

# The Pamlico News

Wednesday, August 12, 2026    Your County News Source Since 1968    www.thepamliconews.com | 50 Cents



## Kitten Adoption at the Library

by: Hiram Lupton

While it may be the dog days of summer, last Saturday was international Cat Day and the Pamlico County Public Library very appropriately celebrated it by hosting both the Pamlico Animal Welfare Society (PAWS) and 4Paws of Pamlico in a special kitten adoption event. It was also pet pantry food distribution day as well as the Friends of the Pamlico Library monthly book sale. There is always something great happening at your public library.



## Back-to-School Series: Is Your Child Ready?

With school getting ready to start back, we want to share some helpful information with our community! Over the next few weeks, we'll be sharing several back-to-school tips to help parents and students get ready for a safe and successful school year.

We hope everyone had a great summer and is looking forward to an exciting new school year!

For our first back-to-school tip, let's make sure our little ones know some important information that could help keep them safe and set them up for success.

**Does your child know:**

- Your phone number?
- Your home address?
- How to dial 911?
- Your family's safety code word?
- What to do if approached by a stranger?

Take a look at the flyer for a quick checklist, and take a few minutes to go over these things with your child before the first day of school.

*A little preparation now can make a big difference!*

Stay tuned for more Back-to-School Safety Tips from the Pamlico County Sheriff's Office!

For real-time information, updates and notifications, download the free Pamlico County Sheriff's Office mobile app by going to the following link: <https://apps.mycv.com/share/a154628515>



## Wells Fargo to Close Bayboro Branch

by: Hiram Lupton

Pamlico County will be losing one of its physical banking and financial locations later this year as it was announced last week that Wells Fargo will be closing three branches in North Carolina including the Bayboro location. The company has cut dozens of locations nationwide, beginning last year as part of an ongoing shift towards digital banking and the elimination of those branches with low foot traffic. The building was originally opened in the early 1970's as a branch of Wachovia Bank based in Winston-Salem, North Carolina. Wells Fargo acquired Wachovia in late 2008 and over the next three years physical branches of the bank transitioned to the Wells Fargo brand. Bayboro branch clients received letters last week stating that the location would be closing on November 4, 2026. The closing will leave three physical locations of financial institutions in Pamlico County. First Citizens Bank, with branches in Bayboro and Oriental, and the State Employees Credit Union located in Grantsboro.

## NCDOT to Hold Public "Listening Sessions" on Ferry Tolls



Toll Booths constructed a few years ago when Ferry Tolls were proposed and subsequently defeated may become active on January 1, 2027.

The North Carolina General Assembly has mandated that the Department of Transportation implement tolls on all their ferry routes beginning in January of 2027. How much those tolls will be, if there will be exceptions, and how will a \$150 annual pass for coastal residents be applied will be a part of the fee schedule that the NCDOT and Ferry Division have been tasked to formulate. Last week, the NCDOT announced that they have scheduled a series of five "listening sessions" where the general public will get an opportunity to let the Ferry Division know their thoughts and concerns on the tolling requirement. One of these sessions is scheduled for September 2nd at the Delamar Center on the campus of Pamlico Community College and will run from 6 PM to 8 PM. This is the public's chance to speak up, whether anyone is really listening remains to be seen.

## Marina Sushi and Korean Cuisine Opens

by: Hiram Lupton

There is a new restaurant in Oriental that is sure to bring some tasty new flavor to town. The Marina Sushi and Korean Cuisine restaurant opened its doors to the public for the first time last Saturday for a very special free tasting event. Owners David and Hye Chang and their staff wanted to introduce themselves and their new eatery to the community in a big way and they thoroughly accomplished their goal. County Commissioner Candy Bohmert and Oriental Mayor Sally Belangia opened the event with welcoming remarks before the doors opened for the large crowd at 11 AM. By all accounts, the food was superb. Special musical entertainment was provided by The TerraTones and the restaurant also had a voluntary donation box to support local first responders and community initiatives which collected over \$1000. Marina Sushi and Korean Cuisine is located at 518 South Water Street in Oriental, the site of the old train depot as well as the historic Trawl Door Restaurant. They are open daily from 11 AM until 9 PM. Check out their menu online at [marinasushinc.com](http://marinasushinc.com) and follow them on Facebook.



The owner of Marina Sushi and Korean Cuisine, David Chang



Owners and staff of Marina Sushi and Korean Cuisine



A free community taste testing brought out a large crowd at the opening on Saturday



## Broad Strokes Gallery Invites Artists to Participate in October Artist Open

Oriental, NC — Broad Strokes Gallery is pleased to announce its October Artist Open, an exciting exhibition celebrating creativity in all its forms. The gallery is inviting artists 18 years of age and older to submit original artwork for this community-wide event.

Whether your passion is painting, photography, pottery, sculpture, fiber arts, woodworking, jewelry, mixed media, or another creative discipline, Broad Strokes Gallery welcomes your work. The Artist Open offers both emerging and established artists an opportunity to exhibit their talents, connect with art enthusiasts, and offer their artwork for sale.

"Our Artist Open is about bringing together creative voices from across the region and giving artists a welcoming venue to share their work with the community," said the gallery.

Artists interested in participating can find entry information, exhibition guidelines, and important dates by visiting [broadstrokesgallery.com](http://broadstrokesgallery.com) or by stopping by Broad Strokes Gallery.

Broad Strokes Gallery is a nonprofit community art gallery dedicated to supporting artists, promoting the visual arts, and enriching the cultural life of eastern North Carolina through exhibitions, education, and community engagement.

For additional information, visit [broadstrokes-gallery.com](http://broadstrokes-gallery.com) or stop by the gallery during regular business hours.

## Pamlico Relief Team School Supplies Distribution

by: Hiram Lupton

Pamlico County students had another opportunity to get the supplies they need to start the school year off right as the Pamlico Relief Team and YNTO once again hosted their annual Stuff My Bag school supplies distribution. The all-volunteer event was held Sunday afternoon at the YNTO headquarters in Alliance. Another great example of people helping people in our county.



### LIKELY WEATHER OVER THE WEEKEND

 Saturday, August 15th **88° Hi** Mostly cloudy throughout the day

 Sunday, August 16th **87° Hi** Mostly cloudy throughout the day



North Carolina 911 Board Launches Statewide Campaign to Increase Awareness of Life-Saving Text-to-911 Capability



# Pamlico Community College



## There’s still time to register!

Registration for the Fall 2026 curriculum semester continues at Pamlico Community College! New and returning students can sign up for classes as long as a course has not started. Seated classes begin Aug. 17. Online classes start Aug. 31. Call the college at 252-249-1851, ext. 3001, email [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu), or stop by the campus. Contributed photo



## Campus visitors

East Carolina University professors Dr. Christy Rhodes, seated at the back table fourth from left, and Dr. Phyllis Broughton, seated at the back table fifth from left, settle in for a meeting Aug. 6 with Pamlico Community College administrators and faculty members in the Delamar Center. Rhodes and Broughton visited the college to gather feedback on how ECU’s Adult Education Department could improve its instruction and services. Pamlico was one of several community colleges the professors visited across the region this summer. Contributed photo



## Big gift

Ron and Julie Schnell, the parents of Pamlico Community College President Zac Schnell, recently donated a 2004 GMC Yukon to the PCC Foundation. The vehicle will be kept in the PCC fleet for college use. Pictured, from left, are Julie, Zac and Ron Schnell, along with PCC Foundation Executive Director Heather Arevalo. Also pictured are the Schnells’ two rescue Cavalier King Charles Spaniels. Contributed photo



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



## Agent of the Week

**Susan Adams**  
*Broker/Veteran*  
*Here’s what one of Susan’s customers had to say...*

Susan has been fabulous to work with. She was proactive in getting us any relevant information on all options. She worked with us on our first offer. When we could not come to an agreement with those sellers, she helped us locate another option. Susan was again with us every step of the way navigating through difficult situations. That property not able to gain a septic permit so we had to start searching for another option. Susan was with us again ensuring everything went smoothly. When the sellers and closing attorney had complications that pushed our closing back a week, she kept us updated each day until the deal finally closed. We appreciate her communication and professionalism. We will be back in touch with her if we purchase in the area again.

Melissa & Brett, NC



**NEW BERN** – Fairwinds **2BR/2BA** Condo in Fairfield Harbor. Open floor plan, screened deck and open deck, roof replaced last year. Community boat dock, pool, golf course, and restaurant.  
**OFFERED AT \$193,500**



**ORIENTAL** – 4,000 hsf commercial, fully-insulated. Covered porch opens to reception, conference room & 2 offices. Carrier 2.5 ton heat pump for office area, 2 5-ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersoll Rand 200 PSI air compressor. Fabrication equipment does not convey.  
**OFFERED AT \$ 449,900**



**ORIENTAL** – **3BR/2BA** 1,894 sf open floor plan, deeded boat slip on 1 acre lot. Screened outdoor entertainment area & fire pit. Bright, open spaces indoors and inviting outdoor areas surrounded by mature trees and natural beauty. Being sold as-is.  
**OFFERED AT \$500,000**



**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**



**MINNESOTA BEACH** – Luxurious waterfront **3BR/3.5BA** townhome 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 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](http://www.orientalncwaterfront.com)  
1-800-347-8246 • 252-249-1014

Or contact Allen Propst  
252-671-4644

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



# LEARN. GROW. SUCCEED.

## FREE SEMINARS & WEBINARS

**1. GIVING TUESDAY SUCCESS:**  
Build a Campaign That Inspires Donors  
Wed., Sept. 15 | 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**

# COMMUNITY

# OBITUARIES

- Jacqueline Vladyka "Jackie" Ertan**  
8/7/1935-8/4/2026



Be at peace Dear Friend, running along with your beloved Sheppard Fury and sailing the heavenly oceans again with Don.

In lieu of flowers donations may be directed to P.A.W.S. PO Box 888, Oriental, NC 28571 or Pamlico Rescue, 911 Grace Daniels Rd., Bayboro, NC 28515.

Her humor and wit, along with that twinkle in her eye when she smiled, especially when she had a little secret, will be greatly missed.

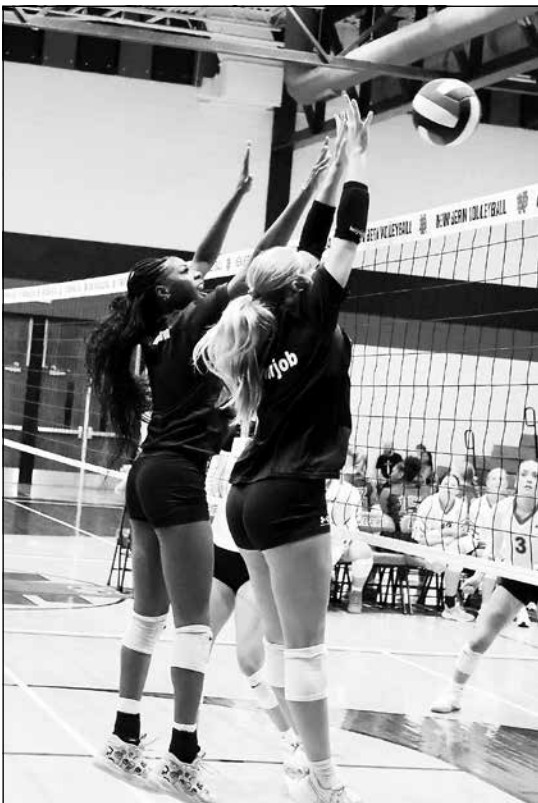
Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.



According to the Department of War (DoW), the United States Armed Forces had 1.33 million people identified as active troops as of 2025. The DoW reported that an additional 770,118 people were serving in the National Guard or as reserves as of 2025. Active-duty Armed Forces personnel in the United States are spread across six main service branches: the Army, the Navy, the Air Force, the Marine Corps, the Coast Guard, and the Space Force. As of December 2025, the Army had more active-duty troops (447,455) than any other branch of the American military. The Navy (339,602) had the second most active-duty troops, while the Air Force (315,317) was the third largest branch in terms of active-duty troops.

by: Hiram Lupton

High School volleyball teams are ready to hit the court and for the past several years, New Bern High School has hosted a preseason volleyball jamboree to give area teams an opportunity to face a little competition before the real games start. In addition to the host school, five other teams participated in the all-day event including the Lady Hurricanes of Pamlico County High School. The jamboree format has teams compete for 20 minutes with no clock stoppage, just playing continuous points with action on two courts, one for varsity and one for junior varsity. When time expires, two more teams take to the courts for a 5-minute warmup and then 20 minutes of play. No official score is kept with the goal to get players as much action as possible against new competition and for coaches to see how their teams look. This was also a chance for game officials to sharpen their skills as new referees got a chance to call games under the guidance of veteran officials. "Today was a good day, a great day in fact," said Pamlico Head Coach April Rose. "We have some things to work on and clean up, but we will be ready." Pamlico begins their season with three consecutive road games this week; Tuesday at Havelock, Wednesday at Swansboro, and Thursday at Living Water Christian. Their home opener is scheduled for August 18 against Bear Grass Charter. Schedules are subject to change.



Net defense from Sydney Whitley-Reese and Bella-Ann Schulz



Adalynn-Kay Nunley at the net



## Emma Charles-Craft returns a serve



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Serving Our Community.

*Give Blood. Save Lives.*



# BLOOD DRIVE

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**DATE:**  
FRIDAY,  
SEPTEMBER 11<sup>TH</sup>, 2026



**TIME:**  
9:00 AM – 2:00 PM



**LOCATION:**  
PAMLICO RESCUE  
911 Grace Daniels Rd.  
Bayboro, NC





**TOGETHER, WE MAKE A DIFFERENCE.**

**9.11**

★★★★★  
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WE HONOR.  
WE SERVE.



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# Mariner Realty is excited to introduce their newest agent, Lauren Banks.



From Camp Jo Jane, raised in Lowland, and now raising three beautiful children in Oriental, Lauren Banks is a true Pamlico County native. Her local knowledge of the area's waterfront communities, neighborhoods, and coastal way of life comes naturally.

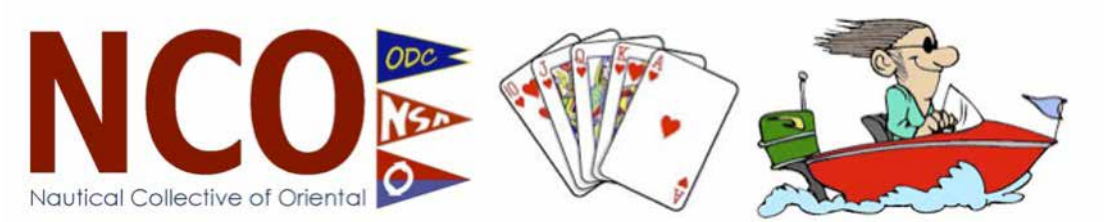
Lauren and her husband Steve are the owners of Banks Built Custom Homes, where they have spent years helping families bring their dream homes to life. Her experience in the residential construction business gives clients unique and valuable insight whether they're buying, selling, or building.

When she's not serving clients, Lauren enjoys trips with her family to Ocracoke, fishing off her dock, and getting lost in a Freida McFadden novel.

Lauren is passionate about helping others find their place in what she believes is the most beautiful place on earth... where the land and sky meet the water, and you meet the Banks.

**UNDER CONTRACT IN PAMLICO COUNTY**  
7/31: real estate license goes active  
8/1: showing homes on a Saturday  
8/4: OFFER ACCEPTED!!  
Sometimes the best journeys don't happen overnight, and sometimes THEY DO!!  
A huge thank you to my buyers for the trust they have put in me.

**Lauren Banks**  
Cell 252.570.3870  
Office 252.249.1014  
lauren@orientalncwaterfront.com  
Facebook.com/OrientalNCRealEstate



The board and volunteers of the Nautical Collective of Oriental would like to offer a sincere Thank You to all of the sponsors and donors who participated in the 19th annual Dinghy Poker Run and Auction fundraiser. Your contributions will continue to help provide free swimming lessons and sailing lessons to Pamlico County our youth, who would otherwise not have access to these fundamental skills.

While this 2026 event was actually a little soggy, the rain didn't hold back many salty dogs from trying their hands at poker or bidding on some of the terrific auction items that were made available. All-in-all, it was a pretty good turnout with total revenues generated in excess of \$6,000.00.

This is a good thing because we're providing more lessons this year than last and the rest of the summer doesn't appear to be slowing down.

The following is a list of the area businesses that made the commitment to support our efforts and we've listed them alphabetically. Please remember them throughout the year in gratitude for their engagement and generosity to the community which they serve. Additionally, our thanks go to the many individuals who donated either their time, money or gift items to help make this event the success that we've come to know. We couldn't do it without any of you, so again:

Our genuine thanks.

- Bow to Stern

Duck Creek Marina

Evolution Sails

Farm Bureau Insurance

Foster's Mobile Marine

Garland Fulcher Seafood

Harbor View Day Spa

Hardison's Tire

Hurricane Marina & Boatyard
- Krazy Carpenter BBQ

New Village Brewery

Oriental Marina & Inn

Pamlico Hardware

Piggly Wiggly

Presada Yoga Studio

River Dunes

Sailcraft Services

Seacoast Marine Electronics
- Sea Harbor Yacht Club

Southern Sky Lodge

Temple's Point Marina

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Triton Yachts

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9-1-1

Call If You Can.  
Text If You Can't.

Text to 9-1-1

Frequently Asked Questions

Voice calls are still the best and fastest way to contact 9-1-1.

Text-to-9-1-1 is ONLY recommended when a voice call is NOT possible.

## North Carolina 911 Board Launches Statewide Campaign to Increase Awareness of Life-Saving Text-to-911 Capability

The N.C. 911 Board, which operates under the North Carolina Department of Information Technology (NCDIT), has launched a statewide public service announcement (PSA) campaign to raise awareness of Text-to-911. This critical service allows residents to reach emergency responders by text message when calling 911 is not possible or safe.

The 16-week campaign is airing statewide across traditional linear television, streaming and connected TV platforms, and mobile streaming services. Its goal is to ensure the public understands when and how to use Text-to-911, especially in situations where every second counts.

Text-to-911 is designed to support individuals who may be:  
Unable to speak due to a medical emergency  
In unsafe situations where placing a voice call could increase the risk of harm  
Deaf, hard of hearing, or experiencing a speech-related disability  
Produced in collaboration with Spectrum Reach, the PSA reinforces a message central to public safety: “Call if you can, text if you can’t.” Ensuring residents know this option exists can directly influence how quickly emergency responders can reach them.

“When calling is not possible or safe, texting gives people another lifeline to reach trained 911 professionals who are ready to respond,” said L.V. Pokey Harris, Executive Director of the N.C. 911 Board.

NCDIT leadership underscored the importance of statewide awareness of this capability. “Everyone should be able to reach 911, even when making a voice call is not possible or safe,” said Nate Denny, NCDIT Secretary and State Chief Information Officer, who chairs the N.C. 911 Board. “Text-to-911 provides a critical connection to emergency assistance, and this campaign will help ensure North Carolinians know that when they cannot call, they can still reach help.”

In 2025, more than 70,000 Text-to-911 messages were sent to emergency communication centers across North Carolina. This high volume underscores the essential role Text-to-911 plays in providing residents with multiple, reliable ways to reach help during an emergency.

This statewide campaign reflects the N.C. 911 Board’s ongoing commitment to strengthening public safety and making emergency communications accessible to every resident, no matter their circumstances.

NEED 9-1-1?

Call if you can, Text if you can't.

WHEN TO USE TEXT TO 9-1-1:

You're deaf, hard of hearing or have a speech disability.

You're in a situation where it's not safe to call 9-1-1 for help.

You're having a medical emergency and cannot speak on the phone.



BACK-TO-SCHOOL

HEALTH TIPS

Clean hands,  
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15 AUGUST 2026 | 10.00 AM

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1776

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Presented by the  
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SATURDAY  
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12

12:00 PM  
to  
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\$15  
AT THE DOOR

CASH OR CHECK

★ THE HALIFAX RESOLVES ★  
April 12, 1776  
North Carolina became the first colony to officially authorize its delegates to the Continental Congress to vote for independence from Great Britain.

★ COME CELEBRATE AMERICA! ★

# Pamlico Vistas

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

Photo by: Hiram Lupton



A Working Waterfront, increasingly rare - Oriental

“A great photograph is one that fully expresses what one feels, in the deepest sense, about what is being photographed.”

– Ansel Adams

PAMLICO

ARTS

COUNCIL

North Carolina Arts Council

50th years of leadership

This project is supported by the North Carolina Arts Council, a division of the Department of Natural and Cultural

Pirate Jam 2026

Oriental, NC

Saturday Sept. 5

1-6:30 pm

Raindate: Sunday, Sept. 6

The Pirate Jam,

a FREE concert

you attend by water is back!

Scheduled Bands:

1:00 - 2:30 pm - Carolina Revival

3:00 - 4:30 - Southern Hellcats

5:00 - 6:30 - Heart Stop

To receive your **FREE Pirate Jam 2025 burgee**, collect **\$150** in receipts from our participating sponsors listed below. Bring your receipts to redemption sites at **Harbourside Garden Co., Inland Waterway Provision Co., Mariner Realty, Nautical Wheelers** or **The Silos**. Receipts should be dated between Aug. 1 - Sept. 5, 2026 to qualify. Only 150 burgees are available. One to a customer please.

As of Aug. 10

Participating Sponsors

\*ORIENTAL VILLAGE VETERINARY HOSPITAL

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The Bean • Brantley's Village Restaurant • Farm Bureau Grantsboro

First Citizens Bank • Evolution Sailmakers • Harbourside Garden Co.

Inland Waterway Provision Company • Magnolia House • Mariner Realty

Nautical Wheelers • Oasis Therapeutics • Oriental Marina & Inn

Sailcraft Service • Scuba Steve • Studio 55

In Addition, in August, PAC Pirate Month:

Pirate Movie Night Date TBD • Join the PAC Pirates for a Pirate Crawl though Oriental Date TBD • Look for other fun piratical events/offers brought to you by local businesses!

\*These generous sponsors are also Band Sponsors!

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# COASTAL LIVING

## North Carolina's Coastal County Is A Renowned Retirement Destination With Affordable Living And Outdoor Fun

By Ben M. Stower



Sometimes America's best retirement spots also provide the right ingredients for a relaxing vacation. One such place is North Carolina's Pamlico County, an inviting coastal enclave on Pamlico Sound that's bordered to the north by the Pamlico River and to the south by the Neuse River. This relatively quiet county has fewer than 13,000 residents across its various coastal cities and towns. Its abundance of nature, coupled with its small crowds and outdoor activities, might be part of the reason it's such a renowned retirement destination.

That's right, Pamlico County has become quite popular among those enjoying their golden years. Stacker recently ranked it the fifth best county to retire in North Carolina, highlighting its low population and median home value. It also mentioned Pamlico's high grades for cost of living, weather, and outdoor activities on Niche, a platform that actually ranks Pamlico the best county in North Carolina for retirees. What's more, an MSN study, reported by The Charlotte Observer, found that Pamlico was the 40th best county for retirees in the entire U.S. The study referred to the county's beach access, golf courses, waterways, weather, and low taxes as top retirement appeals.

While Pamlico County won't appeal to retirees or travelers seeking big-city energy and experiences, its waterfront destinations provide ample coastal delights. Its small town of Oriental is the "Sailing Capital of North Carolina" and a haven for outdoor enthusiasts, while the cozy village of Vandemere offers direct Bay River access. This is the general lifestyle in Pamlico, a decidedly coastal county where people may come for the outdoors but often stay for the affordable living.

### Affordable vacations and living in Pamlico County

According to the United States Census Bureau, Pamlico County's median monthly mortgage-dependent

homeowner costs sit below \$1,500. Median house values here are also below \$217,000. This low cost of housing and below-average costs for trans-



portation, healthcare, food, and taxes make Pamlico a particularly affordable retirement and vacation destination. In fact, the county is over 12% less expensive than the national average, according to BestPlaces.

Part of Pamlico's affordability for vacationers and retirees is its abundance of cheap (or free) outdoor activities. Enjoying these natural spoils may require you to own, hire, or know someone with a boat. But once you have your vessel, you can explore numerous offshore destinations, like Springers Point Preserve, an uncrowded coastal haven with ancient trees, serene sunsets, and easy trails. The island it's on is also accessible via ferry from Swan Quarter or Cedar Island, both with very reasonable fares. If you prefer to stay on the mainland, you can find multiple river towns around the county, including Minnesott Beach. This charming spot offers good fishing along the Neuse River. Anglers on Fishbrain report catching largemouth bass, red drum, spotted seatrout, bluefish, and even Spanish mackerel.

When you need a break from the great outdoors, Pamlico County's northern town, Aurora, has an interesting free-to-enter museum. The Aurora Fossil Museum only asks for donations (if you can afford it) to see its Native American artifacts, rare rock collection, and fossilized remains of sharks, stingrays, corals, and crabs.

### Embracing Pamlico County's outdoors and community



Oriental is one of the best places to visit in Pamlico County, thanks to its various outdoor spaces. John Bond Town Beach is one of the county's few actual sandy stretches on the Neuse River. While it can't compete with the likes of Holden Beach, North Carolina's best beach of 2026, it's still a lovely spot to sit and relax with a picnic, book, or friends. You can also enjoy water views at Lou Mac Park, a beloved local destination for sunrises and sunsets. It's a popular spot for launching kayaks or canoes, fishing, and birdwatching.

Those who enjoy staying active outdoors can book a tee time at Minnesott Golf & Country Club. The 18-hole course is open to members and one-off visitors. Its fairways and greens are surrounded by trees, water features, and bunkers, which create a challenging and beautiful environment for a round of golf. With over 120 reviews on Google, it's earned an impressive 4.5 stars. To feel like you're really part of the Pamlico crowd, head over to The Old Theater in Oriental. With only 159 seats, it stages intimate live performances and film screenings. You can watch Christmas shows, local bands, Shakespearean plays, and beloved classic movies. Any retirees looking to give back to the local community can also volunteer here.

You can reach Pamlico County by flying into Coastal Carolina Regional Airport (EWN) near New Bern, a walkable riverfront gem with tons of eateries and shops. Flights from Charlotte and Greenville often land here. You can also drive to Aurora from Greenville in about one hour or to Oriental in 1.5 hours. The majority of Pamlico County's hotels are located in Oriental, but you can find some campgrounds and inns near other towns and waterways.

Read More: <https://www.islands.com/2226338/pamlico-county-north-carolina-coastal-renowned-retirement-destination-affordable-living-outdoor-fun/>



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*Jeff Roberts*  
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**RICH LOGIS**  
EX-MAGA ACTIVIST AND AUTHOR OF  
**ONE BETRAYAL TOO MANY:  
WHY I LEFT MAGA**

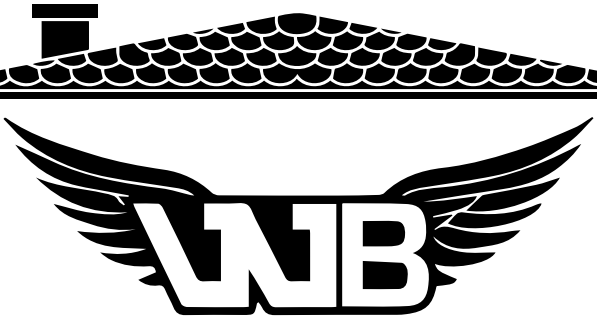
Rich Logis is the founder of **Leaving MAGA**, which empowers others to leave MAGA and tell their stories, foster reconciliation with their friends and family and creates a community for all who leave MAGA.

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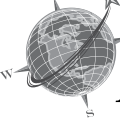
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GUESS WHO ?

I am an actor born in Massachusetts on August 12, 1975. I attended Columbia University and majored in physics. But I went into acting like my older brother, playing many supporting roles. I went on to win an Academy Award for a starring role.

Answer: Casey Affleck

**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

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
WILLIAM ODELL SPAIN**  
File No.: 26E000133-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to STEVEN O. WALKER,

ADMINISTRATOR, on or before NOVEMBER 3, 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 5TH OF AUGUST 2026

ESTATE OF WILLIAM ODELL SPAIN  
C/O STEVEN O. WALKER  
93 ROBIN RD  
GRANTSBORO, NC 28529

Publish AUGUST 5, 12, 19 AND 26, 2026.

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
JULIAN BECTON BROUGHTON, SR.**  
File No.: 26E000136-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to EUGENE BROUGHTON, EXECUTOR, on or before NOVEMBER 3, 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 5TH OF AUGUST 2026

ESTATE OF JULIAN BECTON BROUGHTON, SR.  
C/O EUGENE BROUGHTON  
163 N TRENT RD

and no insurance  
Aug. 4, Main St., Bayboro, destruction/ damage/vandalism of property  
Aug. 4, Courtland Dr., Alliance, second degree trespass  
Aug. 5, NC Hwy 55, Bayboro, larceny after breaking or entering

**PROPERTY TRANSFERS**  
Feb. 26, 0.27 AC PCA 199-10 from Richard V. Broadstone, Elaine M. Broadstone to Jonathan R. Haas, Kimberly M. Bell, \$1,670  
Feb. 26, Cloisters at Kershaw Creek Lot: 14 Ph 1, 1.53 AC Tract PCA 146-8; map attached from Louis R. Bonos, Lynn L. Bonos to Christopher Eugene Mock, Tara Lizabeth Mock, \$310  
Feb. 26, Oriental Plantation Lot: 111 Section IV PCA 65-9, Oriental Plantation Marina Boatslip 25 CB 1/72 from Albert J. Cranor to Albert J. Cranor, Tiffany M. Hollinger, \$0  
Feb. 26, Forestshore Estates Lot: 23 PCA 38-4, Forestshore Estates Boat Slip 4 PCA 39-8 from Jason E. Lackey to Richard Williams/TR, Judy C. Lewis/TR, Williams Familia God Trust, \$110  
Feb. 26, Mill Creek Lot: 348 Northern Half of Lot, PH 2, Arlington Place PCA 164-2, Mill Creek Lot: 349 PH 2, Arlington Place PCA 164-2, Mill Creek Lot: 350 PH 2, Arlington Place PCA 164-2 from Tremayne Glover, Rasheda Glover, Douglas E. Anderson to Douglas E. Anderson, \$71  
Feb. 26, Mill Creek Lot: 347 PH 2, Arlington Place PCA 164-2, Mill Creek Lot: 348 Southern Half of Lot, PH 2, Arlington Place PCA 164-2 from Tremayne Glover, Rasheda Glover, Kimberly S. Fry, Jerry P. Fry to Kimberly S. Fry, Jerry P. Fry, \$71  
Feb. 27, Plantation Oaks Lot: 29 Phase 1 Covington Court PCA 185-13, PIN C-051-101-29 from Cynthia Smithson Smith to Tory Lynn Tingen, Becky Lynn Ashley, \$578  
Feb. 27, River Dunes Lot: 32F Marina Village Harbor Village III-B PCA 198-4, PCA 148-7, PCA 148-11, PCA 148-13 & PCA 148-17 from Eddie S. Winstead, III, Elizabeth S. Winstead to Global Marine Solutions, LLC, \$0  
Feb. 27, Dawson Creek Lot: 239 Phase 1 Sections 1 & 2 PCA 192-1, Quit-Claim Deed; Tenants in Common Interest; PIN H094-1-239 from Edward Joseph Plank, Ed Plank, Edna Louise Plank, Edna Plank to Patricia Hayman/TR, The Edward Joseph Plank and Edna Louise Plank Irrevocable Trust, Edward Joseph Plank, Edna Louise Plank, \$0  
Feb. 27, Dawson Creek Lot: 239 Phase 1 Sections 1 & 2 PCA 192-1, Quit-Claim Deed; PIN H094-1-239; Life Estates from Edward Joseph Plank, Ed Plank, Edna Louise Plank, Edna Plank to Edward Joseph Plank/TR, Edna Louise Plank/TR, The Patricia Hayman Revocable Trust, Patricia Hayman, \$0  
Feb. 27, Masons Pointe Lot: 60 Section Two PCA 195-11 PIN J043-58-60 from Equity Trust Company, Equity Trust Company as Successor by merger to Midland IRA, Inc, FBO William Wayne Landess, Account # 16363218, Midland IRA, Inc., Midland IRA, Inc., FBO William Wayne Landess, Account #16363218, William Wayne Landess Account, #16363218 to Veda Fisher Kennedy, Cheryl Fisher Perkins, \$90  
Feb. 27, 1 AC See Instrument from Sarahfina Sanchez to Sarahfina Sanchez, \$0  
Feb. 27, Moores Creek Lot: 3 Phase I PCA 74-8 & PCA 75-10, Moores

LEGALS

MERRITT, NC 28556

Publish AUGUST 5, 12, 19 AND 26, 2026.

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
JONATHON TYLER LOWERY**  
File No.: 26E000131-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ERVIN NOBLES, ADMINISTRATOR, on or before NOVEMBER 3, 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 5TH OF AUGUST 2026

ESTATE OF JONATHON TYLER LOWERY  
C/O ERVIN NOBLES  
1206 OLD BAY RIVER RD  
GRANTSBORO, NC 28529

Publish AUGUST 5, 12, 19 AND 26, 2026.

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
FRED A. JOHNSON**  
File No.: 26E000137-680

Creek Lot: 4 Phase I PCA 74-8 & PCA 75-10, PIN: K05-9-3 & K05-9-4 from David Bryan Stevens, Rosario Stevens to Knuts Outdoors LLC, \$2,860  
March 2, Lake Minnesott Estates Section VIII Lot: 16 MB 7/63 from Craig Kellogg to Craig Kellogg, Caleb James Kellogg, \$0  
March 2, Forest Hills at Pinedale Lot: 13 Section 1 MB 10/61 from Darryl V. Midgette, Aniecia Midgette, Alexandria Miller, Rokeem Miller to Shelley Midgette, \$0  
March 2, Sea Vista, Pierce Creek ARea Lot: 56 Addition VII Phase I PCA 66-10 from David R. Maier, Susan T. Maier to Andrew R. Maier, \$0  
March 2, Sea Vista, Pierce Creek Area Lot: 55 Addition VII Phase I PCA 66-10 from David R. Maier, Susan T. Maier to Zachary D. Maier, \$0  
March 2, Oriental Harbor Village Marina Boat Slip 2 Dock B; CB 1/78, CB 1/101 & CB 1/104 from David R. Maier to Susan T. Maier, \$0  
March 2, Dolphin Point Lot: 18 PCA 30-6 from Susan T. Maier to David R. Maier, \$0  
March 2, PIN C051-22 & H03-39; 23E000231-680; 5.6 AC N/S Hwy 55 Reelsboro; 24/71 AC 1st & 2nd Tracts PCA 11-4 from Alison C. Francis, Michael Francis, Russell A. Cowell, Carolyn Hughes Cowell, Carolyn H. Cowell, Nicola J. DiPietro to Sarah Ann Cowell, \$486  
March 2, One Tract Map DB 301/800 from Bay River Capital, LLC to Catherine Todd, \$684  
March 2, PIN F052-6-2-2; One Tract PCA 158-11 & PCB 7-2 from David G. Howlett, Sherry L. Howlett to Sherry Lynn Howlett/TR, Sherry Lynn Howlett, The Sherry Lynn Howlett Revocable Trust, Sherry Lynn Howlett Revocable Trust, \$0  
March 2, 1.865 AC NCSR 1124 & NC SR 1125 from Daniel Lee Potter to Adam J. Potter, \$0  
March 2, Tracts 1, 1-A, & 9 PCA 64-8 from Daniel Lee Potter to Austin Holton, \$0  
March 2, 1.50 AC NCSR 1125 & NCSR 1124 (Moore's Swamp Rd) Life Estate from Daniel Lee Potter to Carrie Hopkins, \$0  
March 4, Indian Bluffs Lot: 4 Section III MB 12/68, Indian Bluffs Lot: 5-B Section III Map in DB 354/420 from Joy Collett Deal to Lori Lynn Metzner, \$0  
March 4, Shine Landing Lot: 8 Boat Slip 4 PCA 134-8; Interest in Lot 8 from Stanley Aeschleman, Ellen Aeschleman to Wild Goose Chase, LLC, \$4  
March 5, Reelsboro Farms Lot: 14 Portion of Lot; S/S Hwy 55 Reelsboro MB 1/20 from Joshua Blake Williams, Becky Williams, Becky T. Lawyer to Eric DeMarko, \$312  
March 5, Dawson Creek Lot: 60 Phase 1 PCA 150-10 & PCA 192-1 from Terrence D. Sullivan, Marguerite J. Sullivan to Tina Pascoe, \$18  
March 5, 1 AC N/S NC Hwy 304 Mesic from Nicholas Oclair to Michael P. Miller, Cassandra Miller, \$320  
March 6, Preservation Lot: 4 Section 1 River Dunes PCA 187-8 PIN: L10-5-4 from Jeannie M. West, Kenneth C. West, Ken West to Kenneth C. West/TR, Jeannie M. West/TR, The Kenneth C. and Jeannie M. West Revocable Trust, Jeannie M. West, Kenneth C. West, \$0  
March 6, 1.83 AC Map Attached from M. Scott Whitford, G. Wyatt Whitford, Jr. to Albert J. Krelie, III, Electra Krelie, \$18

All persons, firms and corporations having claims against deceased, are notified to exhibit them to PAULA J. DAVIS, ADMINISTRATOR, on or before NOVEMBER 3, 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 5TH OF AUGUST 2026

ESTATE OF FRED A. JOHNSON  
C/O PAULA J. DAVIS  
615 GIBBTOWN RD  
MERRITT, NC 28556

Publish AUGUST 5, 12, 19 AND 26, 2026.

**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

March 6, PIN L091-24; 0.35 AC S/S Buxton Creek & W/S "T" Canal (Croaker Rd) Merritt; Map DB 323/861 from Bruce W. Tompkins, Kathleen A. Tompkins to Gene Craig Burnett, Jessica Rene Burnett, \$850  
March 6, Lee Landing Estates Lot: 6 Section One PCA 144-7, PINI D061-99-6 from Astrid Schlegel to Michael H. Walker, \$534  
March 6, Sea Vista Oriental Heights Block: B Lot: 35 MB 4/100 from Michael Pawlikowski, Jennifer Pawlikowski to Matthew Connor Blumling, Brynn Dutton Blumling, \$874  
March 6, Sea Vista Oriental Heights Block: B Lot: 36 Portion of Lot; MB 4/100; Map Attached from AXL Properties, LLC to Matthew Connor Blumling, Brynn Dutton Blumling, \$0  
March 6, PIN Portion of K06-1; 113.16 AC Tract 9 PCB 22-4, PCB 21-15 & PCB 20-16 from OW World, LLC to Spear Fish, LLC, \$454  
March 6, Portion of PIN K06-1; Tract 9 PCB 22-4; PCB 21-15, PCB 2-16; Pamlico Preserve from Spear Fish, LLC to SRJR Enterprises, LLC, \$504  
March 9, 7.83 AC Mill Pond Rd (SR 1203) Map Attached from Jason A. Rice to Jarrett Hacker, \$0  
March 9, 0.92 AC on Bay River PCA 28-10; 6,237 Ft Tract Map Attached from Bay River Capital, LLC to Donna Gardner, \$1,230  
March 9, Deed of Correction; DB 542/239; 3/5 AC SW/S New bern rd from Harriett Rowe, Harriett Rowe, Diane A. Hodges to Melissa Watson, \$0  
March 9, 3/5 AC SW/S New Bern Rd from Melissa Watson, Christopher Watson, Chris Watson to Kevin James Dailey, \$370  
March 10, Povlich Parcel B PCA 183-7 from Terri Elizabeth Godfrey to Richard H. Morgan, Sue K. Morgan, Joe Alan Anderson, Wanda Arnold Anderson, \$60  
March 10, 1.75 AC N/S Horn Rd (SR 1234) & W of Oyster Creek Rd (SR 1235) from Curtis L. Rice to Curtis L. Rice, Marie H. Rice, \$0  
March 10, Arnolds Mobile Home Park Lot: 4 MB 7/64, Arnolds Mobile Home Park Lot: 5 MB 7/64, PIN H042-131-4 & H042-131-5 from F. Bryan Spain, Tammy Spain, Tammy R. Spain to John Price Spain, Kaitlyn Hutchison Spain, \$0  
March 10, Camp Creek Lot: 7 0.18 AC PCA 171-2 from Brown Pelican Construction, LLC to Carroll Construction Homes, Inc., \$80  
March 12, Neuse Winds Lot: 10 PCA 43-7; Map 534/478 PIN K08-72-10 from Margaret R. Jones, Margaret R. Parker, Timothy R. Collins to Wayne H. Yetman, Julia Yetman, \$1,035  
March 12, PIN D06-8; 1.12 AC NCSR 1105 (Prescott Rd) from Robert Scott Tabor, Sherry H. Tabor to Savanna Lyn Tabor, \$0  
March 13, One Tract W/S Straight Rd (NCSR 1317) & NCSR 1349 from Fix it for Less, LLC to Wayne L. Hill, Amanda D. McKenna, \$0  
March 13, PIN F052-41; 1.58 AC N/S Muddy Landing Rd (SR 1108) MB 9/73 from Atlantic Bay Mortgage, LLC, LoanCare, LLC/AIF to William Watts, \$346  
March 13, Sea Vista Oriental Heights Block: D Lot: 44 MB 5/84, Sea Vista Oriental Heights Block: D Lot: 45 MB 5/84, PIN J082-330-44 from Robert W. Lareau, Nicala R. Lareau to David P. Wise, Patricia L. Wise, \$1,350

# AROUND THE COUNTY

## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. I hope this finds you well.

The heat has been pretty extreme this week, but so far I have survived. Sometimes things happen in life that remind us just how good we have it today.

The AC at work has been broken for about a week now, and temperatures in the office have reached 91 degrees. As miserable as it has been, the heat got me thinking about what life once was. A life that wasn't so used to all the comforts we have today. A life when not every place you went was cooled by air conditioning.

Imagine a world where AC wasn't even heard of, and yet life went on. People went to work dressed in suits and dresses or long pants. They worked the farms, cooked meals in hot kitchens, and somehow made it through another summer. Today's world has really spoiled us. Sometimes you can take a bad situation and turn it into something positive. Sometimes it can even make you a little stronger. If nothing else, maybe it reminds you to appreciate what you have when that AC finally starts blowing cold again.

This week I also read where a kid has been having a little fun along NC 306 North. Seems he has been knocking on doors in the wee hours of the morning or night and then dashing away.

While it may be all fun and games to a child, in the times we live in it could also be very dangerous. People react differently to things such as this, and I think this is one of those times where both sides can learn something.

The child can learn that not all pranks are received with the same joy they bring to him. That little bit of stolen excitement could end with some serious consequences that could change lives forever.

But on the other side of that spectrum are the adults dealing with it. I think sometimes we need to remember what it was like to be a child. Remember the Eddie Haskell's and Dennis the Menaces of our neighborhoods. They weren't necessarily bad kids. Maybe a little misguided. Maybe mischievous. Heck, maybe one of them is our next great comedian that someday we'll pay good money to see.

My point is, don't take something like this to the extreme with your idea of retribution, because the results could be devastating for everyone involved. Take a minute and talk to your child about the dangers of what might seem like an innocent prank. And as adults, take a minute to remember what it was like to be that child. Maybe there's a lesson for both sides.

I also had the pleasure this week of attending Marina Sushi's grand opening and meeting the owners. The restaurant is beautifully done, and for just opening, the food was quite amazing. Everything was fabulous. I was blessed to be asked to take photos of the event.

The funny thing is, I was asked to do so because of a random act of kindness from a little over a year ago. I was sitting in the Bean having coffee, as usual, and of course I had my camera gear with me. I noticed a beautiful family sitting together having coffee and took their picture. At the time, I had no idea they would eventually become the owners of Marina Sushi. To me, they were simply a family sharing a moment together. I often carry my portable printer with me, and when I take pictures like that, I'll print one and leave it with the person or family. It's just my little way of spreading some joy and a few smiles. I never expected anything in return.

More than a year later, that little photograph came back around when they asked me to photograph their grand opening. Funny how life works sometimes. Something that may take only a few minutes of your time can become a memory for someone else. A smile, a photograph, holding a door, a kind word to somebody having a rough day, you may never know what that small gesture means to them. And maybe that's what this week has reminded me of.

Remember what life was like before all the comforts we take for granted. Remember what it was like to be a mischievous kid before judging one too harshly. And remember that the smallest bit of kindness you put into this world has a funny way of traveling farther than you ever expected.



So until next week, spread a few smiles around.

Remember to be humble. Remember how blessed we are. And bless a random stranger, even if only with a smile.

Life isn't always joyful for everyone. Sometimes we have to help create a little of it.

## Pamlico Betty Jo Rodgers, *Correspondent*



The Reverend Scott Fitzgerald and the Bayboro Baptist Church congregation joined Stonewall Methodist Church congregation to pray over Lily McGowan, Isaiah Rodrigues and Pastor Betty J. Rodgers who were all entering a new chapter of their lives this week. Lily will be going to NC State University in Raleigh, NC, Isaiah will be going to Parris Island, SC as a new Marine recruit, and the Stonewall Methodist Church pastor is transitioning from pastor to preacher. She is not retiring from the ministry but will no longer be the pastor at Stonewall due to health and family obligations.

It was a wonderful celebration, but it was also a sad one. Those leaving are friends that will be missed by their church family. Stonewall Methodist Church will continue to pray for them in their new endeavors and will welcome them back with open arms whenever they are able to worship with them.

The 69th Lupton Family Reunion was held Saturday, August 8, 2026, at the Goose Creek Island Community Center. The attendance was low this year because invitations did not get sent out this year due to illness. I personally was disappointed that there were not any Lupton men or boys present. (I should have reminded Danny Lupton) The oldest male Lupton descendant was Tommy Ireland, 66, Reelsboro, NC; the oldest Lupton female in attendance was Patricia Lupton Dunn, 82, New Bern, NC; the oldest Lupton female descendant was Mildred Harrison, 83, New Bern, NC; the youngest Lupton female was Sharon Lupton Leary, 78, Lowland, NC; the youngest Lupton male descendant was Branch Edwards, 9, New Bern, NC, the youngest Lupton female descendant was Lillie Mae Ipock, 9, Maribel, NC. The couple that had been married the longest were Betty Joe and Roy Rodgers, 61 years, Oriental, NC.

I have been taking strength and balance classes at the Oriental Village Health & Fitness. I met a new friend there on Friday. Her name is Cindy Wegner, and she has only lived in Oriental for about a year.

Celebrating birthdays in August are Chrissy Fulcher Wilson (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. Want a blessing? Take Spiritual Vitamin "B" and Be confident of this very thing, that he who has begun a good work in you will complete it until the day of Jesus Christ. (Philippians 1:6)

## Aurora Joy McCracken, *Correspondent*



Bee Diary:

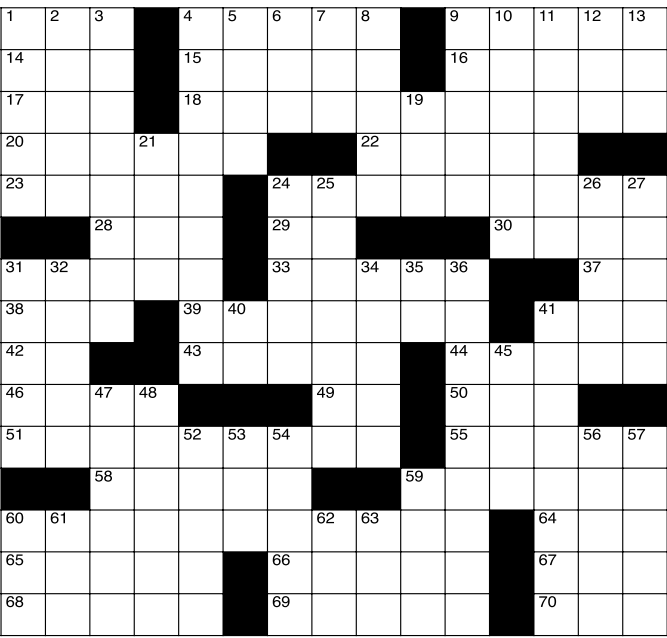
Pulled 6 frames of honey which would equal about 30 one pound jars. Plan on having a booth for it in mid September at the Oriental Farmer's Market. Now I'm on the lookout for the invasive and aggressive Yellow-legged Hornet that has made it to NC. We have a trap deployed near the hive.

The August Yard of the Month goes to Miss Lib Litchfield for her outstanding and constant perfect manicured grounds that is the pride of her street. Mr. Ralph Grimes is her landscape artist who is instrumental in its upkeep.



The Mayor and Mr. Grimes in front of her stunning yard.

# CROSSWORD



### CLUES ACROSS

1. Midway between south and southeast

4. Fathers

9. Wine grape

14. Al Bundy's wife

15. Derived from ammonia

16. Venezuelan state

17. Interest rate

18. Experts

20. Vascular tissues

22. Smooth and glossy

23. Administrative region in S. Korea

24. One from Damascus

28. Special interest group

29. It cools your home

30. Oh, God!

31. Intestinal pouches

33. Men

37. Twelfth star in a constellation

38. Former CIA

39. Arrange in grades of size
41. A baglike structure in a plant or animal

42. "The Great Lakes State"

43. Having earlike appendages

44. Momentarily stop

46. Ancient kingdom

49. Of I

50. White clerical vestment

51. Songs to one's beloved

55. Charges

58. Computer application originator

59. A place to dock a boat

60. One guided by reason

64. Slang for cigarette

65. Sailboats

66. "Jerry Maguire" actor Zellweger

67. Screen type

68. Country legend Haggard

69. Puts together in time

70. When you anticipate arriving

### CLUES DOWN

1. Involuntary muscular contraction

2. Eastern US transit agency

3. Leaves a place

4. Cease to participate

5. Current units

6. Cease to exist

7. General's assistant (abbr.)

8. Earth vibration

9. Very strong winds

10. For each one

11. A bog

12. The creation of beautiful or significant things

13. Affirmative

19. Pie \_\_\_ mode

21. Nonclerical

24. Indonesian island

25. Educational environment

26. Namibian peoples

27. Bring out or develop
31. Moves into a place of thought

32. Out of the way

34. Loads a ship

35. Beloved Hollywood alien

36. Distinguishes

40. The ancient Egyptian sun god

41. Secondary or explanatory title

45. Relating to a wing

47. One who gives a speech

48. In the middle

52. Loop with a running knot

53. Airborne (abbr.)

54. Sweet persons

56. Put into play

57. Small cattle breed

59. Millisecond

60. Revolutions per minute

61. They \_\_\_

62. Moon crater

63. A place to stay the night

PUZZLE SOLUTION

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | S | E |   | D | A | D | A | S |   | G | A | M | A | Y |   |
| P | E | G |   | I | M | I | D | E |   | A | P | U | R | E |   |
| A | P | R |   | S | P | E | C | I | A | L | I | S | T | S |   |
| S | T | E | L | E | S |   |   |   | S | L | E | E | K |   |   |
| M | A | S | A | N |   |   | D | A | M | A | S | C | E | N | E |
|   |   | S | I | G |   |   | A | C |   |   | E | G | A | D |   |
| C | A | E | C | A |   |   | M | A | L | E | S |   |   | M | U |
| O | S |   |   |   | G | R | A | D | A | T | E |   | S | A | C |
| M | I |   |   |   | E | A | R | E | D |   | P | A | U | S | E |
| E | D | O | M |   |   |   | M | E |   |   | A | L | B |   |   |
| S | E | R | E | N | A | D | E | S |   |   | R | A | T | E | S |
|   |   | A | D | O | B | E |   |   |   | M | A | R | I | N | A |
| R | A | T | I | O | N | A | L | I | S | T |   | T | A | R |   |
| P | R | O | A | S |   | R | E | N | E | E |   | L | C | D |   |
| M | E | R | L | E |   | S | Y | N | C | S |   | E | T | A |   |

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to wellness.

E R A H B T

Answer: Breath

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6370

# STATEWIDE CLASSIFIEDS

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\*\*\*\*\*

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- \* **Electronic Health Records, Starts Aug. 24!**
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# Health&Wellness



Psoriasis is a skin disease that causes a rash with itchy, scaly patches, most commonly on the knees, elbows, trunk and scalp. Psoriasis is a common, long-term (chronic) disease with no cure. It can be painful, interfere with sleep and make it hard to concentrate. The condition tends to go through cycles, flaring for a few weeks or months, then subsiding for a while. Common triggers in people with a genetic predisposition to psoriasis include infections, cuts or burns, and certain medications. Treatments are available to help you manage symptoms. And you can try lifestyle habits and coping strategies to help you live better with psoriasis.

**Common signs and symptoms of psoriasis include:**

- A patchy rash that varies widely in how it looks from person to person, ranging from spots of dandruff-like scaling to major eruptions over much of the body
- Rashes that vary in color, tending to be shades of purple with gray scale on brown or Black skin and pink or red with silver scale on white skin
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed
- Itching, burning or soreness
- Cyclic rashes that flare for a few weeks or months and then subside

**There are several types of psoriasis, each of which varies in its signs and symptoms:**

- **Plaque psoriasis.** The most common type of psoriasis, plaque psoriasis causes dry, itchy, raised skin patches (plaques) covered with scales. There may be few or many. They usually appear on the elbows, knees, lower back and scalp. The patches vary in color, depending on skin color. The affected skin might heal with temporary changes in color (post inflammatory hyperpigmentation), particularly on brown or Black skin.
- **Nail psoriasis.** Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration. Psoriatic nails might loosen and separate from the nail bed (onycholysis). Severe disease may cause the nail to crumble.
- **Guttate psoriasis.** Guttate psoriasis primarily affects young adults and children. It's usually triggered by a bacterial infection such as strep throat. It's marked by small, drop-shaped, scaling spots on the trunk, arms or legs.
- **Inverse psoriasis.** Inverse psoriasis mainly affects the skin folds of the groin, buttocks and breasts. It causes smooth patches of inflamed skin that worsen with friction and sweating. Fungal infections may trigger this type of psoriasis.
- **Pustular psoriasis.** Pustular psoriasis, a rare type, causes clearly defined pus-filled blisters. It can occur in widespread patches or on small areas of the palms or soles.
- **Erythrodermic psoriasis.** The least common type of psoriasis, erythrodermic psoriasis can cover the entire body with a peeling rash that can itch or burn intensely. It can be short-lived (acute) or long-term (chronic).

**When to see a doctor**

If you suspect that you may have psoriasis, see your health care provider. Also seek medical care if your condition:

- Becomes severe or widespread
- Causes you discomfort and pain
- Causes you concern about the appearance of your skin
- Doesn't improve with treatment

## Your Breath Speaks

### Before You Do

Functional dentist Dr. Steven Lin, who is the author of "The Dental Diet" (Hay House), notes that unique aromas of bad breath can indicate different systemic diseases of the body, and may go beyond poor oral hygiene. A cheesy smell usually means halitosis has a cause that started in the nose. Breath that smells fruity can indicate uncontrolled diabetes. A scent of ammonia or even a fishy aroma may indicate issues with the kidneys. Bad breath that is sweet and musty may signify the liver disease cirrhosis. Individuals with bad breath should speak with a doctor if they have concerns.



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