

Law Enforcement Appreciation

Thank You for your Service,
Dedication and Bravery!!



SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly



VOLUME 12, ISSUE 04

Week of January 22-28, 2021

www.thesampsonweekly.com

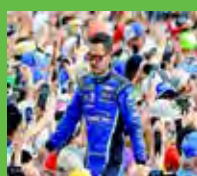
INSIDE



Food
Page 8



Faith
Page 5



Nascar
Page 16

WEATHER

Thur Sunny



Hi: 51° Lo: 35°

Fri Rain
60%



Hi: 54° Lo: 36°

Sat Partly
Cloudy
10%



Hi: 52° Lo: 24°

Sun Partly
Cloudy
0%



Hi: 49° Lo: 37°

Mon Rain
90%



Hi: 50° Lo: 49°

Tues Partly
Cloudy
40%



Hi: 74° Lo: 48°

Theft of Catalytic Converters on the Rise in Sampson County



According to crime reports from the Sampson County Sheriff's Office and the City of Clinton Police Department, the theft of automobile parts, specifically catalytic converters are on the rise.

According to Lt. Marcus Smith with the Sampson County Sheriff's Department, "It appears the uptick in catalytic converter thefts are primarily due to the sharp rise in metal costs. Thieves see this as an easy way to make money quickly. Most thefts appear to occur at night and primarily in areas where target vehicles appear to be at unoccupied properties, such as a car lots, etc."

Chief Donald Edwards with the Clinton Police Department noted, "We have seen an increase in these reports over the past week. The three victims targeted inside the City of **THEFT, see P. 3**

Drive-Thru Clinics and Appointments for Those 65 and Older for COVID-19 Vaccinations



On Saturday January 23rd, the Sampson County Health Department held another successful drive-thru mass vaccination clinic at the Sampson Agri Expo Center in Clinton. According to county officials, the cars actually started lining up at 1am before the event.

The vaccinations were given out following the State's newly expanded vaccination prioritization, vaccines offered at this event are for those persons aged 65 and older who have not received any vaccination within 14 days of the event. Vaccinations will be provided on a first come/first served basis that day and as available vaccine supply allows.

The Sampson County Health Department's goal is to make vaccinations available to as many members of the public as possible as quickly as our supplies are received to slow the spread of COVID-19 and return some normalcy to our communities. Please understand, however, that we must follow the guidelines set forth by the State and work within the constraints of our limited supply.

Information on this and future **COVID, see P. 3**

Cape Fear Farm Credit declares record patronage of \$25.5 Million



FAYETTEVILLE, NC – Cape Fear Farm Credit Board of Directors declares a \$25.5 million cash patronage to be distributed back to their customer-owners in early 2021. Including this patronage distribution, the Association will have paid over \$300 million dollars in patronage to their customer-owners over the past 33 consecutive years.

As a cooperative, profits are distributed back to its customer-owners, known as a patronage refund. This year's \$25.5 million patronage is the largest dollar amount patronage distribution in a 33-year history, which will effectively reduce the average interest rate paid by their borrowers by

CFCC, see P. 4

WEEKLY VERSE

"The day of the Lord will come like a thief in the night. ... So then let us not sleep, as others do, but let us keep awake."

1 Thessalonians
5:2,6

WEEKLY INDEX

Local.....	1-4
Faith.....	5
LEA Appreciation.....	6
Athlete of Week.....	9
Education.....	10
Puzzles.....	11-12
Obits.....	14
Classifieds.....	15
Nascar.....	16



thesampsonweekly.com

910-590-2102

I am Proud to Support Local Law Enforcement



Senator Brent Jackson
NC District 10



thank you
for your service!

Thank You For Your Hard
Work and Dedication to the
Citizens of Sampson County

LOCAL NEWS

**2020 Clinton Firefighter
of the Year –
Firefighter Christopher
Norris**



The Clinton Fire Department is very excited to introduce our 2020 Firefighter of the Year, Firefighter Christopher Norris. The award is based on the vote of current firefighters. Their work performance that best exemplifies the fire department's core values of Professionalism, Teamwork, Courage, Honor, Dedication, Respect and Excellence. It is a prestigious award within the Department because the nominations come from the firefighter's peers and then is selected by a vote of the operations members

Firefighter Norris started his career with the Clinton Fire Department as a part time firefighter in July of 2008 and was promoted to full time firefighter in August 2011. Through Firefighter Norris' hard work, he has distinguished himself a valuable team player and routinely demonstrates customer service through his daily actions. Firefighter Norris' has numerous certifications but his Wilderness Rescue is one he is most proud of. He provides significant dedication as a Child Protective Safety Seat Technician. Firefighter Norris' demonstrates his desire to support the mission and objectives of the Fire Department on a daily basis. He exemplifies initiative and a genuine willingness to serve. We are fortunate to have Firefighter Norris as a co-worker and a friend.



Provided by the
Sampson County
Animal Shelter
Call (910)592-8493

This is Panda and she
is 2 years old.
Can you be her
"forever" family?



You can also make a monetary, supplies or pet food donation to the shelter. Contact the Sampson County Animal Shelter at (910)592-8493.

MERCER BUSINESS SERVICES

Starts January 4th

**REFUND ADVANCE
LOANS'**

\$150,
\$500,
\$1,000 **NO FEE'**
0% APR

\$1,250-\$6,000

ADDITIONAL FEES APPLY



CJ Mercer
Owner

cjmercer2000@gmail.com

**312 College Street, Suite D
Clinton, NC • (910) 299-0690**

**LISTEN TO WCLN 1170 FOR
THE COUNTRY STORE**



With Nicole Nelson
Monday - Friday
1:00 pm - 2:30

**You Can
Buy
Sell
or Trade**

Just Call 592-1170, And Listen to 1170 on Your AM
Dial, Channel 16 StarVision or the Internet
www.oldies1170.com

**We are proud to stand in support of
Law Enforcement Appreciation.
Thank you for your service and sacrifice!**



**Holland, Poole, Holland
& Sanderson, P.A.**
P. O. Box 1046, Clinton, NC 28329
910-592-5751
www.attorneyshphs.com

Richard Colton Bullard and Alonna Christine Pate wed in double-ring ceremony on December 5



and the late Mr. & Mrs. Warren Bullard.

The groom is a 2009 high school graduate. He attended Sampson Community and is currently employed with Nash Johnson as a service-man. He is also a volunteer fire fighter with Taylors Bridge Fire Department.

The bride was escorted by her father and given in marriage by her parents.

She wore a classic V-neckline gown with narrow straps which tapered into a thinner strap element behind the shoulders, flowing into a low V back with scalloped paneling mirroring the stunning new scalloped element to the long, smooth train with a fabric button finish. The bride wore a 1-tier sweeping statement of classic bridal elegance. Finished with a rolled edge and the subtle sparkle of clear sequins

The bride carried a hand-tied bouquet of red roses and red hypericum berries, silver dollar and parvifolia eucalyptus.

Casey Pate Braswell, sister of the bride, was matron of honor.

Bridesmaids were Kristen Davis, sister of the groom, Alyssa Frederick, Reece Outlaw, and Rylee Pate, cousins of the bride, Alexis Pate, sister in law of the bride and Kristen Rosser, friend of the bride.

Devon Bullard father of groom, served as best man. Groomsmen were Trey Pate, brother of the bride, Matt Braswell, brother in law of the bride, Wesley Davis, brother in law of the groom, Eric Kosterman, Kyle Kosterman, and Alan Williams all friends of the groom.

Ushers were Allen McDougald, Joshua Moore and Hagan Thornton, friends of the groom.

Brittni-Kate Sasser, friend of the bride was flower girl. Maddux Braswell, Watson Braswell and Owen Davis, nephews of the bride and groom were ring bearers. Mrs. Renee Outlaw Bell, aunt of the bride, directed the wedding. Presiding at the register were Mr. and Mrs. John

William Outlaw, uncle and aunt of the bride.

Sound coordinator was Dondi Hobbs.

A program of wedding music was provided by Leigh Ann Underhill, pianist, and Rebekah Ivey, vocalist.

The reception was held at Bethany PFWB Church in Clinton. Guests were greeted by Daniel and Brittnie Howard.

After a wedding trip to Asheville, NC the couple will reside in Clinton.

Pre-nuptial Events

- A monogram pool party given by Casey Braswell at the home of Christine Outlaw on July 25th.

- Mr. and Mrs. Bill Outlaw and Mr. & Mrs. Matt Braswell hosted a honey-do cookout on Saturday, September 19th at the family cabin.

- A miscellaneous bridal shower given by Rooty Branch Ladies Auxiliary and family of the bride on Saturday, October 17.

- A miscellaneous wedding shower given at Bethany PFWB by family on Sunday, October 25.

- A recipe swap party hosted by Janet Godbold, Denise Pate and Lynn Pate was given October 28th at Ribeye's in Mt. Olive.

- Casey Braswell, Kristen Rosser, Renee Bell, Kaitlyn Bell, Candace Outlaw and Christine Outlaw hosted a Christmas shower at the home of Christine Outlaw on November 14.

- On Saturday, November 21 a bridal luncheon was hosted by Renee Bell, Candace Outlaw, Kaitlyn Bell and Christine Outlaw at the home of Christine Outlaw.

- On Friday, December 4th a rehearsal dinner hosted by the groom's parents was held at Rooty Branch OFWB Church.

MOUNT OLIVE — Alonna Christine Pate and Richard Colton Bullard exchanged vows in a double-ring ceremony December 5th, at 4 p.m. at Rooty Branch Free Will Baptist Church in Mount Olive, with the Rev. Mickey Whitfield officiating.

The bride is the daughter of Mr. and Mrs. Alonzo Donald Pate Jr. of Mount Olive.

She is the granddaughter of Mrs. Iris Underhill Pate and the late Mr. Alonzo Donald Pate of Mount Olive and Mr. and Mrs. William F. Outlaw of Mount Olive.

The bride is a 2012 graduate of North Duplin High School and a 2015 graduate of East Carolina University and a 2017 graduate of Marshall University with a Masters in Speech Language Pathology. She is employed as a Speech Language Pathologist with Sampson County Schools.

The groom is the son of Mr. and Mrs. Devon Bullard. He is the grandson of the late Mr. and Mrs. Bob Goodman

COVID, cont. from P. 1

events, on appointment opportunities, and on the COVID vaccine, see the Sampson County website www.sampsonnc.com and follow us on social media: Sampson County Government's Facebook page @SampsonCountyGovernment Sampson County Health Department's Facebook page @SampsonCountyHealthDept Sampson County's Twitter page @CountyofSampson.

As announced last Friday, Sampson County began accepting vaccination appointments for those 65+ years of age via the Health Department's COVID Helpline (910-490-1056). As could be expected, the incoming calls have been overwhelming, so callers may experience busy signals or unanswered rings as staff are otherwise handling calls. Callers are asked to be patient. Please leave a message if prompted to do so, and someone will return the call as soon as possible. If the line is busy or is not answered, try again later. Staff are working diligently to answer all calls, listen to messages and return calls for appointments.

Please be aware that vaccinations will be dependent on available supply, and an appointment does not guarantee vaccine will be available at that time. The Health Department is also planning a mass vaccination clinic for the 65 year and older group, which will be publicized next week via the County's social media (Facebook and Twitter) and webpage (www.sampsonnc.com – COVID PAGE <https://bit.ly/38MyaSv>) and local media sources.

The COVID-19 vaccine is a tested, safe and effective vaccine that is available to all who want it, but supplies may be limited at first. To save lives and slow the spread of COVID-19, state and federal public health advisories recommend first protecting health care workers caring for patients with COVID-19, people who are at the highest risk of being hospitalized or dying and those at high risk of exposure to COVID-19. It is encouraged to all to continue to keep practicing the #Ws: Wear a Mask, Wait Six Feet Apart, and Wash Your Hands until everyone has a chance to get vaccinated.

If you have any questions, please contact the health department at 910-490-1056 or 910-592-1131.

Sampson Regional Medical Center is also administering the COVID 19 vaccines by appointment. You can schedule your appointment online at www.SampsonRMC.org/VaccinateSampson.

COVID Test Results for the Week of 01-22-21
 COVID-19 TESTING REPORT FOR JANUARY 22, 2021
 Total Number of Tests Reported to Date: 15,996
 Positive Test Results: 6,060 (56 additional since 1/21 report)
 Negative Test Results: 9,936
 COVID Reported Deaths to Date: 75 (no change since 1/20 report)

Positive Test Results by Date
 January 18th, 2021- MLK Holiday
 January 19th, 2021- 49 positive test results/1 additional death reported
 January 20th, 2021- 63 positive test results/2 additional deaths reported
 January 21st, 2021- 103 positive test results
 January 22nd, 2021- 56 positive test results

THEFT, cont. from P. 1

Clinton so far have been churches.”

Edwards went on to say, “I can't speculate on the underlying reason, but catalytic converter theft is not new. It has just recently resurfaced in our area.” Edwards noted that the crimes were mostly occurring at dark.

Exactly what is a catalytic converter? According to “Motor Biscuit”, an online automobile security and care website, “Cats are part of a vehicle's exhaust system that reduces burnt engine gasses and pollutants. It catalyzes oxidants through chemical reactions as they move through the cat. Converting those gases into non-toxic emissions or water vapor is how it gets the name catalytic converter.”

They go on to say that inside a catalytic converter is valuable metals such as palladium, rhodium and more. “Known as rare metals, as prices rise so do thefts. It is the same for copper wire-if prices go up so do wire thefts from empty or abandoned buildings.”

Lt. Smith remarked, “The public and businesses are encouraged to keep their vehicles in well lit, secure areas when possible. Investigators are working diligently to solve these thefts. Anyone having information on such thefts are encouraged to reach out to us.”

Clinton Police Chief Donald Edwards stated that the public can play a role in helping deter these types of crimes. Edwards said, “I believe neighbors and passing motorists can probably help the most just by reporting any suspicious activity. Sometimes these thefts only take a few minutes, but being a good witness goes a long way. When it's in your neighborhood, you'll usually know when something doesn't look right and it's important to report it as early as possible. The best way to report a crime in progress is by calling 911 or through the non-emergency number 592-1151.”

“Clinton PD also has the ability to receive anonymous tips by text,” noted Chief Edwards. “Simply text tipcpd followed by your message to 847411, or you can get the TIPCPD app on apple or android devices. This does not and should never replace 911 where a quicker response is needed. The app allows for pictures or most short videos to be shared directly with police, but again this is not always real time reporting.”

Edwards says that there are some things to help prevent this type of criminal activity happening to you and your family. “If you are not able to park your vehicle in a secure location, there are a few options but it depends on your specific location. You may choose to park the vehicle out of sight, so potential thieves don't see it. You can move it to a home or private property of someone who can watch it closer. You may consider parking it in the open in a well-lit area, especially if your area is heavily traveled so the public can help watch. Having cameras to cover these target areas is good. While it may not always prevent the crime, it can help in identifying the suspects. Car alarms are a possibility, but I have never personally tested them for protecting against converter thefts nor on vehicles like church vans. If this is considered, I'd recommend you speak with the dealer or auto parts specialist you trust to consider all the pros and cons.”

Chief Edwards stated, “If the vehicle isn't used often, it is still a good idea to check it regular so you can tell if someone has tampered with your vehicle.”

Remember that thieves can usually hack a catalytic converter off a car in a couple of minutes. They are easy to steal. Motor Biscuit says, “And finally, the pandemic has put many people in a bind to such an extent that they resort to theft. People aren't using their cars as much so a theft may go unrecognized for days. But once the owner starts his or her car up they know immediately something is wrong. Or missing. It will sound like a car without a muffler.”

LOCAL NEWS

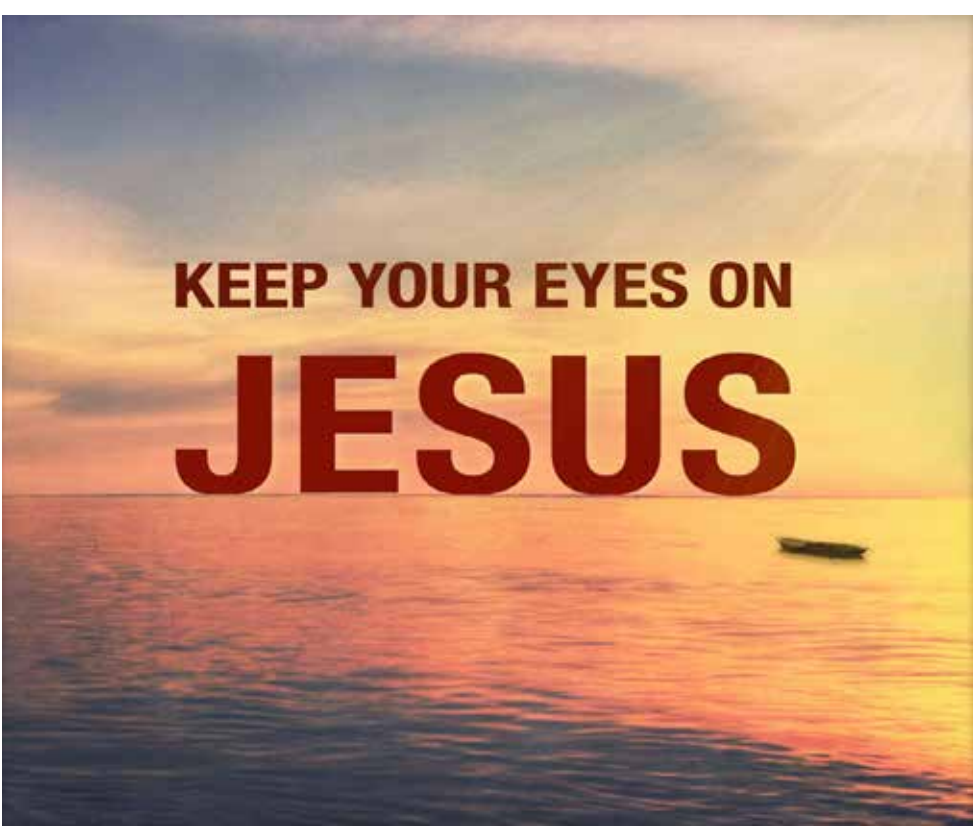
CFFC, cont. from P. 1

approximately 2.46 percent.

“This record breaking patronage of \$25.5 million comes at a pivotal time for the agricultural industry and dovetails last year’s patronage of \$20 million” states Jon Pope, Chairman of the Board of Directors. “2020 was a unique year to say the least, but having the ability to deliver such strong levels of patronage is a reinforcement of the value our cooperative delivers to agriculture and the rural communities we serve.”

Cape Fear Farm Credit’s Board and Management team remains committed to keeping the Association financially strong and well positioned to continue to serve all of agriculture for generations to come.

“The Association continues to perform well and we are eager to return this record patronage dividend to our customer-owners as soon as possible,” adds Evan Kleinhans, Chief Executive Officer. “We are passionate about serving our customer-owners and are proud to once again declare a record patronage.”



Dream **Believe** *Achieve*

Tarheel Challenge offers young men and women the opportunity to believe in themselves and therefore achieve in life.

To dream is to wish.

To believe is to know.

To achieve is to realize that dream!

Tarheel Challenge

**PO Box 39 • 600 N. Main Street
Salem, NC • 910-525-5520
www.ngycp.org**

CRIME

CRIME REPORTS

01-12 Ronald Ray Pope, 43, Roseboro. Posses Meth, Possess Drug Paraphernalia. Bond \$2500. Trial Date 01-22-21

01-12 Sherik Renna McNeil, 35, Roseboro. Cyberstalking. Trial Date 02-09-21

01-12 William Thomas Davis, 66, Salemburg. Protective Order Violation. Trial Date 02-09-21

01-12 Joseph Kameron Smith, 26, Salemburg. Assault on a Female, Injury to Personal Property. Trial Date 02-16-21

01-12 Bret Matthew Burkett, 25, Dunn. FTA- Release Orders. Bond \$4500. Trial Date 02-03-21

01-12 Wilbur Eugene Carroll, 45, Clinton. Order for Arrest- FTA- Child Support. Bond \$1563.50. Trial Date 01-25-21

01-13 Donald Watts, 40, Clinton. Break or Enter a Motor Vehicle, Larceny, Larceny of a Motor Vehicle. Bond \$10000. Trial Date 01-22-21

01-13 James Quavon Herring, 22, Clinton. Obtain Property False Pretense, Misdemeanor Larceny. Bond \$6000. Trial Date 02-05-21

01-13 James Herring, 22, Roseboro. Misdemeanor Larceny. Bond \$6000. Trial Date 02-05-21

01-13 Thomas Lee Robinson, 48, Clinton. Communicating Threats. Trial Date 02-02-21

01-13 Tommy Ray Thomas, 57, Mount Olive. Possess Meth. Bond \$4000. Trial Date 02-22-21

01-13 Granville Jasper Carlisle, 32, Hope Mills. Speeding, DWLR Impaired. Bond \$500. Trial Date 03-09-21

01-13 Allen Simmons, 64, Clinton. Traffic Meth by Possession, Maintain Dwelling CS, Posses Drug Paraphernalia. Bond \$150000. Trial Date 01-22-21

01-13 Kelly Allison Miller, 49, Roseboro. Possession Cocaine, Possession Drug Paraphernalia. Bond \$25000. Trial Date 01-22-21

01-13 Amy Marie Hepler, 31, Dunn. Probation Violation. Bond \$2500. Trial Date 02-10-21

01-13 Jillian Marie Trimmer, 34, Coats. Second Degree Trespass, Communicating Threats. Trial Date 04-06-21

01-13 Donald Watts, 41, Clinton. Possess Meth, Resisting Public Officer. Bond \$10000. Trial Date 01-22-21

01-13 Jaylin Keavon Avery, 19, Clinton. WFA- Conspiracy, WFA- Contributing Del of Juvenile. Bond \$5000. Trial Date 01-19-21

01-14 Delecia Michelle Lee, 28, Faison. Criminal Summons Misdemeanor Worthless

Check. Trial Date 02-03-21

01-14 Richard Leon Simpson, 40, Newton Grove. Fail to Comply, Unauthorized Use of Motor Vehicle, Driving While Impaired, Child Support. Bond \$2000. Trial Date 03-08-21

01-14 Richard Thomas Lee, 36, Clinton. DWLR, Fail to Wear Seatbelt Driver. Bond \$500. Trial Date 01-21-21

01-14 Jerome Allen Williams, 40, Clinton. DWLR Not Impaired Rev. Bond \$260. Trial Date 03-24-21

01-14 Kimberly Dyann Owens, 35, Clinton. DWLR Not Impaired. Bond \$500. Trial Date 03-09-21

01-14 Ashley Lynn Braddock, 34, Clinton. Unauthorized use of Motor Vehicle, Misdemeanor Larceny. Bond \$1000. Trial Date 02-24-21

01-14 Jennifer Harris, 34, Turkey. Misdemeanor Larceny. Bond \$5000. Trial Date 03-16-21

01-14 Brian Avery Tart, 46, Dunn. PWISD Meth, Sell Meth, Deliver Meth, Possession of Meth, Possession of Heroin. Bond \$30000. Trial Date 02-05-21

01-14 James Brett Faircloth, 48, Roseboro. Driving While License Revoked Not Impaired. Bond \$500. Trial Date 05-11-21

01-14 Sulinda Tonita Ohillips, 45, Garland. Communicating Threats. Trial Date 01-28-21

01-15 Danielle Clark Maldonado, 28, Garland. Larceny, Possess Stolen Property. Bond \$5000. Trial Date 02-23-21

01-15 Rebecca Lynnette Melvin, 41, Roseboro. Fail to Comply. Bond \$525. Trial Date 02-18-21

01-15 Melvin Emanuel, 68, Clinton. Possess Meth. Bond \$25000. Trial Date 01-22-21

01-15 Woodrow Wilson, 48, Clinton. Driving Under the Influence, Poss Marijuana > 1/2oz to 1 1/2oz, Possess of Marijuana Drug Paraphernalia. Bond \$2000. Trial Date 05-04-21

01-15 Lewis David Morris, 47, Lillington. Driving While Impaired, No Operators License. Trial Date 05-20-21

01-15 Shaun McMillan, 42, Salemburg. Trafficking Heroin, Trafficking Meth, Weapon Law Violation, Order for Arrest. Bond \$310500. Trial Date 01-22-21

01-16 Mickey Ray Tarboro, 48, Dunn. Possess Meth, Possess Drug Paraphernalia, DWLR. Bond \$7500. Trial Date 01-22-21

01-16 Deshaun Oniel Glover, 22, Saint Pauls. No Operators License. Bond \$500. Trial Date 02-16-21

01-16 Alanna Katelynn Fueller Strouth, 27, Clinton. Identity Theft, Financial Card Fraud. Bond \$5000. Trial Date 02-19-21

01-16 Qwandrick Rashad Oates, 29, Newton Grove. Fail to Comply. Bond \$720. Trial Date 05-18-21

01-16 James William Richardson, 39, Clinton.

Resisting Public Officer. Bond \$500. Trial Date 04-19-21

01-16 Alshawn Tyriek McLaurin, 24, Durham. Assault by Strangulation. Trial Date 04-20-21

01-16 Corey Alexander Parker, 26, Salemburg. Assault by Pointing a Gun, Assault on a Female, Interfere Emergency Communication. Trial Date 04-27-21

01-16 Bryant Thomas Herbert Jones, 23, Dunn. First Degree Burglary, Break and Enter a Motor Vehicle. Bond \$50000. Trial Date 01-22-21

01-17 Brandon Brice James, 37, Roseboro. Assault with a Deadly Weapon Serious Injury, Possess Firearm by Felon. Bond \$30000. Trial Date 01-22-21

01-17 Brandon Brice James, 37, Roseboro. Fictitious Tags, Driving While License Revoked, Driving While Impaired, Possess Open Container in Vehicle on Street/Highway. Bond \$2500. Trial Date 03-09-21

01-15 Christopher Bryan Draughorn, 31, Woodland. Carrying Concealed Weapon. Trial Date 02-16-21

01-15 Alexander William Bowman, 34, Wilmington. OFA/Fail to Comply. Bond \$750. Trial Date 02-22-21

01-15 Calvin Devonne Carr, 43, Magnolia. OFA/Fail to Wear Seatbelt Driver, OFA/Reckless Driving to Endanger, OFA/Driving While Impaired, OFA/DWLR Not Impaired Rev, OFA/fail to Comply, OFA/Misd Probation Violation Out of County, DWLR Not Impaired Rev, Window Tinting Violation. Bond \$8665. Trial Date 02-17-21

01-15 Richard Allen Purdy, 48, Selma. DWI, DWLR, Open Container MBV. Bond \$2500. Trial Date 01-27-21

01-16 Jacob Garfield Spell, 60, Clinton. DWI. Bond \$1000.

01-16 Jeffrey Lee, 45, Clinton. OFA-Driving While Impaired, OFA- Driving While License Revoked. Bond \$10000. Trial Date 05-12-21

01-16 Onte Deangelo Kerr, 29, Magnolia. DV Protection Order Violation. Trial Date 03-16-21

01-16 Santos Raymundo Ortiz, 40, Clinton. MO Driving While Impaired, CIT No Operators License, CIT Open Container of Alcohol. Bond \$3000. Trial Date 05-17-21

01-16 Beron Tyree McNeil, 24, Kinston. MO- DWI, MO Misdemeanor Child Abuse, MO- Assault on a Government Official, MO Resisting Public Officer. Bond \$12500. Trial Date 06-15-21

01-17 Christopher Manuel Hernandez, 25, Clinton. OFA/No Liability Insurance, OFA/Drive/Allow MV No Registration, OFA/DWLR Not Impaired Rev, OFA/Fict/Alt Title/reg Card/Tag. Bond \$500. Trial Date 02-09-21

01-17 Jamell Amir Mathis, 24, Clinton. Resisting Public Officer. Bond \$500. Trial Date 03-09-21

01-17 Jakalya Makiaya Chestnutt, 18, Harrells. OFA No Operators License. Bond 4500. Trial Date

02-19-21

01-17 George Darius Faircloth, 29, Clinton. Possess Marijuana, Possess Drug Paraphernalia. Trial Date 06-15-21

01-17 Darius Laquan Williams, 29, Salemburg. Simple Assault. Bond \$500. Trial Date 02-15-21

01-17 Jeremy Leon Jackson, 44, Benson. MO Intoxicated and Disruptive, WFA Resisting Public Officer. Bond \$3500. Trial Date 05-17-21

01-19 Leyber Nevali Ramos Perez, 40, Clinton. Indecent Exposure. Trial Date 06-07-21

01-19 William Ashley Hines, 48, Calypso. Driving While Impaired, Reckless Driving to Endanger. Bond \$1500. Trial Date 03-25-21

01-19 Susan Darlene Smith, 40, Clinton. Trespass. Trial Date 05-18-21

01-19 Jonathan Robert Autry, 28, Autryville. OFA Possess Drug Paraphernalia. Bond \$500. Trial date 03-11-21

01-19 Enrique JeVane Deaver, 20, Clinton. Domestic Simple Assault, Injury to Personal Property. Trial Date 02-23-21

01-20 Mildred Michelle Suggs, 39, Clinton. OFA-Probation Violation. Bond \$5000. Trial Date 02-24-21

01-20 Reta Michelle Dixon, 53, Clinton. OFA-DWLR Not Impaired Rev, OFA Brake/Stop Light Equipment Violation. Bond \$500. Trial Date 05-13-21

01-21 Glenwood Earl Owens, 27, Salemburg. Assault on a Female, Domestic Violence Protective Order. Trial Date 02-23-21

INCIDENT REPORTS

01-15 Walmart of Clinton reported Counterfeit Money- \$20.

01-8 J'Kaiya Windham reported Larceny of iPhone \$1000.

01-19 Peking Chinese Restaurant reported a Breaking & Entering.

01-19 First United Methodist Church in Clinton reported Theft of Motor Vehicle Parts or Accessories- catalytic converter- \$300.

01-20 Regina Lucious of Clinton reported Theft of Motor Vehicle Parts or Accessories- catalytic converter \$300.

01-22 Robin Goodman, Stranje Owens of Clinton reported Damage to Property- automobile \$500, automobile \$500.

** The Crime Report is provided by the Sampson County Sheriff's Office and the Clinton City Police Department.*

THE PARABLE OF THE PENCIL



The Pencil Maker took the pencil aside, just before putting it into the box.

“There are five things you need to know,” he told the pencil, “before I send you out into the world. Always remember and never forget them, so you can become the best pencil you were created to be.”

1. You will be able to do many great things, but only if you allow yourself to be held in someone’s hand.

2. You will experience a painful sharpening from time to time, but you’ll need it to become a better pencil.
3. You will be able to correct any mistakes you might make.
4. The most important part of you will always be what is inside.
5. Everywhere you are used you must leave your mark. No matter what the conditions or the circumstances, you must continue to do what you were created to do.

The pencil understood, promised to remember, and went into the box with purpose in its heart. author unknown

Now, put yourself in the place of the pencil, always remember these worthy and Christ honoring admonitions given in the parable. In complete trust, allow our Heavenly Father to hold you, to guide you, to forgive you, and to use you. With the indwelling of the Holy Spirit, you will display His goodness and His love for all to see. Then, in submission to a loving God and not by your own accomplishments, you will become the very best person YOU were created to be!



Martha M. Pierce

Jonah a Sleeping Prophet



Jonah 1:4-6, “But the Lord hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up. Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep. So the captain came and said to him, “What do you mean, you sleeper? Arise; call out to your god! Perhaps the god will give a thought to us that we may not perish.”

Jonah was commanded by God to preach a message of repentance to the citizens of Nineveh.

His response was to escape his home town and flee hundreds of miles away from where God had called him to preach. While on the run from God, Jonah bought a ticket on a boat to flee. What happens on the boat to Jonah and the others would be something they would never forget.

Jonah’s defiance to God jeopardized not only his life but the lives of the boat’s crew. He did not comprehend that his sin also affected others; it caused trouble for those around him. Indeed, even as he ran from God, he obviously didn’t have a feeling of regret. The storm was so violent that trained sailors feared they would die. Yet, they had no clue that the reason they were suffering was because of their paid passenger.

Could we also be like Jonah and cause pain and suffering to others because of the sins we commit? Alcoholics, drug addicts, adulterers and other types of sinners will often say, “I’m only hurting myself.” Consider those that struggle with alcohol addiction and its control on their life. One of the most sobering effects of alcoholism is an increased risk for domestic abuse within the family. Abuse, tied to alcoholism, can be either emotional or physical in nature. I know first-hand how sad it is to have a father that when sober had a loving nature only to see him become a different person under the influence of alcohol. He ruined his marriage, career and friendships when he thought that the only person he was hurting was himself.

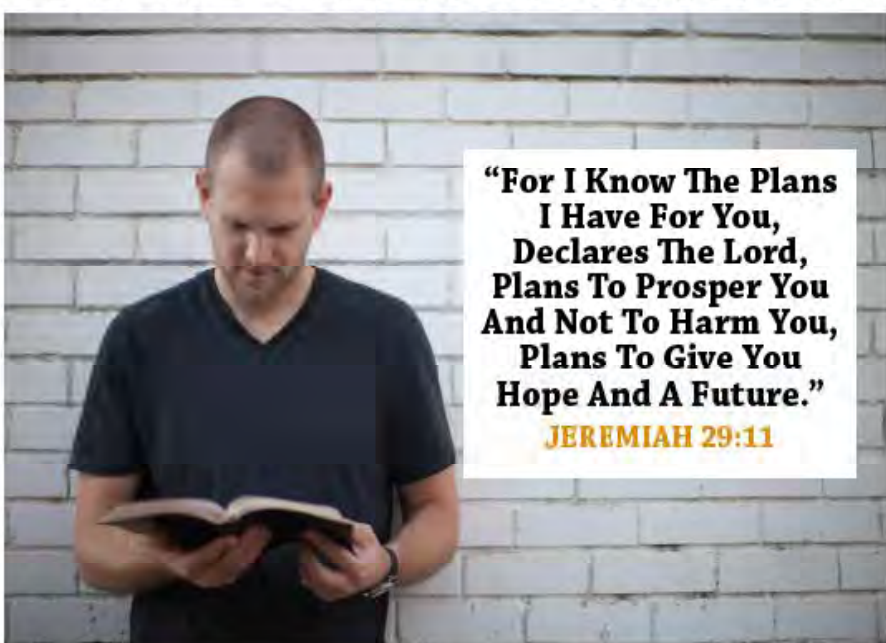
Could we also be like Jonah and fallen asleep while the world is falling apart? Jonah sleeps at the bottom of the boat while the storm rages. The Apostle Paul wrote in Romans 13:11, “Besides this you know the time that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed.” Satan rocks many Christians asleep with the comforts of this world. We over look those that are hungry and we ourselves over eat on fast food. We neglect reading our Bible for the pleasures of reading other’s statuses on Facebook. We disregard sharing the Gospel and instead spend more time talking about politics. Satan loves when a Christian becomes numb to the needs around them and spiritually falls asleep like Jonah. 1 Peter 5:8 declares, “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”

Finally, could we be like Jonah and be called upon to pray for the problems around us? The storm erupted and the pagan ship captain begged Jonah to pray to his God for deliverance. Max Lucado, pastor at Oak Hills Church, proclaimed, “Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference.” Jonah was disobedient, but God would still able to answer his prayer. God’s power is not weakened when his followers are spiritually asleep. Although Jonah was running away from the presence of God, he could really never go to any place that God was not at and neither can we. If you are running from God please stop. If you are spiritually asleep I encourage you to awaken to God’s call. If God could use a sinful Jonah, I promise that our Father in Heaven can use you.



Rev. Ken Smith

OPEN DOOR MINISTRY



“For I Know The Plans I Have For You, Declares The Lord, Plans To Prosper You And Not To Harm You, Plans To Give You Hope And A Future.”
JEREMIAH 29:11

910-532-2175 opendooraddictioncenter.org

30-Day Residential Treatment Program

Searching for a drug and alcohol rehab that is faith-based using God's Word the Bible and Christian values? Open Door Ministry, located in Delway, North Carolina, is a Christ centered program that teaches freedom from a life dominating sin. Open Door Ministry is a 30-day residential program that teaches victory over the flesh through Jesus Christ and the truths in the Bible. We also offer two 30 day extensions for a total of 90 days. This is done one day at a time through classroom teaching, victory cd's, personal soul care, chapel services and work projects.

Pastor David Chestnutt 910-549-8130

Office: 910-532-2175 Email: opendooraddictioncenter@gmail.com
Website: opendooraddictioncenter.org

Psalms for the Soul



Written by Linda Herring

The Bible speaks to us but the Psalms speak to us. Psalm 119 is the longest Psalm in the Bible. It is a love song about the Word of God. This Psalm is like a fence that God puts around us to protect us and keep us from harm. It is a safety fence that brings us freedom. Take a few minutes and read Psalm 119. Psalm 119:67 says, “Before I was afflicted I went astray, but now I obey Your Word.” God’s law is also a mirror that shows us we cannot live up to His standards without the help of the Holy Spirit. Only when we realize that the fence builder loves us and wants the best for us, then we will be happy to stay on the right side of the fence. When we understand that, we will trust God no matter what. Do not let the stresses of the day steal your Psalm. Contact me at herring.theword@gmail.com. We can trust God’s Word.

Law Enforcement Appreciation



Thank You for your Service,
Dedication and Bravery!!



We are a Proud Supporter of Our
Local Law Enforcement.
Thank You For Your Service &
Sacrifice!

Lockamy/Tek Insurance Agency, Inc.
1940 Hobbton Hwy, 701N
Clinton NC 28328
(910)592-4700

THANK YOU TO ALL LAW ENFORCEMENT!

FOR KEEPING OUR COMMUNITY SAFE!


SOUTHEASTERN
Building Products
SALUTES YOU



Thank You

to all the men and women in Blue
for their service and sacrifice.

We support you!

714 WARSAW RD. CLINTON, NC 28328

HOME HELP

TIP OF THE WEEK Scraping off ceiling popcorn

Popcorn ceilings, which were a fixture in homes from the 1950s to '70s, can make a space feel dated. Here's how you can update your home by scraping off ceiling popcorn yourself:

First, test your ceilings for asbestos. "If an at-home test reveals that your popcorn does contain asbestos, leave any alterations to the pros," says BobVila.com.

If tests show your ceilings are asbestos-free, it's time to get to work!

You'll need:

- Some clear tarp
- A ladder or stool
- A spray bottle, portable pressure sprayer or damp towel
- A flat-edged metal scraper
- A putty knife
- Primer and paint

1. Clear and protect the space. Remove as much furniture as possible from the room. Lay the tarp so that it covers the floor and anything else completely. Using duct tape, seal the seams of the tarp together. Using painter's tape, secure the tarp to the wall. The plastic sheet should catch all falling debris.

2. Moisten the ceiling. Using either a spray bottle or portable pressure sprayer filled with water, wet one square area of the ceiling at a time.

3. Scrape! Hold a flat-edged metal scraper to the ceiling at an angle and gently slide the popcorn texture off. Use a putty knife to tackle hard-to-reach edges. Note: Wear a mask and eye protection. When you're done, bundle up the debris-filled tarp and throw it out.

4. Finish up. Use a spackling compound to fill and sand any ceiling holes. Wipe the ceiling smooth with a damp cloth. Prime the bare ceiling and paint it.

CLEANING Unclogging a showerhead

If you notice buildup or clogs on your showerhead, here's how Good Housekeeping recommends handling it:

"Unclog your shower head by mixing equal parts white vinegar and water and pouring it into a plastic bag. Tie the bag around the shower head to immerse the holes in the solution and secure with a twist tie. Let it soak for up to an hour, then wipe away the loosened deposits."

GARDENING What exactly is 'deadheading'?

You've likely heard the term "deadheading" in a gardening context. Here's what you need to know about it, according to Better Homes and Gardens:

"Deadheading is a good practice for perennials and annuals. Because the goal of annual plants is to flower, set seed and die, removing the old blooms tells annual plants to produce more flowers. Removing spent flowers also encourages plants to use their energy to grow stronger leaves and roots instead of seed production. Avoid deadheading plants grown especially for their decorative fruits or pods, such as money plant (Lunaria)."

More Content Now

Space savers

Trees and shrubs for smaller gardens

By **Betty Montgomery**
More Content Now

Do you need a tree for a narrow space? Have you moved lately into a home with a smaller garden and want to plant a tree? Today, there are many trees that will grow quite tall yet stay rather narrow in width as they reach maturity. What kind of tree do you need for a particular space?

There are many different trees that have a narrow silhouette that will work perfectly in that smaller space. Tree experts have been on the lookout for years, trying to locate and grow trees that fit into narrower spaces or spaces where their branches will not extend too far into neighboring property, a road, or even into power lines.

With today's shrinking landscapes, narrow trees, like the ones I am going to mention, might be perfect for your garden or office. The slender growth habit means they do not take up much horizontal space while giving you the beauty that a tree gives. Some of these newer selections like ginkgo Goldspires are tall and slender while others are shorter in height and narrow in width. Adding one of these trees to your garden will add another dimension and layer of interest.

Some of the narrow trees, with their crisp, clean, columnar outlines can tend to be a little formal in appearance. Many appear to have been meticulously pruned, even though the shears may have never left the shed. These will fit nicely in the space between two houses, where the area is limited. Today, most gardeners aren't working with an endless amount of space as in the past.



Above: Taylor juniper has a wonderful slender shape and can be used in place of an Italian cypress in cooler areas. Left: You can find several narrow cherry trees for your garden. (BETTY MONTGOMERY PHOTOS)

Look at the area where you want to plant a tree and determine how much air space you have. Next, you need to decide if you are looking for an evergreen or a deciduous tree. What is the purpose? Are you looking for shade or privacy or are you wanting to hide an unsightly object on a nearby property? There are many choices in trees when it comes to finding the right shape tree, both deciduous as well as evergreen.

Slender Hinoki cypress, Sky Pencil holly and Taylor junipers are three evergreen plants that will add interest to any garden. I just planted several Taylor junipers because of the narrow columnar

shape and also because I like the semi-soft, blue-green foliage. They could reach 30 feet tall over time and will stay about 3 feet wide, a good substitute to an Italian cypress if you live in colder areas. If you live where the weather is warm, you are able to plant Italian cypress but where I live, they will not do. These trees make a dramatic statement every time I see them in a garden so I wanted to try to replicate that slender look.

Goldspire ginkgo is a tree that will light up your landscape in autumn. Large, fan-shaped, lobed leaves persist on trees for several weeks after they turn yellow in the fall for a long color show. Bred

specifically for its narrow shape, Goldspire ginkgo is only 6 feet wide at maturity, which makes it an architectural landscaping gem for small yards or narrow spots.

A native tree to look for is a columnar sweetgum called Slender Silhouette. It is a beanpole of a plant, growing 50 feet tall or higher, with a spread of 5 feet at the base. It has pretty fall color and is easy to grow.

As you are aware, most oak trees grow into quite large trees. A new one called Crimson Spire is a tightly fastigate oak with some nice characteristics like dark green leaves and reddish fall color. This tree gets to about 45 feet with a spread of about 15 feet, not typical for an oak.

If you are looking for flower color you might want to consider a lovely flowering Japanese cherry Amanogawa (prunus serotinate). This will make a perfect tree for a smaller yard where a flowering tree is desired.

We do not all have room for that mighty oak or deodar cedar in our garden, but there are trees that will be perfect in your landscape. Whether it is a shade tree or a tree to shield you from an unsightly sign, there are trees that will work for you. I have only mentioned a few of the many that are available. You might have to visit several of your local garden centers because some of the larger chain stores might not carry these specialty trees.

Decide where you want to plant that new tree and do some research and find the perfect one for your garden. Trees are long-lived and will give you much pleasure for a long time. It is worth your time to find the right tree with the right shape for your garden.

Think about it this way, trees are like people, they come in all shapes and sizes.

Betty Montgomery is a master gardener. She can be reached at bmontgomery40@gmail.com.

DEAR MONTY

Different types of real estate agents



Richard Montgomery

Reader question: A recent article you authored titled "What's wrong with real estate" described several conditions that contribute to the real estate sales environment. We will be selling our home soon and feel that expanding on the agents would help alert us to which to avoid. Can you drill down?

Monty's answer: In my experience, one of the most challenging tasks

when selling your home is picking a competent agent. Most real estate agents I have worked with are friendly and present themselves as honest and sincere. They believe in their abilities and come across as confident and competent. You cannot always distinguish shortcomings until after you engage them. It takes effort on the seller's part to uncover weaknesses in their ability before you hire.

I believe these types of agents may be working:

- Hard-working, efficient use of time, and not afraid of sharing information they know you will not like to hear. These agents can defend their

conclusions with accurate data and present them diplomatically. They are customer-focused, active listeners, intending to satisfy their customers by putting their interests ahead of their own. This is the agent you want. They are hard to find.

- Hard-working, efficient and honest, but lacks knowledge and common sense.

- Some invest little effort and wait for business to come to them.

- Others use their agent status to prospect for bargains to build their real estate portfolios.

- Work only to sell their listings and get paid on both sides of the transaction. "Coming

soon" promotions are an example of both sides.

- The part-time real estate agent suggests using caution, but I once met a retired physician with time on her hands and an interest in real estate. She could outperform many full-time agents. What is the new agent's background?

I operated brokerages for many years and was active with local and state Realtor organizations. If you would like to learn more, go to bit.ly/3i1pta5 for an independent study from 2015 of industry problems commissioned by the National Association of Realtors. Scroll to the agent section on page 20 to learn how agents described their fellow agents.

FLASH IN THE PAN

Roots rock

Mixing and matching winter tubers

By Ari LeVaux
More Content Now

I was on the hunt for the winter pebbles, an assortment of turnips, potatoes, carrots, beets, parsnips and winter radishes that some enterprising farmers at my local market sell as a mix. They look like a basket of gleaming jewels. They remind me of Fruity Pebbles, the breakfast of Flintstones.

Storage crops are typically harvested in the fall and kept cool and fresh all winter. Homesteaders would store these tubers in aptly named root cellars, along with squash, sides of bacon, apples and whatever else they could squirrel away. The pandemic has made us contemplate various end-of-the-world scenarios, and brought out the inner “prepper” in many people. It sounds fun and romantic, but the diet could get old, and any viable attempt to live off the land would mean coming to terms with turnips, and some of the other harder-to-appreciate roots, including celeriac, rutabaga and Jerusalem artichoke.

I had been thinking about winter pebbles a lot after they first caught my eye, and had decided to buy some at the next market.

Alas, my farmer friend broke the sad news: Early that morning, as he was transferring the pebbles from their burlap sack into their quart cartons, a gentleman made an offer on the entire sack. The offer was accepted, and the pebbles were gone.

“Oh well, next week I guess,” I said. “Unfortunately, that’s it for the season,” he replied. They were now out of turnips and storage radishes for the year, which means the winter pebbles mix could no longer be complete.

So there I was, forced by fate to do what I could have done all along: buy a bunch of different roots, and mix them together myself.

But I kept wondering: What was the gentleman going to do with that huge sack of winter pebbles? It’s one thing to buy a small amount of vegetables and cook them right away, but storing a diverse assortment of root crops in the same bag like that can be risky. Each type of tuber will have different storage needs. Radishes, for example, do better in plastic bags, while potatoes, garlic and many others prefer mesh. If you’re buying a large volume of roots and planning on storing them, it’s actually wiser to buy and store them separately.

Winter pebbles is more of a way of cooking than a specific mix of roots. It’s a way of getting to know what’s local in winter, and of tasting the flavors



Visit your market and keep your eyes peeled for your local “winter pebbles” mix, or create your own. [ARI LEVAUX]

Winter Pebble Tart

Serves 4

- 1 large potato, sliced into ½-inch rounds
- 1 large carrot, sliced into ½-inch rounds
- 1 medium parsnip, peeled and sliced into ½-inch rounds
- 5 Brussels sprouts, sliced in half
- 1 small red onion, sliced into ½-inch rounds
- ¼ cup olive oil
- Salt and pepper
- ½ cup sugar
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh sage, chopped

- 10-ounce piece of goat cheese
- 1 rolled piece of pie dough or pizza dough (or you can skip this part and proceed with the roots)

Preheat oven to 400. Toss the sliced roots in oil and season with salt and pepper. Arrange them in a single layer on a baking pan. Roast until golden and tender, about 40 minutes. Remove from the oven and allow to cool.

Cook the sugar in 2 tablespoons of water in a thick bottomed saucepan on medium heat, stirring as necessary to prevent burning, until the mixture is amber

colored, about 8 minutes. Turn off the heat, add the vinegar and a pinch of salt, and stir it in.

Pour the vinegar mixture into a 9-inch pie pan. Scatter the sage and rosemary over the caramel. Arrange the sliced roots artfully atop the herbs, using pieces to stuff the holes. Sprinkle with the onion slices and crumbled goat cheese. Cover the whole thing with the rolled dough, if using, and bake it at 400 for another 20 minutes, or until the dough is nicely crusted.

Remove from the oven to cool, and invert the pan over a plate to serve.

of the land. Visit your market and keep your eyes peeled for your local “winter pebbles” mix, or create your own by choosing from different stands.

Tossed in olive oil, salt and pepper, and roasted

until soft, those combined roots create an array of delicious flavors. The bitter flames of turnips and radish create a sharp contrast to the sweet, mellow carrots. Maybe next time you’ll skip the turnips. Or

add some of the honorary root crops like squash or Brussels sprouts.

If that is not enough micromanagement for you, here is a recipe for a root tart from Kate, the co-inventor of winter pebbles.

FOOD FOR THOUGHT

TIP OF THE WEEK Smoking meats correctly

Smoking food does take awhile, but you don’t have to be a pit-master to enjoy the deliciousness of your favorite meats. Here’s how you can get started on smoking, according to TheManual.com:

- **Pick meats that will benefit from the slow-cooking process.** Don’t shy away from cuts with lots of connective tissue and fat known as “marbling.” A generous marble will make the finished product more succulent. Some meats to use include beef brisket, pork shoulder, thick steaks, tri-tip, chuck-eye or chicken breast.

- **Brining your meat keeps it from drying out during the smoking process.** Brine is salty water, but adding herbs and spices can enhance the flavor. For optimal moisture retention, soak your meat in a brine for 10-12 hours before smoking. To make a good base, add 3 tablespoons of salt to 1 quart of water, then throw in whatever else you prefer.

- **Keep your temperature between 212 degrees Fahrenheit and 230**

degrees Fahrenheit for the best results. These lower temperatures generally won’t cause the meat’s cell walls to burst, which helps make the meat more succulent and allows it to retain nutrients.

DRINK Probiotic coffee and tea

Food scientists at the National University of Singapore recently announced they have created new probiotic coffee and tea drinks that contain more than 1 billion units of gut-friendly live probiotics. While traditional probiotic carriers like yogurts and cultured milk are dairy-based products, researchers said their coffee and tea drinks are non-dairy and plant-based beverages can be stored chilled or at room temperature for more than 14 weeks.

FUN FACT Cheese

Cheese is the most stolen food in the world. About 4% of all cheese made around the globe ends up being stolen.

[More Content Now](#)



BIGSTOCK

FLEUR DE LOLLY

Italian casserole starts with baked rigatoni



Laura Tolbert

One of my daughter’s favorite dishes from Tellini’s Pasta Market is their Italian casserole. Begin with a cheesy baked rigatoni, which is heaven on a plate as is, but top it with a zesty marinara sauce. It’s the best of both worlds when you can’t decide whether you’re craving an Alfredo or marinara sauce-based dish.

As a surprise for her, I attempted to recreate the recipe. I believe I came really close!

Baked Rigatoni Italian Casserole Topped with Marinara Sauce

Make the marinara sauce topping first:

- 2 tablespoons olive oil
- 1 medium yellow onion, finely chopped
- 1 teaspoon minced garlic
- 1 (28-ounce) can of crushed tomatoes
- 2 tablespoons dried Italian seasoning
- 1 teaspoon sugar
- 1 tablespoon red wine vinegar
- A few grinds of black pepper

In a medium saucepan, heat olive oil over medium heat. Add onions and let them cook for 4 to 5 minutes until



Baked Rigatoni Italian Casserole Topped with Marinara Sauce.
[LAURA TOLBERT]

softened. Add garlic and let cook for a minute longer. Add tomatoes, Italian seasoning and sugar, and bring to a simmer. Cover and let cook for 30 to 45 minutes. During the last few minutes of cooking, add the red wine vinegar and black pepper. Taste and add a little salt if needed.

Now for the casserole:

- 16-ounce box rigatoni, cooked according to package directions and drained
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 tablespoons flour
- 3 cups milk
- ¾ cup finely shredded Parmesan, plus extra for topping
- 1 cup shredded Mozzarella
- 24 ounces ricotta cheese
- 1 teaspoon white pepper
- 1 teaspoon salt
- 1 teaspoon dried parsley flakes

Preheat the oven to 350 degrees and spray a 9-by-13-inch casserole dish with

non-stick spray.

In a large saucepan (at least 2 quarts), heat butter and olive oil over medium heat. Add flour and, stirring constantly, let it cook until it is a light brown color. Slowly add in milk, stirring constantly, and allow the mixture to thicken slightly.

Add the cheeses a little at a time until blended and evenly melted. Stir in pepper, salt and dried parsley flakes. Remove from heat and stir into drained rigatoni noodles.

Pour casserole mixture into a prepared baking dish and cover with foil. Cook for 25 minutes and remove foil. Sprinkle more Parmesan cheese on top and return to oven for 10 more minutes. Allow to rest for about 5 minutes. Top each serving with marinara sauce. Add a fresh green salad and breadsticks, and you have a delicious meal.

PERFORMANCE AUTO
“STAR ATHLETE OF THE WEEK”

It's About... HARD WORK
 It's About... DEDICATION
 It's About... INTEGRITY
 It's About... PERFORMANCE



Sponsored By **PERFORMANCE AUTOMOTIVE** & **The Sampson Weekly**

Harrells Christian Academy football standout Devin Gardner



because of my size, I couldn't run the ball, so they thought I would be better on the line."

Once he grew into the part, Gardner, a fan of the Pittsburgh Steelers, felt comfortable enough to transition into a fullback. "You have to trust your line," he said. "They are the ones who are making those holes for you and these guys worked so hard this year, I trust them."

Coming to Harrells at the beginning of the year was something that Gardner wanted to do. "They didn't use me at Wallace-Rose Hill and I didn't get a lot of playing time, so when I came here, I felt like I had something to prove."

Boy did he ever prove it. Gardner averaged 170 yards per game this season.

"I wanted to finish strong," he said. "Playing in the state championship was fun. We were still in it – it was 28-19 at the half and we felt like we had a chance. We just had to keep fighting. After the loss, I was really upset because our boys really fought hard all year long."

In his first season at Harrells, Gardner said that his time was made easier by the people welcoming him.

"Oh yeah, right away, I felt welcomed here," he said. "As soon as I came here, I felt like everyone was family. It is a lot smaller than Wallace-Rose Hill, so class-wise you get a lot more attention, which is great because you have the more one-on-one with your teachers because the classes are smaller."

Gardner said that in addition to his teachers and teammates, his coaches have been welcoming as well.

"Coach Arnette has to be one of the best coaches I've ever had," he said.

Which will be why it will be difficult to leave next year when he graduates. "It will be hard to leave Harrells because I already feel close to

everybody here," he said. "I already know that I am going to miss the class of 2021 because I have made many friends."

Although he is planning on going to college, Gardner said that he doesn't know which one he will go to. "I am not too picky," he admits. "Whoever wants to give me a scholarship – that's where I'll go."

He said that his ultimate dream is to play in the National Football League (NFL), but wants to get his degree in Criminalology.

"I watched a lot of Criminal Minds," he said. "So, I think that I will definitely go into law if the pro football career doesn't work out."

He says he is thankful for the support of his family, especially his mother (Cynthia) and his sister (Bynteo) and his teammates.

"I just like to thank the entire team," the straight 'A' student said. "We just all clicked. There was no negativity. And my coaches and the Harrells community for making me better."



**PERFORMANCE AUTOMOTIVE SALUTES THE
 STUDENT ATHLETE OF THE WEEK!**

**HAVE YOU FOUND
 YOUR NEW
 VEHICLE YET?**



**CLEARANCE
 EVENT**



605 Warsaw HWY, Clinton, NC
910-592-JEEP (5337) www.performancecdjr.com

EDUCATION

Viking Spotlight: Emily Brown

Begins Journey as Career Coach



Written by Olivia Gillespie – Foundation Intern, Spring 2021

Last November, the Career and College Promise (CCP) program at Sampson Community College (SCC) hired four new Career Coaches. The CCP program allows high school students in Sampson County to get a head-start in their future after high school by taking classes at SCC. Emily Brown of Clinton was one of the first to be hired in this new position.

Brown graduated from Clinton High School (CHS) in 2016 and from the University of North Carolina Wilmington in 2019. She graduated from college with a degree in Psychology and Leadership Studies. Brown is currently working on obtaining her master's degree in Student Affairs from the University of North Carolina at Greensboro. While in high school, Brown participated in the CCP program. She has now come full circle from being an advisee to an advisor.

Before coming to SCC, Brown moved to Greensboro, North Carolina to work on her master's degree. When the COVID-19 pandemic hit, her program moved fully online. Brown then saw the new position available at SCC as a Career Coach for the CCP program. She applied and interviewed for the new position and now she is the Career Coach stationed at Clinton High School. Each day Brown reports to CHS, the school that she graduated from. She has been at CHS since December of last year.

Taylor DeLeone, Clinton High School Guidance Counselor stated, "Ms. Brown has been nothing but an asset to the Clinton High School Guidance staff. She is always eager to learn more about our school and our students. From the moment

she entered our doors, she has hit the ground running. Ms. Brown has worked very hard to ensure our students take advantage of all that SCC has to offer. She has met with students, communicated with parents, and even spoken to groups of students in the classroom to encourage students to achieve their postsecondary goals. She always has a smile on her face under her mask of course! We are very thankful to have Ms. Brown, and the positive attitude she brings with her!"

The CCP program at SCC has grown rapidly since it first began. Last May, 33 CCP students graduated with their associate's degrees and over 600 more students were enrolled in the program. As a Career Coach, Brown helps students choose classes that can be transferred to a four-year college or university and help students with the courses that are not curriculum based, but instead work-place based.

Brown decided to join SCC as a Career Coach due to her time as a CCP student while she was in high school. Being a Career Coach at SCC combined Brown's desire to help students, with her desire to give back to the community that raised her. She remembered her experience as a CCP student as a positive one.

"Partially because my interaction with the program when I was in high school was so positive. It really combined my interests of working with students and I do still care a lot about my community," Brown commented.

Since being in high school herself, Brown has seen the CCP program grow tremendously. As a Career Coach she has her own goals for the future of the program. One of her main goals is to increase the number of students that are not considered "academically high achieving" take advantage of the CCP program. Her hope is that these students also take advantage of the opportunity to advance their career early. She also wants to grow awareness about the program for the students that might think that the CCP program is not for them.

When asked about Brown, Director of Career and College Promise, Perry Gillespie replied, "Emily is an amazing asset to Sampson Community College. She has a maturity that exudes experience beyond her years. She is a quick learner and very knowledgeable about the CCP program."

Since starting at SCC, Brown has had an extremely positive experience so far. Especially since much of her time is spent at CHS helping the students there. She believes that SCC is her home even when she is not physically on campus. Brown has had wonderful experience at SCC during her brief time as a Career Coach.

Brown exclaimed, "SCC has been super positive. It is very family-like environment and everybody has been extremely kind. It has been really nice with me being a dual report. SCC made sure that I know this is my home."

Emily Brown has just recently started here at Sampson Community College as a Career Coach for the Career and College Promise program and has already shown great growth.



Harrells Christian Academy - Headmaster's List (All A's) – 2nd nine week grading period

3rd grade

Gabriel Bowker, Emily Campbell, Holt Campbell, Hayes Clifton, Kendall Haney, Kiyan Hemmingway, Sarah-John Jackson, Emmie Marlowe, Savannah Matthews, Kennedy Merritt, Karter Raynor, Harrison Register, Marshall Rumbold, Kate Sawvel, Henry Stevens, Savannah Kate Stevens, Allie Tanner

4th grade

Fisher Blanton, Brooklyn Bryan, Hannah Floyd, Sophia Gnyp, Hayes Griffin, Avery Hall, Kenzie Jackson, Ava Matthews, Breelyn Peed, Henry Pope, Landon Pusey, Nash Register, Scarlett Rose Robinson, Lilly Kate Rogers, Anna Williams

5th grade

Sarah Gray Bryan, Caven Chambers, Riley Maddox Falatovich, Brantley Frederick, Eve Bradlee Hardison, Blakely Herron, Sammy Martin, Davis Rogers, Luke Weeks

6th grade

Walker Clifton, Wilson Clifton, Jack DuBose, Windsor Farrior, Hutchens Glenn, Clara Glynn Hill, Channing Jackson, Robert Johnson, Brady Marlowe, Sam McKeithan, Piper Nelson, Trey Owens, Will Owens, Kailey Pope, Rivers Robinson, Noah Tanner

7th grade

Brock Arce, Gracie Barnes, Trey Bryan, Sarah Cain, Collin Cole, Josiah Crumpler, Lillian DeVane, Riley Dixon, Brayden Frederick, Gracie Johnson, Jenna Lee, Niyuh Pegues, Lily Powell, Mary Willow Rumbold, Lexie Sawvel, Marleigh Sidbury, Landon Toler

8th grade

Christina Barnhill, Lexi Bass, Izzy Bradshaw, Rebekah Bryan, Regan Cannon, Riley Cannon, Camryn Fussell, Savannah Grady, Hudson Griffin, Eli Hardison, Garrison Hill, Molly Hilton, Daughtry Jackson, Colin King, Jackson Lee, Linsey Peterson, McKenzie Peterson, Joesen Pope, Coley Sasser, Adrienne Squires, Grant Swanson

9th grade

Brianna Carr, Josh deAndrade, Elizabeth Greene, Addie Long, Piper Moore, Connor Pope, Georgia Pope, Leelee Votaw, Michael Dale Williams

10th grade

Amber Jones, Will Swanson, Walker Ward

11th grade

Ny'Kee Arrington, Kensley Blanchard, Reese Blue, Hannah Cole, Harrison DeVane, Hayes

Dixon, Anna Edwards, Ayden Fussell, James Fussell, Trent Jackson, Isabella Rumbold, Ty Smoak, Matthew Thornton

12th grade

Ann Holland Bell, Grice Bell, Liam Bennett, Lekea Boney, Tracey Boone, Zachary Butler, Victoria Davis, Sophie Dixon, Katie Johnson, Lexi Kornegay, Taylor Lucas, Haley Malpass, Rhylee Pope, Jake Moore, Cara Rhodes, Colby Stoppelbein, Noah Tart, Savannah Wells, O'Neika Williams

Harrells Christian Academy - Honor Roll (All A's and B's) – 2nd nine week grading period

3rd grade

Bella Cavanaugh, Camden Holloman, Kendal Irving, Joseph Mejia, Sophia Shearer

4th grade

Kayleigh Bowen, J.C. Carr, GaryAnna DeVane, Chance Evans, Lily Kathryn Hobbs, Jackson Lassiter, Caroline Owens, Morgan Sutton, Brenlee Thornton, Kate Walker

5th grade

Bailey Bowles, Oakley Brice, Caleb Coats, Emma DuBose, Addison Haney, Taylor King, Caleb Kirven, Miller Ludlum, Lainey Malpass, Drake Mobley, Magdalene Parker, Dodge Pope, Trace Thompson, Kenton Willard

6th grade

Gracelyn Bowles, Gracie Brice, Jeremiah Davis, Elizabeth Edwards, Rebecca Jackson, Ella Lynch, Ella McKeithan, Haleigh Sotelo, Makayla Stallings

7th grade

Cooper Barber, Davis Bradshaw, Will Brooks, Hannah Carr, Lailyn Carr, Grayson Gatton, RayAnna Ginn, Noah Johnson, Kenzie Malpass, Baines Raynor, Preston Russ, Ana Grayce Wells

8th grade

Jase Blanchard, Chloe Bowles, Cole Butler, Ella Campbell, Landon Coats, Holden Hudson, Olivia Matthews, Briana Melvin, Hakeem Murphy, Mabel Parker, Aaron Sessoms, Jaiden Stallings, Caiden Sutton

9th grade

Ruthie Andrews, Evan Boussias, Edwin Gaspar, Samiir Gibbs, Ariel Malpass, Benny Mercer, Taylor Grace Register, Brysen Smith, Rhodes Spears, Savannah Tatum, Scarlett Votaw

10th grade

Reece Bass, Jack Bowker, Max DiLello, Jakob Funes, Ethan Spell, Maggianna Rivenbark, Lacie Rogers, Connor Spell, Nathan Tatum

11th grade

Tyrone Barbee, Caroline Barnhill, Sam Hope, Kolby Jessup, Isaac Jimenez, Paige Johnson, ViviAnn Johnson, Kendall Lanier

12th grade

Larson Cashwell, Natalie Cline, Savannah Dixon, Henry Moore, Olivia Toler, Zaria Washington

Just for Fun!

in **The Magical Attic**

www.TheMagicalAttic.com

The Magical Attic by Mark Marderosian

Watch The Magical Attic cartoons on Kidoodle.TV



The Magical Attic Snowflake Game!

Take turns drawing a straight line between two dots which will soon create a square. When you complete a square, put your initials inside the square you finished.

2 points for a square with snowflake inside it. 1 point for each empty square with your initial inside it.

© & © BCP, LLC. All Rights Reserved.

The Magical Attic FUN FACTS!

- THE EARTH IS ACTUALLY CLOSER TO THE SUN IN DECEMBER, EVEN THOUGH THE WINTER SOLSTICE IS THE SHORTEST DAY OF THE YEAR.
- EVERY SNOWFLAKE HAS SIX SIDES.
- THE AVERAGE SNOWFLAKE FALLS AT AROUND 3 MILES PER HOUR.
- ABOUT 12 PERCENT OF EARTH'S SURFACE IS COVERED IN SNOW AND ICE

The Magical Attic Snowflakes Game!

COUNT THE NUMBER OF SNOWFLAKES!
(ANSWER BELOW)

www.TheMagicalAttic.com

Fun time word search

Find these words:

- WINTER
- ICE
- SHOVEL
- FREEZE
- SNOW
- SPARKLE

T L M L E V O H S
S P A R K L E N F
C L G N Z K O D R
W N L N C W P T E
H I V V D H F Y E
H M N P Z H B H Z
R Z C T M V T J E
M L Y S E B M O K
S Z I C E R B L R

© & © BCP, LLC. ALL RIGHTS RESERVED.

drawing with mark

LET'S PRACTICE DRAWING!
A Snowman!

GET A PENCIL AND USE THE GRID BELOW TO DRAW THE PICTURE AS SHOWN ON THE LEFT. THE GRIDS WILL HELP YOU TO LINE EVERYTHING UP!

REMEMBER TO TAKE YOUR TIME. YOU CAN ALWAYS ERASE OR PUT A NEW PIECE OF BLANK PAPER OVER THE GRID AND START AGAIN.

AND... DON'T FORGET TO KEEP PRACTICING... AND KEEP SMILING!

Award-winning "Drawing with Mark" DVD episodes available at www.DreamscapeAB.com
Drawing lessons, fun facts and animation!

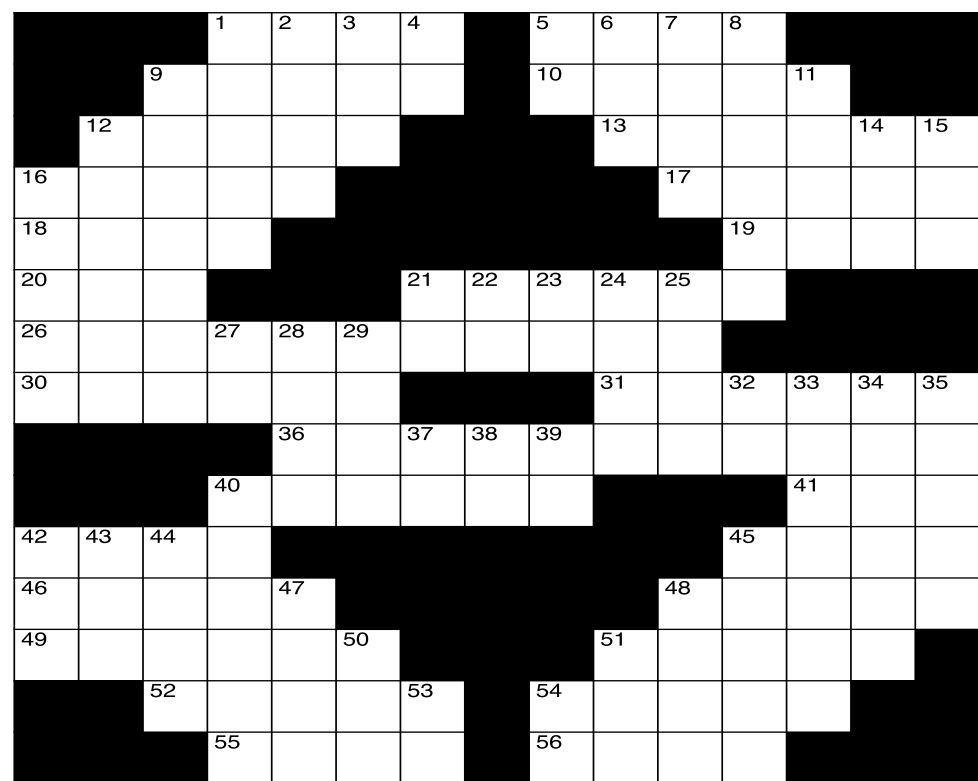
drawing with mark

How-to-draw DVDs now available!

Fun and educational drawing instruction on dvds for ages 6 - 86. Over 2 hours of educational fun per set!

Please visit:
www.moviezyng.com/DWM.aspx

PUZZLES



CLUES ACROSS

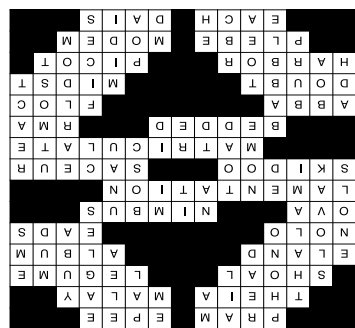
- 1. Traditional baby carriage
- 5. A fencing sword
- 9. Titan mother of Helios
- 10. S.E. Asian peninsula
- 12. A stretch of shallow water
- 13. Pea, bean or lentil
- 16. African antelope
- 17. Recording of different songs
- 18. ___ contendere, plead no contest
- 19. Diving bell inventor
- 20. Egg cells
- 21. Cumulus rain cloud
- 26. Cry of sorrow
- 30. 23 _____: go away
- 31. Supreme Allied Commander Europe
- 36. Enroll as a student
- 40. Furnished sleeping quarters
- 41. ___ Sandhurst
- 42. Swedish rock group
- 45. Bouquet of flowers
- 46. Suspect to be false

CLUES DOWN

- 1. A type of plug
- 2. Comprehend written words
- 3. Feel ill
- 4. 1/1000 of an ampere
- 5. Dorothy's auntie
- 6. Chum
- 7. Greek colony founded by Xenophanes
- 8. Philly football team
- 9. Sensory brain parts
- 11. Marysville, CA college
- 12. Language spoken in Bratislava
- 14. Wet, sticky earth
- 15. Emergency Medical Service
- 16. a.k.a. Alkenols
- 21. Sodium
- 22. Addams Family cousin
- 23. 3rd tone of the scale
- 24. Pear variety
- 25. Two-toed sloth

- 27. - ___, denotes past words
- 28. Alaskan town
- 29. The family bufonidae
- 32. Centilitre
- 33. Earl's jurisdiction
- 34. Extreme
- 35. Show a response
- 37. Touchdown
- 38. Rhenium
- 39. Potato state
- 40. Utter incoherent words
- 42. Pitressin
- 43. A tropical constrictor
- 44. A baby's belch
- 45. Nervous little mongrel dogs
- 47. Papuan monetary unit
- 48. Musical Instrument
- Digital Interface
- 50. Corpuscle count (abbr.)
- 51. Bluegrass genus
- 53. Common Canadian phrase
- 54. Physicians designation

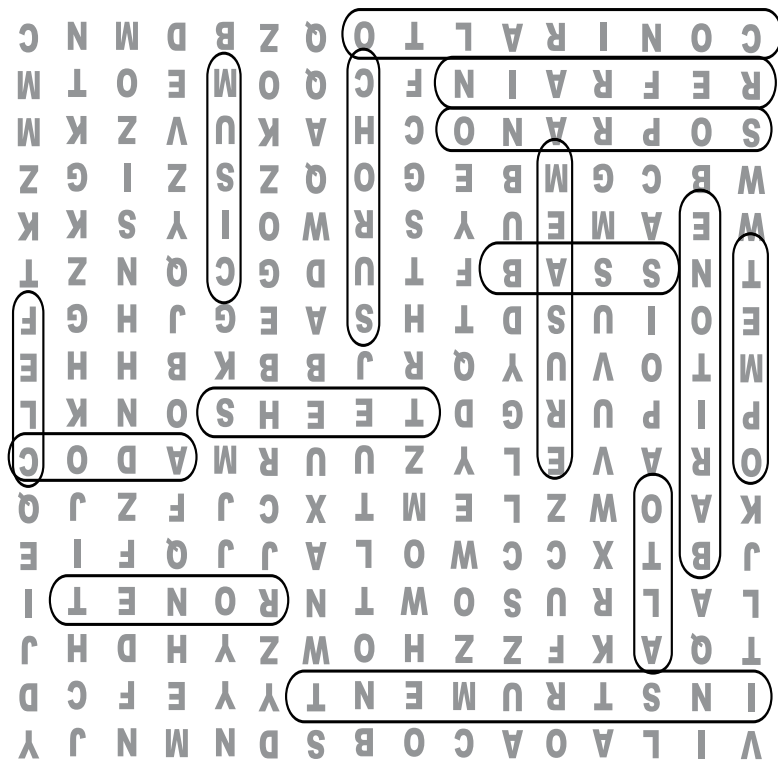
8	3	2	6	7	1	4	9	5
4	1	7	9	3	5	2	6	8
6	5	9	2	8	4	3	7	1
7	6	8	4	1	3	5	2	9
5	9	3	8	2	7	6	1	4
4	2	1	4	2	5	6	9	3
3	2	5	1	4	8	9	6	7
1	1	7	6	3	9	8	2	4
9	8	4	7	5	1	9	3	2



Word Search — Musically Inclined

V I L A O A C O B S D N M N J Y
 I N S T R U M E N T Y Y E F C D
 T Q A K F Z Z H O W Z Y H D H J
 L A L R U S O W T N R O N E T I
 J B T X C C W O L A J J Q F I E
 K A O W Z L E M T X C J F Z J Q
 O R A V E L Y Z U U R M A D O C
 P I P U R G D T E E H S O N K L
 M T O V U Y Q R J B B K B H H E
 E O I U S D T H S A E G J H G F
 T N S S A B F T U D G C Q N Z T
 W E A M E U Y S R W O I Y S K K
 W B C G M B E G O Q Z S Z I G Z
 S O P R A N O C H A K U V Z K M
 R E F R A I N F C Q O M E O T M
 C O N I R A L T O Q Z B D M N C

- Alto
- Baritone
- Bass
- Chorus
- Clef
- Coda
- Contralto
- Instrument
- Measure
- Music
- Refrain
- Sheet
- Soprano
- Tempo
- Tenor



SUDOKU

						4	8	
			2			9		
	7							3
			6		5		4	2
1					8		6	
					4			
7	1		4					9
		2		3				
5	6				9			8

Jesus and Zacchaeus (Luke 19:1-10)

U U K V V Z D N
 S K D O J A C M
 N A M E L C O L
 Q E Z C I C M O
 U B Z C N H E O
 I E G A Z A G K
 C L I M B E D C
 K Z V E N U Z M
 V J E S U S D L

- CAME
- GIVE
- NAME
- CLIMBED
- JESUS
- QUICK
- COME
- LOOK
- ZACCHAEUS

Let The Sampson Weekly help to grow your business!!

Advertise with US!!

Call (910) 590-2102

Doctor's orders

Here's to a healthy 2021, with resolutions from heart doctors



BIGSTOCK

By Michael Merschel
American Heart Association News

Deep in their hearts, everyone has to be looking forward to a fresh start in 2021.

And who would know better about matters of the heart than a cardiologist? We asked some of the nation's best about resolutions — what they're planning for themselves, and what they wish their patients would focus on for a healthy and happy new year.

Their advice begins with a reminder that the threat of COVID-19 will not vanish at the stroke of midnight on Dec. 31.

"You need to resolve to stay healthy and safe," said Dr. Ivor Benjamin, director of the Cardiovascular Center and professor of medicine at the Medical College of Wisconsin in Milwaukee. "It's an ever-present challenge for everyone, independent of where they are."

In California, Dr. Robert Harrington is chair of the department of medicine at Stanford University. He's making its institutional motto a personal one as the fight against the coronavirus goes on.

Stanford Medicine tells its health care workers, researchers, staff and

students to be safe, be smart, be kind, Harrington said. "So my personal resolution is that I will work at staying safe through good public health measures of mask-wearing, frequent hand-washing and appropriate social distancing; at staying smart by keeping up to date with the latest news and research on COVID-19; and at staying kind by focusing on our extended community needs.

"Here's hoping that my patients can do the same."

Even as the pandemic is a top health concern, there's room for thinking beyond it.

"The new year is always a good time for patients to reprioritize their health," said Dr. Fatima Rodriguez, an assistant professor of cardiovascular medicine at Stanford. She'd like patients to focus on healthy eating and scheduling physical activity every day. "There are no quick fixes to optimal cardiovascular health. It takes consistency."

Dr. Rachel M. Bond, system director of women's heart health at Dignity Health in Arizona, suggests resolving to learn the art of relaxation.

"Although stress and anxiety are common — and we've had more than our fair share of both in 2020 — chronic stress and anxiety can be dangerous for our heart health." Anxiety can trigger the



"Although stress and anxiety are common — and we've had more than our fair share of both in 2020 — chronic stress and anxiety can be dangerous for our heart health."

Dr. Rachel M. Bond, system director of women's heart health at Dignity Health in Arizona



release of stress hormones such as cortisol and adrenaline, which can increase heart rate and blood pressure. Women are at higher risk for stress-related heart issues, Bond said.

"Finding healthy ways to cope with this is a must," she said. She suggests meditation, exercise, listening to music, conversing with family or friends or even seeking professional help.

Relaxation was on Rodriguez's mind with her personal resolutions. She's aiming to take time to disconnect from devices — "no email, no cellphones, no social media. I'd also love to prioritize time for reading non-medical literature and journaling."

Bond said she isn't traditionally a resolution-maker. "I usually try to shy away from making yearly resolutions, as if I fail to stick to them, I feel an extreme level of guilt."

To that point, Benjamin said it's important to make resolutions that are realistic.

For example, he'd like to lower his handicap in golf. "But it's kind of hard to do that when I live in Wisconsin and there's still snow on the ground for the next four to five months."

For patients looking to make healthy changes, Benjamin offers this simple advice year-round: "I am looking for progress, and not perfection."

For example, instead of setting out to run a marathon, a good resolution for adults might be to follow the federal recommendation to get at least 150 minutes of brisk exercise every week. "I tell my patients walk 30 minutes a day and take a day or two off for good measure. Just do the math, and you're going to get there."

He and Bond both looked inward with some of their personal goals. Benjamin hopes he can spend more time in the present, "so that I can be a catalyst and, hopefully, a positive force for everything that's around me."

And Bond said "with 2020 being a year for the history books — and a chapter I am eager to close," she's focused on gratitude.

"What 2020 has taught me is that life-altering triumphs, no matter how great or small, should be celebrated, as who knows what tomorrow may bring."

HEALTH MATTERS

HEALTH STAT 300 million

According to the CDC, Operation Warp Speed's goal is to produce and deliver 300 million doses of COVID-19 vaccines with the initial doses available by January 2021.

CONDITIONS 101 What are cold sores?

Cold sores, also known as fever blisters, are a common viral infection that cause small, fluid-filled blisters to appear on and around your lips. These blisters are often grouped together in patches. When a blister breaks, a scab will form that can last for days. Cold sores usually heal in about two to three weeks. They usually do not scar.

"Cold sores spread from person to person by close contact, such as kissing," according to the Mayo Clinic. "They're usually caused by herpes simplex virus type 1 (HSV-1), and less commonly herpes simplex virus type 2 (HSV-2). Both of these viruses can affect your mouth or genitals and can be spread by oral sex. Cold sores are contagious even if you don't see the sores. There's no cure for cold sores, but treatment can help manage outbreaks. Prescription antiviral pills or creams can help sores heal more quickly. And they may reduce the frequency,

length and severity of future outbreaks."

The first time you have a cold sore, symptoms might not arise for up to 20 days after first being exposed to the virus. Recurrences tend to be less severe than the first outbreak. During recurrences, sores often appear at the same spot each time.

NUTRITION STATION Can chili peppers help you live longer?

Capsaicin, the chemical compound that gives peppers their spice, has antioxidant and anti-inflammatory properties and, according to Well+Good, may help improve longevity.

A 2015 Chinese study concluded that, of the almost half a million participants, those who consumed more spicy foods were less likely to die of all causes (especially of cancer, heart disease and respiratory diseases) than those who never or rarely ate spicy foods. The study concluded the effect may be due to capsaicin.

"The Chinese researchers found that the benefits of capsaicin were cumulative; people who ate spicy foods six or seven times per week were least likely to die of any cause," says Well+Good. "But eating spicy meals even a couple of times a week seemed to have some benefit."

More Content Now

TODAY'S WORKOUT

Pulsing deadlift strengthens lower back, glutes, hamstrings

By Marlo Alleva
More Content Now

Have you ever experienced lower back pain or weakness? How about tight and tired hamstrings?

If so, there could be a multitude of reasons, from activity level to injury. But many times it is the simple fact that the muscles are untrained, unstretched and weak.

This is all a simple fix, given there are no major injuries, of course.

Our move today is a pulsing deadlift. This exercise will be toning the lower back, glutes and hamstrings. This move will also provide a good stretch to the whole backside.

You will need a weighted bar for this deadlift. If your equipment is limited, be creative and improvise with household items.

Begin this move by gripping your weighted bar. Place your hands just outside of hip width. Rolling your shoulders back and down, and holding your chest tall, engage your abdominals and place your feet hip-width apart with the toes facing forward. With the bar resting on your thighs, you are ready to start!

Keeping your chest lifted, proceed to bend in your hips, lowering the bar to at least the knees, or as low as you can efficiently bend. Once you reach your lowest



Marlo Alleva demonstrates a pulsing deadlift. [ERNST PETERS/THE LEDGER]

point, hold that position and begin to make small pulsing movements by lifting and lowering in your deepest position.

Keeping your back strong, continue this pulsing motion for either a determined count or a set time; for example, 10 seconds or 10 repetitions.

Once you reach your goal, slowly return to the start, take a small break, reposition and proceed into another set. Give yourself at least three to five sets of these pulsing deadlifts.

If you have restrictions in your back, or very tight

hamstrings, this move may be smaller in the beginning. But once your muscles release and become stronger, you will begin to get a deeper move from this exercise.

If you feel you need intensity, simply add more weight to your bar.

This exercise is great added into any lower body or leg routine!

Marlo Alleva, an instructor at Gold's Gym and group fitness coordinator at Fontaine-Gills YMCA in Lakeland, Florida, can be reached at faluvzpa@msn.com.

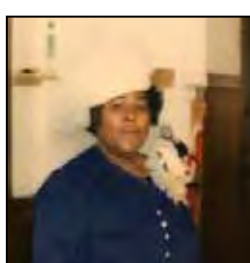
OBITUARIES

PLAIN VIEW

Mr. Walter Thomas "Tommy" Barefoot, 80, of the Plain View Community passed away Thursday evening, January 21, 2021 at Betsy Johnson Hospital. Tommy was born October 14, 1940 in Sampson County son of the late John Thomas and Lorene Parsons Barefoot. He was also preceded in death by his brother, Gary Barefoot. Tommy attended Plain View schools and was retired from Kelly Springfield in Fayetteville. He was a faithful member of Mt. Carmel Pentecostal Free Will Baptist Church where he served as an usher, greeter and member of the brotherhood of the church. A funeral service will be held at 3 p.m. Sunday, January 24, 2021 at Mt. Carmel Pentecostal Free Will Baptist Church with Rev. Johnny Peterson and Mr. Pat Williams officiating. Burial will follow at Banner Chapel Church Cemetery in Benson. The service can also be heard on FM 87.7 in the parking lot of Mt. Carmel Church. Tommy is survived by his wife, Gail Beasley Barefoot; son, Jeffrey Thomas Barefoot and wife Jessica of Plain View; daughter, Teresa Barefoot Brooks of Plain View, grandsons, Jesse and Christopher Barefoot of Plain View, T.J. Rollins of Plain View, J.T. Rollins of Ripley, West Virginia; brothers, Jack Ray Barefoot and wife Peggy of Plain View, Joseph Earl Barefoot and wife Shelby of Plain View, John Johnson and wife Lib of Clinton, James Johnson of Dunn; sisters, Betty Jean Register and husband Jackie of Dunn, Frances Wise of Mt. Olive and brother-in-law, Mel Arrasmith of Plain View. The family will receive friends 5 - 7 p.m. Saturday at Skinner & Smith Funeral Home and at other times at the home.

HOPEWELL, VA

David Archie Blackburn, 56, of 2212 West City Point Road, Hopewell, VA formerly of Lumberton, NC passed away Saturday, January 15, 2021 at John Randolph Medical Center, Hopewell, VA. Mr. Blackburn was born February 21, 1964 to Bobby Blackburn and Mary Ellen Davis Blackburn. David was preceded in death by his mother: Mary Ellen Davis Blackburn. A graveside service was held at 3:00 PM Sunday, January 24, 2021 at Meadowbrook Cemetery, 2950 N. Walnut St, Lumberton, NC. David is survived by two sons: Brandon Blackburn, of Hopewell, VA, Ryan Blackburn, of Hopewell, VA, his father: Bobby Blackburn of Lumberton, NC, one sister: Barbara Pope and husband Jimmy of Elizabethtown, NC, two brothers: Tony Blackburn and wife Diane, VA, Stephen Blackburn and wife Sandy, VA and a host of nieces and nephews. A viewing was held on Saturday, January 23, 2021 from 12:00 PM (noon)-7:00 PM at Carter Funeral Home in Garland, NC and prior to the service from 2:00 PM-2:45 PM at Meadowbrook Cemetery in Lumberton, NC. Services provided by Carter Funeral Home, Garland. www.carterfh.com



CLINTON

Pastor Ruby Boykin, age-77 of 107 Shield St., Clinton, NC died Tuesday, January 19, 2021 at her residence. Graveside will be Saturday, January 23, 2021 at Sandhill Cemetery in Clinton, NC at 2:00 pm. Public Viewing: Saturday, January 23, 2021 from 12:00 pm to 1:30 pm at Butler & Son Funeral Services in Clinton, NC.

Masks are required to attend viewing and graveside. Graveside will be live-streamed through Butler & Son Facebook page. Butler & Son Funeral Services Clinton, NC.

FAYETTEVILLE

Ms. Oris Lockamy Bradshaw, 93 passed away Wednesday, January 20, 2021 at Bethesda Health Care in Eastover. A private graveside service will be held by the family. She was born in Sampson County to the late Luther and Phalonia Lockamy. She is also preceded in death by her husband, Aaron Bradshaw; and sons, William Aaron Bradshaw and Tony Wright Bradshaw. She is survived by her son, Richard Bradshaw & wife, Kimberly of Fayetteville; 3 grandchildren; and 2 great-grandchildren. Services entrusted to Butler Funeral Home, 6535 Clinton Road, Stedman, NC 28391.

GARLAND

Mrs. Patricia Smith Carr, 61, of 1736 Hill Circle Garland, passed away January 15 at home after battling cancer. She was born February 3, 1959 in Bladen County to the late Ernest and Doris Smith. She was preceded in death by a sister-in-law, Judy C. Smith. Mrs. Carr worked at her family's business Garland Farm Supply from the time she was a teen until her death. She was an active member of the Garland PFWB Church. She loved to travel, eat pasta, and watch the Andy Griffith Show. She will be remembered as a loving, kind, compassionate person who always put others ahead of herself. A graveside service was held 3:00 PM Sunday, January 17, 2021 at Garland Cemetery with the Rev. Dewey Balli officiating. Mrs. Carr is survived by her daughter Bonnie Fakhri and son-in-law Iyad Fakhri of Plainview NC. She is also survived by her brothers and sisters-in-law Alfred and Vickie Smith of Garland, Eddie Smith of Garland, Robert and Candace Smith of Orangeburg SC, and Linda Hysel of Garland as well as 7 nephews and 4 nieces and several great nieces and nephews. In addition she is survived by her friends who were as close as family, Mr. Coleman Cain, Mrs. Barbara Black and Ms. Jazzmin Goodman, along with several feline family members. The family wishes to thank everyone who called, prayed, send cards and texts, provided food, and visited during Mrs. Carr's illness. The family also wishes to thank Dr. Stacy Telloni of Duke Women's Cancer Center and the staff of 3HC hospice care for their compassionate care of Mrs. Carr during her illness. The family will receive friends on Sunday after the service at the cemetery. Flowers are welcome or memorial contributions may be made to the Garland Pentecostal Free Will Baptist Church. P.O. Box 98, Garland, NC 28441.



SALEMBURG

Mother Mae Ola Owens Draughon, 77 of 2381 Zoar Church Road, Salemburg passed away on January 14, 2021 at Sampson Regional Medical Center in Clinton. Mae Ola was born on November 20, 1943 in Cumberland County to the late Jessie and Mable Owens. Mae attended Armstrong High School. She was a member of Mingle Hill Disciples Church in Salemburg. Mae served on the Usher Board and Mother Board, Mae also served as Sunday School Secretary. She was always willing to do her part, Mae always had a smile while she served for her God. Mae loved the Lord and didn't mind letting you know. Mae was always kind and loving to everyone. She was a devoted wife, mother and grandmother. She loved her family. A graveside service was held at 11:00 am on Sunday, January 17, 2021 at Bearskin Missionary Baptist Church Cemetery with Rev. Dr. Montrom Williams officiating, burial followed. Mae leaves behind to cherish her memories: her husband of 58 years Deacon Dallas Dixon Draughon, three daughters: Angela Draughon of Lawrenceville, Gz., Debra Ann Draughon Costin of Jonesboro, Ga., Valencia Draughon Faircloth (James) of Warsaw, brother: Andrew Lee Owens of Stedman, sisters: Minnie Alease Geddie of Stedman and Lois Robinson of Fayetteville, grandchildren: Lakeish Draughon, Bernard King, Christine King, Jessica Faircloth and Brittany Faircloth. 10 great-grandchildren, a host of



nieces, nephews, cousins and other relatives. A walk thru was held on Saturday, January 16, 2021 at Hope Valley Hawkins Funeral Service from 3:00 pm - 5:00 pm with family present from 5:00 pm - 6:00 pm.

DUNN

Mrs. Doretha Grice, 83, of Dunn, NC, formerly of Clinton, NC passed away Saturday, January 16, 2021 at home. A private service was held Friday, January 22, 2021 at Piney Green Disciples Church Cemetery, Newton Grove, NC. Mrs. Grice is survived by DAUGHTER-Linette Murphy of Dunn, NC; SONS-Terry Grice of Lumberton, NJ, Anthony Grice of Bessemer, AL and Richard Grice of Fredericksburg, VA; SISTER-Letha McLamb of Faison, NC and Dorothy Fryar of Mt. Holly, NJ; BROTHER-John "Bud" Hobbs of Clinton, NC; 9 grandchildren and 1 great grandchild. Walk-thru Viewing (Masks required) Friday, January 22, 2021 10am - 12pm. Worley Funeral Home Inc.

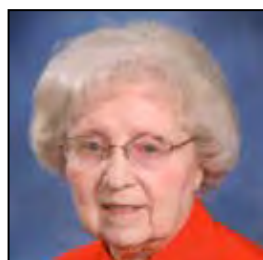


SALEMBURG

Mr. David Alan Hammick, 77 of Salemburg passed away on Monday, January 18, 2021. A graveside service was held at 2:00 PM Thursday, January 21, 2021 at Mill Creek Christian Church, 747 Mill Creek Church Road, Four Oaks, NC 27524. There will be a walk-through viewing on Wednesday, January 20 from 2:00 - 5:00 PM at Butler Funeral Home in Roseboro. Services entrusted to Butler Funeral Home, 401 W. Roseboro Street, Roseboro, NC.

CLINTON

Frances Temple Hubbard, 96, of Glenaire Retirement Community, Cary, NC and formerly of Clinton, NC died January 15, 2021. Mrs. Hubbard, daughter of the late Walter E. Temple, Sr. and Lois McNeill Temple, was born on August 19, 1924 in Sanford, NC. She graduated from Sanford High School, East Carolina University and North Carolina State University. She was employed by North Carolina Cooperative Extension Services and was a Home Economic Agent in Richmond and Sampson Counties. She was predeceased by her husband, James Robinson (Jim) Hubbard of Clinton, NC, her brothers Landis M. Temple and Walter E. Temple, Jr. and her twin sister, Elizabeth T. Hight. Survivors include her sister-in-law, Dorothy Reade Temple of Cary, NC; Nieces, Jane Temple and Lynne Sanders of Raleigh, NC; Nephews John Temple of Wilmington, NC, Steve Temple of Clayton, NC, Richie Temple of Cary, NC and Sterling Hight of Hilton Head, SC. In lieu of flowers, memorial contributions may be made to Transitions LifeCare, 250 Hospice Circle, Raleigh, NC 27607; Glenaire Foundation, 4000 Glenaire Circle, Cary, NC 27511 or Graves Memorial Presbyterian Church, 201 Fayetteville St., Clinton, NC 28328. A graveside service was held on Sunday, January 17, 2021 at 4:00 pm at the Clinton City Cemetery with Rev. Steve Wilkins officiating. Royal-Hall is honored to serve the Hubbard family.

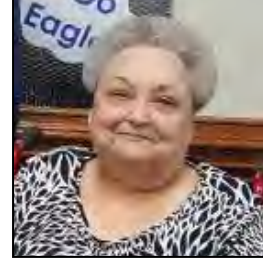


CLINTON

Bobby Ray Jackson, born August 23, 1952 in Sampson County, died Wednesday, January 20, 2021 at Sampson Regional Medical Center with his family by his side. A graveside service will be at 3 PM, Saturday, January 23rd, at Clinton City Cemetery with Rev. Kim Strickland officiating. The family will receive friends from 1 PM - 2:30 PM, Saturday, January 23rd at Crumpler-Honeycutt Funeral Home. He was preceded in death by his parents, William C. Jackson and Lattie Pearl Jackson. Left to cherish his memory are his twin sister, Faye J. Milligan of Clinton; nieces, Michelle Pietrolaj and husband Eddie and Heather M. Tucker and husband Reginald Tucker; great nieces and nephews, Erica Lane, Ashlynn Williams Annadale Williams, Mason Tucker and Jackson Tucker; two great-nieces; and special friends, Billy Jackson and Robert and Susan Tew. Ray was a successful and accomplished roofer. He was known by everyone as "Big Ray". Even though Big Ray was a private person he had a heart of gold. He was always willing to help others. Out of all his accomplishments his greatest was his family. He loved fishing and spending time with his very close friends and cherished every moment. That is the way he chose to spend life. Even though Faye and Ray were twins, Faye says Ray was the apple of Lattie Pearl's life. Come celebrate his life with us, because as Christians this will be a celebration of life for now he is with our heavenly Father. Ray until we meet again..... Online condolences may be sent to the family at www.crumpler-honeycutt.com.

ROSEBORO

Delenda Harris Jackson, 72, passed away Thursday, January 14, 2021 at Cape Fear Valley Medical Center in Fayetteville. Funeral Services will be held on Sunday, January 17th at 2:00 pm at Spirit of Life Church with Rev. Darian Parker and Bishop Larry Parker officiating. There was a walk-thru viewing prior to the Funeral Service at the church from 1-1:45. Burial was held immediately following the service at Grandview Memorial Park. (The family asks that masks be worn, and social distancing be observed.) Born on April 26, 1948 in Loris, South Carolina, Delenda was the daughter of the late William T. and Beatrice Ward Harris and a member of Spirit of Life Church. She loved her family, friends and church family. Her ministry was showing love by sending out cards to the church members and anyone she felt needed uplifting. She had a heart of gold and would do anything she could to help someone in need. Delenda was loved by all who knew her and will be greatly missed. She is survived by her son, Timmy Wayne Jackson and wife, Tina of Clinton; grandsons: Tyler and Timothy Jackson; two sisters: Shirley Gautier and husband, Kenneth of Roseboro; Jewel Sessoms and husband, Jerry of Roseboro and a brother, William "Bill" Harris and wife, Linda Faye of Clinton. In addition to her parents Delenda was preceded in death by her brother Tony Harris. Condolences may be sent by visiting www.royalhallfuneralhome.com. Royal-Hall is honored to serve the Jackson family.



CLINTON

James Elbert Jones, 85, passed away Tuesday, January 19, 2021 at Sampson Regional Medical Center. A private graveside service will be held. Due to COVID-19 the family ask for no visitors at this time. James was born May 22, 1935 in Sampson County, to the late James Felton Jones and Thelma Faircloth Jones. In addition to his parents he was preceded in death by his sister, Gladys Ann Matthews. James spent his entire career in the banking industry. He also served in the National Guard. He was a Rotarian, Shriner, Mason and was an avid golfer. Survivors include his wife of 67 years Norma Rae Jones, daughters Kim Champlin and husband, Duane, Allan Pope and husband, Ricky, five grandchildren Zack White, Nick White, Kendall Morris (Tyler), Clarke Aaronson (Alec), Will Tugwell (Shayna), siblings, Grace Hubbard of Clinton and Tommy Jones of North Wilkesboro. In lieu of flowers memorials may be made to the National Processing Center, Alzheimer's Association, PO Box 96011, Washington, DC 20090-6011. Online condolences may be sent to the family at www.crumpler-honeycutt.com.

FAIRMONT



Mrs. Flora Mae Lee, 88, of Fairmont, NC passed away Monday at Southeastern Regional Medical Center, Lumberton, NC. No service is scheduled. Mrs. Lee is survived by daughters-Belverly Herring of Clinton, NC and Sharon Johnson of Fayetteville, NC; SON-Karvellis Lee of Fuquay-Varina, NC; SISTERS-Mary Gilmore of El Cerrito, CA, Geneva Brewer and Imogene Brewer both of Porter, TX; BROTHER-Denon Brewer of Merrillville, IN; six grandchildren and four great grandchildren. Contributions can be made in her honor to Cure Alzheimer's Fund, 34 Washington Street, Suite 310, Wellesley Hills, MA 02481. Service will be live-streamed via Worley Funeral Home Facebook page. NOTE: To access the graveside service via Facebook, log on to your Facebook account and type in Worley Funeral Home. The live-stream will be available at the service time.

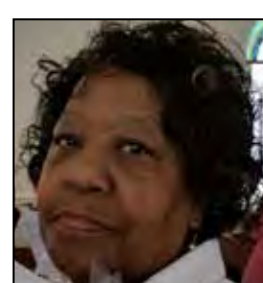
ROSEBORO

Lora Ruth Moore 70 passed away on Friday, January 15, 2021 at her home. A graveside service was held at 2:00 pm on Friday, January 22, 2021 at Roseboro-Snowhill Cemetery, 800 Marion Amos Road, burial followed. A walk thru was held on Thursday, January 21, 2021 at Roseboro First Missionary Baptist Church, 412 Johnson St. Roseboro from 2:00 pm - 6:00 pm.



GARLAND

Mary Peoples, Age 75- of 7128 Old Mintz Hwy in Garland, NC died Thursday, January 14, 2021. Graveside service was held on Wednesday, January 20, 2021 at Warren Cemetery, Boykin Bridge Rd in Clinton, NC at Noon. Public visitation: Wednesday, January 20, 2021 from 10:30-11:30 am at Butler & Son Funeral Home in Roseboro, NC. Ms. Peoples leaves to cherish her memories: One Son-Erick Peoples (Pamela) of Jonesboro, Louisiana and One Daughter-Sherry Peoples (Eddie) of Garland, NC. She also leaves One Brother-Dwight Warren of Roseboro, NC and One Sister-Joann Warren of Roseboro, NC along with two grandchildren, and a host of other relatives and friends. Masks are required to attend graveside and visitation. Graveside service will be live-streamed through Butler & Son Facebook Page. Butler & Son Funeral Home, Inc. Roseboro, NC.



DUNN

Mr. James Franklin Raynor, age 85 of Turlington Rd. Dunn, died Friday, January 22, 2021 at his residence. James was born on November 17, 1935 in Cumberland County the son of the late Asber Raynor & Lula Baker Raynor and is preceded in death by brothers, Nelson, Gene, Asber Jr. and David Raynor and sisters, Doris Hardin, Carolyn Faye Packer, Marie Raynor & Miriam Raynor. James retired from Dunn Animal Hospital with 27 years of service as a Vet Tech and was a member of Porters Chapel P.F.W.B. Church. He enjoyed the simple things of life, fishing, hunting and watching Nascar. He farmed for 8 years before going to work at Dunn Animal Hospital. A Funeral Service will be held Monday, January 25, 2021 at 12:00 pm at Porters Chapel P.F.W.B. Church with Rev. Kevin Haynes officiating. Burial will follow in Devotional Gardens Cemetery. He is survived by: his Wife: Margie Sorrell Raynor of the home. Daughter: Vickie R. Gainey & (husband) Donnie of Dunn, NC Sons: Dennis Raynor & (wife) Teresa of Dunn, NC and Jerry Raynor & (wife) Kimberly of Dunn, NC Grandchildren: Carisa & Blake Pounders of Erwin, NC; Casey & Robert Parker of Dunn, NC; Joshua & Lywisa Gainey of Dunn, NC; Derek Raynor of California; Kayla & D.J. Tyndall of Coats, NC and Jaxson Raynor of Dunn, NC 9 Great Grandchildren Sister: Patricia Caulder of Garland, NC The Family will receive friends Monday, January 25, 2020 from 11:00 am - 12:00 pm at Porters Chapel P.F.W.B. Church. One hour prior to the service. In Lieu of Flowers: Memorials may be made to: Porters Chapel P.F.W.B. Church, P.O. Box 634, Erwin, NC 28339. A Service of Cromartie Miller Funeral Home of Dunn NC.

AUTRYVILLE

Mr. Nixon Lewis Spell, Sr., 79 of Autryville, passed away on Friday, January 15, 2021 at Cape Fear Valley Medical Center. A private memorial service will be held by the family. There will be no at home or funeral home visitations. He was a native of Sampson County, the son of Louis Alton and Eupha Matthews Spell. He is preceded in death by his parents, first wife, Mary Spell and stepson, James Welker. He is survived by wife, Brenda Spell of the home; son, Nicky Spell and wife, Lisa of Autryville; daughter, Sue Jacobs and husband, Myron of Autryville; two step children, Glen Welker and wife, Kim of Wade and Michelle Faircloth of Sanford; brother, Art Spell and wife, Connie of Stedman; ten grandchildren and four great grandchildren. In lieu of flowers, memorials may be made to South River Antique Tractor Club 1854 Evans Dairy Road, Fayetteville, NC 28312. Services Entrusted to Butler Funeral Home, 6535 Clinton Road, Stedman, NC 28391.



CLINTON

Mr. Daniel Ramirez Velasquez, 62, of 308 DeVane St., passed away Friday, January 15th, at UNC Rex Hospital in Raleigh. A Funeral Mass was held 11 AM, Monday at Immaculate Conception Catholic Church on John St. in Clinton. Interment will follow in the Clinton City Cemetery. A time to visit with the family will be held 4-8 pm, Sunday at Crumpler-Honeycutt Funeral Home. Face mask and social distancing are required. Daniel, born in Mexico, was a member of the Holly Catholic Church and worked in the construction industry.

ROSE HILL

Mrs. Shirley Washington Whitted, age 82 of 414 Billtown Road, Rose Hill, NC, departed this life on January 17, 2021. Graveside Services was held on Saturday, January 23, 2021 at 1:00 PM in the Hayes Chapel Baptist Church Cemetery. She is survived by: sons, Reverend Anthony (Tony) Whitted and Marible O. Washington; daughters, Delphine Whitted-Melvin and Tonya Washington-Stokes; brother, Willie M. Washington; twelve grandchildren; sixteen great grandchildren and a host of other relatives and friends. There was a viewing on Friday, January 22, 2021 from 1:00 PM to 6:00 PM at Summerville-Boykin Mortuary, Inc., Garland, NC; the family received friends on Friday, January 22, 2021 from 5:00 PM to 6:00 PM at the funeral home. Please follow social distancing at the service and masks are required.

Classifieds

GET THE JOB DONE

Buy • Sell • Trade • Rent • Trade

The Sampson Weekly (910)590-6086

Eagle Eyes Surveillance System

Call Today For A Free Estimate

(910) 549-8130

November Special \$995.00 Installed

Trusted Protection - Surveillance Systems with NO Monthly Fees!!

Includes: 8 Channel Surveillance DVR, 4 HD 1080P indoor/outdoor Cameras with Infrared Night Vision, Easy Mobile Monitoring on your Tablet or Smart Phone, 1 TB-Hard Drive

Includes System and Installation, each camera for installation will be 60 feet from DVR unit, additional charges will apply to cameras installed further than 60 feet from DVR unit. Call for a free estimate today (910)549-8130

BUY SOD

Class A - CDL Drivers wanted for Tri State Turf! Home Every Night!

Local routes, home daily.
Shifts vary, must be willing to start early morning.
Competitive pay and benefits package for full-time drivers!

Minimum 2 years Class A driving experience required.

- Clean driving record
- Current DOT Medical card
- Subject to criminal background and drug test

Interested? Email your resume to

HumanResources@buysod.com or stop by
1950 Easy St. in Dunn to apply in person.

www.Buysod.com

DIRECTV
DON'T JUST KINDA TV. DIRECTV.



**Get the 2020 NFL SUNDAY TICKET
season included at no extra cost.**

*\$19.95 ACTIVATION, EARLY TERMINATION FEE OF \$20/MO. FOR EACH MONTH REMAINING ON AGMT. EQUIPMENT NON-RETURN & ADULT FEES APPLY. Price incl. CHOICE All Inclusive Pkg., monthly service and equip. fees for 1 HD DVR & 4 ch or 55/mo. on pay & paperless bill and 510/mo. bundle discounts for up to 12 mos each. Pay \$74.99/mo. + taxes until discount starts in 3 hrs. New approved residential customers only (equipment lease req'd). Credit card req'd (except M.A.R.V.). Rest's apply.

Don't settle for cable. Call now!

1-855-341-2828



Efficiency & 1 Bedroom Apartments for 62 Years and Older

- Refrigerator
- Carpet
- Emergency Call System
- Range
- Central Heat & Air
- Community Room
- Blinds
- Handicap Accessible
- Coin Operated Laundry

****Rent Based on Income****

Plaza I & Plaza II

- Accepting Applications -

1303 Jasper Street, Clinton, NC 28328

TTY: 800-735-2962

910-592-7142



TO ADVERTISE CALL 910-590-6086

Eagle Eyes Surveillance System

Call Today (910) 549-8130

Special \$995.00 Installed

Trusted Protection - Surveillance Systems with NO Monthly Fees!!

Includes: 8 Channel Surveillance DVR, 4 HD 1080P indoor/outdoor Cameras with Infrared Night Vision, Easy Mobile Monitoring on your Tablet or Smart Phone, 1 TB-Hard Drive

Includes System and Installation, each camera for installation will be 60 feet from DVR unit, additional charges will apply to cameras installed further than 60 feet from DVR unit. Call for a free estimate today (910)549-8130

LET EAGLE EYES HELP YOU PROTECT YOUR FAMILY AND POSSESSIONS!

Do you remember the days when gas was less than a dollar and you never even locked your doors at night. Those days are long gone.

So protect your hard earned investments, with a Eagle Eyes Home Surveillance System. System start at as low as \$499.00 installed, with no monthly fees.

NASCAR THIS WEEK

Q&A

Isn't Silly Season supposed to be earlier?

Racing's normal Silly Season, where owners and drivers play a form of musical chairs, takes place several months before the next racing season arrives, since a variety of contracts and marketing plans need to be put in place way in advance. But then there's Secondary Silly Season, which involves the off-Broadway teams who are simply struggling to hang on or battling to gain ground and join the upper-tier teams. Secondary Silly Season also has many moving parts, but rarely involves the heavy corporate lifting of regular Silly Season, so it comes closer to Actual Racing Season, which explains the past few weeks.

Which explains Anthony Alfredo?

Yes, and Alfredo's recent addition to Front Row Motorsports, where he'll be a teammate of Michael McDowell's. And Kaz Grala's signing with Kaulig Racing, Noah Gragson's Daytona 500 deal with Beard Motorsports, Ty Dillon's part-time move to Gaunt Brothers, and James Davison's signing with Rick Ware Racing, where Joey Gase has announced he'll remain as Davison's teammate. Hey, somebody has to drive those cars in the second and third waves, but remember, at least one of those listed above will have a shot at Daytona, because that's what plate-racin' provides.

— Ken Willis



Kaz Grala's name was tossed around during Secondary Silly Season.

CHARLIE NEIBERGALL/AP FILE PHOTO

DAYTONA MOTOR MOUTHS

Zach Dean and Ken Willis cover NASCAR and other forms of motorsports for the Daytona Beach News-Journal. Reach them at zach.dean@news-jrnl.com and ken.willis@news-jrnl.com.



WHAT'S ON TAP

Jan. 22-24: Three-day test for Rolex 24 at Daytona
Jan. 30-31: Rolex 24 at Daytona

NASCAR Speedweek at Daytona:
Feb. 9: Busch Clash
Feb. 10: Daytona 500 pole qualifying
Feb. 11: "Duel" Daytona 500 qualifying races
Feb. 12: Truck Series season opener
Feb. 13: Xfinity Series season opener
Feb. 13: ARCA Series season opener
Feb. 14: 63rd Daytona 500
Feb. 21: Daytona Road Course race

THROUGH THE GEARS



Kyle Larson, suspended from NASCAR last spring, will pilot the No. 5 Hendrick Chevy in 2021. CHRIS O'MEARA/ASSOCIATED PRESS FILE

Redemption tour rolls on for Larson

Zach Dean

Daytona Beach News-Journal
USA TODAY NETWORK

If Kyle Larson keeps this up, look out. Ever since the 28-year-old was fired from Chip Ganassi Racing last spring after using a racial slur during an iRacing event, he's been a man on a mission, winning over 30 times in his sprint-car last season and setting records along the way.

Last fall, Larson was reinstated by NASCAR after months of sensitivity training, and he was signed by Hendrick Motorsports in October to drive the No. 5 Chevy starting this season.

However, before jumping back into a Cup car, Larson had one more checkered flag left to take.

First gear

Over the weekend, the Elk Grove, California native picked up where he left off in 2020, winning the prized Chili Bowl Nationals for the second year in a row.

Larson, who was 0-13 in Chili Bowl tries up until last year, led the 55-lap championship event from start to finish, and held off three-time champion Christopher Bell in the closing laps.

"To get two of these feels awesome," Larson said. "It was a different race than last year, but just thankful to get the chance to even come race here ... it's the greatest event in the world, and (I'm) very lucky to be a part of it."



Kyle Larson poses with his race team after winning the USAC Silver Crown Champ Car Series Bettenhausen 100 at the Springfield Mile at the Illinois State Fairgrounds Sunday, Oct. 18, 2020.

TED SCHURTER/THE STATE JOURNAL-REGISTER

Second gear

Larson led the way in the main event, but there were Cup guys scattered all over the field in various features.

Ricky Stenhouse Jr., who was also in the main A-Feature, finished 7th, while Bell finished 14th. Chase Elliott finished 7th in the F-Feature in his first Chili Bowl week, while Kasey Kahne (remember him?) finished 20th in the C-Feature after a wreck.

Ryan Newman took home 6th in the G-Feature, while Chase Briscoe, who will be replacing Clint Bowyer at Stewart-Haas this season, finished 9th in the B-Feature.

Third gear

Trackhouse Racing, which will make its debut at next month's Daytona 500 with Daniel Suarez driving the No. 99 Chevy, will have one of the most recognizable names in music backing the team. Last week, Grammy award-winning global superstar Pitbull became a co-owner of the team, joining forces with founder and co-owner Justin Marks.

"I've been a fan of the NASCAR story since the movie 'Days of Thunder,'" said Pitbull. "As soon as I met Justin, (Team President) Ty Norris and Daniel, we were on the same page. They welcomed me aboard, and now we're going to show the world NASCAR is not only a sport but it's a culture."

Fourth gear

This weekend marks the beginning of the 2021 racing season at Daytona International Speedway, with the annual Roar Before the Rolex 24 testing weekend bringing the track back to life.

The IMSA haulers arrive on Wednesday, with engines firing for the first time on Friday. There is a pole qualifying race on Sunday that will set the Rolex 24 (Jan. 30-31) field.

If the sports cars don't do anything for you, there will be plenty of big NASCAR names in the race, including seven-time champion Jimmie Johnson, defending Cup champion Chase Elliott, and former Daytona 500 winner Austin Dillon.

SPEED FREAKS

Chase Elliott's goal is to "not mess up" in the Rolex 24. Can he (not) do it?

KEN'S CALL: I have faith in ol' Billy Clyde Elliott, but just the same, if it's raining, hide the keys on him. If it's raining at night, tether him to the hauler.

DEAN'S DIRT: I remember when Jeff Gordon was in this thing a few years ago, they made sure to pick and choose his spots. Chase will probably get the same treatment, but he's also a good little road-racer, so maybe he surprises us.

Pitbull?

KEN'S CALL: Yep, he's part of the No. 99 team's ownership group now, with Daniel Suarez driving. Only downer is, due to current fan restrictions, NASCAR won't be able to fully utilize his charisma for a while. Mine either, of course.

DEAN'S DIRT: I see we've officially reached the one-word-question portion of the off-season. Is it February yet?



Pitbull

Southeast Foundation & Crawl Space Repair specializes in foundation repair, concrete lifting, crawl space encapsulation, basement waterproofing, basement finishing, attic insulation, and foundation wall crack sealing. We Fix Sick Homes!!!



Christopher Reeve's
SOUTHEAST FOUNDATION & CRAWL SPACE Repair
"Protecting your American Dream"

WE CAN HELP!

1-888-914-9634
crawlspacedude.com