-’27 Budget, has been SCHEDULED for Monday, August 3, 2026 at 7:00pm. The public hearing will take place in the Commissioners’ Meeting Room located in the Pamlico County Courthouse Annex, 202 Main Street, Bayboro. All interested citizens will have the opportunity to give written and oral comments.

Tracy Boyd
Clerk to the Board
July 21, 2026

“Trying to look cool while slowly melting.”

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARVA FISHER BALDWIN
File No.: 26E000112-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARVA FISHER BALDWIN, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF MARVA FISHER BALDWIN
C/O SPENCER L. BALDWIN
511 LAKE TYLER DR
NEW BERN, NC 28560

Publish JULY 8,15, 22 AND 29 2026.

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
SUE G. IRELAND
File No.: 26E000114-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SUE G. IRELAND, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF SUE G. IRELAND
C/O JACKIE F. IRELAND, JR.
636 DAWSON CREEK BLVD
ORIENTAL, NC 28571

Publish JULY 8,15, 22 AND 29 2026.

INCIDENTS

June 18, Kershaw Rd., Oriental, order for arrest child support

June 18, Main St., Bayboro, identity theft

June 18, Seafarer Rd., Arapahoe, simple assault

June 18, New Bern, sending messages and graphic photos via Instagram and Roblox messenger

June 18, Broad St., Oriental, driving while impaired

June 19, Bayleaf Rd., Olympia, injury to personal property, larceny of property or goods <= \$1,000

June 21, NC Hwy 304/33, Hobucken, animal complaint

June 21, Florence Rd., Merritt, assault on a female by male at least 18 years of age, simple assault, malicious conduct by prisoner - fluid/excrement/substance

June 21, Whittaker Pointe Rd., Oriental, injury to personal property

June 21, NC Hwy 55, Grantsboro, larceny of property or goods <= \$1,000

June 21, Olympia Rd., New Bern, civil complaint

June 22, NC Hwy 55, New Bern, runaway juvenile

June 22, Main St., Bayboro, order for arrest child support, failure to appear driving while impaired, failure to appear reckless driving to endanger, failure to appear drive left of center, failure to appear improper use of dealer plates, failure to appear larceny by changing price tag

June 22, Main St., Bayboro, harassing phone calls, communicating threats

June 22, N. Second St., Bayboro, injury to real property, second degree trespass

June 22, Whittaker Point Rd., Oriental, larceny of property or goods <= \$1,000

June 22, Neuse Rd., New Bern, attempted bank scam

June 23, Janiero Rd., Arapahoe, simple assault, communicating threats, misdemeanor child abuse

June 24, NC Hwy 55, New Bern, communicating threats

June 25, NC Hwy 55, New Bern, carry concealed gun - M, possession of marijuana up to ½ oz.

June 25, Neuse Rd., Grantsboro, assault by pointing gun

June 26, Mill Pond Rd., Alliance, obtain property by false pretenses

June 26, Seafarer Rd., Arapahoe, driving while impaired

June 26, Broad St., Oriental, larceny of property or goods value > \$1,000

June 27, NC Hwy 55, New Bern, order for arrest

June 27, NC Hwy 306 N., Grantsboro, driving while license revoked not impaired revoked

June 27, NC Hwy 55, New Bern, assault by strangulation, kidnapping

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
JAMES EDWARD COX, JR.
File No.: 26E000115-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JAMES EDWARD COX, JR., EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF JAMES EDWARD COX, JR.
C/O MICKEY WILSON
361 CHAPEL CREEK DR
BAYBORO, NC 28515

Publish JULY 8,15, 22 AND 29 2026.

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARYANN C. BRINSON
File No.: 25E001230-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARYANN C. BRINSON, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF MARYANN C. BRINSON
C/O GARY L. BRINSON
8626 NEUSE RD
GRANTSBORO, NC 28529

June 27, Water St., Bayboro, cruelty to animals (M)

June 27, Neuse Rd., Grantsboro, harassing phone calls

June 29, Teachs Cove Rd., Oriental, firing a weapon in a residential area

June 29, Old Lupton Rd., Merritt, civil complaint

June 29, Main St., Bayboro, criminal summons

June 30, Keel Rd., failure to appear

July 1, Dolphin Rd., Oriental, injury to personal property

July 1, Marsh Run, Oriental, financial card fraud - felony

July 1, NC Hwy 306 S./Kershaw Rd., Arapahoe, simple possession of Schedule VI controlled substance, possession of marijuana paraphernalia

July 2, Moonlight Lake Dr., New Bern, false/misleading/unfounded report to police/law enforcement

July 2, NC Hwy 55, Grantsboro, misdemeanor larceny

July 4, Lee Landing Rd., New Bern, all other offenses

July 4, Straight Rd., Oriental, road rage

July 4, Main St., Bayboro, order for arrest misdemeanor probation violation

July 5, Janiero Rd., Oriental, simple assault

July 5, Seafarer Rd., Arapahoe, second degree arson

July 6, Burton Farm Rd., Arapahoe, communicating threats

July 6, Sandy Lane, Grantsboro, 30 dogs in the house with bad living conditions

July 6, Academy St., Oriental, road rage

July 6, Water St., Bayboro, break or enter w/intent to terrorize or injure occupant, assault inflicting serious injury, felony conspiracy, assault in the presence of a minor, assault by strangulation, injury to real property

July 8, NC Hwy 304, Vandemere, stalking

July 8, Dogwood Landing Rd., Merritt, exploit disabled/elder (F)

July 8, Old Bay River Rd., Grantsboro, second degree trespass

July 9, NC Hwy 55, Alliance, credit card/automated teller machine fraud

July 9, NC Hwy 304, Bayboro, communicating threats

July 10, Main St., Bayboro, felony conspiracy, assault by strangulation, kidnapping, assault ini the presence of a minor, break/enter terrorize/injure, assault inflicting serious injury

July 10, Griggs Rd., Vandemere, financial card theft - take/withhold/use without person’s consent

July 10, Moonlight Lake Dr., order for arrest reckless driving wanton disregard, order for arrest DWI level 5, order for arrest no operators license, order for arrest misdemeanor probation violation,

Publish JULY 8,15, 22 AND 29 2026.

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
BARBARA ANN BENTON
File No.: 25E001131-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BARBARA ANN BENTON, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF BARBARA ANN BENTON
C/O MICHELLE ANNE LUZAR
10657 NEUSE RD
ARAPAHOE, NC 28510

Publish JULY 8,15, 22 AND 29 2026.

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Amy Laverne Heath, deceased, late of Pamlico County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned on or before October 15, 2026, or this Notice will be pled in bar of their recovery. All persons indebted to said estate will please make prompt payment.

Estate of Amy Laverne Heath
Thomas A. Kellis, II, Administrator
The Carolina Law Group, PLLC
1919-B S. Glenburnie Road
New Bern, NC 28562

Publish July 15, 22, 29, and August 5, 2026.

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

order for arrest discharge firearm encl. fear, order for arrest false report to police station

July 10, Chair Rd., New Bern, obtain property by false pretenses

July 11, Main St., Bayboro, break and enter/larceny

July 11, Silverbrook Rd., order for arrest child support

July 12, Foxwood Trail Rd., New Bern, assault with a deadly weapon, injury to personal property

July 12, Mill Creek Dr., Arapahoe, hit/run accident - fail stop - property damage

July 13, Main St., Bayboro, order for arrest injury to personal property

July 14, Richfield Dr., Oriental, identity theft

July 14, NC Hwy 55, New Bern, civil complaint

July 15, Kelly Watson Rd., Lowland, larceny

July 15, Dogwood Landing, Merritt, larceny

July 15, Green Bay Rd., Oriental, loitering in private campground

July 16, Compass Point Dr, Oriental, speeding in the neighborhood

July 16, Longleaf Dr., New Bern, order for arrest

July 17, Kershaw Rd., Arapahoe, injury to personal property

July 17, Peninsula Dr., Oriental, identity theft

July 17, NC Hwy 55, New Bern, driving while license revoked not impaired revoked, expired registration

July 18, Bell Point Lane, Merritt, all other offenses

July 19, S. Second St., Bayboro, injury to real property

July 19, Silverthorne Rd., Merritt, domestic criminal trespass, larceny of property or goods <= \$1,000, burglary/ breaking and entering

July 19, Lynchs Beach Loop Rd., Bayboro, littering 15-500 lbs.

July 20, Mildred St., Oriental, larceny after breaking or entering

July 20, NC Hwy 55, New Bern, civil issue

July 20, Murphy Farm Rd., Merritt, mailer scam

July 21, Old Bay River Rd., Alliance, credit card fraud

July 21, NC Hwy 55, Grantsboro, order for arrest driving while license revoked not impaired revoked

July 21, Florence Rd., Merritt, traffic complaint

July 22, NC Hwy 55, New Bern, larceny of property or goods value > \$1,000

July 22, Foxwood Trail Rd., New Bern, break or enter building (misdemeanor), injury to personal property

July 22, NC Hwy 306 S., Grantsboro, warrant for arrest injury to real property

**SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
BRIAN P. KEARNEY
File No.: 26E000066-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRIAN P. KEARNEY, ADMINISTRATOR, on or before OCTOBER 13, 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 ADMINISTRATOR.

This 15TH OF JULY 2026

ESTATE OF BRIAN P. KEARNEY
C/O FLORENCE KEARNEY
139 LAKE ANNE DR
WEST PALM BEACH, FL 33411

Publish JULY 15, 22, 29 AND AUGUST 5, 2026.

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
GREGORY SCOTT LEONARD
File No.: 26E000126-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to GARY F. LEONARD, ADMINISTRATOR, on or before OCTOBER 20, 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 ADMINISTRATOR.

This 22ND OF JULY 2026

ESTATE OF GREGORY SCOTT LEONARD
C/O GARY LEONARD
3003 WATERSCAPE WAY APT 1313
NEW BERN, NC 28562

Publish JULY 22, 29 AND AUGUST 5, AND 12, 2026

INSPECTIONS

June 23, Chris Dixon, Arapahoe, deck/ porch, \$90.96; Randall Raker, Oriental, misc. replace windows, \$50; Denise Haywood, Oriental, misc., \$50

June 24, Gypsy Gilliam, Grantsboro, CAMA, \$158.80; Jeanine Miller, New Bern, singlewood, \$235

June 25, Annette Schneider, Oriental, garage, \$100

June 26, Pat McCotter, Vandemere, fireworks, \$100; Florence Whortonsville VFD, Merritt, sign, \$50; Eileen White, Oriental, CAMA Minor App, \$119; Thomas Mills, New Bern, addition, \$388.50

June 29, Jeffery & Kaitlyn Rouse, Merritt, CAMA Minor App Fee, \$119; Four J’s of Pamlico, Merritt, electrical, \$150; Ralph & Terri Boldyga, Oriental, new residential, \$2,265.78; Debbie Russo, Merritt, mechanical, \$226.16; Brandon Bolick, Merritt, electrical 200 amp, \$150; Charles Gryb, Oriental, transfer switch, \$50; Kim Hendricks, Oriental, plumbing, \$50; Frank Barron, Merritt, 100 amp, \$100

June 30, Serena Heath, Oriental, mechanical, \$100; Lane & Sheila Parrott, Merritt, mechanical, \$200; Tyler Grover, Merritt, electric, \$100; Richard Banks, Grantsboro, renovations, \$329.84; Charles Rich, New Bern, electrical, \$150; Town of Minnesott Beach, Minnesott Beach, building, \$724; Town of Alliance, Bayboro, plumbing, \$50

July 1, Chris Steinburg, Minnesott Beach, new residential, \$2,022.98; Christopher Battle, Arapahoe, addition/renovation, \$208.48; Kim Caroon, Oriental, mechanical, \$100; Kim Caroon, Grantsboro, mechanical, \$100; Larry Henning, Grantsboro, plumbing, \$100; Heartworks, Bayboro, fire inspection, \$75; Dan Roundtree, Bayboro, doublewide, \$260

July 2, Grantsboro Post Office, Grantsboro, electric, \$50; Anna Kelly, Grantsboro, electric/plumbing, \$200; Wendy Hall (Walmart), Grantsboro, building, \$73.04; Michael Hollowell, Bayboro, electric, \$150

July 6, Mike Gilvary, Merritt, electric, \$50; Ralph Winklevoss, New Bern, garage, \$184.40; Frank Bradham, Oriental, replace 2 HVAC, \$200; David Salmons, New Bern, singlewide, \$235

July 7, Jeff Gabriel, Oriental, CAMA gen., \$102.80; Elise Roane, Oriental, CAMA dock, \$73.04; Russell Cook, Oriental, CAMA boatlift, \$77.04; Robert Taylor, Merritt, electric generator w/ ats, \$200

July 8, Norman Bridgers, Oriental, boathouse & pier, \$217.12; Alvie Lee, Grantsboro, electric reconnect, \$50; Jauquin Kirkman, Bayboro, sign, \$51.44; Kenneth Burckhardt, Arapahoe, pool, \$150; Judith Walsh, Bayboro, electrical, \$50

AROUND THE COUNTY

Pamlico Betty Jo Rodgers, *Correspondent*



I have been out of town, so there is not much to report from Pamlico. The DOT has mowed the roadsides in the Pamlico Community, and it sure looks nicer. The only bad thing is it shows where inconsiderate people have been throwing trash out of their vehicles onto the roadsides. It's possible trash blew out of the back of pickup trucks, but it is still littering. We are not a third world country, and we should be teaching our children how to care for the environment.

My sister, Mildred Harrison, and I attended the 17th National Gwaltney Family Reunion held near Smithfield VA on July 24-26. On Friday night, we joined the group for supper at the Freemason Abbey Restaurant in Norfolk VA. It is a restaurant in an old presbyterian church. You could look into the bell tower, but the bell was long gone. Saturday, the family met at Mill Swamp Baptist Church where our ancestors attended church and are buried there in the cemetery. It is a short distance from the first 200 acres that our ancestor first farmed when he came to America from Wales as an indentured servant. We took part in various activities including viewing clips from the in-production movie, "Thomas Gwaltney: Immigrant 1642." Thomas Gwaltney was our common ancestor for everyone at the family reunion.

The 69th Lupton Family Reunion will be held Saturday, August 8, 2026, at noon at the Goose Creek Island Community Center, with lunch following at 1:00 p.m. Donations will be accepted

Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. There are some places in Pamlico County that make you slow down without even realizing it.

This week, while driving one of our back roads, I came across an old farmhouse that has clearly been standing empty for quite some time. Time has weathered its paint, vines have begun to reclaim the walls, and through the broken windows you can still catch glimpses of the beadboard that once lined the rooms inside.

Then I noticed the dolls.

One looked out from an upstairs window. Another rested on the porch. Others seemed to be watching from different corners of the house, almost as if they were waiting for someone to return.

I honestly don't know who placed them there. Maybe it started as a prank. Maybe it became a local tradition. Whatever the reason, the dolls certainly catch your attention.

But the longer I stood there with my camera, the less interested I became in the dolls.

Instead, I found myself studying the house.

Someone built that home with pride. You can still see it in the details. The beadboard inside wasn't the cheapest material available years ago. It was installed by someone who expected that house to be lived in, cared for, and filled with family.

I couldn't help but wonder who sat on that porch after a long day's work. Who gathered around the supper table? Which children once ran through those rooms that are now open to the weather?

The dolls may be what people notice first, but the house is what stayed with me.

Recently, someone installed a cable across the driveway along

to help cover rent, paper products, postage, and ice. Bring your favorite cake, pie, cobbler, or other treat for the "Dessert Contest." Everyone will vote for their favorite dessert. Come prepared for a good time of fellowship. Several Lupton family members live in Pamlico County, so please come if you are able. I am a Lupton descendant and have been involved with the reunions since the first one in 1957, when I wrote the 3-cent postcards inviting people to attend in Whortonsville.

Celebrating birthdays in July are Ed Kelleher (7/29), and Bertha Gilliam (7/31).

Celebrating birthdays in August are Betty Joe Rodgers and James Cuthrell (8/6), Beverly Bryant, Keith Gilliam, Diane Hodges (8/8), Debbie Roach, Yvonne Shealy, Chrissy Fulcher-Cahoon (8/9), Hadley Gordon (8/10), Dot Helms (8/12), Crystal Carey, Leslie Gilliam, Jr. (8/13), Jennifer Whorton Townsend (8/14), Morgan Hudgins, Karen Spruill (8/15), Earl Sadler (8/16), Linda Gwaltney (8/17), Jodi Moore (8/18), Judy Styron, Irene Wright (8/21), Aiden Reason, Mark Norman, and Reba Tiller (8/23), Carrie Ellen Hopkins (8/24), Cathy Muse Bunn (8/25), and Chris Meadows (8/27).

Have a blessed week. Zapped? Take Spiritual Vitamin Z. "Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works." (Titus 2:14)

with fresh "No Trespassing" signs. Out of respect for the property and those responsible for it, I viewed it only from the public road with a telephoto lens. There are stories worth telling, but there is also value in respecting the people connected to those stories.

What I'd really like to know isn't why the dolls are there. I'd like to know who built the house. I'd like to know the family that called it home. I'd like to know why it was eventually left behind.

Every old home has witnessed birthdays, holidays, hard times, laughter, and tears. Those memories don't disappear simply because the windows are broken or the porch begins to sag.

If you happen to know the history of this old farmhouse—or perhaps even the story behind the dolls, I hope you'll share it. Because houses like this are more than abandoned buildings. They're chapters of Pamlico County's story.

And every story begins somewhere.



The connection between appearance and self-esteem

Body image is defined as how people feel about the way they look. The Office on Women's Health says a healthy body image makes a person feels comfortable in his or her body, while a negative body image can put a person at higher risk of depression and eating disorders. Mental health experts say that a person's thoughts about his or her appearance can affect how that person feels about himself or herself, which can affect self-esteem. A positive body image can result in high levels of self-esteem, fostering confidence and inspiring an individual to prioritize self-care. Conversely, a negative body image can result in lower self-esteem. Harsh criticism of oneself may lead to antisocial behavior or even disregard for one's personal health. Fostering a positive body image and increasing self-esteem can involve a few strategies. InnerBody Research, a home health company, offers these tips:

- Avoid comparisons to social media and magazine images.
- Focus on the positive aspects of yourself, but learn to love every part of your body.
- Maintain a healthy routine, promoting physical and mental well-being.
- Set realistic expectations.
- Participate in activities you enjoy and surround yourself with supportive people.

Working with a therapist also can help improve body image and self-esteem.



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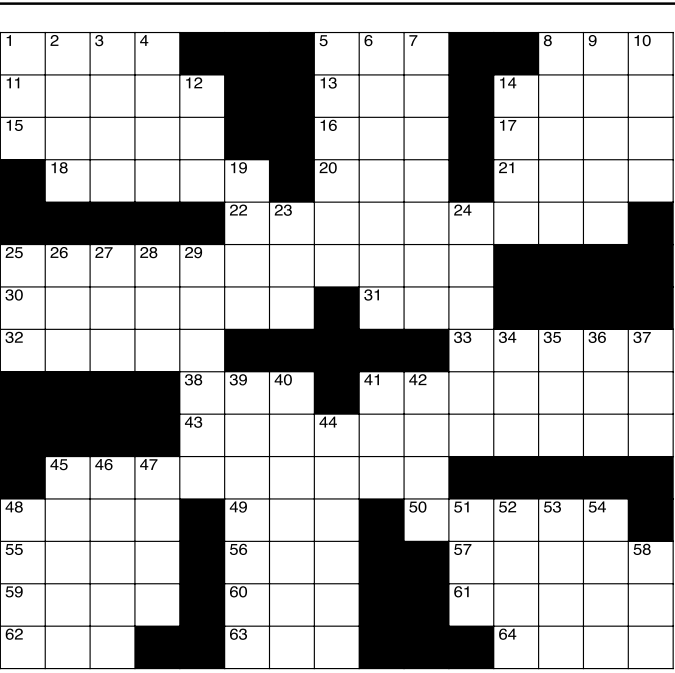
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CROSSWORD



CLUES ACROSS

1. Egyptian bull god

5. Romanian monetary unit

8. Santa's helper

11. Fictional Pink Floyd corporal

13. Sea eagle genus

14. Broad volcanic crater

15. Minneapolis suburb

16. Actual commercial worth (abbr.)

17. Exchange rate

18. Ethnic peoples in Guinea

20. Men's fashion accessory

21. Craft material

22. Offerings

25. Early

30. Large room

31. Soviet Socialist Republic

32. One who hauls
33. Shorthand for accepting

38. Promotional materials

41. Loss of memory

43. One who beheads

45. Photographers

48. Small, rich sponge cake

49. White clerical vestment

50. Partner to "oohed"

55. Abba __, Israeli politician

56. Zero

57. Owl monkey genus

59. Lace bug genus

60. Mild expression of surprise

61. Storage devices

62. Keyboard key

63. Make a mistake

64. One-time Korean president

CLUES DOWN

1. Bridge building degree

2. Expression of sorrow or pity

3. Large, stocky, lizard

4. Rumanian river

5. Missive

6. Stout-bodied moths

7. Brings out

8. Bird of prey

9. King of Thebes

10. Cleaving tool

12. African antelope

14. Three are particularly famous

19. Satisfy

23. C. European river

24. Dictator

25. Portion of (abbr.)

26. The 17th letter of the Greek alphabet

27. Consume food

28. Woman (French)
29. Scrape or wear away by friction

34. Popular vegetable

35. Pacific Standard Time

36. Brazilian state capital

37. Paddle

39. Cause to become insane

40. Drier and flakier

41. Mimic

42. ESPN host Kimes

44. One who moseys

45. Secret political clique

46. Behind the stern of a ship

47. Supernatural force

48. Sanctuary in Orthodox churches

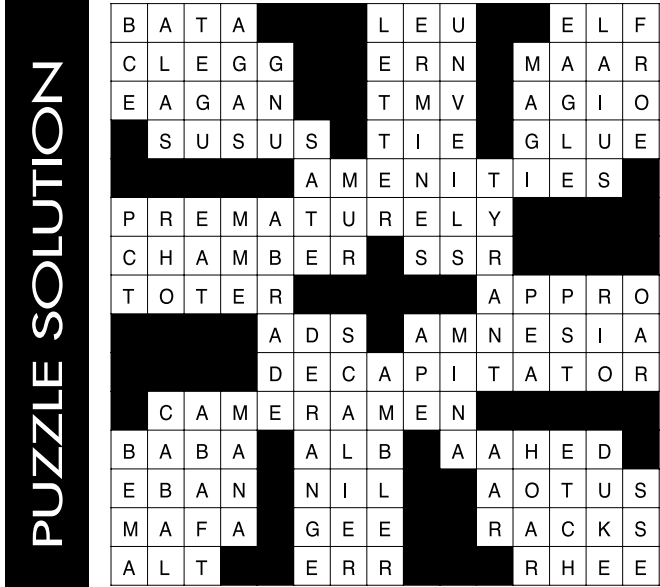
51. Swiss river

52. Grayish white

53. Engrave

54. UNC's chief rival

58. Midway between south and southeast



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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to irrigation.

E H S O

Answer: Hose



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Health & Wellness

The changing nutritional needs of aging bodies



Getting older requires adapting to the changes that come one's way. The human body is ever-changing and health requirements typically need to be modified as people age. One area that merits consideration is the body's changing nutritional needs. Individuals should know that generally the body absorbs nutrients less efficiently as it ages. That's just one of many changing needs.

- **Fewer calories:** Healthline notes that older adults likely need to eat fewer calories than they did when they were younger since they tend to move and exercise less and carry less muscle. Overeating may lead to gaining extra fat around the belly area.
- **Vitamin B12:** As people age, their stomachs produce less hydrochloric acid, and some medications can make it harder for the body to absorb B12. Adults should speak with a health care provider about whether or not a B12 supplement might be right for them.
- **Fiber:** Regular bowel movements are an important part of staying healthy. Fiber will help support healthy digestion and prevent constipation. Fiber is found naturally in most fruits, vegetables, whole grains, and legumes, according to Penn Health. Men 50 years of age and older should aim for 30 grams of fiber a day, while women should strive for 21 grams, according to Maureen Boccella, MS, RD, CDCES, LDN, at Chester County Hospital.
- **Protein:** Eating more protein might help older adults avoid loss of muscle mass and diminished strength, which are hallmarks of a condition known as sarcopenia, says Healthline. A study published in the American Journal of Clinical Nutrition found those who ate the most protein lost 40 percent less muscle mass than people who ate the least.
- **Calcium:** Bone health is a consideration as a person gets older, says the United States Department of Agriculture. Calcium supports bone health and plays a role in muscle function, hormone secretion and nerve transmission. Calcium can be found in yogurt, cheese, milk, and some vegetables like kale and broccoli.
- **Potassium:** According to Harvard Health, diets that emphasize significant potassium intake can help keep blood pressure in a healthy range compared to potassium-poor diets. Potassium also is necessary for the normal operation of all cells, ensuring proper function of muscles and nerves. While bananas are good sources of potassium, apricots, prunes, orange juice, squash, and some potatoes also contain this often-neglected nutrient.
- **Water:** While not a nutrient per se, water is essential for older adults, who do not feel thirst as readily as they did when they were younger, making them more vulnerable to dehydration. Low-fat milk and unsweetened juices also can help.

Older adults are urged to speak with their doctors or dietitians to discuss their changing nutritional needs.

DK?

Data indicates the average professional is retiring shortly after turning 60.

The average retirement age across Canada in 2023 was **65.1**
As reported by Statistics Canada.

The average retirement age among American retirees is **62**
Source: 2024 MassMutual Retirement Happiness Study

A high cost of living and advancements in medicine that have contributed to longer life expectancies would seemingly compel individuals to work longer, but data indicates the average professional is retiring shortly after turning 60. Data from the 2024 MassMutual Retirement Happiness Study indicates that the average retirement age among American retirees is 62. That's in spite of the fact that pre-retirees and retirees who participated in the study indicated that 63 is the ideal retirement age. Canadians are staying in the workforce a good deal longer, as Statistics Canada reports the average retirement age across Canada in 2023 was 65.1. That disparity could be due to the Canada Pension Plan (CPP), which replaces part of retirees' income with a monthly, taxable benefit. The Government of Canada reports the standard age to start the CPP is 65.



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