Local news keeps community connected.

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The Pamlico News

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BOC Recognize Stewart's Retirement

by: Hiram Lupton



After serving Pamlico County for nineteen years, Marea Stewart stepped into retirement on the final day of September, and the Pamlico County Board of Commissioners honored her at their Monday meeting with a proclamation read into the record. Stewart served as the Deputy Finance Officer and she was recognized for her "Professionalism, integrity, dependability, and strong commitment to the sound administration of County finances." Finance Director Alex Showalter read the proclamation, and Stewart was presented with a framed plaque of it by Board Chair Ken Heath. Amanda Carey will now assume the responsibilities of Deputy Finance Officer. Congratulations on a job well done Marea, and may you have a long and happy retirement.

Craven-Pamlico REGIONAL LIBRARY

United Sisterhood Presents: Costumes & Books

Saturday, October 10th @ 11 am
Children (Ideal for ages 5-12)

Join Pamlico Public Library and United Sisterhood, Inc. for Costumes & Books, a fun-filled celebration of reading, creativity, and imagination!

Children ages 5–12 are invited to come dressed in a costume inspired by their favorite book, character, or their own imagination. Families can enjoy story time, a costume parade, games, activities, and plenty of fun throughout the event. Participants will also have the chance to show off their costumes and compete for prizes in categories including Cutest, Most Creative, Best Book Character, and more.

Costumes & Books will take place Saturday, October 10, from 11:00 AM–1:00 PM at Pamlico Public Library, 13896 NC-55 in Bayboro.

This event is presented by United Sisterhood, Inc. in partnership with Pamlico Public Library.





Pamlico Grove Apartments Groundbreaking Ceremony

by: Hiram Lupton





Officials from the Town of Grantsboro and Pamlico County gathered at the site of what will become Pamlico Grove Apartments for a groundbreaking ceremony last Friday morning. Bobby Funk, a representative of Mills Construction which will oversee the construction and management of the units, said although it has taken a while to get started, they are well on our way now. The 48-unit development will have a mixture of 1-, 2-, and 3-bedroom apartments. Pamlico Grove is considered an Affordable Housing project, and potential tenants must meet certain requirements including a background check, income, and a social security card/number. The primary target for this type of housing is moderate income wage earners, which fit the demographics of much of Pamlico County's workforce and seniors. The target annual household income of between $25,000 and $51,000 with the monthly rent range of $664 to $975. Of the 48 units, 8 would be 1-bedroom, 24 would be 2-bedroom and 16 would be 3-bedroom units. The project has often been mischaracterized as low income or section 8 housing. It is not. "I think this is much needed in Pamlico County," said Grantsboro Mayor Tom Newman. "The Town of Grantsboro is happy to be a part of it." The apartment complex is located just off NC Hwy 55 behind the recently opened Carolina Quick Care. Construction is expected to take from 12 to 14 months.

The Ol' Front Porch Music Festival

by: Hiram Lupton

The Ol' Front Porch Music Festival proved once again why it has become one of the best musical events not just in our area, but the entire country. Large crowds gathered at the main stage as well as in the yards of host porches for the two-day event to hear some of the most talented and diverse musical performers you could gather. The FREE event was put together and coordinated by an army of dedicated volunteers who worked tirelessly throughout the year for this special weekend. The only uncooperative member of the team was Mother Nature, who provided a bit of a light show with thunderstorms in the area, forcing the festival committee to cancel the final main stage performance on Saturday for safety. In addition to the awesome music, there were a record number of vendors at this year's festival as well as some great food available. All the food vendors were there to support local non-profits. Congratulations to all who made this such a great event. We are already looking forward to the 2027 Ol' Front Porch Music Festival.



Large crowds turned out at the main stage



Cajun/Zydeco with the Unknown Tongues

Photos Continued on Page A5

Altman Takes Attorney's Oath

by: Hiram Lupton

A Pamlico County native has achieved a major career milestone. Wesley Altman, a proud 2019 graduate of Pamlico County High School, was presented to take the Attorney's Oath by former District Attorney Scott Thomas and sworn in by District Judge Paul Delamar, III. Wesley graduated from the University of North Carolina-Chapel Hill in 2023 where he majored in Philosophy and Political Science. He then entered the Adrian L. Wiggins School of Law at Campbell University where he received his Law Degree this past spring. He passed the North Carolina Bar Exam in July, on his first attempt, and has accepted a position with the Ricci Law Firm where he will be assigned to their Raleigh office. Wesley currently resides in Knightdale with his wife Paige, and he is the son of Jon and Lori Altman. Congratulations on your achievement Wesley, the legal profession is better off with you as a member.



Judge Paul Delamar, III administers the Attorney's Oath to Mr. Wesley Altman



Wesley Altman and proud members of his family.

BOC approves Resolution Opposing Increase in Training Area

by: Hiram Lupton

It isn't often lately that an issue can bring together fisherman from both the recreational and commercial sides together, but on Monday evening watermen from all sides filled the Pamlico County Board of Commissioners meeting urging the Board to state their opposition to Marine Corps Air Station Cherry Point's (MCAS) proposed expansion of their training areas along and over the Neuse River. The plan, which is currently under review by the NC Division of Coastal Management (CAMA), the state agency responsible for permitting such closures and restrictions, proposes expanding restricted water areas near bombing targets BT9 and BT11 and includes a permanent 500 foot safety buffer around BT11, as part of a broader training expansion by MCAS-Cherry Point. Under the proposal, training activities, including aircraft, unmanned systems, and watercraft operations would be added and increased within the range. Many of the fishermen present are involved in the growing guide service industry which is becoming a major economic contributor to the County. Wayne Dunbar spoke on behalf of the group and explained how, if approved, these new restrictions on the Neuse River could impact the livelihood of those involved in fishing as well as general recreation on the river. Others who spoke, including long-time fishing guide Greg Voliva, expressed concern over the duration of the possible closures. In addition to the fishermen, a representative from North Carolina Senator Ted Budd's office was present to hear the concerns so that he may relay them back to the Senator's office. Commissioners listened and expressed concern on two fronts; that MCAS was proposing to do this and the lack of communication from base officials about a proposal that could have far reaching effects

Continued on Page A3

LIKELY WEATHER OVER THE WEEKEND

Saturday, October 10th 75°Hi Intervals of clouds and rain

Sunday, October 11th 77°Hi Intervals of clouds and rain

Breast Cancer Awareness Month

What the different stages of breast cancer signify
See Health and Wellness
Page 13



Physical Therapy Technician course returns to Pamlico

By Sandy Wall

Pamlico Community College is bringing back a popular short-term training course it hasn't offered in four years: Physical Therapy Technician.

The course is scheduled to begin Nov. 3 and end in February. It will be offered in a hybrid format, meaning there will be in-person instruction, Zoom-based teaching, and some additional online instruction.

Dr. Jenny Williams, an experienced physical therapist from Clayton, will teach the course.

"We're very excited to bring back our Physical Therapy Technician course," said Lori Giles, Pamlico's chair of Continuing Education and Technical Programs. "We've had a lot of interest and a lot of student inquiries about this course, so we're pleased to be able to meet this need. The market demand is there for this and other healthcare positions in our area."

Cost of the course is $180.55, and financial aid is available for qualified students.

Pamlico's Physical Therapy Technician course is designed to provide entry-level education and training to perform routine physical therapy technician tasks.

It will cover an overview of the physical therapy profession, the role of the physical therapy technician, and associated career opportunities. Topics will include medical terminology, patient charts, musculoskeletal anatomy, thermal and electrical modalities, ambulating techniques, spine safety, range of motion exercises, strengthening and cardiovascular exercise, massage, facility cleanliness, interpersonal skills, and ethics.

Physical therapy technicians are not required to be licensed by the N.C. Board of Physical Therapy Examiners but must work under the supervision of a physical therapist or physical therapist assistant.

"This is a wonderful opportunity for men and women who are interested in hand-on careers in healthcare," Giles said.

For more information or to register, please contact Giles at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu.

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

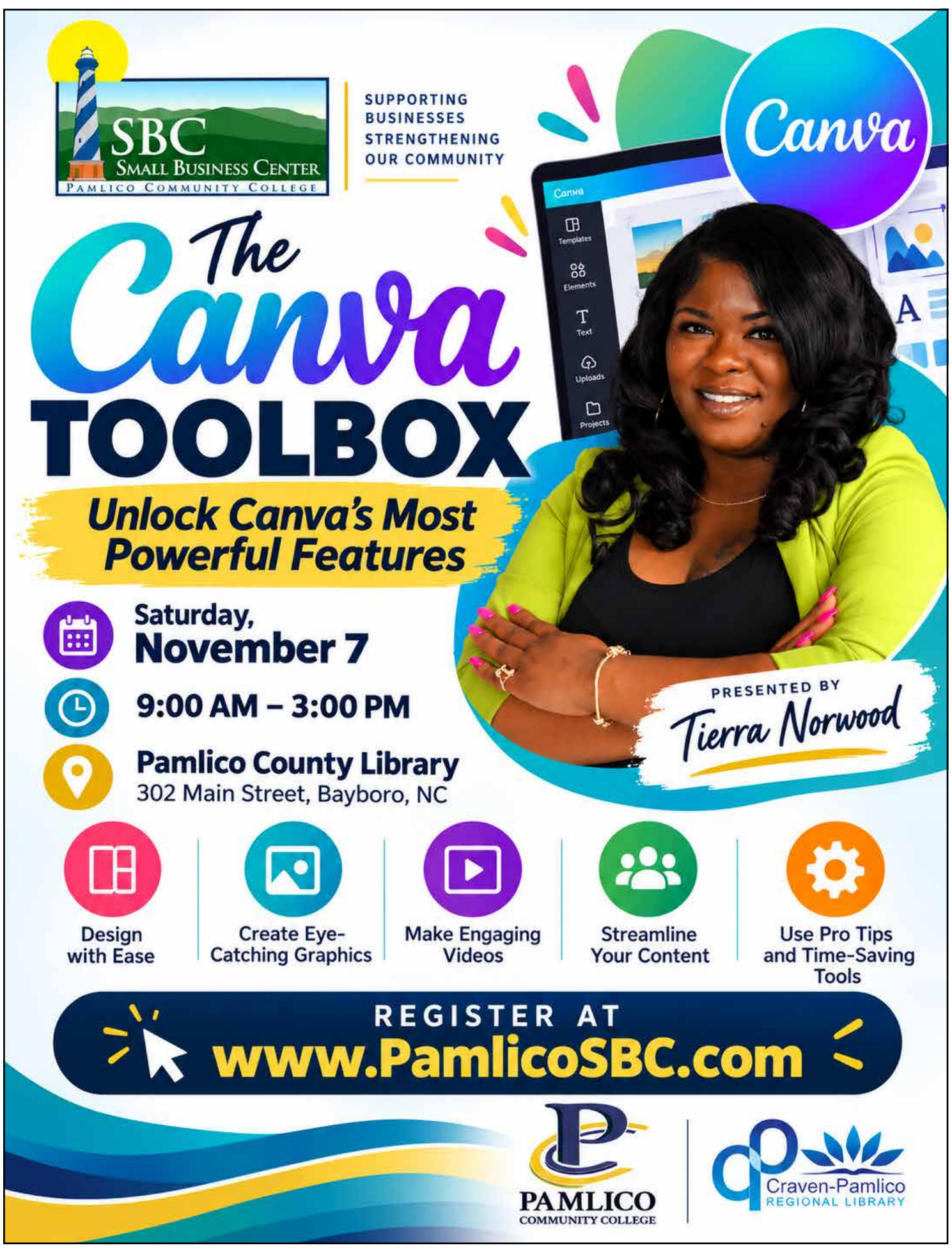


Students in a previous Pamlico Community College Physical Therapy Technician course learn how to help a patient in a wheelchair stand up. The college is bringing back its Physical Therapy Technician course in November. Contributed photo

Did you know?



Parents of children who spend lots of time engaged with devices may wonder if there is a link between screen usage and attention-deficit hyperactivity disorder in young people. The National Institutes of Health reports that current research does not indicate tablet or screen use directly causes ADHD. However, excessive screen time is linked to a worsening of ADHD symptoms, and can even cause temporary attention problems in children who do not have the disorder. While numbers vary by age, pediatric experts like the American Academy of Pediatrics emphasize that young children ages two to five limit screen time to one hour per day of high-quality, educational programming. The AAP favors a more individualized approach for children ages six and older.



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...

Allen was very good at giving me info on the local market & helped me set a realistic price. In negotiations I was so wanting to get rid of the property that I was going to accept the buyer's initial offer but Allen changed my mind and we countered several times and I got more than I would have. Allen seems like a nice guy and was prompt in our communications. I highly recommend Allen for his knowledge, expertise, responsiveness and negotiation skills.
Kirk / South Carolina



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



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. Ingersole Rand 200 PSI air compressor. Fabrication equipment does not convey.
OFFERED AT $ 385,000



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 –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 $450,000



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

- October 7th – Today is National Inner Beauty Day. I have gone through life restraining my outer beauty, so mine is all on the inside.
- October 8th – Today is National Hero Day. You don't have to look to an entertainer, athlete, or politician to find a hero. There are plenty right here in our own county. Teachers, Firemen, Police, EMT's, Coaches and so many more. Take time to thank them.
- October 9th – Happy Leif Erikson Day!
- October 10th – Today is National Motorcycle Ride Day. Get out on two wheels.
- October 11th – Today is National Sausage Pizza Day.
- October 12th – Today is National Farmer's Day. A salute to those that grow our food.
- October 13th – 1775, The Continental Congress authorized the first American naval force, laying the foundation for the U. S. Navy. It is also National No Bra Day for those who observe it.

Birthdays This Week

October 7th – 19??, Author and Historian Captain Odell Spain
October 8th – 1968, Actress Emily Proctor (in Raleigh, NC)
October 9th – 1940, Musician John Lennon
October 10th – 19??, Piglet Grocer Billy Flockhart
October 12th - 1950, Astronaut Ronald McNair
October 13th – 1925, Former British Prime Minister Margaret Thatcher
October 13th – 19??, Running Coach and Judge Paul Delamar, III
October 13th – 19??, Pharmacist and Entrepreneur Lori Altman



Thank You from the Board of the Ol' Front Porch Music Festival

The Ol' Front Porch Music Festival is grateful to this community for helping us make the 12th Festival one to remember. Thank you to the many, many volunteers who performed jobs big and small.

Thank you to the Festival sponsors and to all who made financial contributions and purchased merchandise and raffle tickets to help us keep the festival free this year and every year. Thanks to Chris Daniels with Daniels Sound for making each band on the Riverfront Stage sound so good. Thanks to the volunteers from all the non-profit organizations that provided food for festival-goers, and to the local restaurants that partnered with them. Thanks to the craft vendors for giving folks the opportunity to do a little shopping while enjoying the music. Thanks to Keith Smith at Town Dock for reminding the community what was happening each day, and keeping the OFPMF website up to date as schedules changed. Thanks to Hiram Lupton for posting his Festival photos to Facebook and to the Pamlico News for providing such great coverage leading up to the festival.

Thanks to the businesses and homeowners all over town for hosting performers on their porches and putting up with people parking on their lawns. Thanks to the deputies from the Sheriff's office and the security team organized by Chuck Gordon for helping with traffic control. Thanks to the Town of Oriental staff who hung our street banner, spruced up the park, and provided traffic barricades, water and electricity (and probably did lots of other things we were not even aware of!).

We are grateful to the Oriental Tourism Board for supporting the festival through their media partnerships. Thanks to the Inland Waterway Provision Company and the First Citizens Bank, who sold OFPMF merchandise in advance of festival weekend. Thanks to Oriental United Methodist Church who allowed us to use their labyrinth lot, their parking lot and almost every room in the church for the festival. Thanks to St. Thomas Episcopal Church, Oriental First Baptist Church, the Old Theater and the Oriental Women's Club for providing their facilities for performances and severe weather locations.

Please share your feedback about the festival here https://olfrontporch.org/survey/. Each year we learn and make adjustments to make the festival better for everyone.

Mark your calendar for next year's Festival: October 1 and 2, 2027. If you want to be part of the volunteer team that makes it all happen, we can find a job for you that fits your schedule! Send an email with your contact information to info@olfrontporch.org.

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COMMUNITY

OBITUARIES

John Wesley Grimsley Jr., 80, of Grantsboro, passed away peacefully at his home on Friday, October 2, 2026.

John was a man of strong faith who was raised with Christian values and carried those beliefs with him throughout his life. He was a devoted member of New Bethlehem Free Will Baptist Church.

John was a hardworking man who believed in doing a job well and taking pride in providing for his family. He retired from PCS Phosphate after 35 years of dedicated service. His strong work ethic and dependability were qualities that defined him throughout his life.

When John was not working, he enjoyed the simple pleasures of life. He loved hunting and spending time outdoors, and he could often be found relaxing while watching his favorite westerns. Above all, John treasured his family and the life he shared with his beloved wife, Carolyn. Their 60 years of marriage were a testament to a lifetime of love, commitment, and companionship.

John was preceded in death by his parents, John and Lillie Mae Grimsley; and his sister, Brenda Steen.

He leaves behind to cherish his memory his loving wife, Carolyn Grimsley; son, Jason Grimsley; sister, Judy Toler; and several nieces and nephews.

A graveside service will be held at 11 a.m. on Wednesday, October 7th, at New Bethlehem Free Will Baptist Church Cemetery, with the Rev. Ashley Trogden officiating.

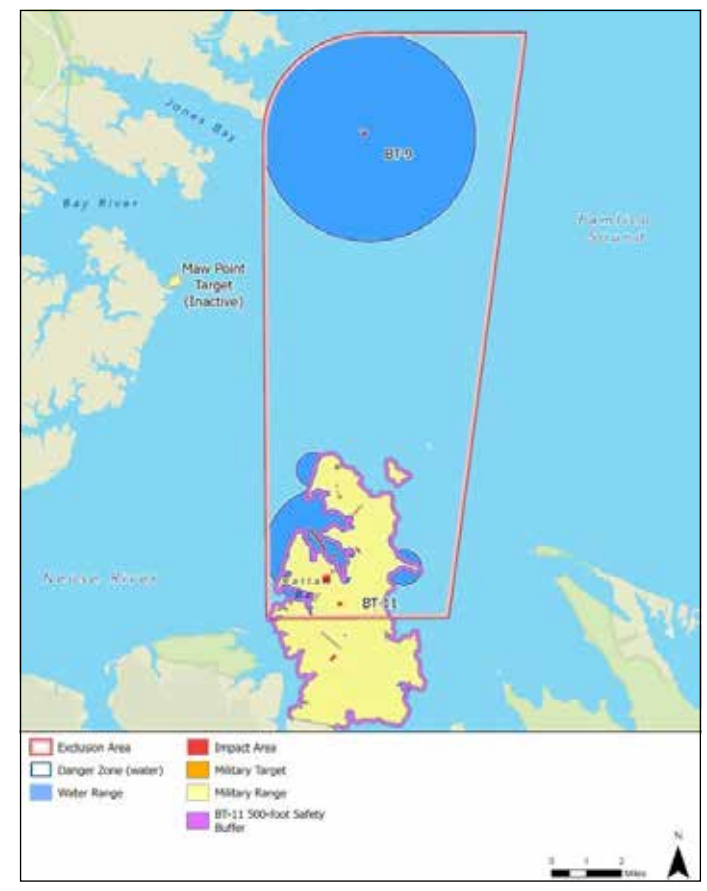
In lieu of flowers the family requests memorial contributions be made to New Bethlehem FWB Church, c/o Scottie Whitford, 1903 Scott Store Rd., Grantsboro, NC 28529 or Hospice of Pamlico, PO Box 6, Bayboro, NC 28515.

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

■ Continued from page A1

BOC approves Resolution Opposing Increase in Training Area

on Pamlico County. Commissioner Candy Bohmert, who is often a liaison between the BOC and MCAS, stated that in all her recent conversations with base officials, the proposed expansion of restricted areas has never been mentioned and that the new proposal was "Over the edge." Commissioner Forrest said she was "flabbergasted" at the proposal and it's restriction of public trust waters. Board Chair Ken Heath expressed that, "Pamlico is a military friendly county, and we need to find a way to work this out and express our concerns to the base." Many stated that this could impact not only fishing, but any sort of water recreation at the mouth of the Neuse River including boating and sailing, two reasons many people come to our county. The Commissioners unanimously passed a resolution that "opposes the expansion of training activity and the increase of restrictive areas." As County Attorney David Baxter pointed out, while a county resolution certainly carries weight, it is probably even more important to hear from individual stakeholders on the matter. The public can express their views, both pro and con, on the proposal via email to federalconsistencycomments@deq.nc.gov with subject "Federal Consistency: USMC MCAS Cherry Point," or by mail to the Federal Consistency Coordinator, 400 Commerce Ave., Morehead City, NC 28557. The deadline for comment is October 15th, so time is short. The ball is currently in CAMA's court, so to speak, as they are now conducting a Federal Consistency Review to determine if the proposal aligns with North Carolina's Coastal Management Program policies. Potential responders were urged by the County to ask CAMA for a public hearing in our county before making a decision.



Proposed changes and expansion of training areas

GLOBAL METHODIST CHURCH

Miracle Sunday
October 18, 2026
Stonewall Methodist Church

On this day, we will be observing our 40th "Miracle Sunday." When it was originated on September 10, 1986, with the help of Rev. Fallon Melvin, it was our hopes and prayers to build our present day Fellowship Hall from pledges and gifts received that day of over $20,000. This project was completed in 2 years! Ever since that first "Miracle Sunday" we have taken time out to start our fall season with a "Miracle Sunday" to renew our spiritual and physical needs for this upcoming year!

A spirit filled worship service at 11am will be led by our new Pastor Greg Dickerson along with uplifting music by our choir.

Following the worship service, everyone is invited to enjoy BBQ and chicken in the Fellowship Hall. **Everyone is invited!**

PUBLIC NOTICE - SALE OF BOARD OF EDUCATION PROPERTY

An offer of $100,000 has been submitted for the purchase of certain property owned by the Pamlico County Board of Education, more particularly described as follows:

Property at 15526 NC Highway 55 East in Bayboro, NC
Parcel ID - Being an 11.76-acre portion of Pamlico County, North Carolina PIN 656192252900, as determined by survey. Said portion can be further identified as the "New Division Map" in the Property Offering of the Former Pamlico County Middle School Property.

Persons wishing to upset the offer that has been received shall submit a sealed bid with their offer to the Office of the Pamlico County Schools Superintendent, 507 Anderson Drive, Bayboro, NC 28515, by 12:00 P.M., October 12, 2026. At that time the Superintendent shall open the bids, if any, and the highest qualifying bid will become the new offer. If there is more than one bid in the highest amount offered, the first such bid received will become the new offer.

A qualifying higher bid is one that raises the existing offer to an amount not less than $105,050.

A qualifying upset bid must be accompanied by a deposit equal to five percent (5%) of the total amount of the upset bid. The deposit must be submitted in the form of a cashier's check payable to Pamlico County Schools and will be held by the Finance Officer of Pamlico County Schools. The Board of Education will return the deposit on any bid not accepted, and will return the deposit on an offer subject to upset if a qualifying higher bid is received. The Board of Education will return the deposit of the final high bidder at closing.

The buyer must pay in cash at closing.

The Board of Education must approve the final high offer before the sale is closed, which it will do within 30 days after the final upset bid period has passed. The Board of Education reserves the right to withdraw the property from sale at any time before the final high bid is accepted and has the right to reject at any time all bids.

Further information may be obtained at the Office of the Pamlico County Schools Superintendent, 507 Anderson Drive, Bayboro, NC 28515, or at telephone 252-745-4171 during normal business hours.

FINANCIAL FOCUS

AI in personal finance: The promise and the limits


Dan M. Roberts

Your smartphone buzzes with an alert: Your budgeting app has spotted an unusual spending pattern and suggests transferring $50 from your savings account to your checking account. Later that day, a robo-advisor automatically rebalances your investment portfolio. Welcome to the age of artificial intelligence (AI) in personal finance, where technology is reshaping how we manage money.

What AI can do for your wallet. From tracking every latte to forecasting next month's bills, AI-powered tools are making financial management more accessible than ever. Some apps categorize transactions automatically, while other platforms offer conversational financial advice through text messages. These tools can monitor your credit score, suggest budget adjustments and even negotiate lower bills on services like cable and internet.

The investing landscape has transformed as well. Robo-advisors use algorithms to build diversified portfolios, automatically rebalance holdings and apply strategies to minimize tax bills. Educational tools powered by AI can explain complex concepts through interactive games and simple question-and-answer formats, making financial literacy more accessible.

Where AI falls short. Here's what the algorithms can't do: understand what truly matters to you.

AI doesn't know whether you value sustainable investing over maximum returns. It can't weigh the emotional complexity of saving for a child's education versus retiring early. When sudden illness strikes or a job change upends your plans, AI lacks the context and empathy to guide you through those human moments.

Technology can crunch numbers brilliantly, but it can't offer wisdom. It can't replace human judgment, experience or ethical reasoning. Robo-advisors' predetermined algorithms may not suit investors with complex financial needs like estate planning or comprehensive tax planning.

The human touch still matters. This is where human financial advisors remain indispensable. They provide what technology can't:

- **Long-term perspective:** Help you maintain focus when markets get volatile and emotions run high
- **Goal coordination:** Balance competing priorities, help partners merge their financial visions and remind you of goals you've tucked away and didn't know still mattered
- **Accountability:** Keep you on track with your financial strategy through life's inevitable changes
- **Emotional support:** Offer reassurance and wisdom during major financial decisions

Research validates it: Those who regularly work with a financial advisor and have a financial strategy are more likely to feel optimistic about their financial future than those who manage finances on their own, according to 2025 research from Edward Jones and Morning Consult.

Find the right balance. The future likely lies in a hybrid approach: combining data-driven AI insights with the human wisdom of a financial advisor who understands your values, priorities and life's inevitable curveballs. Think of AI as a powerful calculator and your financial advisor as the mathematician who knows which equations to use.

As these technologies evolve, the key is treating AI as a tool, not a guide.

Stay curious about what technology can do for your finances. Stay critical of its limitations. And remember: What matters most in your financial life is something only you can define.

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

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Feeling like you paid too much in taxes this year?

Learn about investment strategies that could potentially lower next year's tax bill. Talk to a financial advisor today to learn how.



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NC COOPERATIVE EXTENSION Pamlico County

Let's Get Chopping!


Kait Neeland
4-H Agent

I have so many fun memories of participating in 4-H Programs growing up. Raising sheep, goats, and pigs; building rudimentary circuits; learning to sew, completing service projects, gaining leadership skills, and learning about cooking and nutrition. Many of these learning opportunities were the foundations of life skills I'm still utilizing today. Perhaps none more so than the cooking and nutrition education.

The effects of healthy eating are impactful in so many ways. Good nutrition is tied to supporting and maintaining muscles; boosting immunity; strengthening bones; lowering the risk of heart disease, type 2 diabetes, and some cancers; helps support digestive system function; as well as maintaining a healthy weight. These benefits significantly impact long term health and quality of life.

We are happy for youth to have the opportunity to learn about good nutrition, develop safe food preparation practices, and learn about the world. Chopped! International is a 4-H Spin club meeting the fourth Tuesday of the month. Last year we learned about Russia, Greece, Egypt, Italy, and Breakfasts around the World! Each session we develop our knife skills, food preparation. We also learn about the country whose food we are making. We learn where the country is located, the form of government, the languages, and some of the culture.

We have had our first Chopped of the fall! We explored Paraguayan food, making Chipa Guazú, and Paraguayan Guiso. We also worked on our knife skills, to improve our chopping, and the styles of cuts.

While we are all in on learning about nutrition and safe food practices! We are also stoked for our 4-H It's Electric Program, or Ag 101 Program with the Pamlico Christian academy, and upcoming podcasting, and finalizing this year's project record books!



We are also very excited to be highlighting Pamlico County 4-H with the district booth at the State Fair! If you journey to the State Fair this year be sure to check out the booths, and all the other 4-H Exhibits! These 4-H Programs have been bringing the fun all year, and I can't wait to finalize our Upcoming Programs list! Looking to sign up for one of our upcoming 4-H programs? You'll find all the details and registration info on our website: pamlico.ces.ncsu.edu. To complete your registration, you'll also need to enroll in 4-H Online it's required for all NC 4-H programs. Don't worry if you're new to the process, the link is on our website, and if you have any trouble at all, just give us a call. We're happy to walk you through it step-by-step! Want to stay in the loop about future programs and events? Be sure to sign up for our Pamlico 4-H email list so you never miss an update.

If you have questions or just want to learn more about what 4-H has to offer here in Pamlico County, reach out to Kait Neeland at (252) 745-4121 or kait_neeland@ncsu.edu



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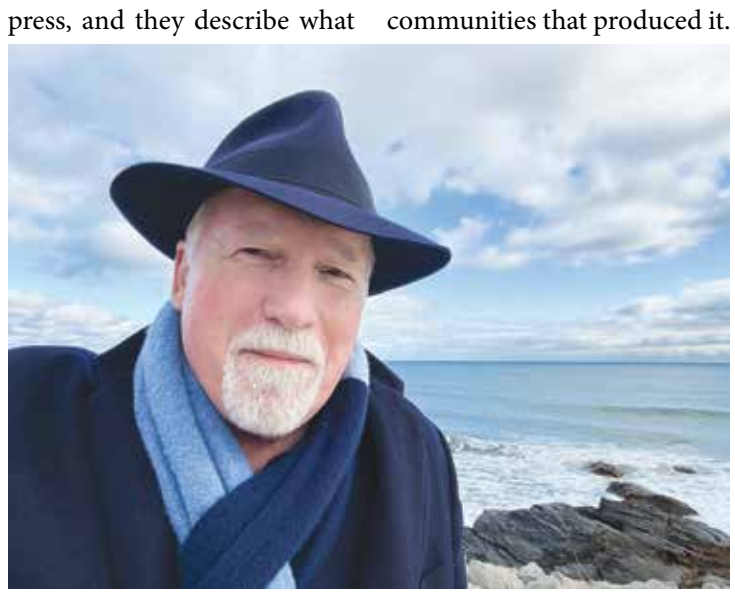
1-844-496-8601

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, KS, NY, OR – call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, (ID: C254ID; PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN).
6370

Rooted in Community, Committed to Truth

By Patrick Wood

This week, newspapers across the country pause to mark National Newspaper Week. The theme this year is simple but it carries weight: rooted in community, committed to truth. Those six words describe what we have tried to do since the first issue of our first paper rolled off the press, and they describe what local journalism has always asked of the people who practice it.



A tree only grows as tall as its roots allow. The same is true of a newspaper. Ours are sunk into the towns we cover, into the school board meetings, the high school football games, the obituaries that name three generations of a family in a single paragraph, the small business openings that never make it onto a national news feed. We are not visitors passing through a community to file a story and move on. We live here. Our children go to the same schools we write about. We worship in the same churches, shop at the same hardware stores, and wait in the same lines at the post office as the readers who pick up our papers every week.

That kind of rootedness comes with a responsibility, and it is the second half of this year's theme. A community paper earns its place at the kitchen table by telling the truth, even when the truth is inconvenient, even when it concerns a neighbor, a friend, or a local official we have known for years. Community journalism without honesty is just gossip with a masthead. The trust a reader places in a local paper is built one accurate story at a time, and it can be lost just as quickly by one story that cuts corners.

It is worth asking why independent, community owned newspapers matter so much right now. Local news has been squeezed from every direction. Larger chains have consolidated newsrooms and stripped them down to a fraction of their former size. National platforms have learned to extract value from local content without returning much of anything to the communities that produced it. In the middle of all that pressure, the small weekly paper covering a county board meeting or a Friday night game still does something no algorithm can replicate. It shows up. It asks the second question. It writes down what happened so that a town has a record of itself, written by people who actually live there.

National Newspaper Week gives us a chance to say that out loud. It is a reminder to our readers that the newspaper sitting on their porch or arriving in their inbox is not an abstraction. It comes from real people who care enough about this place to keep doing the unglamorous work of attending meetings, checking facts, and writing the first draft of local history every single week.

It is also a reminder to those of us in the business. We do not get to claim deep roots in a community while playing loose with the truth, and we do not get to claim a commitment to truth while ignoring the place we are supposed to serve. The two halves of this year's theme depend on each other. A paper rooted in community without a commitment to truth becomes a cheerleader. A paper committed to truth without roots in community becomes just another outside voice shouting into the noise.

The newspapers that will still matter ten years from now are the ones that hold both halves together. That has always been our aim, and it remains our aim this week and every week after it.





■Continued from page A1

The Ol' Front Porch Music Festival


Local favorites Harbor Sounds


Brant Island Strings


Ken Belangia



Hoff & Finch


Barbara Garrity-Blake of the Unknown Tongues


The hot Latin Brass of Los Sabrosos Del Son



The Barefoot Movement


Jim Durham of The Dust Parade

And those who were seen dancing were thought to be insane by those who could not hear the music. –Friedrich Nietzsche

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Ladies Flag Football

by: Hiram Lupton

There is a new sport in town and the Pamlico County High School Ladies Flag Football team dominated in their first week of action. Flag Football requires speed, elusiveness and game intelligence, 3 attributes the Hurricanes have in abundance. On Wednesday, Pamlico opened their season with a pair of road games in Washington, NC. In their opening contest they defeated North Johnston, 68-0. Nya Clark paced the Lady 'Canes with 3 touchdowns, 1 rushing and 2 receiving. Alex Duran contributed 5 quarterback sacks for a Hurricane defense that totally shut down the Panthers. Next up on Pamlico's hit list was West Craven and Pamlico grounded the Eagles, 49-7. Clark and Tre'Mhiya Arrington each had a pair of touchdowns for the Hurricanes. Thursday brought a historical first for Pamlico as they hosted their first ever flag football game with Richlands visiting Bayboro. The Wildcats showed early that they were going to be a tougher nut to crack as the first quarter ended scoreless. Pamlico picked things up in the second period when Quarterback Kaliyah Barber found Nya Clark behind the Richlands defense and connected on a 40-yard touchdown pass. Barber rushed for the extra point to give the Hurricanes a 7-0 lead at the half. After a scoreless third quarter, Pamlico got back to the endzone. Clark had a 48-yard reception to get the ball down to the 4-yard line where Barber found Arrington over the middle for the short touchdown pass, making it 13-0. Richlands made things interesting with a late score, but the Hurricane defense stiffened to close out the game with a 13-6 win and a 3-0 start to the season. Pamlico plays a pair of road games in Washington this week. On Wednesday they face Washington and North Johnston in back-to-back games.



The Pamlico County High School Girls Flag Football Team



Nya Clark on her way to the endzone



Bella-Ann Schulz with an interception return



Gia Daye gets a flag pull on a Richlands ball carrier





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Oct. 17, 2026 to Nov. 1, 2026

Opening Reception
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LEGALS

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOHN DALTON WHITFORD File No.: 26E000167-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to M. SCOTT WHITFORD, EXECUTOR on or before DECEMBER 16, 2026, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named EXECUTOR.

This 16TH DAY OF SEPTEMBER 2026

ESTATE OF JOHN DALTON WHITFORD
C/O M. SCOTT WHITFORD
1903 SCOTTS STORE RD
GRANTSBORO, NC 28529

Publish SEPTEMBER 16, 23, 30 AND OCTOBER 7, 2026.

Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Joan P. Kart, deceased, of Oriental, NC, are notified to present the same to the personal representative listed below on or before December 23, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 23rd day of September, 2026.

William Kart, Administrator
of the Estate of Joan P. Kart
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES: 9/23/2026; 9/30/2026; 10/7/2026; 10/14/2026

NORTH CAROLINA PAMLICO COUNTY NOTICE TO CREDITORS:

All persons, firms and corporations having claims against the Estate of George Carlton Hill, deceased, of Pamlico County, NC., are notified to present the same to the personal representative listed below on or before December 23, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This 23rd day of September, 2026.

B. Kyle Dickerson, Administrator CTA
of the Estate of George Carlton Hill, Deceased,
c/o B. Kyle Dickerson
Sumrell Sugg, P.A.
416 Pollock Street
P.O. Drawer 889
New Bern, NC 28563

Run: 09/23/2026, 09/30/2026, 10/07/2026, 10/14/2026

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF RICHARD DECHARMS, IV File No.: 26E000177-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to RICHARD CHRISTOPHER DECHARMS, EXECUTOR on or before DECEMBER 29, 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 30TH DAY OF SEPTEMBER 2026

ESTATE OF RICHARD DECHARMS, IV
C/O RICHARD CHRISTOPHER DECHARMS
710 ORIENT LANE
ORIENTAL, NC 28571

Publish SEPTEMBER 30 AND OCTOBER 7, 14, 21 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF GLORIA HOFFLER MERCER File No.: 26E000182-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ROBBIE J. MERCER, JR, EXECUTOR on or before JANUARY 5, 2027 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 7TH DAY OF JANUARY 2027

ESTATE OF GLORIA HOFFLER MERCER
C/O ROBBIE J. MERCER, JR.
97 KEEL RD
GRANTSBORO, NC 28529

Publish OCTOBER 7, 14, 21 AND 28 2026.

Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Mary Winn Collison, deceased, of Bayboro, NC, are notified to present the same to the personal representative listed below on or before January 7, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This the 7th day of October, 2026.

Douglas Collison and Michael Leschinsky, Co-Executors
of the Estate of Mary Collison
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES: 10/7/2026; 10/14/2026; 10/21/2026; 10/28/2026

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF MARENA POTTER HAYES File No.: 26E000184-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JASON POTTER, ADMINISTRATOR on or before JANUARY 5, 2027 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 7TH DAY OF JANUARY 2027

ESTATE OF MARENA POTTER HAYES
C/O JASON POTTER
200 STADLER DRIVE
NEW BERN, NC 28560

Publish OCTOBER 7, 14, 21 AND 28 2026.

INCIDENTS

Sept. 10, NC Hwy 306 S., Grantsboro, misdemeanor conversion, fail to work after paid

Sept. 10, Main St., Bayboro, harassment complaint

Sept. 10, NC Hwy 55, Grantsboro, harassment complaint

Sept. 10, Murphy Farm Rd., Merritt, phone scam

Sept. 10, NC Hwy 55, Alliance, person complaint/trespass

Sept. 11, Main St., Bayboro, gambling, operate/possess slot machine, manufacture/sell slot machine, operate video gaming machine, allow conduct on Lic. Premises (2)

Sept. 11, Olympia Rd., New Bern, driving while license revoked not impaired revoked

Sept. 12, King St., Oriental, second degree trespass

Sept. 12, Janiero Rd., Arapahoe, break or enter motor vehicle, larceny after breaking or entering

Sept. 12, Brightleaf Dr. S., Arapahoe, simple assault, larceny of property or goods < = $1,000

Sept. 12, NC Hwy 306 S., Grantsboro, shots fired

Sept. 13, Deep Run, New Bern, driving while impaired, possession of marijuana up to ½ oz.

Sept. 13, NC Hwy 55, Bayboro, injury to personal property

Sept. 14, Bennett Neck Rd., Grantsboro, reported animal cruelty

Sept. 15, NC Hwy 55, Oriental, stalking

Sept. 15, NC Hwy 55, Grantsboro, driving while impaired

Sept. 16, Chinchilla Dr., Bayboro, civil standby

Sept. 18, Country Club Dr., Arapahoe, harassing phone calls

Sept. 18, Ireland Rd., Alliance, suspicious person

Sept. 19, Vandemere Rd., Bayboro, injury to personal property

Sept. 19, Water St., Oriental, blocking access to restaurant bathroom

Sept. 19, Neals Creek Rd., Bayboro, false alarm

Sept. 20, Orchard Creek Rd., Oriental, injury to personal property

Sept. 20, Homestead Rd., Oriental, verbal domestic dispute

Sept. 21, NC Hwy 304, Vandemere, civil matter

Sept. 21, NC Hwy 306 S., Grantsboro, larceny of property or goods < = $1,000

Sept. 21, Bayleaf Rd., New Bern, second degree trespass

Sept. 21, Kennels Beach Rd., Grantsboro, financial card fraud - felony

Sept. 21, NC Hwy 55, Grantsboro, order for arrest probation violation

Sept. 21, Hale Rd., New Bern, domestic disturbance

Sept. 22, NC Hwy 55, Alliance, larceny of property or goods < = $1,000

Sept. 23, Station House Rd., New Bern, obtain property by false pretenses

Sept. 23, Kershaw Rd., Oriental, larceny of property or goods < = $1,000

Sept. 23, Lee Landing Rd., New Bern, civil dispute

Sept. 23, Leaf Lane, New BErn, took personal information and purchased item with victim funds

Sept. 24, NC Hwy 55, Grantsboro, damage to vehicle

Sept. 24, N. Third St., Bayboro, provide to contraband to inmate, possession with intent to sell/manufacture/distribute synthetic cannabinoid, conspire to sell/deliver Schedule 1 controlled substance

Sept. 24, NC Hwy 306 S., Arapahoe, false/misleading/unfounded report to police/law enforcement

Sept. 25, Main St., Alliance, assault with deadly weapon

Sept. 25, Neuse Rd., Grantsboro, trespass with ATV on private property/waterway

Sept. 26, Halls Creek Rd., Bayboro, welfare check - juvenile

Sept. 26, Halls Creek Rd., New Bern, injury to personal property

Sept. 27, Shingle Brook Rd., New Bern, welfare check

Sept. 27, Keystown Rd., Grantsboro, order for arrest driving while license revoked not impaired revoked

Sept. 27, Main St., Bayboro, larceny of property or goods < = $1,000, shoplifting/concealment goods/merchandise

Sept. 28, NC Hwy 55, Grantsboro, order for arrest driving while license revoked not impaired revoked (2), order for arrest unsafe tires

INSPECTIONS

Aug. 21, Pamlico Grove, Grantsboro, Apartment Building 1, $1,954.66; Pamlico Grove, Grantsboro, Apartment Building 2, $10,239.68; Dylan Potter, New Bern, reconnect, $50; Pamlico Grove, Grantsboro, Apartment, $9,168; Pamlico Grove, Grantsboro, Apartment, $9,168; Pamlico Grove, Grantsboro, Apartment, $10, 239.68

Aug. 24, Pam Tinney, Stonewall, electrical, $50; Wade Miller, Merritt, electrical, $50; Mike & Robin Bona, Oriental, CAMA Minor permit app, $119; Wendy Lacy, Arapahoe, mechanical & electrical, $200; Yvonne Klienman, Oriental, plumbing, $100; Craig Jones, Mesic, demo, $0; Philip Davies, Arapahoe, foundation repair, $50

Aug. 25, Michael Purser, Oriental, sunroom on deck, $168.84; Larry Albregts, Arapahoe, mechanical - change out, $100; Kenneth Reed, Oriental, insulation, $61.94

Aug. 26, Simranjeet Singh, Merritt, reconnect, $50; Ben Shepard, Oriental, addition, $97; Brian DeYoung, Oriental, shed; Michael Bolithio, Oriental, electrical 200, $150; Michael & Robin Bono, Oriental, CAMA: Retaining Wall, $421.20; Timothy Stewart, Arapahoe, carport, $316; Jennifer Saloom, Merritt, new residential, $882.62

Aug. 27, Denard Potter, New Bern, singlewide, $235; Peter Byrne, Oriental, CAMA-general, $250.64; Curt Williford, Oriental, CAMA-general, $77.04

Aug. 28, Alan Morisi, MInnesott Beach, electrical, $134; Josh Mills, New Bern, metal garage, $214.80; Rebecca Klien, Minnesott Beach, mechanical change out, $100; Dave & Lisa Earnhardt, Arapahoe, mechanical change out, $100

Aug. 31, Pam Slade, Merritt, reconnect, $50; Alan Morisi, Minnesott Beach, mechanical ductwork, $140.18

Sept. 1, Debbie McCotter, Vandemere, electrical, $50; Inner Banks Media, Arapahoe, electrical, $150

Sept. 2, Dean Brown, Oriental, CAMA Minor app fee, $119; Kurt Grimsgaard, Oriental, 26kw generator, 200 amp transfer switch, gas piping, $250; Darrell Gibbs, Oriental, deck, $50; Lane Parrott, New Bern, gas line, $50

Sept. 3, Roger Powers, Oriental, mechanical, $100; Josh Rose, Bayboro, mechanical, $100; Mark Brewington, Vandemere, electrical, $100; Steven Voliva, Oriental, t-pole, $100

Sept. 4, Linwood Tingen, Grantsboro, electrical, $50; Elizabeth Owens, Arapahoe, building/misc. crawlseal, $50; 35 N. Builders, Minnesott Beach, new residential, $1,441.46

Sept. 8, Aaron Rugg, Grantsboro, renovations; Fate Heath, Arapahoe, mechanical, $100; Darrell & Kathy White, Merritt, new residential, $1,706.50; James Hahn, Oriental, shed - 320 ft, $101.20; Streamline Developers, Minnesott Beach, garage, $273.24; Heather & Bryan Wykle, Oriental, plumbing, $50; Agape Homeschool Collective, Bayboro, fire inspection, $75; Roger Hughs, Arapahoe, shop 30x35, $352; Marian Bissett, Oriental, Garage B, $146

Sept. 9, Tamara Best, Grantsboro, singlewide; Fell Williams, Oriental, shed, $62; Christine Clark, Arapahoe, mechanical change out x3, $300

Sept. 10, Sonya Diaz, Bayboro, deck, $75.60; Enco East, Arapahoe, mechanical change out, $100; Justin Mills, Grantsboro, electrical, $150; Elizabeth Czajkowski, Oriental, mechanical change out & duct, $111.44; Judy Thaanum, Vandemere, mechanical change out, $100; Dean Brown & Deanne Nelson, Oriental, new residential, $1,046.48; Jim Fucile, Grantsboro, mechanical change out, $100

Sept. 11, Walter Foreman, Lowland, changeout & electrical, $150

Sept. 14, Bonnie Crosser, Oriental, electrical, $50; Raymundo Cancel, Merritt, electrical transfer switch, $50; Dave Farmer, Oriental, mechanical change out, $100; Jay & Amanda London, Merritt, new residential, TBD; Phyllis Chaplik, Oriental, mechanical change out x2; $200; Streamline Developers, Minnesott Beach, new residential, TBD

Sept. 15, David Knowles, Oriental, CAMA Multiple, $290.70

Sept. 16, Kris Neibergall, Oriental, CAMA Minor permit app, $119; John & Rhonda Herrod, Arapahoe, deck; Joe Anderson, Oriental, metal building, $480.60

Sept. 17, Jody Henries, Oriental, CAMA Boatlift, $86; Jody Henries, Oriental, CAMA pier, boatramp, access dock, $368; David Rittenhouse, Oriental, CAMA Minor permit app fee, $119

Sept. 18, Paul Ehmke, Grantsboro, boat shed, $180; Jeffrey & Kaitlyn Rouse, Merritt, new residential; Mike Guderian, Bayboro, double wide, $260; Dan Nagel, Merritt, electrical & mechanical, $200; Dan Street, Arapahoe, electrical & mechanical, $200; Dale Curry, Oriental, storage building, $423

Sept. 22, Nicholas Mayo, Arapahoe, doublewide, $260; Thomas Mills, Oriental, commercial addition, $539; Shirley Mauney, Oriental, electrical change meter base, $150

Sept. 23, Herman Day, Merritt, garage, $204

Sept. 24, Tony Brannon, Arapahoe, bulkhead, $82.50; Kevin Snow, Oriental, pier & boatlift, $184.64; Kenny Pipken, New Bern, electrical, $50

Sept. 25, James Wood, Bayboro, plumbing, $50; Pamlico Child Development Center, Grantsboro, fire inspection, $100; Laina Ramey, Merritt, shop, $325

Sept. 28, Susan Koepp, Oriental, mechanical change out, $100; Bruce Mattice, Arapahoe, new residential, $1,659.34; John Webb, Oriental, electrical - generator + 2 transfer switches, $250; James Verlaque, Arapahoe, electrical, $50; Louana Roberts, Oriental, deck, $63.44; Lyndsie Caroon, Bayboro, renovation, $150; Stephanie Henries, Stonewall, addition, $417.40; Louann Roberts, Oriental, deck, $63.44

Sept. 29. Harold Maus, Grantsboro, garage, $365.40; Paul Williams, New Bern, garage/storage building, $676; NC DOT, Arapahoe, electrical, $100; NC DOT, Oriental, electrical, $100; HJ Outdoors LLC, Oriental, commercial building, $392.80

Sept. 30, Teresa Scott, Grantsboro, demolition, $0; Samantha Dennis, Oriental, plumbing-gas line, $50; Andrew Tingle, New Bern, singlewide, $235; Paul Hill, Arapahoe, garage, $366.36; Chuck Forrest, Oriental, mechanical, $100

Oct. 1, David Tikkala, Oriental, mechanical change out, $100

AROUND THE COUNTY

Pamlico Betty Jo Rodgers, *Correspondent*



The Ol' Front Porch Festival in Oriental this weekend was a big success even with the weather not cooperating. A lot of other activities were taking place this weekend as well. The Motion Church had a seafood fund raiser, several ladies at Stonewall Methodist painted barn quilts, and several people traveled to Morehead for the Seafood Festival. I heard that the seafood was delicious, but due to the inclement weather they canceled the Blessing of the Fleet and parade of commercial fishing vessels on Sunday morning.

I visited Pamlico Methodist Church on Sunday for their homecoming celebration. Pamlico is the church I attended as a child and again as an adult before I was called into the ministry. I was delighted that Craig Cooper brought special music for homecoming. Pastor Mike Roach preached a homecoming message on the prodigal son, but he tied it in with all the things that Jesus did for us to receive Salvation. The homecoming meal was catered by Moore's Barbeque, and the homemade desserts were outstanding. It was nice to visit with so many dear friends and to see the progress on the new fellowship hall. They are hoping it will be ready to use by their Veterans Day Celebration.

Ms. Elena Gilliam Hamilton will turn 100 on October 13, 2026. She was one of the teachers at Pamlico Central who helped me learn to be a good teacher. Her birthday comes shortly after Ms. Fay Bond turned 103. Both of those women are special to me and are special to their respective communities. Ms. Elena's husband, Mr. Edward Hamilton represented the county as a special veteran who had a bronze mold of his hand on display in the NC Veterans Park in Fayetteville, NC. It has been twelve years since he passed away, so I try to call or visit Ms. Hamilton when I have a moment. She and her sister have been living together in recent years, and their nieces, nephews, and cousins have helped these two women as they have aged gracefully.

There was a misprint in my article last week. The Bible Study at Stonewall Wednesday mornings at 10 am will be studying the book of I Thessalonians not Ephesians. The study is open to anyone interested in studying the Bible.

Celebrating birthdays in October are James Wood (10/9), Amanda Carey, Joannis Rodgers, and Michael Spain (10/10), John Paul Wood (10/11), Dixie Gatlin (10/12), Elena Hamilton (10/13), John Deaton (10/15), Barbara Carey (10/19), Bilinda Gwaltney and Connor Russo, (10/22), Linda Lane (10/24), George Bennett (10/25), Polly Taylor (10/27), Jeremy Freeman (10/29), and Linda Gail Lupton (10/31). Charles and Ann Stackhouse will celebrate their Anniversary on October 16.

Have a blessed week. Jittery? Take Spiritual Vitamin J. "Jesus Christ the same yesterday, and today, and forever." (Hebrews 13:8)

Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. Come on up on the porch and sit awhile. I have been sitting here thinking about this past weekend. About motorcycles. Pink shirts. Leather vests. People standing around talking before the engines started. And about how many years I have been involved with the breast cancer ride in one way or another. There was a time when Mom was still here that I rode because I was proud to be part of something that helped people fighting a disease that had become very real to our family.

Now she is gone. And somehow showing up means something a little different. I still go. I still photograph it. I still watch those bikes line up. But now part of the reason I am there is because of her. Maybe that is one of the strange things about losing somebody. The things you once did beside them, for them, or because of them do

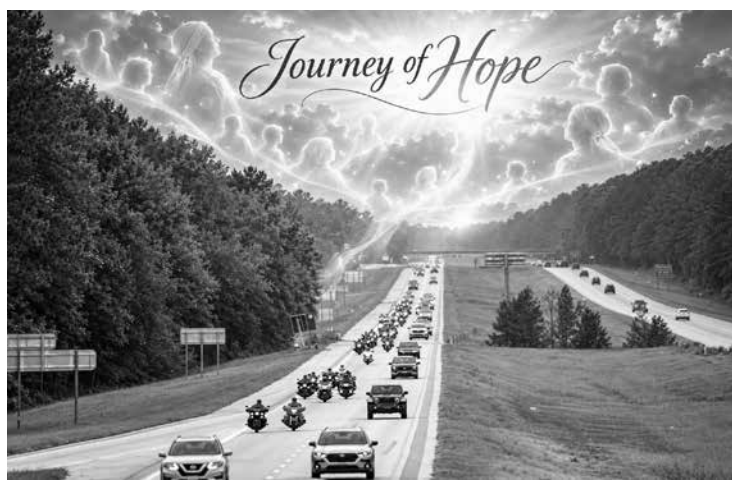
not necessarily stop when they are gone. Sometimes they become even more important.

What struck me again this weekend was how people continue to show up. Year after year, somebody organizes. Somebody volunteers. Somebody cooks. Somebody donates. Somebody rides. Somebody stands along the road. Somebody gives what they can. And somehow, all those individual people become something much bigger than themselves.

I saw a little of that same thing in Oriental this weekend. The Ol' Front Porch Music Festival returned for its 12th year, filling porches and stages around the village with music Friday and Saturday. The weather did not exactly make everything easy, but people still came. Musicians still played. Volunteers still worked. Folks still wandered from porch to porch listening to music and spending time together.

Maybe that is why these community events matter more than we sometimes realize. They give us a reason to come out of our houses. To see people we have not seen in a while. To meet somebody new. To remember somebody who is gone. And sometimes simply to stand beside one another for a little while.

This coming weekend gives us plenty more opportunities to do exactly that. Sunday morning, New Bethlehem Free Will Baptist Church will welcome the Oak Grove Boys at 10:30. Later that afternoon, the Old Theater in Oriental will show Tim Burton's Corpse Bride at 3 p.m. And just up the road in New Bern, MumFest returns Saturday and Sunday, October 10 and 11. Downtown will once again fill with music, food, vendors, artists, entertainment and families walking the streets together. MumFest runs from 10 a.m. until 6:30 p.m. Saturday and 10 a.m. until 5 p.m. Sunday, and it remains free to attend.



Different events. Different places. Different reasons for gathering. But maybe they all have something in common. People still show up. We live in a time when it has become incredibly easy not to. We can order almost anything without leaving home. We can watch church on a screen. Listen to music through headphones. Stream a movie. Shop online. Send somebody a message instead of sitting beside them. And there is

nothing necessarily wrong with any of that. But none of it quite replaces being there. Hearing the motorcycles start. Standing on a porch while somebody plays music. Sitting in a church pew. Watching an old movie in an old theater. Walking down a crowded street in New Bern and running into somebody you have not seen in years. There is something about being physically present that still matters. I think about that when I remember Mom. There are plenty of things I wish I could have another one of. Another photograph. Another conversation. Another ride. Another ordinary afternoon that did not seem particularly important at the time. What I really wish I had, though, is simply more time.

That may be why I notice these gatherings a little differently now. Because eventually every community event becomes a memory. Every person standing beside us becomes part of our story. And one day we may look back and realize that the most important thing we did was simply show up.

So maybe this weekend, find somewhere to go. Listen to the music. Watch the movie. Walk through MumFest. Sit in the church pew. Support the fundraiser. Call somebody and ask them to come along. You never know which ordinary Saturday or Sunday will become one of those days you wish you could have back. Sometimes showing up is the smallest thing we can do. And sometimes it means everything.

Whortonsville Reba Tiller, *Correspondent*



This has been a hot and humid week until the weekend when the rain showed up which was good for the farmers. The Front Porch Musical festival was Friday and Saturday until the end of the day when the rain started. There were many porches that had wonderful music of all kinds. The Minister is away on a trip so Matt Scott filled in for him today and did a good job. Mark came and got me in the rain so I was able to play for them. It is such a joy to play for Bethel because of all the memories of the good people from the past and those who are still attending. I thank God every day for giving me the gift of music. Today Melydia made a delicious beef stew for eight of us for lunch and the best apple cake I have ever eaten. Kevin and Suzi Bryan's son Eric along with his wife Kelly had lunch with us. Samantha Hoff and her friend Alex came over last night to get the recipe for Reba's Rolls. Lots of events coming in the fall. Community Service at the Catholic Church for Thanksgiving and the Pamlico Chorale will be singing at the Methodist Church for the Spirit of Christmas. I really miss being there for the Chorale but Beth will be doing such a good job as their director.

THOUGHT FOR THE WEEK—TALK IS CHEAP—EXCEPT WHEN CONGRESS DOES IT.

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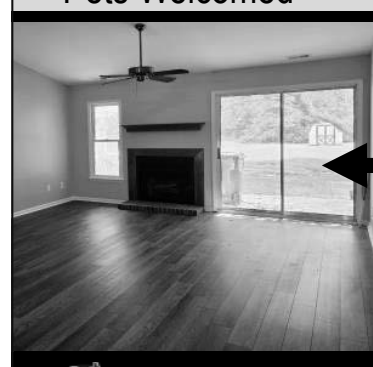
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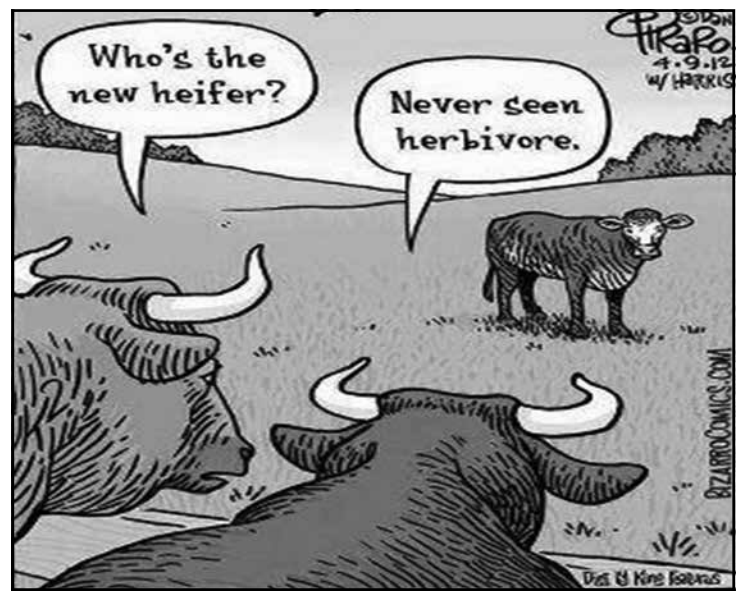
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OUR SCHOOLS

PCHS Starts the Year with a Full Calendar

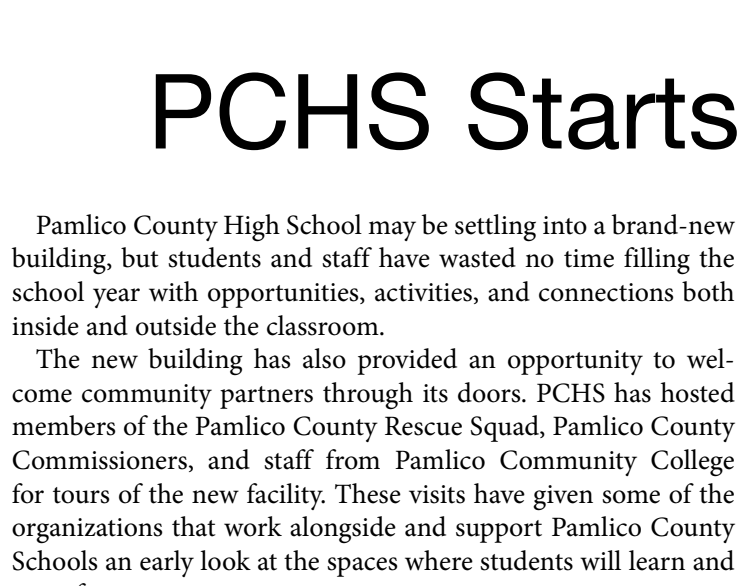
Pamlico County High School may be settling into a brand-new building, but students and staff have wasted no time filling the school year with opportunities, activities, and connections both inside and outside the classroom.

The new building has also provided an opportunity to welcome community partners through its doors. PCHS has hosted members of the Pamlico County Rescue Squad, Pamlico County Commissioners, and staff from Pamlico Community College for tours of the new facility. These visits have given some of the organizations that work alongside and support Pamlico County Schools an early look at the spaces where students will learn and grow for years to come.

PCHS FFA members recently took their learning on the road during Wildlife Camp at the North Carolina FFA Center at White Lake. The weekend included hands-on experiences focused on wildlife and conservation, beginning Saturday morning with a flag raising and reflections with state FFA officers.

Throughout the day, students rotated through activities that included learning to shoot shotguns under the careful supervision of wildlife officers, working with professional trappers to understand safe and responsible trapping, identifying animals through tracks, fur, skulls and other signs, and learning how to track deer by observing clues in nature. Students also built barn owl nesting boxes that will be placed throughout North Carolina to help support barn owl populations.

Four PCHS FFA members also participated in an outdoor photography session during camp, learning what makes an effective photograph before heading out to put those lessons into practice. Madison Harris, Bristol Polanski, Caroline Powers and Quamori "Chop" Miller participated in the session, capturing their own views of the beautiful camp at White Lake.







Back on campus, PCHS welcomed new Band Director Aidan Trier, a recent graduate of Appalachian State University. Trier has brought plenty of energy and enthusiasm to the program and is already looking ahead to future activities while building a strong musical foundation with his students.

Several other programs have also been busy helping students prepare for what comes after high school. School Counselor Ms. McCandless and Next Steps Advisor Mr. Z hosted a College Bound Student/Parent Night for seniors and their families, covering college applications, important documents and deadlines, college costs, scholarships, financial aid, and ways parents can help students navigate the process.

The PCHS Exceptional Children's Department hosted a Vocational Rehabilitation Family Night, giving students and families an opportunity to learn about resources available to support life after high school. Families learned about career exploration and job readiness, job training and coaching, college and vocational training, employment support, transition planning, and other individualized services. The evening reinforced an important message for students: planning for life beyond high school doesn't have to wait until graduation.

PCHS SkillsUSA is also kicking off its membership drive under the leadership of Ms. Angelo, who has a number of activities planned for the year. SkillsUSA is a national career and technical student organization that helps students develop workplace, technical and leadership skills while preparing for careers and further education.



And there are opportunities for adults to get involved, too. The PCHS PTO held its first meeting of the year on September 8. Parents, families and community members interested in supporting high school students are encouraged to follow the Pamlico County High School PTO on Facebook for future meetings and volunteer opportunities.

From wildlife conservation at White Lake to college and career planning, music, student organizations and new community partnerships, PCHS students are beginning the year with plenty of opportunities to learn beyond the traditional classroom. The building may be new, but it is already becoming a place filled with experiences, connections and memories.



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Sleep and academic performance go hand in hand

Students and sleep are not always compatible. College students have long expressed a tendency to be night owls, but even school-aged youngsters may be reluctant to go to bed on time during the school year.

Parents of school-aged children know that bedtime can be challenging, particularly when moms and dads want to ensure their youngsters get the recommended number of hours of sleep each night. The American Academy of Sleep Medicine advises school-aged children between the ages of six and 12 get nine to 12 hours of sleep per night, while teens are urged to sleep eight to 10 hours per night. Studies have found that when students don't get enough sleep on school nights, their academic performance is likely to suffer. A 2023 study of first-year college students led by researchers at Carnegie Mellon University and published in the Proceedings of the National Academy of Sciences found that negative outcomes began to accumulate when students received less than six hours of sleep per night. Authors of the study noted that previous studies in animals showed that memories formed during the day were consolidated while animals slept but forgotten when those animals' normal sleep patterns were interrupted. The researchers behind the study identified a notable decline in students' grade point averages when they received less than six hours of sleep, suggesting humans' ability to learn and remember what they've learned in a given day is compromised if they don't get enough sleep that night.

School-aged youngsters typically get more than six hours of sleep per night, but if they're falling short of AASM recommendations, those students' academic performance could be adversely affected. With that in mind, parents can try various strategies to get children to bed on time.



• Stay consistent with bedtime. A firm bedtime can reduce the likelihood that sleep disruptions will affect how children perform in the classroom. If children are staying up three hours past their weeknight bedtime on Friday and Saturday, then they're less likely to want to go to bed on time on school nights. A little flexibility on the weekends might not upset the apple cart, but try to maintain a consistent bedtime throughout the week.

• Help kids calm down before bed. A winding down period leading up to bedtime can help kids fall asleep more quickly and might even make them less resistant to bedtime. Avoid particularly energetic activities directly before bedtime. Calmly reading a book and picking clothes out for the next day of school are calm activities that can get kids' bodies ready for sleep.

• Avoid confrontation. Parents are urged to let it go if kids aren't falling right asleep but are still being cooperative at bedtime. Kids might want to keep reading to themselves after Mom and Dad say goodnight, and that's alright so long as children aren't continually getting out of bed or getting riled up. Eventually kids will tire out when engaging in a calm, pre-sleep activity, so parents should not grow upset and confront kids who are behaving but not falling asleep right away.

• Create a positive sleep environment. Young children will resist sleep if it sounds like their parents and siblings are having a grand old time without them. Parents typically go to great lengths to ensure kids' bedrooms are conducive to sleep, but it's also important to maintain a peaceful setting throughout the rest of the house once children go to bed.

Sleep and school are inextricably linked, and parents can do much to ensure kids get the rest they need to do their best in the classroom.

PCMS Defeats Contentea 20-7

by: Hiram Lupton



Big defensive play from many Hurricanes including; (L to R), Cy Brothers, Sean Sanchez, Colt Cowell, and Rhett Martinez



Joshua Brimmer

The Pamlico County Middle School football team took the field for a rare Monday afternoon game last week as they hosted the Contentea Middle School Cougars in a nonconference contest. This was a matchup originally scheduled for September 3rd that was postponed due to extreme heat conditions. The only thing hot on Monday was the Hurricane defense as they completely shut down the Cougars. Whether it was Rhett Martinez with sideline to sideline pursuit, Damarion Roberts filling a hole to stuff a run, Cy Brothers making an interception, Sean Sanchez selling out for a tackle, or Colt Cowell stopping a 2-point conversion with a big tackle, the Hurricanes seemed to be everywhere with big plays. The only Contentnea score came in the closing seconds of the first half on a fumble return for a score. Pamlico also had some offense. Roberts scored on a rushing touchdown early in the second quarter to set the tone. Near the beginning of the final period, Joshua Brimmer scored the first of his two touchdowns on the day. It came following a Cy Brothers interception when pressure on the Cougar Quarterback caused an errant throw. Brimmer's second touchdown later in the quarter sealed the win for the 'Canes with a 20-6 final. "I'm proud of these kids," said Head Coach Jack Taylor. "We had four starters out and several others banged up. We overcame a sluggish start and dominated the second half defensively."



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 Dirt Road Band will Perform from 11-2
- Demos of Antique Farming, Weaving and Chores
- BBQ Sandwiches
- Bake Sale
- School House & Barber Shop Open
- Blacksmith Shop will be open
- Children's Games
- Dunking Booth
- Vendor Booths



New this year! Dunking Booth - *Dunkees could include a county commissioner, a pastor, a mayor and a deputy!*





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

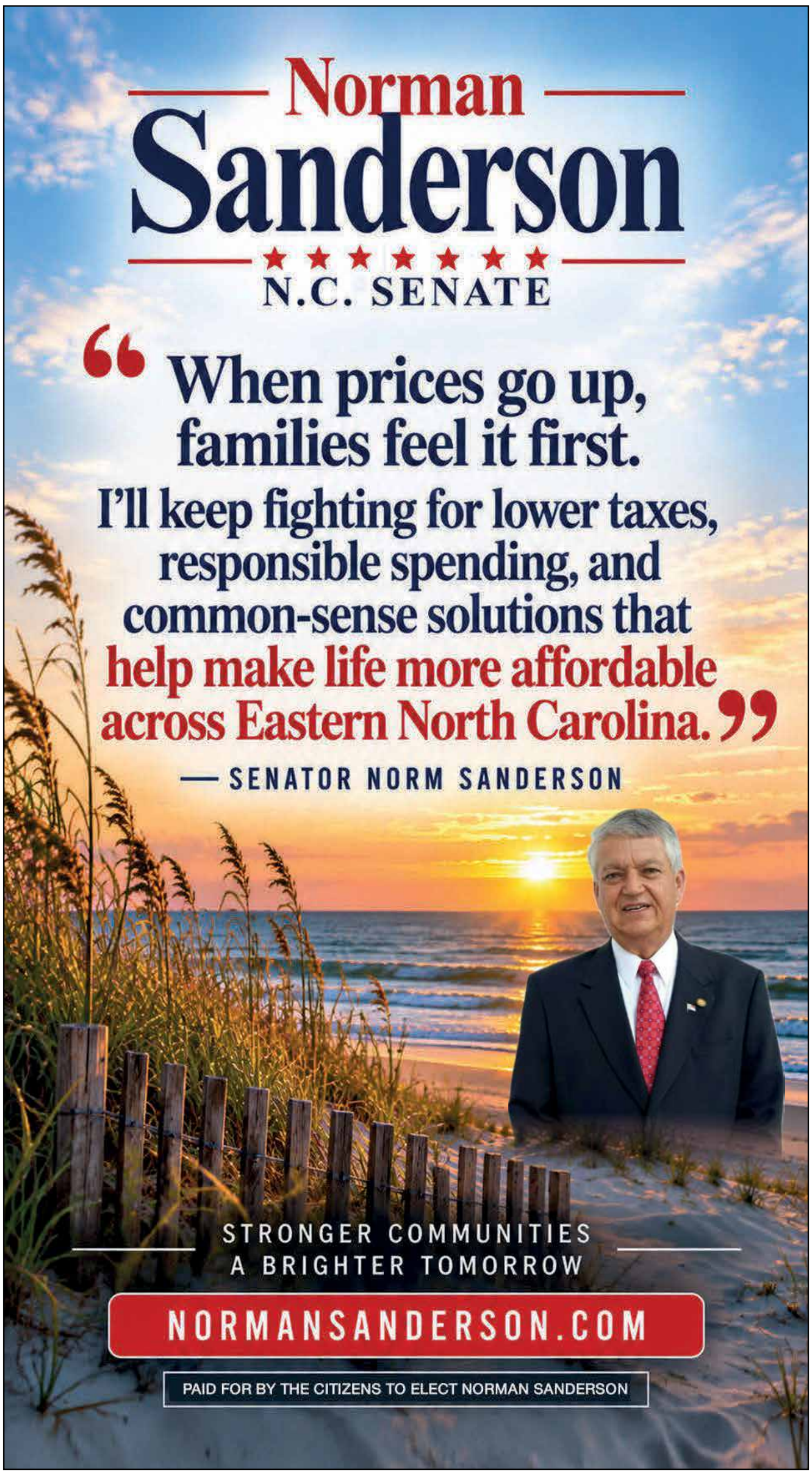
Pamlico Opens Conference Slate with Win

by: Hiram Lupton

A whole new season started for the Pamlico County High School football squad last Friday and it couldn't have come at a better time. The Hurricanes began Coastal Plains Conference action with a trip to Trenton to take on old rival Jones Senior and were looking to snap a four-game losing streak. On Pamlico's second possession, Kharon Carrol took a handoff and sprinted 39 yards down the sideline to set up Brayden Bujalski's 3-yard rushing touchdown. After Bujalski added the 2-point conversion, the Hurricanes were up 8-0, and Pamlico never looked back. The Trojans next possession ended when Kam Ollison picked off a pass and took it back deep into Jones' territory to set up another Bujalski touchdown run. Gavin Moody added the +2 and Pamlico carried a 16-0 lead to the second period. In the second quarter, the walls came crashing down on the Trojans as Pamlico piled up 32 points in the period with Moody and Iziz Benjamin each finding the endzone twice. Jones had a pair of touchdowns themselves, but the hole was now too deep for the Trojans to climb out of. Their final drive of the half ended when Carrol picked off a pass, and the Hurricanes were up 48-14 at the half. The second half moved quickly with both teams only adding one touchdown each to the scoreboard. Pamlico's came on a Moody 15-yard rush in the third quarter. Final score, Pamlico 56, Jones 22. Pamlico rushed for 308 yards for the game and most importantly, limited their turnovers, allowing Jones only one fumble recovery. Next up for the Hurricanes will be a trip this Friday to Northside-Pinetown.



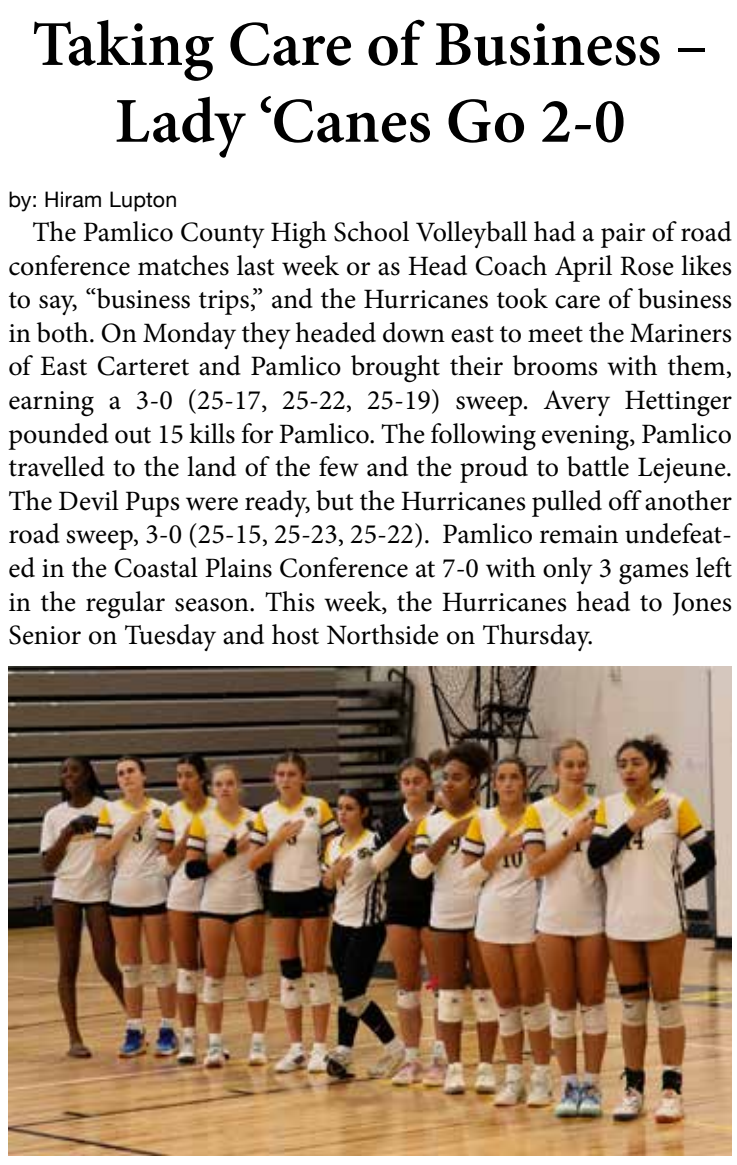
Hurricane Head Coach Brandon Akins

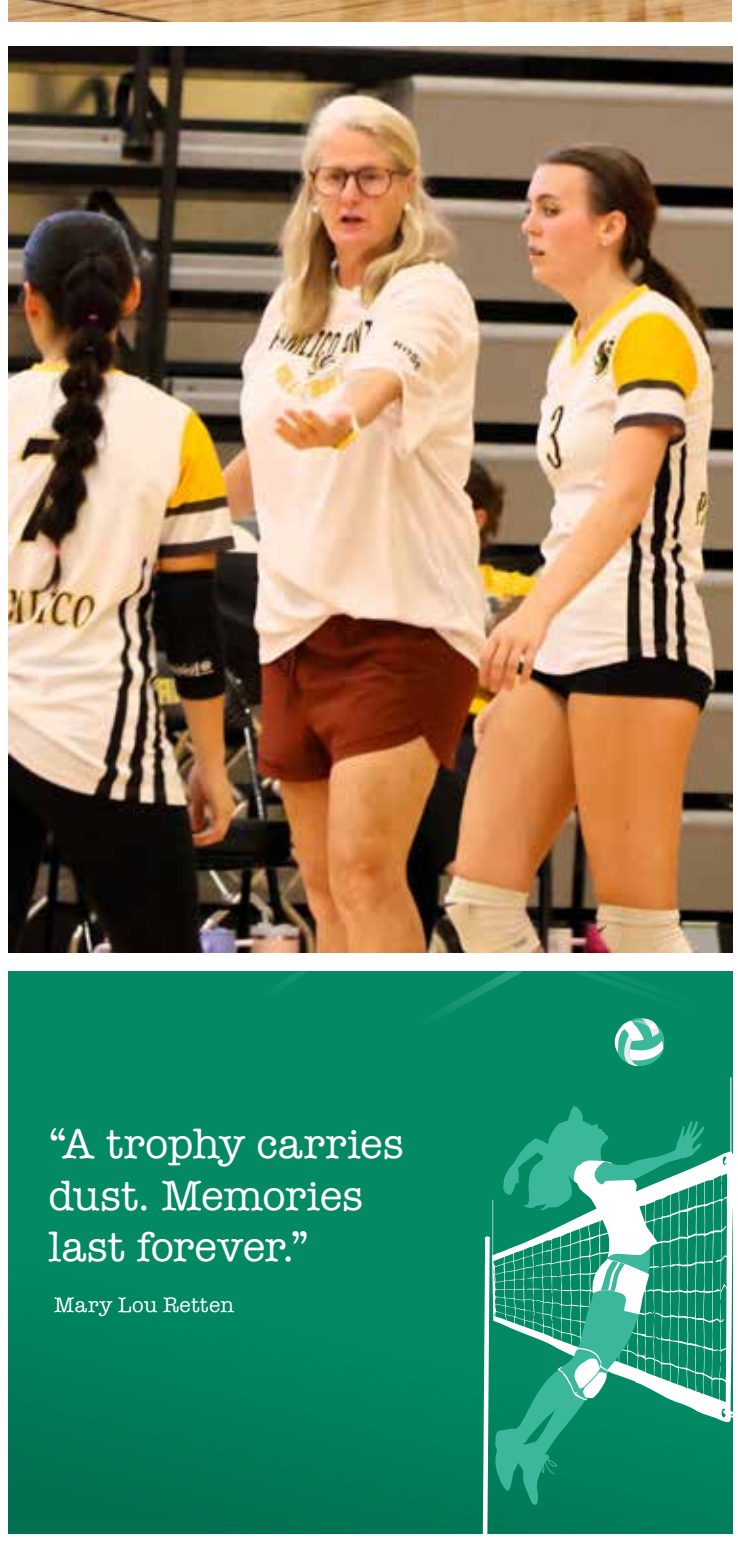


Taking Care of Business – Lady 'Canes Go 2-0

by: Hiram Lupton

The Pamlico County High School Volleyball had a pair of road conference matches last week or as Head Coach April Rose likes to say, "business trips," and the Hurricanes took care of business in both. On Monday they headed down east to meet the Mariners of East Carteret and Pamlico brought their brooms with them, earning a 3-0 (25-17, 25-22, 25-19) sweep. Avery Hettinger pounded out 15 kills for Pamlico. The following evening, Pamlico travelled to the land of the few and the proud to battle Lejeune. The Devil Pups were ready, but the Hurricanes pulled off another road sweep, 3-0 (25-15, 25-23, 25-22). Pamlico remain undefeated in the Coastal Plains Conference at 7-0 with only 3 games left in the regular season. This week, the Hurricanes head to Jones Senior on Tuesday and host Northside on Thursday.





COASTAL LIVING

"Tact is the ability to describe others as they see themselves."

– Abraham Lincoln

Pamlico Musical Society Opens New Season with Solomon Eichner



Come be captivated by the technical brilliance, emotional depth, and distinctive entertainment style of internationally recognized classical pianist Solomon Eichner. Renowned for his exceptional artistry as well as his unique talent in bringing classical music and composers to life for audiences, Eichner will take the stage at the Old Theater on Sunday afternoon, October 25, 2026 at 4:30 pm, presented by Pamlico Musical Society. Join us for Prosecco on the Porch before the show!

Two seasons ago Eichner performed at the Old Theater in celebration of Sergei Rachmaninoff's150th birthday. This season, his performance will honor the 100th anniversary of George Gershwin's Rhapsody in Blue – an iconic and influential masterwork of the concert repertoire. This hallmark of American creativity and innovation seamlessly blends classical traditions with jazz-inspired rhythms and energy.

Originally from Baltimore, Eichner is a graduate of the Manhattan School of Music and the Peabody Institute of The Johns Hopkins University. A prizewinner of the Liszt-Garrison International Competition, Washington DC International Young Artists Competition, Golden Key Carnegie Hall Debut Competition and Miami Music Festival Concerto Competition, Eichner currently resides in Chapel Hill, NC.

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

For helping to make this concert possible, the Pamlico Musical Society wishes to thank our season sponsors: Beth Frazer Real Estate & Rentals, Gibbs Hall Hearing Aid Center and Oriental Village Veterinary Hospital; business sponsor: Axelson Chiropractic; and individual sponsors: Andrea Pape and Barry Truitt.

Celebrating 29 years of presenting great music for our community, the Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County. We welcome your support! To learn more about the benefits of joining our group, including advance ticket sales, call 252-617-2125 or visit www.pamlicomusic.org, and like us on Facebook @pamlicomusic.

Continue the Celebration with Ghostwalk: Voices of Freedom Historical Society's 36th Annual Favorite Returns Oct. 22-24



These ghosts are excited to tell you their stories!

NEW BERN, NC Now in its 36th year, Ghostwalk is a family-friendly fall event that combines spirits from New Bern's past, talented local volunteer actors, historic sites, and a fun-filled, creative environment. For three evenings in October you'll be able to step back in time and visit with ghosts of lively New Bernians, spirits, specters, and ordinary folks. You'll visit 13 "ghost sites" in Cedar Grove Cemetery and on the porches of historic homes. In keeping with this year's theme, "Voices of Freedom, Tales from 250 Years", you will hear stories and meet characters from all across our 250 year history.

The 36th Annual Ghostwalk is Oct. 22-24 from 6-9:30pm at 13 ghost sites in historic New Bern. Guides will lead you through the stops in Cedar Grove Cemetery, where you will hear entertaining stories based on real historical characters and events straight from New Bern's past. The remainder of the event is self-guided, with historical spirits telling you their compelling tales on porches in downtown New Bern. Local historic churches offer a variety of low-cost meals for Ghostwalk visitors and prepare yourself to see some special guests creeping through the cemetery during your visit. Watch for something "thrilling" at the New Bern Academy Green. And keep your eyes open for special apparitions like the Veri-Good Bakery (an oldie but a goodie).

Tickets for the New Bern Historical Society's Ghostwalk are good for all three nights and are available at www.GhostwalkNewBern.com, by calling 252-638-8558, or at 511 Broad Street, the Historical Society office. Other outlets are both Harris Teeters in New Bern and Mitchell Hardware in downtown New Bern. Adult advance tickets are $20 with a special $17 price for active-duty military, students and Historical Society members. Adults day of the event, $25. Children under 12 are $5, children under 3 are free. Your ticket is your Ghostwalk map.

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

America 250 NC Virtual Book Club: October 28, 2026 - The Caretaker by Ron Rash

Start reading now! Place a hold on a copy from the library or on Libby!

As part of our ongoing celebration of America 250 NC, the Pamlico County Library is proud to feature and support the America 250 NC Virtual Book Club, a statewide initiative that brings readers together around North Carolina based historical fiction.

Libraries Role in Supporting the Club:

- First-come, first-served access to physical copies of each featured title at the library
- Access to the eBook via Libby

Virtual Link: https://www.america250.nc.gov/book-club
About the Club (Hosted by America250NC):

"The America 250 NC Virtual Book Club is a free and public book discussion forum open to all. Starting in October 2025, the club will meet every other month for a chat on a North Carolina-based historical fiction read. Come and meet other history and book lovers across the state, dive into a good book, and enjoy differing perspectives on the stories. There is no membership or minimum attendance required. Please join whichever meetings spark your interest. Each meeting is virtual at 6 p.m. EST, so feel free to invite friends from near and far. We highly recommend checking your local library for each book!"



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Awareness Saves Lives
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The National Cancer Institute notes that some cancer cells can avoid detection by a person's immune system. A recent study from researchers with the Massachusetts Institute of Technology and the Dana-Farber Cancer Institute found that cells can turn on a gene called SOX17 in the early stages of colon cancer. That gene allows the cells to become essentially invisible to the immune system. While that might sound discouraging, the discovery might bode well for treating future cases of early stage cancer. Researchers behind the study feel if they can find a way to inhibit the SOX17 gene, then they might be able to prevent colon cancer in patients susceptible to developing it. The ability to inhibit the gene also could help stop colon cancer before tumors enlarge and the disease advances into later stages.

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Health&Wellness

What the different stages of breast cancer signify



Upon being diagnosed with breast cancer, women and their families are presented with a wealth of information regarding the disease. Some of that information is unique to each patient, but much of it is based on decades of research and millions of successful treatments.

The American Cancer Society reports that cancer staging is a process during which doctors will attempt to determine if a cancer has spread and, if so, how far. Breast cancer stages range from stage 0 to stage IV. Each stage signifies something different, and recognition of what each stage indicates can make it easier for women to understand their disease.

Stage 0

The Memorial Sloan Kettering Cancer Center notes that when a woman is diagnosed with stage 0 breast cancer, that means abnormal cells are present but have not spread to nearby tissue. The National Breast Cancer Foundation, Inc.® indicates stage 0 breast cancer is the earliest stage of the disease and is highly treatable when detected early. Indeed, the American Cancer Society reports a five-year survival rate of 99 percent among individuals diagnosed with stage 0 breast cancer.

Stage I

Stage I is still considered early stage breast cancer. The MSKCC notes a stage I diagnosis indicates tumor cells have spread to normal surrounding breast tissue but are still contained in a small area. Stage I breast cancer may be characterized as stage IA, which indicates a tumor is about as large as a grape and cancer has not spread to the lymph nodes, or stage IB, which indicates the tumor may be slightly smaller but is accompanied by small clusters of cancer cells in the lymph nodes or there is no tumor and only the small clusters in the lymph nodes. The ACS also reports a 99 percent five-year survival rate for patients diagnosed with stage I breast cancer.

Stage II

A stage II breast cancer diagnosis indicates the tumor is at least 20 millimeters (about the size of a stage IA tumor) and potentially as large as 50 millimeters. The tumor also can be larger than 50 millimeters if no lymph nodes are affected (stage IIB). The ACS notes the size of the tumor may indicate if the cancer is stage IIA or stage II B. The MSKCC notes that a stage IIA diagnosis could indicate there is no tumor or there is a tumor up to 20 millimeters and the cancer has spread to the lymph nodes under the arm. A tumor determined to be between 20 and 50 millimeters that has not spread to the lymph nodes also indicates a stage IIA diagnosis. A stage IIB diagnosis indicates the tumor in the breast is between 20 and 50 millimeters and has spread to between one and three nearby lymph nodes. According to Cancer Research UK, the five-year survival rate for stage II breast cancer is around 90 percent.

Stage III

Stage III breast cancer is considered regional, which the ACS reports notes had a roughly 86 percent survival rate between 2013 and 2019. The MSKCC notes that a stage III diagnosis indicates the tumor is larger than 50 millimeters and has affected lymph nodes across a wider region than in less developed stages of the disease. Cancers that have reached stage III may be categorized as stage IIIA, stage IIIB or stage IIIC. The American College of Surgeons reports that stage IIIA indicates a tumor of any size that has spread to between four and nine lymph nodes or a tumor larger than five centimeters that has spread to between one and three lymph nodes. Stage IIIB indicates any size tumor and that the cancer has spready to the chest wall. A stage IIIC diagnosis indicates the tumor can be any size and has spread to 10 or more lymph nodes.

Stage IV

Stage IV is the most advanced form of breast cancer. If the cancer has reached stage IV, that indicates the tumor can be any size and has spread beyond the breast to other parts of the body, potentially including organs and tissues. The ACS reports that survival rate for this stage, which is considered distant, is 31 percent. However, the breast cancer advocacy organization Susan G. Komen notes that only around 6 percent of breast cancer diagnoses in women diagnosed for the first time have reached stage IV at the time of diagnosis.

Staging makes it easier to understand a breast cancer diagnosis. More information about breast cancer staging is available at mskcc.org and cancer.org.

AMERICA 250 NC — October in the American Revolution

October 13, 1775 – The Continental Navy is established

October 28, 1776 – The British defeat the Patriots in the Battle of White Plains near New York City.

October 4, 1777 – In the Battle of Germantown. The British push the Patriots back after they attack their forces in Pennsylvania.

October 17, 1777- After suffering defeats in several small battles, the Patriots defeat the British at the Battle of Saratoga in upper New York. The Patriot success convinces France to begin helping the American cause against the British.

October 7, 1780 – British Loyalist forces are defeated in the Battle of Kings Mountain near the North Carolina – South Carolina boarder.

October 19, 1781 – British General Charles Cornwallis officially surrenders to General George Washington at Yorktown, Virginia, the last major battle of the Revolution.



The British surrender at Yorktown

Did you know?

Increasing time spent outdoors enjoying nature can positively affect mood and mental health. Generally speaking, outdoor enthusiasts tend to be happier overall. The American Psychological Association says spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Both green spaces and blue (aquatic) spaces benefit overall well-being. Several years ago, the University of Derby in the United Kingdom conducted a study titled, “The 30 Days Wild.” The study encouraged people to do something wild once a day for 30 days. Participants shared that their connection to nature and doing things in nature created a significant increase in happiness and health. People who spend more time outside can experience greater self-esteem, less stress, increased memory retention, and more positive body image. Natural environments also lower activity in the rumination area of the brain, decreasing negative, repetitive thoughts. Also, those who are outside more tend to be engaging in physical activities, and exercise directly correlates to better mental health.





