

The Pamlico News

Wednesday, September 2, 2026

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Grammy-Nominated Vocalist Farayi Malek Opens Riverfront Stage at Ol' Front Porch Music Festival

Riverfront Stage — Friday, Oct. 2, 1–2 p.m.

Farayi Malek will kick off the Riverfront Stage lineup on Friday, Oct. 2, from 1 to 2 p.m., during the Ol' Front Porch Music Festival in Oriental, N.C.

The performance is part of the Ol' Front Porch Music Festival, a free, two-day celebration of folk, Americana, bluegrass, country, gospel and jazz held Friday and Saturday, Oct. 2–3, 2026, in the waterfront village of Oriental, N.C. Now in its 12th year, the festival features a main stage overlooking the Neuse River along with performances on porches throughout the walkable town. There is no admission charge.

Farayi Malek is a Grammy-nominated Americana and jazz vocalist who grew up in rural Idaho immersed in bluegrass and folk music before pursuing jazz studies at the New England Conservatory and the Berklee Global Jazz Institute. She earned a Grammy nomination for the album “Crisalida,” recorded with pianist Danilo Perez’s Global Messengers, and has performed internationally, including at the Panama Jazz Festival. Now based in the Boston area, where she also teaches at Berklee, Farayi released her debut solo project, “Edge of the Earth,” and recently appeared on an album by celebrated banjoist Tony Trischka. Her music draws together the threads of bluegrass, jazz, blues and R&B into a sound she considers simply American.

NCDMF Issues Shellfish Closure Proclamation

by: Hiram Lupton



Areas that are temporarily closed to shellfish harvest are shown in yellow and include Jones Bay and Bay River.

The North Carolina Division of Marine Fisheries has issued a temporary closing of several water bodies to shellfish harvest including two adjacent to Pamlico County, Bay River and Jones Bay. The closure took effect on August 30th at 7:50 AM. This closure is considered a polluted area proclamation, indicating that the Shellfish Sanitation section of



– Wild caught Oysters

the NCDMF, which routinely tests water bodies for pollution, has detected higher than acceptable levels of bacteria in these waters. Closures of this type are not uncommon during periods of hot weather and excessive rainwater runoff. When levels return to an acceptable amount, another proclamation will be issued reopening these areas.

Ol' Front Porch Music Festival Buttons Now Available

By Leslie Kellenberger & Hiram Lupton



The ‘Ol Front Porch Music Festival has become an area tradition and the collectible buttons commemorating the yearly event are a much sought after keepsake among attendees. The button for the 2026 festival was once again designed by Marguerite Garrett, just as she has done since 2015. Since this is America’s 250th birthday, she wanted to do something special to tie the festival and the semiquincentennial and she came up with a great design depicting a Continental Army American Revolutionary War era drum. In comparison to most British drums decorated with regimental insignias and trophies, American drums were plainer. Surviving drums show some painted a solid color, while some are left as plain wood, such as mahogany, curled maple, and beechwood, with a calfskin head, gut snares, leather tabs and hemp cord. Drumsticks were heavy, dense wooden implements carved from durable hardwoods like ebony, Brazil wood, cocoa, or rosewood. The button also has the patriotic colors of red, white, and blue. The design also

gives a nod to Oriental’s renowned Drummin’ Dragons, the community drum circle. Whether you are just starting your collection or have them all, this button will be a great addition and you don’t have to wait until the festival to pick one up. They are available now at the Inland Waterway Provision Company. It is an awesome way to show your support for the festival. The ‘Ol Front Porch Music Festival takes place on October 2nd and 3rd in Oriental. Check out their website at www.olfrontporch.org or follow it on Facebook for all the latest information including the artist lineup and venue maps. The festival as always is free.



Previous Years Buttons

Explore All That Comes With Your Library Card!

September is Library Card Sign-Up Month, but even if you are a library regular, you may be surprised at how much comes with your library card! From audiobooks to free online classes, from take-home tech to book club kits, a library card is the best card in your wallet!

Visit mycpri.org/explore to discover something new about your free library resources!



One Card. Endless Adventure.

Visit mycpri.org/explore



September is Library Card Sign-up Month!

LIKELY WEATHER OVER THE WEEKEND



Saturday, September 5th **92°Hi** Showers and thunderstorms



Sunday, September 6th **84°Hi** Mostly cloudy skies



HERITAGE DAY SET FOR OCTOBER 17 IN ARAPAHOE

Pamlico County Historical Association will host its annual Heritage Day on Saturday, October 17, 2026, from 10 a.m. to 3 p.m., celebrating the traditions, history, and community spirit that define Pamlico County. The event will feature historical exhibits, live demonstrations, children’s activities, live music, local vendors and food.

Heritage Day continues to grow each year, offering residents and visitors an opportunity to enjoy a family-friendly day focused on the culture and craftsmanship of Eastern North Carolina.

Craft Vendor Invitation PCHA is currently seeking craft vendors, artisans, and makers interested in participating. Vendors offering handmade goods, traditional crafts, or heritage-inspired items are encouraged to apply. Space is limited, and early registration is recommended.

For vendor information or to reserve a space, contact Brandi at pchamuseum@gmail.com.

Heritage Day is open to the public, and all are invited to attend and take part in celebrating the county’s rich history.



We Need Your Help to Make The 2026 Trunk or Treat Happen!

Dear Community Partners, Friends, and Volunteers,

Pamlico County Library’s Trunk or Treat is happening October 31st @11 AM, and we need our community’s help to make it a fun and successful event for our community!

We are expecting approximately 100 children this year and are looking for individuals, groups of friends, families, agencies, organizations, businesses, and community groups to decorate a trunk and hand out candy.

Participating can be as simple or creative as you’d like. Decorate your vehicle, bring some candy, and help us create a safe and welcoming Halloween celebration for families in our community.

Interested in hosting a trunk? Please complete this form:

Host a Trunk - Pamlico Library’s Trunk or Treat Registration – Fill out form at <https://forms.cloud.microsoft/r/ULy7SZdAkn>

Even if you aren’t able to participate, you can still help! Please share this opportunity with your staff, members, volunteers, friends, and other community organizations. The more trunks we have, the better the experience will be for our kids.

Thank you for helping us make Trunk or Treat possible. Once you complete the request to participate, a staff member will reach out with details.

Pamlico County Library
Sidney J. Phibbons
Branch Manager
Pamlico County Public Library





ARAPAHOE CHARTER SCHOOL BACK TO SCHOOL

Page A09



Pirate Jam

The **FREE** On-Water Concert
Saturday, September 5 at 1pm
(Rain Date Sunday, September 6)
Teach’s Point
(across from the Boat Ramp in Oriental)



SEPTEMBER IS **HEALTHY AGING** MONTH



Dialysis Technician

Seats are still available in Pamlico Community College’s Dialysis Technician course, which is slated to begin Monday, Sept. 14, and will conclude Jan. 11, 2027. The class will meet on Mondays from 5:30 to 9:30 p.m. with the remainder of the coursework online. Cost for the course is \$180.55; financial aid is available for qualified students. For more information, call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo



Nurse Aide I

Pamlico Community College will offer an evening section of its popular Nurse Aide I course beginning Tuesday, Sept. 15. The class will meet on Tuesdays from 5:30 to 9:30 p.m., with the remainder of the coursework online. Clinicals will meet on Tuesdays and Thursdays. Cost for the course is \$180.55; financial aid is available for qualified students. For more information, call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo



Cardiac Monitor Technician

Learn the skills you need to function in an acute care setting with Pamlico Community College’s Cardiac Monitor Technician course. The evening section is scheduled to start Tuesday, Sept. 15, and will run through Feb. 26, 2027. Class hours will be 5:30 to 9:30 p.m. The daytime section will begin Wednesday, Sept. 16, and will conclude Jan. 15, 2027. The class will meet 8:30 a.m. to 3 p.m. Some of the coursework will be online. Cost for either section is \$180.55; financial aid is available for qualified students. For more information, call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo

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NC COMMUNITY COLLEGES
CREATING SUCCESS

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LEARN. GROW. SUCCEED.

FREE SEMINARS & WEBINARS

1. GIVINGTUESDAY SUCCESS:
Build a Campaign That Inspires Donors

Wed., Sept. 16 | 10am – Noon | Pamlico County Library

2. AI IN ACTION: Practical Tools for Small Businesses & Nonprofits

Sat., Sept. 26 | 9am – 3:30pm | Pamlico County Library

3. MAKE AI WORK FOR YOU
(WEBINAR SERIES)

Mon., Oct. 5, 12, 19, 26 | 6 – 7:30pm | Online

4. AIRBNB MASTERCLASS:
From Startup to Five Stars (WEBINAR SERIES)

Tues., Oct. 6, 13, 20, 27 | 6 – 7pm | Online

5. THE CANVA TOOLBOX:
Unlock Canva’s Most Powerful Features

Sat., Nov. 7 | 9am – 3pm | Pamlico County Library

REGISTER TODAY!
PamlicoSBC.com

MARINER
REALTY, INC.

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

Agent of the Week
Allen Propst
Owner/Broker/GRI

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

We met Allen after much searching online and we asked him to show us the property we purchased. We had many questions not being familiar with NC laws. Allen helped us through all this and through the purchase with the greatest professionalism. He proved invaluable in negotiation. We would recommend Allen Propst and his staff at Mariner Realty without reservation.

Mike & Grace, Oriental

ORIENTAL – 3BR/2BA 3 miles from town, 1.04 acre unrestricted site, fenced backyard. Surrounded by farm fields, not in flood zone, no HOA or HOA dues & no zoning. Roof replaced in 2018, package HVAC system replaced in 2014, crawl space sealed & dehumidified. Backyard deck & detached storage bldg.
OFFERED AT \$275,000

ARAPAHOE – Lakeview & golf course frontage, **3BR/2BA** not in flood zone, no HOA dues. Lifetime metal roof w/gutters & leaf guards. One-car finished garage w/ attached golf cart garage. Detached workshop and detached storage building.
OFFERED AT \$299,500

ORIENTAL – 3BR/2BA 1,152 sf on 1 ac in the Buccaneer Bay West community close to downtown Oriental. Convenient access to marinas, boating, fishing, local restaurants, unique shops, and community events. Built in 1996, open porch, deck, patio areas, multiple storage sheds and a fenced in, above ground swimming pool.
OFFERED AT \$399,000

ORIENTAL – Neuse River views from every room, **4BR/3BA**, live oak trees front & back, home footprint not in a flood zone, no HOA, garage, workshop / storage, wraparound covered porch, public sandy beach 300’ away, in excellent condition, furnishings negotiable. Move-in ready.
OFFERED AT \$485,000

ORIENTAL – Waterfront **3BR/3BA** on 10 acres with scenic gardens, and a dock and solar boat lift. Screened deck, sunroom, living room fireplace, completely remodeled kitchen. HVAC system replaced in 2023, and hot water heater replaced in 2026.
OFFERED AT \$615,000

MERRITT – 3BR/2.5BA Simpson Creek waterfront with concrete 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

See all Listings & Visual Tours at
www.orientalncwaterfront.com
1-800-347-8246 • 252-249-1014

Or contact Allen Propst
252-671-4644

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

THIS WEEK IN HISTORY

by: Hiram Lupton

- September 2nd – 1945, Japan signed surrender documents formally ending World War II.
- September 3rd – 1783, The Treaty of Paris was signed, ending the American Revolutionary War.
- September 4th – Today is National College Colors Day. Red and White forever.
- September 5th – Today is National Cheese Pizza Day.
- September 6th – 1995, Cal Ripkin, Jr. played in his 2,131st consecutive major league baseball game, setting a new record.
- September 7th – Happy Labor Day.
- September 8th – Today is National Star Trek Day. Live long and prosper.

BIRTHDAYS THIS WEEK

September 2nd – 1948, Teacher and Astronaut Christa McAuliffe
September 2nd – 1966, Actress Salma Hayek
September 3rd – 19??, Commercial Fisherman Edie Purser Ireland
September 4th – 19??, Outstanding Pamlico Citizen Robby Sadler
September 4th – 1981, Singer Beyonce Knowles
September 5th – 1929, Actor and comedian George Robert Newhart (Bob Newhart)
September 5th – 1940, Actress Jo Raquel Welch
September 8th – 19??, Pamlico Coach April Rose



Tomato ketchup was used as medicine for 16 years.

Whether you love it or hate it, this condiment once had a place in the world beyond hotdogs. However, you'd be surprised to know that ketchup only had tomatoes in it starting 1834. Before, ketchup was made with a mix of fish and mushrooms. When Dr. John Cooke Bennet added tomatoes to the mix, he claimed that the antioxidants gave it a medicinal property. He had a pill salesman turn his tomato ketchup into pills and claimed it could treat diarrhea, indigestion, jaundice, and rheumatism

COMMUNITY OBITUARIES



Sylvia Clair Ensley Smithwick passed away on Thursday August 27, 2026, at her home in Grantsboro. One of five siblings, she was born on November 9, 1937, to Whitehurst and Goldie Ensley of Scott Town.

Sylvia graduated from Pamlico County High School in 1955 and shortly after began working at Cherry Point as a civilian employee. After her daughters were born, she was a stay-at-home mom until they started school at which time she became a missions board secretary at Calvary Baptist Church. This allowed her to take her girls to and from school and be available for their school activities. In 1988, she resumed her prior employment at Cherry Point where she worked until 1995 when both she and Jack retired.

After retirement she enjoyed working in her flowers, doing crossword puzzles, reading mystery novels, and taking care of her kitties. She also assisted Jack in the operations of his electrical business.

Throughout her life Sylvia was a loving, kind, and caring daughter, sister, wife, mother, and friend. She was always gra-

cious and had a kind word for everyone. She was a Godly mother who loved the Lord and lived a Christlike life. She is now reunited with Jack in heaven. She was greatly loved and will be missed more than words can say.

Sylvia was preceded in death by her husband of 57 years, Jackson Smithwick, who passed in April of 2025, and older brother, Renford Ensley.

She is survived by her daughters, Jennifer Smithwick Hunt and her husband, Dennis Hunt of Indianapolis, IN, and Tracy Smithwick Savage and her husband, Stephen Savage of Reelsboro; brothers, Rodney Ensley of Oriental and Ralph Ensley of Grantsboro; and sister, Carolyn Grimsley of Grantsboro.

A funeral service to honor Sylvia's life will be held at 11:30 a.m. on Thursday, September 3rd at New Bethlehem FWB Church with the Reverend Ashley Trogdon officiating. A brief interment will follow in the church cemetery.

The family will receive friends 30 minutes prior to the service in the church sanctuary.

Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.

Local businesses contribute to greater wealth in their communities.

According to data from Civic Economics, for every \$100 spent at local businesses, around \$73 remains in the local economy. By comparison, only \$43 remains in the local economy when people shop at non-locally-owned businesses. Proceeds come from paying taxes that support the community, and local businesses buy supplies from other local businesses, further benefitting their economies. All of this keeps much more money within local communities.



LETTER TO THE EDITOR

Dear Editor

NCGA is asking voters to permanently change our state constitution in ways that would tie the hands of future elected leaders, gut local control, and protect big corporations.

This is the 2nd amendment that will appear on the November 3, 2026 ballot. Unlike regular laws, constitutional amendments are extremely difficult to undo. Before you vote to lock anything into the NC Constitution forever, ask: what problem does this actually solve?

Amendment 2: Senate Bill 889 — Property tax levy limits

WHAT IT DOES

Give the NC General Assembly the power to cap how much local governments like our county commissioners, school board, city council can raise property taxes. The amendment doesn't specify any limit; it just hands that power to state legislators in Raleigh, stripping it from our locally elected officials.

WHY CONSIDER YOUR VOTE:

It strips power from local elected officials

NC Newline reports this "would mark a significant change" by transferring a power "almost exclusively in the hands of local elected officials" to the state legislature. Our Transylvania County commissioners — not politicians in Raleigh — should make decisions about local services.

Republicans created the problem they're now blaming on counties

House Democratic leader Robert Reives was direct: "For years, they have pushed state responsibilities like public safety and school funding onto counties and now fault them for providing basic services to their residents." Cuts to state education and public safety funding have forced counties to raise property taxes to fill the gap.

It could force cuts to schools, fire departments, and public health

School districts statewide are already facing budget crunches. Adding state-mandated property tax limits could force further cuts to schools, libraries, fire departments, and public health programs that communities depend on.

Counties are deeply concerned

Carolina Public Press reports that NC counties have raised significant concerns, warning that "one size doesn't fit all." What makes sense for Mecklenburg County may devastate Transylvania County's ability to fund local services.

The amendment is deliberately vague

It doesn't tell voters what limits would be imposed — just that the legislature will decide later. You'd be voting to give up local control without knowing the terms.

Diane Lemieux

Arapahoe

Guidelines for Letters to the Editor/Submissions:

Letters must be signed with town of residence (anonymous letters will not be published) and include a phone number in the event we need to verify information (this will not be included). We do not publish letters critical of a particular business on the grounds that such letters generally represent one opinion. By the same token, it is a general rule of thumb that we will not publish letters praising a business. Letters should be kept to no more than **400 words**.

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, or political party.

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 D55/Senior Center)

Friday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).

Sunday *7pm - Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left)

<https://aaeasternnc.org/>

<https://aanorthcarolina.org/>

<https://www.aa.org/>

The Pamlico News

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FINANCIAL FOCUS

Simple budgeting tips that fit real life



Dan M. Roberts

To help you feel more in control of your money, consider a simple budgeting plan.

An easy starting point is the 50/30/20 rule. Allocate about 50% of your income to needs such as housing and groceries, 30% to wants — like dining out and streaming services and 20% to saving or paying down debt. It's a framework you can adjust as your life changes.

If you're not sure where your money goes, just observe for a few months. Check your accounts without judgment,

noting money coming in and going out.

Then, take small steps. Even 15 minutes a week reviewing your spending can make the process feel less daunting.

Budgeting apps can help, whether you prefer automatic tracking or a more hands-on approach.

To stay on track, substituting or reducing expenses, creating more income as needed or adding a small cushion for unexpected expenses can help.

Simple steps can make budgeting feel more manageable, and you can better align your money with what really matters.

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

NC

COOPERATIVE
EXTENSION

Pamlico County



Daniel Simpson, County Extension Director, Agriculture Agent



Moles have been a consistent problem this summer, with activity evident across all of Pamlico County. Tunneling by moles affects rooting and turf growth, and can lead to scalping of turf during mowing. If your yard is sandy and less compacted, then mole tunneling can be quite destructive.

Moles primarily feed on worms, insects, grubs, and snails. They typically have little interest in your plants or flowers. However, their tunneling activity disturbs plant roots and exposes them to drying air. Control of moles is a laborious process with no consistently reliable options. Since moles are constantly feeding and moving around, it is difficult to predict where they will be at any time. Lethal trapping and legal pesticide control products are the only means to reduce the population of moles in your yard. However, this will not prevent other moles from entering the area and resuming activity.

Physical trapping can be successful, but multiple traps are recommended, and these traps should be rotated constantly to intercept moles. Look for the most recent tunneling activity and place spear traps over these tunnels. Depress the tunnel with your foot, then set the trap in this depression. As moles move through the tunnel and encounter this depression, they will trigger the trap as they attempt to reopen this space. Body traps are also available but require the user to dig a hole in an active tunnel to place the trap. For more information on trapping moles, review the Clemson Extension note titled “How to Trap Moles” at <https://hgic.clemson.edu/mole-traps-how-to-trap-moles-in-south-carolina-lawns/>.

Poison mole baits are available for use, but you must follow the directions carefully. These products are short-lived but have shown effectiveness in some locations. Mole repellents may also provide temporary reduction in activity, but environmental conditions (rain) will ultimately determine how long the product remains effective. Gas producing products may also be purchased, but are rarely effective as tunnels systems are lengthy and gas easily dissipates into porous soil.

Control of insects or grubs might reduce activity in some locations, but rarely provides the level of control most homeowners desire. Products like “Milky Spore” may be promoted as an alternative control measure that reduces the white grub population in turf. However, this bacterial product only controls Japanese beetle larvae and takes several months to develop.

For more information on controlling moles in turf, review this NC State Extension Mole note at <https://www.turffiles.ncsu.edu/insects/moles-in-turf/>. You may also contact Daniel Simpson at 252-745-412 or Daniel_simpson@ncsu.edu.



DS

WILLIAMS

Daniels-Sadler Funeral Home & Crematory

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to fall.

P S C I R

Answer: Crisp

CROSSWORD

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15				16				
17						18								
19						20				21				
					22				23					
		24	25						26			27	28	
29	30							31				32		33
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38						39						40		
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	47	48							49			50	51	52
53								54			55	56		
57											58			
59								60				61		

CLUES ACROSS

1. Manila hemp plant

6. Turkish river

10. Something to read

14. In a way, initiated

15. Popular Apple TV series

17. King Charles is part of it

19. Earlier

20. Foot (Latin)

21. Zodiac sign

22. A browning of the skin

23. Remain as is

24. Turfs

26. It's used to slaughter animals

29. Volcanic crater

31. The mother of Jesus

32. One's life story

34. One-time Liverpool coach Slot

35. Counterparts

37. Jacob __, American journalist

38. Digital audiotape

39. River in South Africa

40. Kimono sashes

41. Rooting somewhere

43. American spy Aldrich

45. A way to call for

46. Taxi

47. Pancakes made of buckwheat flour

49. Swiss river

50. Popular type of video game (abbr.)

53. Have surgery

57. Formal withdrawal from a union

58. Performs spoken improv

59. Greek war god

60. 2,000 lbs.

61. Helps to evade capture

CLUES DOWN

1. Swedish rock group

2. "Friday Night Lights" director Peter

3. Currency exchange fee

4. Feline

5. Folk singer DiFranco

6. Ghastly pale from distress

7. Rapid eye movements

8. Monetary unit of Macao

9. Lawmakers

10. Colorless mineral

11. At some prior time

12. American protest singer

13. Opener

16. Seldom

18. Relaxing places

22. Touchdown

23. From end to end

24. Kids love him

25. Metal-bearing solid

27. Skin care product manufacturer

28. Thirteen

29. Angry

30. Member of a Semitic people

31. One-thousandth of an inch

33. Former CIA

35. Most lemony

36. Engage in

37. Mass of fish eggs

39. Food supplies

42. Backbones

43. American real estate investment firm

44. Megabyte

46. "Three Coins in the Fountain" songwriter

47. Dutch colonist

48. Full-grown pike fish

49. Emergency prep expert Edwards

50. Flute

51. Dismissive sound

52. Slang term for marijuana

53. Young women's association

54. Cosmopolitan city

55. Narrow isthmus in Thailand

56. Pointed end of a pen

PUZZLE SOLUTION

A	B	A	C	A		A	R	A	S		B	O	O	K		
B	E	G	A	N		S	E	V	E	R	A	N	C	E		
B	R	I	T	I	S	H	M	O	N	A	R	C	H	Y		
A	G	O				P	E	S		A	R	I	E	S		
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M	A	A	R						M	A	R	Y		B	I	O
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			P	A	G	E		C	A	B						
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G	O	U	N	D	E	R	T	H	E	K	N	I	F	E		
S	E	C	E	S	S	I	O	N		R	I	F	F	S		
A	R	E	S		T	O	N				A	B	E	T	S	

Pamlico Vistas

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



Governor Robert Scott Bridge - Oriental

Photo by: Hiram Lupton

AMERICA
250
NC

September in the
American Revolution

- **September 5, 1774** – The First Continental Congress convenes in Philadelphia, Pennsylvania.
- **September 22, 1776** – The British execute Nathan Hale, a continental soldier accused of spying. His final words were reportedly, “I only regret that I have but one life to give for my country.”
- **September 11, 1777** – The Battle of Brandywine Creek in Pennsylvania. British forces defeat colonial troops attempting to prevent them from occupying Philadelphia.
- **September 19, 1777** – The Battle of Saratoga begins in New York. The opening battle known as the Battle of Freeman’s Farm resulted in a British victory but they suffered heavy losses and set the stage for a Patriot victory in early October.
- **September 22, 1777** – The British occupy Philadelphia.
- **September 23, 1779** – The USS Bonhomme Richard under the command of John Paul Jones captures the British ship HMS Serapis near the English coast.
- **September 8, 1781** – The Battle of Eutaw Springs in South Carolina. Although both sides claimed victory, the British held the field after the battle but suffered so many losses they were unable to effectively oppose the colonial army in the interior of the Carolinas.
- **September 3, 1783** – Britain recognizes American independence with the signing of The Treaty of Paris, formally ending the war.

We must not let our rulers load us with perpetual debt.
–Thomas Jefferson



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Hurricane Soccer

by: Hiram Lupton

The high school soccer season is underway and that includes the Hurricanes of Pamlico. Last Tuesday, the boys and girls took to the pitch and hosted West Craven. Unfortunately, the Eagles flew high and defeated the Hurricanes, 3-0.

Fail to prepare, prepare to fail.
–Roy Keane

Pamlico Falls in Home Opener

by: Hiram Lupton

For the second week in a row, the Pamlico County High School Football team had their game moved up to Thursday to avoid predicted severe weather as they welcomed Swansboro to Bayboro for Thursday Night Lights. The Hurricanes were also looking to keep the momentum they established the previous week from their road win over KIPP Pride. The Pirates had other ideas however and dealt Pamlico a 42-0 loss. Pamlico was able to move the ball on the ground but could never put together a sustained drive that led to a score. Their longest play from scrimmage was a 32-yard run by freshman Kharon Carrol. Swansboro was able to break the game open in the second quarter, scoring 21 points to take a 28-0 lead into halftime. The Pirate’s receivers were able to get behind Hurricane defenders for several long pass plays resulting in 3 scores. Pamlico will look to get back on track this Friday as they host Wake Prep in another nonconference matchup.



Kharon Carrol looks for running room against Swansboro



Izir Benjamin



Jacob Bennett gains tough yardage



The always excellent Hurricanes cheerleaders

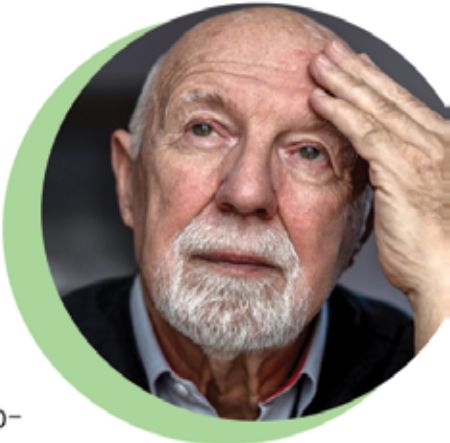
“It’s not whether you get knocked down, it’s whether you get up.”
— Vince Lombardi

Did you know?

The number of seniors with mental health disorders is expected to double by 2030,

according to a recent report from the American Hospital Association.

Some of that increase could be due to lack of treatment, as the AHA notes two-thirds of seniors with mental health issues do not receive necessary treatment for their conditions. The estimated increase in mental health condition incidence rates among seniors also could be due to what the World Health Organization notes is an increased vulnerability to such issues among aging adults. According to the WHO, mental health is shaped by numerous variables, including earlier life experiences and age-related stressors like a loss of functional ability and a reduced sense of purpose after retirement.



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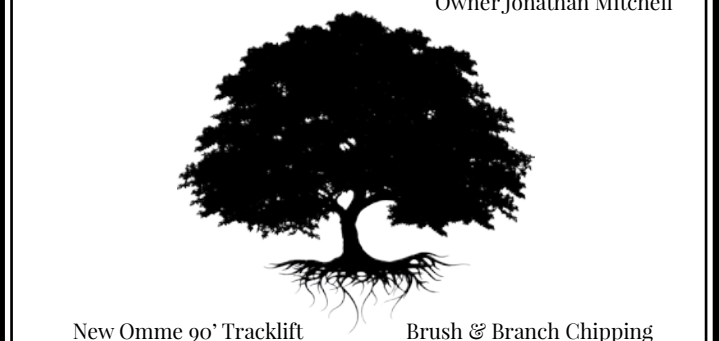
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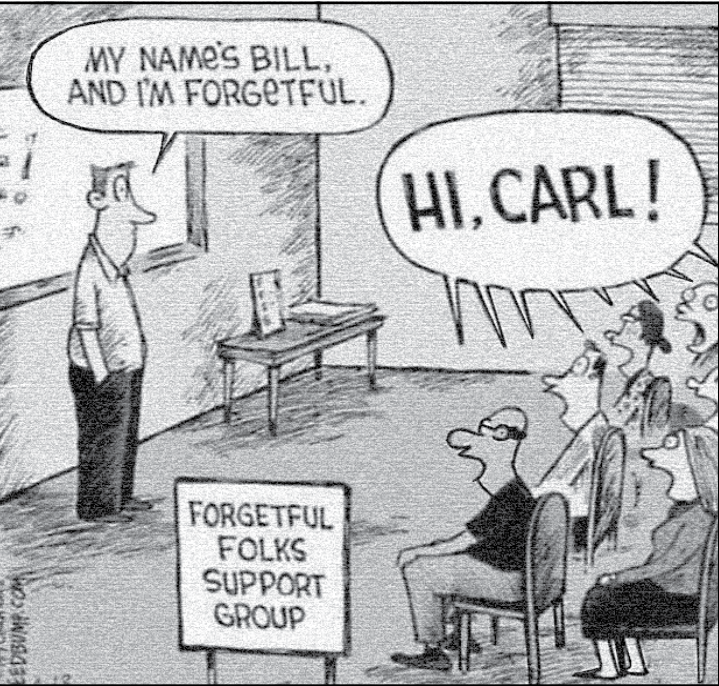
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NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of Jane Haley A/K/A Jane Limbocker Haley Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representative listed below on or before November 12, 2026, or this Notice will be pleaded in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This is the 12th day of August 2026.

SARITA PORTER
Executor
c/o TERRI W. SHARP
Ward and Smith, P.A.
Attorneys at Law
Post Office Box 867
New Bern, NC 28563-0867

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JACQUELYN ERTAN

File No.: 26E000140-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BELLVIA BASKERVILL, EXECUTOR, on or before NOVEMBER 24, 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.

INCIDENTS

Aug. 20, NC Hwy 55, Alliance, receiving or passing unauthorized substitutes for money

Aug. 20, Camping Rd., Grantsboro, all other offenses

Aug. 20, N. Third St., Bayboro, aggravated assault

Aug. 20, NC Hwy 306 N., Grantsboro, driving while license revoked not impaired revoked

Aug. 20, Compass Point Dr., Oriental, larceny of property or goods < = \$1,000

Aug. 20, Deerhaven Rd., New Bern, break or enter any building - intent commit felony/larceny

Aug. 21, Main St., Bayboro, defraud drug/alcohol test 1st offense, possess/sell alcohol beverage no permit, glass tubes or splitters, defraud drug/alcohol test 1st offense, gambling, operate/possess slot machine, operate video gaming machine, possession with intent to sell distribute marijuana, maintain vehicle/dwelling/place controlled substance, manufacture/sell slot machine, other - free text

Aug. 21, Main St., Bayboro, gambling, operate/possess slot machine, manufacture/sell slot machine, operate video gaming machine

Aug. 22, Silverbrook Rd., Oriental, injury to personal property

Aug. 23, Tempe Gut Rd., Bayboro, larceny after breaking or entering, breaking or entering into or breaking out of boats or other watercraft

Aug. 23, Campen Rd., Bayboro, threatening victim and her family through a third party

Aug. 23, Main St., Bayboro, order for arrest operator/permit operate vehicle no insurance, order for arrest driving while license revoked not impaired revoked

Aug. 24, Lynchs Beach Rd., Bayboro, injury to personal property

Aug. 26, NC Hwy 55, Grantsboro, damage to property

Aug. 26, Main St., Bayboro, second degree trespass, disorderly conduct

Aug. 26, Plantation Oaks Dr., New Bern, exposing a child to a controlled substance

Aug. 26, Silverbrook Rd., Oriental, communicating threats, second degree trespass

PROPERTY TRANSFERS

April 13, Orchard Creek Estates Lot: 22 Sections One and Two PCA 36-B, Map DB 396/859, PIN I06-124 & K08-66-22; 1.73 AC N/S NCSR 1334 & E/S Dudley Gut Stonewall Map in DB 294/531 from Bonnie M. Kedjerski to Bonnie M. Kedjerski/TR, Bonnie M. Kedjerski Revocable Trust, Bonnie M. Kedjerski, \$0

April 13, Bent Tree Landing Lot: 9 PCA 44-8 Estate Deed; PIN J083-2-9; 26E000005-680 from Joann L. Holmes, Joann L. Holmes/EXR, Alton Bradford Holmes/EST to Michael E. Bolitho, Karen M. Bolitho, \$1,000

April 14, Orchard Creek Estates Lot: 17 Sections One & Two PCA 36-8 from Walter E. Hoyle, Dawn L. Hoyle to Carl Cobb, \$1,161

April 14, 1 & 1/4 AC Point Rd from Josephine G. Fleming, Josephine Fleming t Joshua Cahoon, Amber D. Aycock, \$530

April 14, Sunset Shores Lot: 19 Section II PCA 41-8, Sunset Shores Lot: 24

This 26TH OF AUGUST 2026

ESTATE OF JACQUELYN ERTAN
C/O BELLVIA BASKERVILL
384 BEARDS CREEK DR
ARAPAHOE, NC 28510

Publish AUGUST 26 AND SEPTEMBER 2, 9 AND 16 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JANET BRYANT

File No.: 25E001188-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to VONDERA SMITH, ADMINISTRATOR on or before NOVEMBER 24, 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 26TH DAY OF AUGUST, 2026

ESTATE OF JANET BRYANT
C/O VONDERA SMITH
2004 NEW BERN AVE
NEW BERN, NC 28562

Publish AUGUST 26 AND SEPTEMBER 2, 9, 16, 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY

Section II PCA 41-8 PIN K071-1-19 & K071-1-24 from Mia B. Montes, Xavier R. Montes to Clifford G. Montes, \$0

April 14, Sunset Shores Lot: 19 Section II PCA 41-8, Sunset Shores Lot: 24 Section II PCA 41-8 PIN K071-1-19 & K071-1-24 from Clifford G. Montes to Landvesters, LLC, \$49

April 14, PIN K081-59-1; 2.8 AC Tract 1 Mable Mills Estate PCA 46-10 from Gwen M. Cavanaugh, James B. Norton, III, Charles R. Saunders, Jr., Robin D. Saunders to Lindsey's Creek, LLC, \$22

April 15, Lake Minnesott Estates Section I Lot: 7 MB 6/10; Map DB 328/588, Lake Minnesott Estates Section I Lot: 8 MB 6/10; Map DB 328/588, PIN F093-5-7 from Jacobsen Properties, LLC to Larry Graham Pittman, Tammy Odom Pittman, \$440

April 16, Interest; 27.971 AC Tract Hwy 55 Stonewall; see instrument from Barbara Avery Linyear, Barbara A. Linyear, Howard Lee Linyear, Jr. to Barbara Avery Linyear, Brittney Linyear Asirifi-Addo, Brittney Linyear Asirifi Addo, Brittney Linyear Asirifi Addo, \$0

April 17, The Village Lot: 6 PCA 17-1; Map DB 412/787 from Almira B. Dallas, Patrick W. Dallas to Beverly Gail Hargett-Lilly, Beverly Gail Hargett Lilly, \$450

April 17, Duck Creek Estates Lot: 4 Portion of Lot, -.98 AC (42,720 Sq Ft) PCA 129-1 Life Estate from Charles Christopher Hicks, Lila Sue Parrish Hicks to Sarah McKenzie Hicks, \$0

April 17, Indian Lake Lot: 7 MB 12/35, MB 8/85 & MB 8/5; Map DB 476/19, PIN F094-2-7 from Treweek Construction, Inc. to Eric Franklin Gault, \$40

April 20, Quitclaim Deed; 57 AC Old Washington and Vandemere Railroad PCA 87-3 from Eva Goodwin Lloyd, Leroy Howard Seagroves to Leroy Howard Seagroves, \$30

April 20, R.H. Stephenson Lots Lot: 6 MB 3/35, R.H. Stephenson Lots Lot: 7 NW Half of Lot MB 3/35 PIN E091-6-6- from Sandra Fay Hardison, Sandra Boyd Hardison to Sandra Fay Hardison Revocable Trust, Sandra Fay Hardison/ TR, Sandra Fay Hardison, Michael Todd Swain, Sr/TR, \$0

April 20, PIN D061-47; 1.28 AC NCSR 1005 & NC Hwy 55, Neuse Rd from Maria Carmen Murphy, Maria C. Murphy, James Christopher Murphy, James C. Murphy to Ariana Isabella Chevez Sterling, \$120

April 21, Lake Minnesott Estates Lot: 11 Section X MB 7/54, Lake Minnesott Estates Lot: 12 Section X MB 7/54, Deed of Correction DB 752/897 from James H. Jones to Steven Williams, Michelle Ross Williams, \$0

April 21, Mill Creek Lot: 287 Phase II PCA 164-2; W. Burton Farm Dr Minnesott Beach from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc., Arlington Place Property Owners Association, Inc. to Arlington Place Property Owners Association, Inc., \$0

April 22, Quitclaim Deed; PIN C051-113; 1.03 AC Longleaf Dr; Leaf Lane New Bern from Robin Lee Sinicrope, Robin Lee Croom, Rhonda Ippock Sawyer to Robin Lee Sinicrope, \$0

April 22, China Grove Lot: 24 MB 1/128, China Grove Lot: 25 Portion of Lot MB 1/128 with exception from Herman B. Wilkerson to Rhonda Self Martin, \$0

April 22, One Tract Camp Caroline Property See Instrument from Wilson

SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JACK DUFFY HANCOCK JR.

File No.: 26E000149-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRADLEY HANCOCK, ADMINISTRATOR on or before NOVEMBER 24, 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 26TH DAY OF AUGUST, 2026

ESTATE OF JACK DUFFY HANCOCK, JR.
C/O BRADLEY HANCOCK
3400 WINDSOR RD SOUTH
THEODORE, AL 36582

Publish AUGUST 26 AND SEPTEMBER 2, 9, 16, 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF DEBRA M WATTS

File No.: 24E000180-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MATTHEW B. JONES, ADMINISTRATOR on or before DECEMBER 1, 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 2ND DAY OF SEPTEMBER, 2026

ESTATE OF DEBRA M. WATTS
C/O MATTHEW B. JONES
465 HARE HOLLOW
NEW BERN, NC 28562

Publish SEPTEMBER 2, 9, 16, AND 23, 2026.

NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of THEDA A. BUTKUS (a/k/a THEDA RAE BUTKUS), Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representatives listed below on or before December 2, 2026 or this Notice will be pleaded in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This 2nd day of September 2026.

MARY DILLON
WILLIAM BUTKUS
Co-Executors
c/o GREGORY T. PEACOCK
Ward and Smith, P.A.
Attorneys at Law
1001 College Court (28562)
Post Office Box 867
New Bern, NC 28563-0867

Amendment One PCA 23-9; Map DB 317/862, PIN L07-29-19 from Hans P. Van Meeteren, Greta Van Meeteren to Hans P. Van Meeteren/TR, Greta Van Meeteren/TR, The Van Meeteren Family Trust, Van Meeteren Family Trust, \$0

April 28, River Dunes Lot: 8 Marina Village-Harbor Village II PCA 148-12, PCA 148-7, PCA 148-11, PCA 148-13, PCA 148-15 & PCA 148-17, River Dunes Lot: 9 Marina Village - Harbor Village II PCA 148-12, PCA 148-7, PCA 148-11, PCA 148-13, PCA 148-15 & PCA 148-17 from River Dunes Development, LLC to Tar Heel Property Holdings, LLC, \$900

April 29, Dawson Creek Lot: 27 Phase 1 PCA 150-10, Dawson Creek Lot: 27A Phase 1 PCA 150-10 from Richard A. Gorbecki, Claudette Gorbecki to Matthew C. Howard, Darcy S. Howard, \$25

April 30, Pleasant Acres Lot: 6 Section II; MB 9/96 & MB 3/22, Pleasant Acres Lot: 7 Section II; MB 9/96 & MB 3/22, Pleasant Acres Lot: 8 Section II; MB 9/96 & MB 3/22, PIN E091-71, E091-71-1 & E091-71-2 from Brian Keith Johnson, Pamela Reese Johnson to Timothy W. Stewart, Holly K. Stewart, \$180

April 30, 1/2 AC NCSR 1302; Map DB 319/936 from Cynthia Talamo, Cynthia L. Talamo, Michael A. Begyn to Cynthia Talamo, Samantha A. Hopkins, \$0

April 30, North Bay River Estate Lot: 9 1.731 AC NC Hwy 304, PCA 139-18 & PCA 153-10 from Oakwood Investments, LLC, Oakwood Investment LLC to Essence Tar Heel LLC, \$500

April 30, Whittaker Creek Yacht Club 1/82 Und Int Exhibit A DB 262/835 & DB 323/911, Whittaker Creek Yacht Club 1/82 Und Int Piers & Docks PCA 47-9 & PCA 103-5, Whittaker Creek Yacht Club Boat Slip E55 PCA 103-5 from Stephen Lynn Perry, Stephen L. Perry, Meredith Lynn Perry, Meredith L. Perry to Miles C. Shorey, IV, \$10

April 30, Whorton Harbor Lot: 6 PCA 117-2, PIN K07-24-6 from Aldo Bevilacqua, Geraldine Bevilacqua to Daniel Slegelmilch, Marianne Hickman, \$1,750

April 30, Forest Park Lot: 2 MB 4/33 from Brian Woods, Merrie Susan Woods, Marrie Woods to Jeremy Brown, Kimberly Brown, \$450

April 30, Sunset Shores Lot: 5 PCA 1-9, Sunset Shores Boat Slip 5 PCA 91-9 from Dennis Morelli to Michael Brandon Fulghum, Chelsea Fulghum, \$924

April 30, Beards Creek Acres Lot: 7 Section Two PCA 7-1, Beards Creek Acres Lot: 7A Section Three PCA 27-2 & PCA 67-3, Beards Creek Acres One Lot Map DB 289/770, Beards Creek Acres Lot: 8A Southern Portion Sectino Three PCA 27-2 & PCA 67-3, PINS E091-84-2 & E091-83 from Daniel S. Kropp, Eileen B. Kropp to Knot Home Properties, LLC, \$270

April 30, 30.42 AC TRAct PCB 23-2 & PCB 18-12 from OW World, LLC to Spear Fish, LLC, \$122

April 30, 30.42 AC Tract PCB 23-2 & PCB 18-12 from Spear Fish, LLC to Peter C. Lavin, Carolyn E. Lavin, \$190

April 30, Sea Vista, Pierce Creek Area Lot: 6 Addition VI MB 11/62, PIN J083-034-6 from Ronald P. Forlano, Jr., Anastasiia Forlano to David P. Forlano, Debrianna Mansini, \$10

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



Know everyone was wondering why I stopped writing the news for Whortonsville sometime back, but it wasn't me, it was Yahoo.com that was stopping it. Why I don't know. I would send it but it was not getting to the paper. So we are trying a different route, I will be sending to my son Russ and he sent it last week and it got there.

So much has happened and I will update you. I am the only member of a family of nine that is still living. A few weeks ago 22 of my nieces and nephews who normally meet at the Rosehill restaurant on Thursday decided they wanted to visit me here in Pamlico, so they set it up with my son to meet at Mayo's Seafood Restaurant. Of course it was a total surprise, so imagine my face when I walked in and saw so many beautiful faces sitting there. Then about two weeks ago they decided the food was so delicious that 15 came again and surprised me again. They came from Wilmington, Clinton, Wallace, Harrells, and The Villages in

Florida. Our families have always been close, But what a surprise for my 93rd birthday! Since I gave up the Pamlico Chorale it has been very hard for me to adjust since I began the chorus in 1989. They were a part of my family and I love everyone of them and miss seeing them every week. Our neighborhood has changed so much since Weeks and I retired here in 1984. Kathleen Slade, (who was best known as Miss Winky), when she learned I was a musician she put me on the piano bench at Bethel Free Will Baptist and she retired to the second bench in the congregation. I told her I was a Methodist and she said we will make you an honorary member. So guess who is still playing piano 42 years later? I tell people I am playing for God and Miss Winky.

THOUGHT FOR THE WEEK —CHERISH YOUR FAMILY AND LOVE AMERICA!

Pamlico Betty Jo Rodgers, *Correspondent*



My computer battery swelled up and cracked my computer keyboard. I ordered a battery replacement on Monday, and it came in on Friday. Alas, it didn't fit and the company no longer sold that size. I decided I would buy a new one so I could continue to write my article for the Pamlico News. I no longer need a computer to write sermons, so consider yourselves blessed that I bit the bullet and ordered a new one just so I could aggravate my readers with my articles each week.

Sunday morning, I attended Warren Chapel Methodist Church who was having a services at 11 am instead of their usual 10 am service. It was a joint service with their sister church, Asbury Methodist Church in Washington NC

After the joint service there was a joint fellowship meal, and I had the opportunity to fellowship and eat with my former church members. The meal was in the fellowship hall and kitchen which I had been instrumental in helping them get built during Covid-19 when I was their pastor.

It was a wonderful service, and my friends Derwood, Renae, and Karen Pegram were also in attendance at their joint Worship ser-

vice. It is always a blessing to go back and visit old friends I made in the ministry.

Stonewall Methodist Church is still waiting for their new pastor to be appointed. Today the young adult class led the congregation in an old-fashioned hymn singing service. Various class members read the history of each song before the congregation sang it. Even the children got to make a joyful noise unto the Lord.

Celebrating birthdays in September are Karen Deaton (9/2), Beth Hudgins and Tommy Spain (9/5), Stephanie Banks Henries (9/11), Ginger McLawhorn (9/12), Julia Tingle (9/13), Carey Smith (9/15), James Paul (9/17), Peg Witt (9/18), Asa Gatlin IV and John Delamar (9/20), Sue Sanders and Elizabeth Hopkins (9/27), Donna Gordon and Fay Bond (9/29), and Tim Carey, Gregory Hopkins and Reid Carey (9/30).

Celebrating anniversaries during September are John Paul & Beth Wood (9/2), Kevin & Suzie Rodgers (9/10), and Chris & Maria Machle (9/27).

Have a blessed week. Empty? Take Spiritual Vitamin E. "Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him and bless his name." (Psalms 100:4)

Aurora Joy McCracken, *Correspondent*



Bee Diary:

Got to see my honey being extracted which amounted to about 80 pounds. It was interesting to see the different colors of the frames indicating different sources for the honey. Have put the spent frames in strong hives so they can lick them clean.

My Photo of the Week is of the extractor ready to spin out the honey from the frames. Special Shout Out to George Watkins for letting me use his Bee House.

Had a good visit with EMTs Ashley Gomez and Jennifer Warren at Colony Tire where we were having work done; them with one of the ambulances and me with my car inspection and scheduled maintenance. They also got my ac back to behaving again.

Visited Wayside for a late breakfast and all items were good: pancakes, cheese grits, home fries and scrambled eggs. Their link sausage is very nice.

I was sure we were finished with 90 degree days, but no.

Although not heard, I saw a Katydid on the side of the house the other night. There's some sort of a late summer Cicada. The kind where you find their shedded exoskeleton your students would bring to you finding them on the playground and you proudly wore them on your sweater.

Saw the largest ever pod of Dolphins in the creek: 10! A Kingfisher has been hanging out on the dock.

It has been a emotional loss for me with Dolly. She did so much for so many people.



Did you know?

Millions of dogs enter shelters and rescues in the United States each year. According to the ASPCATM, 2.8 million dogs entered shelters and rescues in 2025. While the ASPCATM reports euthanasia rates for shelter dogs decreased by 7 percent between 2024 and 2025, 320,000 dogs were still euthanized in 2025. Dogs, and large dogs in particular, also are spending more time in shelters than they were as recently as five years ago. The extended time in shelters has led to issues concerning shelter capacity, as many facilities have limited space for new animals. Prospective dog owners are urged to consider adoption when looking for a dog, as adoption can help prevent euthanization and alleviate space issues at local shelters. Adoption also tends to be less expensive than purchasing a dog directly from a breeder.



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Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys

Attic Fans

Basement Finishing

Decking

Handrails

Staircases

Handicap Access

Smart Home Devices

Security Systems

Intercoms

Doorbells

Lighting

Painting

Landscaping

Pool Pumps

Hot Water Heaters

Boilers

Stoves

Refrigerators

Freezers

Washing Machines

Dishwashers

Central Air Conditioning

Heat Pumps

Fireplaces

Chimneys</

ARAPAHOE CHARTER SCHOOL
BACK TO SCHOOL!!



The halls of Arapahoe Charter School were buzzing with excitement as students returned for the first day of the 2026–2027 school year! From kindergarteners taking their first steps into a new adventure to familiar faces reconnecting with friends and teachers, the day was filled with smiles, enthusiasm, and plenty of Bobcat spirit. ACS is ready for another year of learning, growing, and celebrating what makes our school family special, Four Houses, One ACS Family!

A Sweet Treat for a Great Cause!



ACS students cooled off with delicious Pelican's SnoBalls while showing their Bobcat and house spirit! The snoball flavors were inspired by our four houses, making this fundraiser extra special. Proceeds from the event will help fund house system activities throughout the 2026–2027 school year, bringing even more opportunities for students to connect, compete, and celebrate together. We are so thankful to Pelican's SnoBalls of New Bern and Jacksonville for helping make this special day possible!

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Did You Know?

The prevalence
of Crohn's disease
and other IBDs is on
the rise, particularly
among young people.



**Rates
of Crohn's
disease rose
by 22% among
the pediatric
population
between 2009
and 2020.**

Crohn's disease is an inflammatory bowel disease that affects millions of people across the globe, and the prevalence of Crohn's and other IBDs is on the rise, particularly among young people. A 2019 study published in The Journal of Gastroenterology and Hepatology found that between six and eight million people across the globe had some type of IBD in 2017, but those figures may rise given recent findings of researchers behind a study funded by the Centers for Disease Control and Prevention. That study, released in late 2024 and led by researchers at the Crohn's & Colitis Foundation, the University of North Carolina at Chapel Hill and the University of Pennsylvania, found instances of Crohn's disease rose by 22 percent among the pediatric population between 2009 and 2020.

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Lady ‘Canes Go 2-0 for Week

by: Hiram Lupton

The Lady Hurricanes Varsity Volleyball Squad enjoyed some home cooking last week, with two matches in Bayboro and two wins, both sweeps. First up on Tuesday were the Eagles of West Craven who flew down from Vanceboro but were grounded by the Hurricanes 3-0 (25-21, 26-24, 25-14). Avery Hettinger and Hayden Gibbs-Ireland each had 10 kills for Pamlico. The following evening, Washington County made the long trip from Plymouth for a visit, but the Panthers forgot to pack their claws as Pamlico earned a 3-0 (25-8, 25-7, 25-2) win. Everyone got plenty of playing time in this one and Bella-Ann Schulz led the way with 5 kills while Evie Lang had 5 setups for Pamlico. The undefeated week gives Pamlico a 6-1 record so far this season. The Hurricanes have only one match on the schedule this week, a Wednesday trip to tangle with the Bears of Bear Grass Charter School.



Addi-Kay Nunley at the net against Washington County



Alyssia Sinclair digs deep for a return

HAPPY LABOR DAY

Your hard work is appreciated!

Cheers to our

HARDWORKING PAMLICOIANS

PAMLICO**DEMOCRATS**

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Supporting brain health in our community.

A free education program supported by the Alzheimer’s Association®, with discussion and community resources.

Dive deeper into the top 10 science-based recommendations for individuals’ risk for dementia and cognitive decline.

WHEN:

September 15, 2026

WHERE:

CarolinaEast Medical Center Auditorium
2000 Neuse Blvd • New Bern

REGISTER: 800.272.3900

CAROLINA EAST
HEALTH SYSTEM

alzheimer’s association

CarolinaEastHealth.com/calendar

Household Hazardous Waste

THE COASTAL ENVIRONMENTAL PARTNERSHIP
COASTAL REGIONAL SOLID WASTE MANAGEMENT AUTHORITY

Fall 2026 Collection Events

<u>PAMLICO COUNTY</u>	<u>CRAVEN COUNTY</u>	<u>CARTERET COUNTY</u>
Saturday, September 12, 2026 9:00am - 1:00pm Pamlico County Courthouse 202 Main Street, Bayboro	Saturday, September 26, 2026 8:00 AM - 1:00 PM Craven Community College 800 College Court, New Bern	Saturday, October 10, 2026 8:00 AM - 1:00 PM Carteret Co. Health Dept 3820 Bridges Street, Morehead City

Accepted Materials

- ✓ Cooking oil
- ✓ Drain openers
- ✓ Batteries
- ✓ Paint: Latex* and oil based; paint thinners
- ✓ Automotive fluids: gasoline, used motor oil, anti-freeze
- ✓ Pesticides: Lawn, garden, and farm pesticides and fertilizer

10 gallons max per vehicle. *Dried latex paint may be disposed of via normal waste collection

Non-Accepted Materials

- ✗ Commercial waste
- ✗ Infectious, biological, or radioactive wastes
- ✗ Explosives
- ✗ Ammunition

No Mystery Cans! Everything must be labeled or easily identified.

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Activities that exercise the brain

Mental health is an important topic to acknowledge and discuss, and such recognition is vital for all people, including the aging population. The World Health Organization indicates 57 million people had dementia worldwide in 2021. The National Institutes of Health reports the global prevalence of dementia in individuals under the age of 70 increased by 122 percent in recent decades, rising from roughly six million people in 1990 to more than 13 million in 2021.

Although many factors are involved in the development of dementias and cognitive decline, Alzheimer's disease or other neurodegenerative illnesses are not inevitable as one gets older. But it is understandable why so many adults make brain health a priority. People of all ages can benefit from incorporating activities that exercise the brain into their daily lives.



Learn a new language

Speaking a new language opens up new opportunities for travel and socialization and also strengthens the brain. A 2019 review published in *Frontiers in Neuroscience* noted that bilingualism increased and strengthened the connectivity between different areas of the brain. This enhanced connectivity might play a role in delaying the onset of dementias, according to researchers.

Learn new skills

Trying something new might stimulate the brain in ways that improve its function. A cognitively demanding skill, such as photography, playing an instrument and other activities could enhance memory function. Teaching such skills to others also can reinforce brain functions.

Take dancing classes

The Centers for Disease Control and Prevention says that dancing might help combat Alzheimer's disease by improving blood circulation throughout the body. It also forces a person's memory and processing speed to work at a higher capacity through learning the choreography.

Use all of your senses

A 2014 study in *Frontiers in Human Neuroscience* indicated doing activities that simultaneously engage each of the five senses can strengthen the brain. Working memory and recall were higher for multi-sensory interactions. Baking a batch of cookies is an example of a multisensory experience.

Work on puzzles

Crossword puzzles, word searches, word games, and brain teaser-like puzzles are entertaining and work the brain. Research has shown that even doing jigsaw puzzles "recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging," according to Healthline.

Socialize with others

Socializing with other people can stimulate attention and memory. This helps to strengthen neural networks in the brain that makes the brain work harder. This increase in mental activity can pay off in the long run. Socialization is also beneficial for mental health, especially among older adults who tend to be more isolated.

People are often concerned with giving their bodies a workout, but they also should focus on activities that strengthen their brains.

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Health&Wellness

Don't Let Ticks Tick You Off

by: Hiram Lupton Part 1 of 2



The Lone Star Tick is the most common tick you may encounter in North Carolina

Whether you call them Seed ticks, deer ticks, wood ticks, or just plain old ticks, the tiny, parasitic blood sucking arachnids can cause more than just a painful localized irritation from a bite. The diseases they can carry could cause severe, life-changing illnesses. That is why being aware of tick habitat and preventing a bite in the first place is your best defense. North Carolina has at least eleven different tick species. Ticks live in damp, shady, and overgrown areas near the ground. They can make their home in tall grass, brush, and woods. They prefer moist shaded areas

rather than sunshine.

Although nothing is guaranteed, there are several measures you can take to prevent tick bites if you frequent these types of areas. Spray or lotion that contains a proven tick repellent such as DEET or picaridin can be effective. Sprays that contain Permethrin are effective but should only be used on shoes and clothing and should not be applied to the skin. Check the label of what you use, often the same repellent you use for mosquitos works for ticks. Use this on any clothing or skin that may come in contact with brush or grass, particularly shoes and pant legs.

Making sure your shirt is tucked into your pants and even your pant legs into your socks can create a natural barrier that can prevent ticks from reaching your skin. Also, wearing light-colored, long-sleeved clothing so that the ticks are more visible helps too. Finally, if you have been outside in possible tick infested areas, inspect your body thoroughly paying particular attention to areas where ticks may find their movements on your body restricted such as the top of your socks or around your waistband. Instead of tossing the clothes you have worn into a hamper or clothes basket, remove them outside if possible and shower to remove unattached ticks.

Also, pay close attention to your outdoor pets. Ticks can be a danger to them and may easily be transferred from your pet to you. Preventing ticks from reaching your skin to begin with is the best defense, but if a tick latches (bites) you, remove it as soon as possible. Use tweezers and grasp the tick as close to the skin as possible. Pull the tick straight out without twisting or jerking.

After removal, wash the area with soap and water, rubbing alcohol, or some other type of disinfectant. Using heat or chemicals on the tick before attempting removal is not recommended since it may have the effect of stressing the tick, releasing fluids into the bite and increasing the risk of infection. These are just a few things to reduce the chance of getting sick from a tick bite. Next week we will examine some of the diseases that may be transmitted if you do get bitten.



Insect repellent containing DEET which is effective against ticks

The impact of reading on cognitive decline



Ageing and change go hand in hand. Although some may bemoan the gray hairs that start to arrive or stiffness in the knees that seems to sneak up on a person in middle age, such concerns are not necessarily enough to lose sleep over. However, many people 50 or older are nervous about the potential for cognitive issues like dementia as they grow older.

The Alzheimer's Association estimates that 6.7 million people have Alzheimer's disease in the United States. The Alzheimer Society of Canada estimates that there were 733,040 people living with dementia in the country as of January 1, 2024. Alzheimer's disease and other dementias can rob people of their memories, personalities and abilities to live satisfying, independent lives. While it may not be impossible to prevent all cognitive issues completely, there is reason to believe that reading could be an ally in cognitive care.

The American Academy of Neurology says that reading stimulates the brain and has been shown to slow down cognitive decline in old age. Reading also may help slow down memory loss.

The powers of reading were noticed more than 10 years ago when a 2013 study from researchers at Emory University measured readers' MRI scans as they read books. They found the deeper readers went into a story, the more areas of their brains were activated. This activity remained elevated for several days after participants finished their books. The more a person reads, the stronger complex networks in the brain become.

Additional evidence that reading can help the brain was noted by researchers at the Texas A&M School of Public Health. A 2024 study suggests that older people with mild cognitive impairment who engage in high levels of activities like reading, hobbies and word games have better memory, working memory, attention, and processing speed than those who do not take part in such endeavors. Furthermore, a 2021 study published in Neurology found that high levels of cognitive activity, like reading and writing letters, can delay the onset of Alzheimer's disease by five years among those age 80 and over.

Reading can keep brains functioning optimally and potentially delay age-related cognitive decline.



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Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. Come on up on the porch and sit awhile. There is something about the water that brings peace to a person. I don't know if it is the sound of it, the openness of it, the movement, or simply the fact that for a little while there seems to be more distance between you and everything waiting back on land.

Maybe it is all of those things.

I went out early that morning, still getting to know the boat, still learning how she handles, where she feels comfortable, and how I feel at the wheel. There is something enjoyable about that process too. You are not just riding

around. You are learning a machine, learning the water, and learning yourself a little at the same time. The river was already alive.

Dolphins surfaced nearby and disappeared again before you really had time to take it all in. Birds crossed the sky. Fish broke the surface here and there. An osprey sat alone on a piling marking the channel, watching everything below as if it had done so a thousand mornings before.

And then I began noticing how many other men were already out there. Some were fishing. Some were moving from one place to another. Some may have been doing nothing more than sitting still and enjoying the morning. It made me wonder about them. Do they find the same peace there that I do? Does a few hours on the river reset something inside them and prepare them for whatever the coming week may bring? Is it the thrill of the catch that keeps calling them back? Is it habit? Tradition? Or is there simply something about the water that pulls certain people toward it?

I don't know their answers. I only know mine. For me, part of it is perspective. I have spent years standing on shore looking out across the water. I have photographed harbors, boats, docks, bridges, birds, and shorelines from the land because that was the view I was given.

Now, with a boat beneath me, I can turn around and look back. The same places suddenly look different. A shoreline I have seen hundreds of times changes when I see it from the channel. A building I have photographed from the road takes on a different shape from the water. A harbor feels wider. The distance between things changes. Even familiar landmarks seem new again.

The shoreline hasn't changed. I have. And maybe that is one of the things the water gives us. A chance to see something familiar from another angle.

Later, somewhere across the river, came the steady beat of a drum. A dragon boat moved through the water while paddle after paddle fell into rhythm. There was something almost hypnotic about it. One beat. Then another. Everyone moving together.

Around them, the rest of the river continued doing what it had been doing all morning.

Dolphins surfaced. Birds flew overhead. Fish jumped. Boats passed. An osprey watched from its perch. And somehow all of those little moments belonged together. None of them were planned. None of them were things I had gone out specifically looking for. They were simply what the water gave us that morning. Maybe that is why so many of us keep going back. Not because the water promises us anything. It doesn't. Some days you catch fish. Some days you don't. Some days the water is perfectly calm, and other days it reminds you very quickly that you are only a visitor. But almost every time, it gives you a little room. Room to think. Room to breathe. Room to look at the world from a different perspective. And sometimes that is enough. Maybe the water does not help us escape life at all. Maybe it simply gives us a quiet place to remember how we want to return to it.

And if that few hours on the Neuse River allows us to come back to shore a little calmer, a little clearer, and a little more prepared for whatever waits ahead, then perhaps that is the greatest catch of all.



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LAND USE PLAN

Pamlico County

Joint CAMA Land Use Plan Update

Unincorporated Areas of Pamlico County, Towns of Grantsboro, Arapahoe, Mesic, Vandemere, Stonewall, Alliance, Bayboro, & Minnesott Beach

Join us for our second public meeting!

**Wednesday, September 16th**
6:00-7:30pm
Vandemere Town Hall
1042 Pennsylvania Ave.
Vandemere, NC 28587

We need your input to help shape the Pamlico County Coastal Area Management Act (CAMA) Land Use Plan. Here's how you can get involved!

1. Join us at the September 16th Public Workshop
2. Complete the online survey
3. Place pins on the online map

Survey URL:
engagekh.mysocialpinpoint.com/pamlico-county-cama-land-use-plan-update



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