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SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly



VOLUME 11, ISSUE 28

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Week of June 26-July 2, 2020

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North Carolina Pauses in Safer At Home Phase 2, Adds Statewide Requirement for Face Coverings



As trends move in the wrong direction, state will not yet move into Phase 3

RALEIGH: Governor Roy Cooper and North Carolina Department of Health and Human Services Secretary Dr. Mandy Cohen announced that North Carolina will remain in Safer at Home Phase 2 for three more weeks. Cooper also announced that face coverings must be worn when people are in public places as officials seek to stabilize concerning trends of increasing viral spread.

Cooper and Cohen were joined by Dennis Taylor, President of the North Carolina Nurses Association and Eugene A. Woods, President and CEO of Atrium Health.

"North Carolina is relying on the data and the science to lift restrictions responsibly, and right now our increasing numbers show we need to hit the **PHASE 2, see P. 3**

Governor Cooper Comment on Confederate Monuments on State Capitol Grounds



RALEIGH: Governor Roy Cooper shared the following statement about Confederate monuments on Capitol grounds:

"I have ordered the Confederate monuments on the Capitol grounds be moved to protect public safety. I am concerned about the dangerous efforts to pull down and carry off large, heavy statues and the strong potential for violent clashes at the site. If the legislature had repealed their 2015 law that puts up legal roadblocks to removal we could have avoided the dangerous incidents of last night. "Monuments to white supremacy don't belong in places of allegiance, and it's

COOPER, see P. 3

Another Death Reported This Week From COVID-19



CORONAVIRUS TESTING UPDATES

On Friday, the Sampson County Health Department reported 23 new cases which brought the total this week to 977 positive cases of the novel coronavirus (COVID-19) as of this date.

COVID testing numbers for Sampson County as of June 26, 2020:

Total Number of Tests Performed: 3,045
Positive Test Results: 977 (673 recovered)
Negative Test Results: 1,788
Pending Results: 280
Deaths: 6

These numbers do include the mass testing event that was held last Saturday. This week's total also includes one additional death.

Positive cases by date:

Monday June 22- 31 new cases
Tuesday June 23- 37 new cases
Wednesday June 24- 13 new cases
Thursday June 25- 14 new cases
Friday June 26- 23 new cases
Total weekly cases as of June 26th is 118 positive cases

Sampson Regional Medical Center released the following statement on Wednesday on their Facebook page:

"According to data compiled by The New York Times, Sampson County now ranks 75th in the nation among counties with the highest growth rate of COVID-19 in a two week period. Our county ranks 3rd in NC for the most rapid growth of COVID-19 cases day by day. Putting this in perspective, we are in the top 3% of areas nationwide with the highest growth rate per 100,000 residents.

One of the most effective ways our community can come together to slow the spread of COVID-19 and protect each other is by wearing masks.

YOU can make a difference.

1. Don't leave home without your mask
2. Wear it with a snug fit across your face, and be sure it covers your mouth and nose
3. Hand wash your reusable cloth mask daily
4. Avoid touching your mask with unclean hands. Handle it by the ear loops when masking or removing.
5. Encourage those around you to wear a mask, too. Remember, your mask protects them. Their mask p protects YOU!"

According to the Sampson County Health Department, "As our numbers continue to increase, it is important that citizens also do their part. Remember these three things as we stay strong and continue to flatten the curve and slow the spread of COVID-19. If you leave home, practice your Ws: Wear, Wait, Wash.
-Wear a cloth face covering if you will be with other people.
-Wait 6 feet apart. Avoid close contact.
-Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

These actions can protect our families and neighbors as the state takes a cautious step forward to ease restrictions while the virus is still circulating."

WEATHER

Fri Partly Cloudy
20%

Hi: 88° Lo: 69°

Sat Sunny
10%

Hi: 91° Lo: 71°

Sun Sunny
10%

Hi: 92° Lo: 73°

Mon PM T-Storms
40%

Hi: 89° Lo: 72°

Tues Scattered T-Storms
30%

Hi: 89° Lo: 71°

Wed T-Storms
70%

Hi: 85° Lo: 72°

WEEKLY VERSE

Who of you
by worrying
can add a
single hour
to his life?
Matthew
6:27

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LOCAL NEWS

CRIME REPORTS

06-17 Crystal Faircloth Moore, 42, Salemburg. Failure to Return Rental Property -FTA. Bond \$500. Trial Date 09-14-20
 06-17 Michael Sullivan, 29, Roseboro. Misdemeanor Stalking. Trial Date 10-06-20
 06-17 Edwin Lloyd Matthis, 32, Clinton. OFA-FTA Second Degree Trespass. Bond \$2000. Trial Date 08-04-20
 06-17 Brett Antwan McDonald, 35, Fayetteville. DWLR. Trial Date 10-12-20
 06-17 Auriel Taylor, 26, Fayetteville. Reckless Driving- Wanton Disregard Offense Speeding. Trial Date 10-23-20
 06-17 Luiz Fernando Castro, 53, Newton Grove. Indecent Liberties with Child, Stat Sex Off w/Child by Adult, Crime Against Nature. Bond \$200000. Trial Date 08-07-20
 06-17 Ivan Carreon, 31, Clinton. Assault On A Female. Trial Date 10-20-20
 06-17 Jo-von Raquan Collins, 24, Fayetteville. CCW. Trial Date 10-20-20
 06-17 Joshua Leon Boykin, 34, Roseboro. DWLR Impaired Rev. Bond \$500. Trial Date 09-21-20
 06-17 Jesus Hermelindo Rodriguez, 48, Clinton. Habitual Impaired Driving. Bond \$10000. Trial Date 08-14-20
 06-17 Linda Pope, 30, Roseboro. Misdemeanor Stalking. Trial Date 10-06-20
 06-18 Mildred Michelle Suggs, 38, Clinton. Driving Under the Influence. Bond \$1500. Trial Date 10-13-20
 06-18 William James Simmons, 20, Clinton. DWI, Possess Drug Paraphernalia. Bond \$1000. Trial Date 09-28-20
 06-18 Jasmine Annette Simpson, 29, Roseboro. Trespass, Shoplifting. Trial Date 10-20-20
 06-18 Charles Edward Hinton, 55, Roseboro. Assault on a Female, Assault Individual with Disability. Trial Date 07-29-20
 06-18 Burgess Griffin McNeill, 38, Clinton. Simple Assault. Trial Date 10-26-20
 06-19 Jaheim Tatum, 18, Roseboro. Felony Conspiracy, RDO, Flee to Elude, Possess Stolen MV. Bond \$100000. Trial Date 08-07-20
 06-19 Thomas Pegues, 41, Clinton. Communicating Threats, Second Degree Trespass. Trial Date 09-30-20

06-19 Johnny Brandon Pope, 37, Roseboro. Possession of Schedule VI Controlled Substance, DWLR. Trial Date 10-20-20
 06-20 Jerry Dexter Barrett, 47, Harrells. Resisting Public Officer. Bond \$2500. Trial Date 09-21-20
 06-20 Larry Ennis, 56, Wilmington. Possess Marijuana. Trial Date 10-28-20
 06-20 Billy Leonard Evans, 61, Clinton. Driving Under the Influence. Bond \$1000. Trial Date 10-29-20
 06-20 Mitchell Dean Wegner, 54, Roseboro. Fictitious info to Officer, Burglary/Breaking & Entering. Bond \$2500. Trial Date 10-20-20
 06-20 Thomas Jene Pegues, 41, Clinton. Misuse of 911 System, Resisting Public Officer, Assault on Govt Official, Communicating Threats. Bond \$6000. Trial Date 09-29-20
 06-21 Odell William Williams, 32, Benson. DWI. Bond \$500. Trial Date 09-17-20
 06-21 Michael Maldonado, 43, Clinton. Interfere Emerg Communication, Assault on a Female, Communication Threats. Trial Date 09-15-20
 06-21 Lashun McCoy Clark, 40, Windsor. Possess of Firearm by Felon, DWLR, Posses Schedule VI, Posses Schedule VI CS. Bond \$5000. Trial Date 09-02-20
 06-23 Sebastian Sainvail, 29, Clinton. Simple Worthless Checks. Trial Date 09-28-20
 06-21 Kyonna Adamson, 21, Fayetteville. Speeding, Driving while license revoked. Trial Date 09-22-20
 06-21 Israel Tramell Melvin, 20, Clinton. Possess Marijuana, Carry Concealed Weapon. Trial Date 09-22-20
 06-21 Miguela Angel Villa Burgos, 27, Wilmington. Driving Under the Influence. Bond \$1500. Trial Date 10-15-20
 06-22 James Edward Schumaker, 27, Clinton. Order for Arrest- Failure to Appear. Bond \$300. Trial Date 07-08-20
 06-22 Terri Michelle Norris, 38, Eastover. FTA-Misdemeanor Larceny. Bond \$500. Trial Date 06-29-20
 06-22 Madeline Grace Causey, 23, Salemburg. Drug/Narcotic Violations. Bond \$1500. Trial Date 08-07-20
 06-22 Madeline Grace Causey, 23, Salemburg. PWISD methamphetamine, Sell methamphetamine, Deliver methamphetamine, Maintain dwelling for cs, Possession of methamphetamine, Possession of drug parapherna-

lia. Bond \$8000. Trial Date 08-07-20
 06-22 Charles Denzel Brown, 27, Clinton. FTA-Window Tint Viol. Bond \$1000. Trial Date 10-20-20
 06-23 William Pearly Johnson, 40, Clinton. Child Support OFA. Bond \$1500.
 06-23 John Lynwood White, 33, Clinton. FTA Communicating Threats, FTA- Domestic Crim Trespass. Bond \$1000. Trial Date 07-21-20
 06-23 Randy Jermaine Rich, 31, Salemburg. Window Tint Violation. Trial Date 10-12-20
 06-23 Hubert Irvin Hepler, 54, Newport. Assault on Female. Trial Date 10-20-20
 06-23 Maria Christina Aguirre, 31, Clinton. Simple Assault. Trial Date 09-22-20
 06-24 Edwin Lloyd Matthis Jr, 32, Clinton. Assault on a Female, Assault Inf Serious Injury, Battery of Unborn Child. Trial Dater 10-20-20

INCIDENT REPORTS

06-17 Donna Coats of Dunn reported Motor Vehicle Theft and Larceny of Debt Card- stolen automobile \$7000, money \$4000
 06-17 National Bridge Builders of Clinton reported Burglary/Breaking & Entering and Destruction/Damage/Vandalism of Property- stolen 2 generators \$2400, grinder \$100, saw \$10, fuel pump \$450, chop saw \$1200, torch kit \$650, leaf blower \$100, damage to structure \$500
 06-17 Manuel Rivera of Dunn reported Theft From Motor Vehicle and All Other Larceny- weed eater \$400
 06-17 Nature's Way Produce of Faison reported Destruction/Damage/Vandalism of Property- awning \$2395
 06-18 Altman's Grocery Barn of Godwin reported Breaking & Entering, Damage of Property- glass door \$600, cigarettes \$25
 06-18 Nikita Smith of Clinton reported Larceny of Firearm- semi auto firearm \$150
 06-18 State Employee Credit Union reported Fraudulent Check- \$3500
 06-18 Walmart of Clinton reported Shoplifting, Trespass- stolen baby clothing \$29.82, baby clothing \$12.94
 06-19 Walmart of Clinton reported Shoplifting, Obtaining Property by False Pretenses- toilet tissue \$12.97, other \$9.26
 06-20 Quality Equipment of Clinton reported a Breaking & Entering Business, Larceny, Damage to Property- gate lock \$30
 06-19 American Strapping Co LLC of Newton Grove reported Larceny of an Ipad- \$800

06-19 Tracey Harris of Autryville reported Larceny, Breaking & Entering, Destruction/Damage/Vandalism of Property- ac unit \$3200, damage to door \$200
 06-20 Robert Denning of Newton Grove reported a Burglary/Breaking & Entering- stolen air ratchet \$600
 06-20 Anna Emanuel of Clinton reported Stolen Firearm- gun \$600
 06-20 Sunoco Gas Station of Roseboro reported an Obtain Property by False Pretense- counterfeit \$100 bill
 06-21 Yessenia Chimal of Mount Olive reported Destruction/Damage/Vandalism of Property- shooting drivers side window \$250
 06-21 Joel Mena of Clinton reported Motor Vehicle Theft- truck \$5000
 06-21 Robert Parker of Clinton reported a Burglary/Breaking & Entering, Destruction/Damage/Vandalism of Property- router \$280, skill saw \$50, handgun \$400, rifle \$500, shotgun \$275, handgun \$1500, rifle \$800, damage to doors- \$650, damage to window \$100
 06-22 Lydia Edwards of Clinton reported Theft From Motor Vehicle- firearm \$250
 06-22 Wilma Hall of Roseboro reported All Other Larceny, Destruction/Damage/Vandalism of Property- chainsaw \$700, television \$120
 06-22 Latoya Price of Clinton reported Larceny- diamond ring \$11000, Louis Vuitton Bag \$800
 06-22 Bassam Hijaz of Clinton reported Breaking and Entering Business- damage to structure \$500
 06-23 Lester Freeman of Roseboro reported Burglary/Breaking & Entering- photo equipment \$400
 06-23 James McCollom of Clinton reported a Motor Vehicle Theft- 30ft Trailer \$2500
 06-23 Jamail Moore of Clinton reported a Larceny of Firearm- 9MM \$350
 06-24 Enterprise Leasing of Clinton reported Damage to Property- automobile

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



July 4th

FIREWORKS

PLEASE REMAIN IN YOUR
CAR DURING THE SHOW

ROYAL LANE PARK | 9:30PM

303 Royal Lane Clinton, NC 28328

PHASE 2, cont. from P. 1

pause button while we work to stabilize our trends,” said Governor Cooper. “We need to all work together so we can protect our families and neighbors, restore our economy, and get people back to work and our children back to school.”

“I know North Carolinians are strong, resilient and care deeply about our communities. We pride ourselves on helping our neighbors. The best way we can do that now is by taking the simple action of wearing a face covering that covers your nose and mouth. If we each do our part, we can get back to the people and places we love,” said Dr. Mandy Cohen, NCDHHS Secretary.

Growing evidence shows that cloth face coverings, when worn consistently, can decrease the spread of COVID-19, especially among people who are not yet showing symptoms of the virus. Until now, face coverings had been strongly recommended. Under today’s executive order, people must wear face coverings when in public places where physical distancing is not possible.

In addition, certain businesses must have employees and customers wear face coverings, including retail businesses, restaurants, personal care and grooming; employees of child care centers and camps; state government agencies under the Governor’s Cabinet; workers and riders of transportation; and workers in construction/trades, manufacturing, agriculture, meat processing and healthcare and long-term care settings.

“Wearing a face covering is an easy thing to do that can make a huge impact for all of us. A major spike in cases would be catastrophic to the system, and without your cooperation, nurses and our fellow healthcare providers will have a harder time caring for sick patients for weeks and months to come,” said Dennis Taylor, a nurse, and President of the North Carolina Nurses Association.

“As the leader of the state’s largest health system, I am pro-health and also 100 percent pro-business. In fact, the two are inextricably connected and I’m very proud of the way business leaders and health experts are working together to keep our economy strong,” said Eugene A. Woods, President and CEO of Atrium Health. “Medical science says to reduce the spread of COVID-19 masking works, and my sincere hope is that all the people of North Carolina can join forces to make wearing a mask not something we feel we have to do – but something that we want to do to keep each other, our neighbors, our children and our loved ones healthy and safe”

Based on the metrics laid out in April by Governor Cooper and Secretary Cohen, North Carolina is evaluating a combination of the data from the following categories that shows the indicators moving in the wrong direction, causing officials to implement today’s pause in Phase 2.

Trajectory in COVID-Like Illness (CLI) Surveillance Over 14 Days
-North Carolina’s syndromic surveillance trend for COVID-like illness is increasing.

Trajectory of Lab-Confirmed Cases Over 14 Days
-North Carolina’s trajectory of lab-confirmed cases starting to level, but is still increasing.

Trajectory in Percent of Tests Returning Positive Over 14 Days
-North Carolina’s trajectory in percent of tests returning positive remains elevated.

Trajectory in Hospitalizations Over 14 Days
-North Carolina’s trajectory of hospitalizations are increasing, though we have capacity in our healthcare system.

In addition to these metrics, the state continues building capacity to be able to adequately respond to an increase in virus spread. These areas include:

Laboratory Testing
-North Carolina is averaging more than 17,000 tests a day for the past week and there are more than 500 sites listed on online plus additional pop-up sites.
-North Carolina labs and labs around the country are seeing supply shortages for laboratory chemicals needed to process tests.

Tracing Capability
-There are over 1,500 full-time and part-time staff supporting contact tracing efforts at the local health department level, including the 309 Carolina Community Tracing Collaborative contact tracers. These new hires reflect the diversity of the communities they serve, and 44% are bilingual.

Personal Protective Equipment
Our personal protective equipment (PPE) supplies are stable.

COOPER, cont. P. 1

past time that these painful memorials be moved in a legal, safe way.”

The monuments being removed from the Capitol grounds include: the remainder of the North Carolina Confederate monument, the monument to the Women of the Confederacy, and the figure of Henry Lawson Wyatt. In 2017, Governor Cooper called for Confederate monuments on State Capitol grounds to be relocated to museums or related historical sites where they can be viewed in context. Read the Governor’s Medium post on the monuments.

A North Carolina law passed in 2015 after the Charleston Emanuel AME Church killings prevents removal or relocation of objects of remembrance that are on public property. Governor Cooper has called on the legislature to repeal that law, which it has not done. The law includes an exemption if the monument is determined to pose a threat to public safety.

Sheriff Thornton Says He Will Not Enforce Mandatory Mask Requirement Issued by Governor Cooper



In response to Governor Roy Cooper’s Executive Order this week, Sampson County Sheriff Jimmy Thornton released the following statement.

“As Sheriff, it is my sworn duty to enforce laws enacted by our legislature, as well as protect the constitutional rights of all citizens. It is my belief that Governor Cooper’s executive order mandating face coverings by all citizens in public is not only unconstitutional, but unenforceable. My deputies will NOT enforce an executive order that I feel violates the constitutional liberties of citizens.

The number of cases in Sampson County are reflecting higher than other counties in our State. I do encourage and trust that all citizens will take it upon themselves to carry out the necessary precautions to ensure the safety and protection of themselves and those that surround them. I am not encouraging negligence, but I would like to reiterate that it is not the Sheriff’s duty to enforce health related mandates unless court ordered by a Judicial Official or the Legislature.”



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Sampson County
Animal Shelter
Call (910)592-8493



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LOCAL NEWS

Beyond Medicine – Hospital Foundation funds child literacy intervention for local medical practice



CAROLINAS

Physicians at Sampson Medical Group of Clinton now have another tool in their belt when caring for pediatric patients. Last month, the family medicine practice partnered with Reach Out & Read® Carolinas to use books as part of every well-child visit for patients age birth to 5 years old. Books prescribed during Reach Out & Read® visits give medical providers a valuable tool to evaluate cognitive, motor, social, and emotional development.

Books during visits open conversation with parents and families about early brain development, relationships, and resiliency. Recognizing the impact of child literacy programs during his career, Dr. Joshua Ferrell, MD, Associate Program Director for Family Medicine Residency, initiated the intervention at Sampson Medical Group. “This intervention allows our providers to engage with children and parents during examination visits by modeling reading. It also helps build parental skills to continue reading with children between wellness examinations, creating a prescription for language development,” explained Dr. Ferrell.

The Reach Out & Read® intervention goes beyond medicine by supporting bonding, early brain development, and a love of learning. According to Reach Out & Read®, research shows literacy is a critical skill and early childhood is the critical age for equipping children for a lifetime of success. The intervention supports parents and families from the beginning by introducing books at birth.

Reach Out & Read® trains and supports medical providers to incorporate books during office visits in a way that engages children and families in learning. In the exam room, doctors, nurses, and other clinicians trained by Reach Out & Read® encourage parents to read aloud to their young children and offer age-appropriate tips to make it meaningful. At each well-child visit, children ages birth through 5 years receive a new book appropriate for their developmental stage that they can take home and keep. This helps families build their home library and encourages reading at home.

The goal is to make reading part of daily routines so that children have a healthy foundation. “Books prescribed during Reach Out and Read® visits are tools for families and medical providers. Just as the stethoscope is an instrument used to

listen to a child’s heartbeat, a book is a valuable tool for primary care providers to evaluate cognitive, motor, social, and emotional development,” said Callee Boulware, Regional Director, Reach Out & Read®. The intervention uses a two-generation approach, building skills for both children and parents. Reading with children helps develop strong parent-child bonds, and it creates an opportunity for families to understand children’s developmental milestones.

Sampson Medical Group of Clinton is the first and only medical home in Sampson County that has adopted the Reach Out & Read® intervention, a step Dr. Ferrell believes will significantly impact childhood literacy in our community and improve readiness for school. “Our pediatric patients and their parents have truly enjoyed these visits as they’ve had the opportunity to connect with their physician and witness how important time spent reading is for the attachment and bonding between parent and child,” said Dr. Ferrell.

The intervention also brings value to the hospital’s family medicine residency. “The goal of the family medicine residency program is to train the next generation of family physicians to positively impact the communities they serve through health education and family advocacy,” explained Dr. Ferrell.

“We are very proud to offer this program to our patients and their families as part of our family-centered care model, and we’re excited to witness the impact this program will have upon family health in our community.”

The introduction of the program has been a team effort between Sampson Medical Group of Clinton, Sampson Regional Medical Center, and Reach Out & Read® Carolinas. The program is proudly funded by the Sampson Regional Medical Center Foundation through generous a grant by the Anonymous Trust.

About Sampson Medical Group of Clinton
Sampson Medical Group of Clinton provides primary care for all ages, including routine check-ups, physicals, immunizations, chronic disease screenings and management, and acute medical care. Other services include specialty care for women, including OB-GYN care, ultrasounds, infertility treatment, treatment of osteoporosis, high-risk obstetrics, and minimally invasive surgeries. The clinic is staffed by faculty physicians and serves as an academic training site for Sampson Regional Medical Center’s Family Medicine Residency program. For more information, visit www.Sampson-RMC.org/SMG.

About Reach Out and Read® Carolinas
Reach Out and Read Carolinas is the regional coalition supporting over 400 clinical programs across North and South Carolina. The medically based literacy intervention spread from its foundation in Boston in 1989 and was replicated in communities across the country. Our mission in the Carolinas is to provide a medically-based literacy intervention for all children birth to 5 years of age, beginning with families living in poverty. The Reach Out and Read model is endorsed by the American Academy of Pediatrics, and the program has one of the strongest records of research support of any primary care intervention. For more information, please visit www.rorcarolinas.org. Find us on Facebook at www.facebook.com/rorcarolinas and follow us on Twitter @rorcarolinas.

Sticking It to Sarcoma GOLF TOURNAMENT

Benefiting Todd Kinlaw and his FIGHT AGAINST CANCER!
Saturday, July 25 | Timberlake Golf Club

Registration

Entry Fee and/or Sponsorships can be paid for with check or credit card. Make checks payable to Evelyn Walters with completed form to:
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Bentwinds Country Club
6536 Dornoch Place
Fuquay Varina, NC 27526

Schedule of Events

- **8:00am** – Check-in
Mulligans will be available for purchase the day of the event for \$10 (2 mulligan max)
- **9:00am** – Shotgun Start
Following Play raffle and tournament winners will be recognized.

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Sign up!

\$75 per player/\$300 per team
Entry fee includes golf, range balls, lunch and (1) raffle ticket.

Player 1: _____
Handicap/Avg Score _____
Email Address: _____

Player 2: _____
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Player 3: _____
Handicap/Avg Score _____
Email Address: _____

Player 4: _____
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FATAL CRASH



On Sunday morning, 21 June 2020, at approximately 12:55 a.m., Troopers responded to a fatal collision involving a pedestrian on SR1633 (OBJ Road). The investigation revealed that a Chevrolet pickup truck being driven by Robert McCullen II (55 y.o.a.) of Dunn, was traveling north on SR1633. The truck crossed the centerline and ran off the left side of the road where it struck Angel De Jesus Consola Polo (32 y.o.a.) of Dunn. Mr. Polo was standing on the grass shoulder of the southbound lane of SR1633. Mr. Polo died at the scene from his injuries.

Robert McCullen II was arrested and charged with Driving While Impaired, Felony Death by Motor Vehicle and Careless and Reckless Driving.

Trooper J.F. Smith is the lead investigator.

For questions or to register please contact (919) 796-0312 or Email evelynwalters@bentwinds.org

How Businesses Can Adapt And Prosper In A Post-Pandemic Economy



As the economy restarts after the forced shutdown caused by COVID-19, businesses face a litany of unknowns. How quickly will shoppers return to their buying routines? Will temporary measures – working remotely, eating at home more, using delivery services – become permanent for large numbers of Americans?

“Many businesses won’t be able to return to their old way of doing things, but in some cases that might be just as well,” says Bill Higgs, an authority on corporate culture and the ForbesBooks author of the Culture Code Champions: 7 Steps to Scale & Succeed in Your Business (www.culturecodechampions.com).

Often, those old ways probably weren’t working, says Higgs, a founder and former CEO of Mustang Engineering who recently launched the Culture Code Champions podcast.

“Many companies have problems within their corporate culture that keep them from prospering the way they should,” he says. “They hire whoever is available instead of seeking out the best talent. They communicate poorly. They have silos within the company that create a lot of rework and foster competition instead of cooperation.”

Now is a chance to do better, Higgs says, and he recommends a few things business leaders should do as they work to bring their companies out of the economic downturn:

Be a visible presence. Higgs says he has known instances where, during a downturn,

leadership goes into hiding. “They would just disappear,” he says. “They didn’t want to face the music with their people. But as businesses struggle to recover from our current crisis, owners and CEOs need to get out and talk to their people. I call it ‘management by wandering around.’ They need to engage their team and discuss how everyone can pull together to get through this.”

Understand this could be an opportune time to hire. The unemployment rate spiked upward as the economy went into freefall, but that means there’s an opportunity for businesses that want to build a strong team, Higgs says. “During just about any downturn, the people who lose their jobs include top-notch performers,” he says. “Be on the lookout for that talent. Snap them up if you can. But even if you can’t hire right away, it’s important to be aware that those top performers are out there so you can go after them when the time is right.”

Don’t get comfortable. One problem businesses encounter when good times return is that they revert to bad habits, Higgs says. They aren’t as diligent about eliminating waste. They keep poor-performing employees long past the point where they should have parted ways. “Companies by necessity run lean in the lean times,” he says. “But they also need to run lean in the good times, so they will be in better shape the next time the economy goes bust. Staying lean in the good times is a game changer.”

“One more mistake businesses make in good times is that when they get really busy, they stop selling, or at least aren’t as motivated to sell,” Higgs says. “I always say you should sell while the shop is full. That way when your sales people are in a client’s office, they don’t come off as desperately begging for work. Instead, they are talking about all the fun stuff and good stuff you’re doing at your company. That makes a big difference in how you are perceived.”

About Bill Higgs

Bill Higgs (www.culturecodechampions.com), an authority on corporate culture, is the ForbesBooks author of Culture Code Champions: 7 Steps to Scale & Succeed in Your Business. The website and book provide methods to self-implement a culture that will improve a company’s bottom line. Higgs recently launched the Culture Code Champions podcast, where he has interviewed such notable subjects as former CIA director David Petraeus and NASA’s woman pioneer Sandra Coleman. Culture Code Champions is listed as a New & Noteworthy podcast on iTunes. Higgs is also the co-founder and former CEO of Mustang Engineering Inc. In 20 years, they grew the company from their initial \$15,000 investment and three people to a billion-dollar company with 6,500 people worldwide. Second, third and fourth-generation leaders took the company to \$2 billion in 2014. Higgs is a distinguished 1974 graduate (top 5 percent academically) of the United States Military Academy at West Point and runner up for a Rhodes scholarship. He is an Airborne Ranger and former commander of a combat engineer company.

Mortgage Relief and COVID-19 Scams: What You Need to Know



Unfortunately, during times of hardship, families are often targeted by fraud artists attempting to take advantage of those needing assistance. The COVID-19 crisis is no exception, with many scammers pretending to extend a critical lifeline to struggling homeowners through so-called “foreclosure rescue fraud.”

According to Freddie Mac, this scheme involves bad actors offering false promises of being able to save your home from foreclosure. Common elements of this fraud include the following:

- Requiring you to sign over the title to your home.
- Asking you to sign unfamiliar documents and/or share your personal information.
- Charging you rent to stay in your home and/or potentially promising that you can purchase your home back when your financial situation improves.

Another common fraud involves a third party guaranteeing you a loan modification with a reduced mortgage payment. Such scams may operate similarly as foreclosure rescue fraud, as fraudsters collect an upfront fee and promise to work with your loan servicer on your behalf.

So what can you do to protect yourself?

- Don’t disclose. Never provide your information via phone or internet until after you

have verified the caller or company’s identity.

- Be suspicious. If someone has contacted you asking for personal or sensitive information, do your homework to verify the validity of the request before providing any information. Contact your servicer (the company listed on your mortgage statement) and confirm that they called you asking for information.
- Spot imposters. Scammers across the globe can make any name or number appear on your caller ID or email. Protect yourself from spoofing by letting calls go to voicemail first. If a call is important, the caller will leave a message. If you do answer and it is a robocall, don’t press any numbers. Just hang up.
- Report fraud. Freddie Mac will never reach out to offer a refinancing opportunity or new loan over the phone. If you have been contacted by someone claiming to represent Freddie Mac, you can report it by visiting sf.freddie.com/working-with-us/fraud-prevention/feedback.

While there are fraudsters out there offering false promises, know that there is real assistance on offer during this crisis, too. Contact your loan servicer to discuss your options. If Freddie Mac owns your mortgage and you are a homeowner unable to make your mortgage payments due to a decline in income resulting from COVID-19, you can learn more about available mortgage relief options by visiting MyHome.FreddieMac.com.

Your family’s health is no doubt top-of-mind these days. However, it’s also important to remember that fraudsters are out in full-force, making your financial vigilance a crucial priority as well.



Be Aware of Spam Text Messages



The Clinton Police Department would like to share some tips on how to recognize the spam text message.

The scammers use a variety of ever-changing stories to try to get you in. They may

- promise free prizes, gift cards or coupons
- offer you a low or no interest credit card
- say they have your “secrets” and demand you to take actions
- say they’ve noticed some suspicious activity on your account
- claim there’s a problem with your payment information

WHAT DO YOU NEED TO DO?

- DON’T RESPOND TO SMS CALLS TO ACTION
- PAY ATTENTION TO ANYTHING THAT’S OUT OF CHARACTER
- PAY ATTENTION TO THE DETAILS OF THE CALL TO ACTION
- BLOCK JUNK CALLS AND TEXTS
- FILE A COMPLAINT AT <https://consumercomplaints.fcc.gov/hc/en-us>

FAITH

Will God Put On Us More Than We Can Handle?

**GOD
WILL NEVER
GIVE YOU
MORE
THAN YOU CAN
HANDLE**

Have you ever had a bad day? I think it is probably a safe bet to say that we have all had our share of those days where nothing goes as planned and everything falls apart.

I had a really bad day one time in the fifth grade. The cool thing to do at my school after lunch in the was to go outside and play soccer. One day we were out playing soccer on the soccer field and a kid kicked the ball really high up in the air. Now, I grew up

playing soccer. I never played on the high school team or anything like that, but to me, one of the coolest things about soccer was when people would score by heading the ball in the goal; and when the ball was kicked high up in the air on this occasion, I was in the perfect position. I was near the goal and nobody was around me. This was my time to shine and impress all of my friends.

As the ball started coming down and I positioned myself, out of nowhere another kid runs in and goes up in the air to do the same thing I wanted to do. Except he missed the ball and hit me right in the eye. Now this kid was a really good friend of mine, and I know he didn't do it intentionally, but he was the smallest kid in school. Compared to the rest of the fifth graders, he looked like a second grader.

As soon as it happened, I knew this was an embarrassing moment. The smallest kid in our grade just railroaded me and knocked me to the ground! I picked myself up off the ground, knowing that when I got up I would be relentlessly harassed by the other kids. I would be the butt of the joke. When I got up, the laughter turned into looks of horror. Blood starting pouring from my eyebrow. I was wearing a North Carolina Tar Heels jacket that day, and when I got up, I was covered in so much blood that it looked like I had a NC State Wolfpack jacket on.

I'll never forget what happened next. My fifth grade teacher just happened to be outside that day. I remember the look on her face as she ran over to me. She took her scarf and held it against my face. She kept reassuring me that I was going to be ok. She explained to me that my eyebrow was cut open, but they were going to call my mom and get me to the hospital.

And I'll never forget that because, here's the deal with me: The sight of blood does not gross me out, but unless it is one of my own children, I'm not touching it. My teacher, fortunately, did not have that approach. She simply got in there, she cleaned me up, and she stayed with me through the whole thing – calming me and loving me.

What she did is much like what Jesus does to us.

We are sinful and broken. We tend to make up a mess of everything that we do and everything that we touch. We have bad days, and a lot of the time, it's our own fault.

But Jesus doesn't ignore us. He is right there with us to clean up our mess and walk us through it. There is a lie in our culture that says that God will never put on us more than we can handle. But that's not a promise that we find in Scripture. There is a Bible verse that is close to that, and that is where we get that saying confused with the truth.

1 Corinthians 10:12-13 says "So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

These verses are talking about our posture towards sin. We battle a war against our own sinfulness – and we lose what war when we fall to temptation. This verse says that when we are tempted, God creates a way out for us. Every person is tempted to sin – Jesus was tempted to sin, and the only one to never fall – but we are not Jesus. We fall when we don't have the self-discipline to endure temptation, but God is faithful provide a way out.

This is about sin and temptation, it's not about a bad day. It is not about the adversity we face because of brokenness in the world. It is not about times in our lives where it seems like everything is falling apart, when things are not going well with our health, or our social life, or about our relationships. Nowhere does it promise us that God won't give us more than we can handle.

So how can we overcome this lie that many of have bought into? What is the truth that we need to know about the goodness of God and our bad days?

First, we need to know that God will often times give us more than we can handle. Before the Apostle Paul became a follower of Christ, he was an antagonist of Christians: His job was to go around to different cities, find out where the Christians were, and have them arrested, violently persecuted and killed. After Jesus changed his life and changed his heart, he went from being a persecutor to being a planter. He went around starting Christian churches and preaching the gospel. In 2 Corinthians, Paul is very transparent about his spiritual journey. He tells the church in Corinth about all of the troubles he had been through as a believer who was trying to start this movement of churches.

He says in 2 Corinthians 1:8: "We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia." Notice he says... the troubles they faced, not the temptations they faced. Paul isn't talking about battling sin, he is talking about having some bad days. He continues: "We were under great pressure, far beyond our ability to endure, that we despaired of life itself."

Did you catch what Paul said right there? Their experience in starting churches was so bad that it says they did not have the ability to endure their tough times. The did not have the strength to make it through their bad days, even to the point they despaired life. In essence, they wanted to die! Things were so bad, that they couldn't take it anymore. In other words, God put more on him then he could handle and as a result he wanted to die.

We need to know that God will indeed put more on us than we can handle. It if happened to Paul, at some point, if we follow Jesus, it will happen to us as well. But we need to ask this: Why does God put on us more than we can handle?

God will put more on us than we can handle so that we can learn to rely on God.

We can rely on God. Paul says next in verse, "Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead." The Bible tells us over and over again to rely on the Lord (Deut 33:12, Ps 86:7, Ps 143:8, Heb 13:6). When we find ourselves in problems where it is just too much for us to bear, we have someone trustworthy to turn to. We can rely on God to get us through the darkest times and seasons in our lives. In order to make this point, Paul connects the truth that we can rely on God with the resurrection. He says all of the bad days happened so that he may rely on God, who raises the dead. Why does he connect our problems with the resurrection? Because in Christ we have hope. Just like death didn't defeat Jesus, our momentary troubles and bad days will not defeat us if we rely on God. It was God's power that raised Jesus from the dead in order that we would have a new life, but if God isn't reliable, then we should be pitied for believing in such a thing. But because Christ has been indeed been raised from the dead, we follow a reliable God, and because we believe in a reliable God, then we have hope that he walks with us and rescues us.

Just like my teacher got into my bloody mess on the soccer field in order to rescue me, God walks with us and rescues us. At the end of the day, this lie, that God won't put more on us than we can handle --we can summarize and conclude by thinking about it in light of these truths:

Will God put more on us that we can handle? At some point, probably. God will often let more be put on us than we can handle so that we will stop boasting in our own strength and become desperate for His! By giving us problems and bad days, sometimes is the only way God can get our attention at times. Even though you are surprised by the problems you are facing, God is not, and he will lead you through the valley.



Will Matthews

Should You Be Called A Christian?

1 John 4:20-21, If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from him: whoever loves God must also love his brother."

Imagine a Christian leaving church one Sunday. They just finished

hearing the Scriptures proclaimed, hymns sung and shook hands with smiling faces to their fellow church members, and then they go to a restaurant and act like the devil to the waitress. Sadly, this is more common than we would want to admit. I have several friends that work in the food service industry that don't enjoy working with the Sunday church crowds because of poor attitudes of their customers. Naturally these friends are confused that a Christian would act so ungodly less than an hour earlier proclaiming how much they love God.

The problem often is that our commitment to the teachings of Jesus stay trapped in the four walls of our sanctuary. Author of, My Utmost for His Highest, Oswald Chambers wrote, "If I am going to know who Jesus is, I must obey Him. The majority of us don't know Jesus because we have not the remotest intention of obeying Him." This view by Chambers would have many Christians viewing Jesus as nothing more than a spare tire that is only used in a case of an emergency. We have to do more than know facts about Jesus, we have to be radically changed from our sin nature and become more like Him.

Regardless of who follows Jesus, we must have a commitment in our hearts to

press forward in the faith. When God's commands are not popular to the world around us we must be obedient. When God looks at the relationship we have with Him, he should see a committed follower. What would motivate us to obey God's will is that we know His will is always best for our lives. As a Christian our own faithfulness is motivated and led by our deep commitment to eternity. Our commitment to remain faithful to Christ leads us to love God and others more every day.

As followers of Jesus we are not called to be successful as the world defines success. We are called to be faithful to God in what He calls us to do. We faithfully act in faith towards God and leave all the results to Him. If I die having a home in the country club, a large bank account and having the title of CEO, but do not know and have not been faithful to God, then I have failed. However, if I end this life unemployed, broke and living in a van down by the river, but I know God and have been faithful to His call on my life, I have been truly successful. An honest Christian embraces this adage and escapes the many temptations that can lead us astray.

This week I encourage you to remember the words of C.S. Lewis, "Do not waste time bothering whether you "love" your neighbor; act as if you did. As soon as we do this we find one of the great secrets. When you are behaving as if you loved someone you will presently come to love him." Don't passively wait for an opportunity to serve you neighbor, but eagerly search for ways to demonstrate the love of Jesus to someone else. Regardless of their gender, race or political viewpoints everyone deserves to see an outward expression of the Christ that indwells you. Should you be called a Christian? If the answer is yes then start loving like Christ.



Ken Smith

**FOLLOWING
JESUS**

HEALTH WATCH



STUDY SAYS Spirituality possibly associated with cancer patient outcomes

A new study, published in JAMA, found that cancer patients' sense of meaning and peace was associated with spirituality and religiousness. The study looked at the spiritual experiences, values and beliefs, religious practices, and an overall self-ranking of spirituality's importance of 126 adolescents and young adults with cancer. Modeling revealed that meaning and peace were associated with aspects of spirituality and religiousness as well as anxiety, depressive and fatigue symptoms. Anxiety, depressive symptoms, fatigue and pain interference were predefined measures.

"Structural equation modeling showed that meaning and peace were inversely associated with anxiety, depressive symptoms and fatigue. Feeling God's presence daily was indirectly associated with anxiety, depressive symptoms and fatigue through meaning and peace. Considering oneself very religious was indirectly associated with anxiety, depressive symptoms and fatigue through meaning and peace.

Considering oneself very spiritual was indirectly associated with anxiety and depression through meaning and peace. No associations were found between spiritual scales and pain interference."

Facets of spirituality were associated with anxiety, depression and fatigue. These measures were indirectly associated with a patient's feeling of peace. This suggests interventions involving spirituality or religion may be therapeutic.

HEALTH STAT 150

According to the Mayo Clinic, patients need to engage in 150 to 300 minutes of moderate-intensity activity (such as swimming or fast walking) a week to prevent weight gain.

NUTRITION STATION Too much tofu can be harmful

Tofu is a Swiss Army knife of cooking. It can replace or join meat in virtually any dish, and contains essential amino acids, calcium, selenium, manganese and vitamins. According to USA TODAY, however, too much of the soybean product can "prevent your body from absorbing and processing protein at all, thanks to the legume's high levels of trypsin and protease inhibitors." To avoid these side effects, limit your consumption of tofu to four servings or fewer.

On the bright side, high levels of estrogen-like compounds found in soy products will not, contrary to myth, cause men to grow breasts.

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Don't sweat it

How to stay safe, healthy and cool this summer

By American Heart Association

With the arrival of warm weather, and as states begin to loosen months of lockdown restrictions from the coronavirus pandemic, it's only natural that people are itching to get outside.

But what summer activities are safe during a pandemic? And with many air-conditioned movie theaters, libraries, restaurants and malls closed or limiting the number of visitors, where can people go to cool down?

In Los Angeles, Phoenix and other communities known for their scorching summer heat, a limited number of cooling centers remain open, although capacity may be limited because of social distancing requirements.

The Centers for Disease Control and Prevention advises those without access to air-conditioned environments to take a cool shower or bath. Electric fans also can help.

"Sponging yourself down with a washcloth and sitting in front of a fan is a last-ditch effort if you don't have access to air conditioning during a heat wave," said Dr. Sam Keim, head of the University of Arizona Department of Emergency Medicine and director of the Arizona Emergency Medicine Research Center in Tucson. "Evaporative cooling is very effective, except in the most extreme humidity."

Swimming is another sure-fire way to beat the heat. Keim believes the risk of catching COVID-19 is low at public lap pools if swimmers take proper precautions such as social distancing, avoiding the locker room and not touching surfaces on the way to the water.

"Use your swim cap as a glove to open any doors, and then douse your swim cap in the water," he said. "The chlorine used to disinfect the water is known to be active against viruses. Don't share a lane with another swimmer because of the proximity of your breathing."

Even if it's a hotter than average summer, Keim said the cancellation of mass competitions like marathons and bike races because of COVID-19 could lead to an overall reduction in heat-related illness such as heat stroke among recreational athletes. On the other hand, more people are outside exercising than in the past. Many of these folks are novices and are not acclimated or aware of the risks.

Additionally, because of

social distancing, many people are opting to exercise alone.

"If you're alone in the heat and incur a heat-related illness, there might not be anyone nearby to help you if you become ill from the heat," he said.

Keim urged people with heat stroke symptoms to call 9-1-1 or go to an emergency room immediately. Those symptoms include:

- A temperature of 104 F or higher
- Confusion, changed personality or other altered mental states
- Reddish skin
- Nausea and vomiting
- Rapid, shallow breathing
- A rapid heartbeat
- A throbbing headache

For those with less severe symptoms, such as heat rash, excessive sweating and muscle pain or spasms, "an air-conditioned environment is the rescue," Keim said. "Heat stroke happens mostly in populations that don't have access to air conditioning during heat waves" such as the homeless, certain elderly people and children left in cars.

According to Susan Yeargin, an associate professor of athletic

training at the University of South Carolina who has researched thermoregulation and hydration, drinking enough liquid is crucial, especially in hot weather.

"If somebody is dehydrated, their heart will be working harder, and it will be pumping out less blood," she said. "If other risk factors are there, that person is setting themselves up for a bad situation."

With water fountains and coolers potentially off-limits because of COVID-19, Yeargin recommends people carry an insulated water bottle and fill it with an ice-cold liquid they enjoy. But avoid alcohol, which can lead to dehydration and cause poor decision-making.

"When you drink alcohol, you're peeing out the fluid that your body needs," she said, noting that a person will know they're hydrated if their urine is a light-yellow color.

Both Keim and Yeargin urged people to follow CDC recommendations to plan exercise and other outdoor activities in the morning or late afternoon when temperatures are lower. If that's not possible, stay in the shade.

HEAT STROKE PREVENTION



VECTORSTOCK IMAGES

TODAY'S WORKOUT

Triceps dip also works your core

By Marlo Alleva
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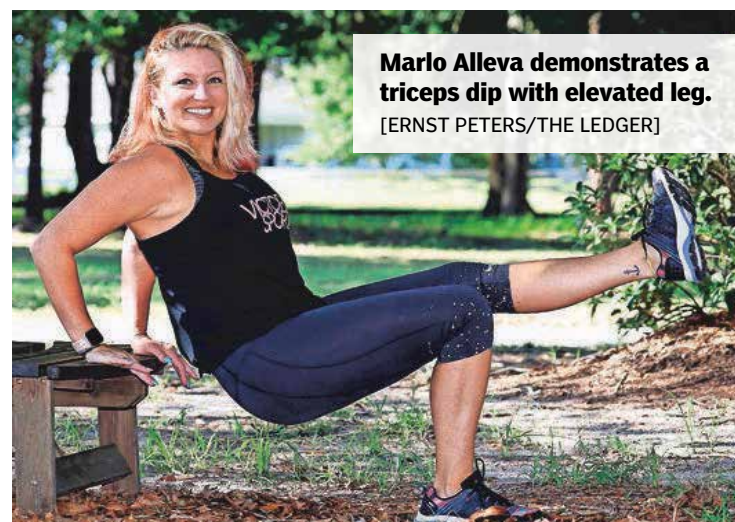
Summer is finally here, although it does seem like we are nearly four months into the season, with kids being out of school and many work schedules in upheaval. Once again, your fitness schedule seems to get slightly interrupted, but we're getting better at improvising.

Our move today is a triceps dip with a lifted leg. This move can be done on any elevated surface, such as a bench, chair or step. This combo move will be working your triceps directly, your core and

your quadriceps.

Begin this exercise by sitting on your elevated surface. Holding your chest tall, place your hands (directly under your shoulders) beside your rear end and grip the surface you are sitting on. Engaging your midsection, scoot your bottom off your seat, placing the tension in your arms and legs. Once you find your balance, proceed to lift one leg straight out in front of you. Finding your center once again, you are ready to start dipping.

Start by bending in the elbows, facing them directly behind you. Keeping your chest tall and your abdominals



Marlo Alleva demonstrates a triceps dip with elevated leg. [ERNST PETERS/THE LEDGER]

engaged, go as low as you comfortably can without putting too much strain on your shoulders. Once you reach your lowest dip, slowly return back to the start, keeping the same leg elevated with every repetition. Aim for at least 8-10 times for your first set.

Take a short break and shake your hands and wrist and switch the elevated leg. Now you're

ready to start your next set.

Continue dipping for an even number of sets on each leg. Just remember to alternate.

This exercise is a great combination movement, requires no added equipment and can be performed anywhere. Sometimes the simplest things not only make you look good, they make you feel good as well!

FOOD

FLASH IN THE PAN

The garlic awakens

Toum till you swoon

By Ari LeVaux
More Content Now

Each spring it happens. You cut into a clove of garlic, only to find its lily white interior tainted by the green stripe of a developing shoot. A few weeks later, sprouts will emerge from the tips of every garlic clove in the house, turning entire bulbs into Medusa heads.

During this period of garlic awakening, all cooks face a choice. Either dig out the little plant or cook with it undaunted, knowing the verdant imperfection tastes exactly like the bulb that hosts it.

And every year, some aspiring garlic growers will fall under the spell of a sprouted clove, and decide to plant the little guy in the dirt. The math of garlic propagation dictates that every planted clove will turn into a full bulb of cloves, so why not?

Alas, sprouted garlic sown in springtime won't bulb. The clove must overwinter in the dirt. Planted in fall, it will sense the moist earth and send out roots, and then hibernate through the winter. When we see that green stripe in the garlic clove on the cutting board, we know the cloves in the



Toum is a Lebanese aioli-like sauce of garlic, salt and olive oil. LOTS of garlic. [ARI LEVAUX]

garden are waking up, too.

Fast forward to the present moment: The garlic I planted last fall is now producing delicious shoots called scapes, curly stems with pointy flower-like tips that emerge from the center of the plant around the summer solstice.

Garlic growers will diligently pick every scape, so as to encourage the plant to focus on its below-ground portion. And garlic lovers are happy to buy and eat scapes as a seasonal treat. Use the scapes exactly how you would garlic, as a spice or vegetable. It's fun chopped in stir-fries, or steamed whole, or held and chomped on like curly green cigars on poker night, or woven into garlands and placed atop

our heads while we prance about like Greek divinity.

Scapes are readily available these days at the farmers market. And if you have designs to plant your own garlic this fall, now is the perfect time to plan your patch. Going to the farmers market now in search of scapes to eat can be an important first step in finding your source for the seed garlic that you will plant in October.

"Seed garlic" is just regular garlic that is certified to be disease-free, and of a particular variety. One advantage of getting your seed garlic locally is you can see for yourself how well the garlic in question produces in your own climate. As a home gardener, you don't have to worry about the

financial devastation of a diseased garlic crop. And who really cares what variety of garlic you grow, as long as it grows well in your neck of the woods.

So be on the lookout for scapes at the farmers market, because the people selling them will have garlic to sell in about a month.

One of my favorite things to do with garlic, be it bulb, sprout or scape, is make toum, a Lebanese aioli-like sauce of garlic, salt and olive oil.

Even though it's mostly garlic, and thus quite strong, toum is so mad-deniably delicious you will spread it everywhere. It does take a toll on the breath, but in these socially distant times, who cares? Eat toum off the spoon till you swoon.

Scape Toum

This assertive, pale green paste makes a great spread, filling or ingredient. The nuts and parsley add a rich thickness and grassy fragrance, making it something of a cross between pesto and romesco sauce.

Scapes have more fiber than bulb garlic, so it takes longer in the blender. But with patience the scape toum will emulsify just like bulb toum.

Serves 10

- 1 cup almonds
- 2 teaspoons salt
- 2 cups chopped scapes
- 2 cups olive oil
- 1 cup chopped parsley
- Zest and juice of ½ a lemon

Pulse the almonds and salt in a blender until the almonds are crushed. Add the scapes and blend, scraping down the sides as necessary. Add the first cup of olive oil, a little at a time, again scraping the sides as necessary. Add the lemon juice and zest and parsley, and blend until the parsley disappears. The second cup of oil is optional. The paste will loosen as you add it, and then, surprisingly, thicken even more.

You can also skip the almonds, for a smoother, creamier final product. In that case, cut the salt in half, and stop at a single cup of oil.

Spread toum on anything that moves. Wrap it in romaine leaves with chunks of feta. Refrigerate or freeze the unused portions.

FOOD FOR THOUGHT

TIP OF THE WEEK Safety tips for visiting your local farmers market

Farmers markets are a great place to find the freshest fruits, vegetables and protein available in your area, but while many are open amid the COVID-19 pandemic, it's important to be mindful of food safety.

Most markets have their own food safety rules that vendors must comply with, as well as related government regulations, but markets can be exposed to contaminants such as dirt, bugs and pollutants. Site also often have little access to water for hand and product washing, and electricity for refrigerating.

Here are a few guidelines you should follow if you're planning a trip to your local farmers market, according to Tennessee State University:

- Pay attention to the vendor's food safety practices as you shop.
- Check the stands' overall cleanliness including gloves and clean utensils for food handling.
- Take time to talk to and learn from vendors. Many vendors are eager to talk about their growing methods.

Eggs
• Eggs should be properly chilled at 40 F. Do not let them stay at room temperature.

Fruits and vegetables
• Wash fruits and vegetables thoroughly under

running water before eating cutting or cooking. Dry with a clean cloth or paper towel to eliminate bacteria.

Milk and cheeses
• Only buy pasteurized milk products. If it is labeled "For animal use only," it has not been pasteurized.

Meat
• Meat should be kept in closed coolers with adequate amounts of ice.
• Perishables must be refrigerated within 2 hours, so bring an insulated bag or cooler with you to keep meat cool.
• Separate meat from other ready-to-eat foods.

DRINK
Airlines suspend alcohol services

In response to the COVID-19 pandemic, multiple airlines are suspending all or part of their alcohol drinks services.

Delta Airlines is not serving alcohol on domestic flights or within the Americas, while international flights will still serve beer, wine and spirits. American Airlines is limiting food and drink service based on the length of the flight and destination.

FUN FACT
Coffee beans

If you chew on roasted coffee beans, it can help prevent the bacteria that cause bad breath.

More Content Now

FLEUR DE LOLLY

Colorful, easy-to-make weeknight dinner



Laura Tolbert

You've heard the saying that you "eat with your eyes first." Here is another colorful, healthy, easy-to-make weeknight dinner that is special enough for guests. If haddock isn't available, substitute cod or another mild white fish. Everything is cooked under the broiler on one sheet pan, so you have easy cleanup as well!

Chile Spiced Haddock

- ½ head green cabbage, outer leaves removed, and thinly sliced (about 7 cups)
- 1 small red onion, thinly sliced
- 1 orange bell pepper, seeded and thinly sliced
- 2 tablespoons vegetable oil, divided
- Salt and freshly ground black pepper
- 2 tablespoons fresh lime juice, divided, plus wedges for serving
- ½ cup mayonnaise
- 2 tablespoons chopped fresh cilantro, plus ¼ cup whole leaves
- 8 pickled jalapeño slices, finely chopped, plus 2



Chile Spiced Haddock. [LAURA TOLBERT]

- teaspoon brine
- 1 teaspoon ancho chili powder, divided
 - 4 to 6 ounces skinless haddock or cod fillets

Preheat the broiler and spray a rimmed baking sheet with non-stick spray or line with foil. Toss the cabbage, onion, and bell pepper with 1 tablespoon plus 1 teaspoon of vegetable oil along with ½ teaspoon salt and a few grinds of black pepper on the prepared pan. Broil, occasionally turning, until the vegetables are crisp-tender and lightly charred, 6 to 8 minutes.

Transfer to a large bowl and stir in 1 tablespoon of lime juice; season with a little more salt.

Meanwhile, combine the mayonnaise, the remaining 1 tablespoon of lime juice, the chopped cilantro, jalapeños and brine, and ¾ teaspoon

chili powder in a small bowl; set aside.

Rub the fish with the remaining 2 teaspoons of vegetable oil and ¼ teaspoon chili powder; season with salt and arrange on the same baking sheet. Broil the fish until just cooked through, 5 to 7 minutes.

Serve the fish with the mayonnaise sauce and slaw along with lime wedges. Top with the cilantro leaves.

From Food Network Magazine, May 2017

Laura Tolbert, also known as Fleur de Lolly, has been sharing recipes, table decor ideas and advice for fellow foodies and novices on her blog, fleurdelolly.blogspot.com, for more than eight years. You can contact her at facebook.com/fleurde.lolly.5, on Instagram, and at fleurdelolly@yahoo.com.

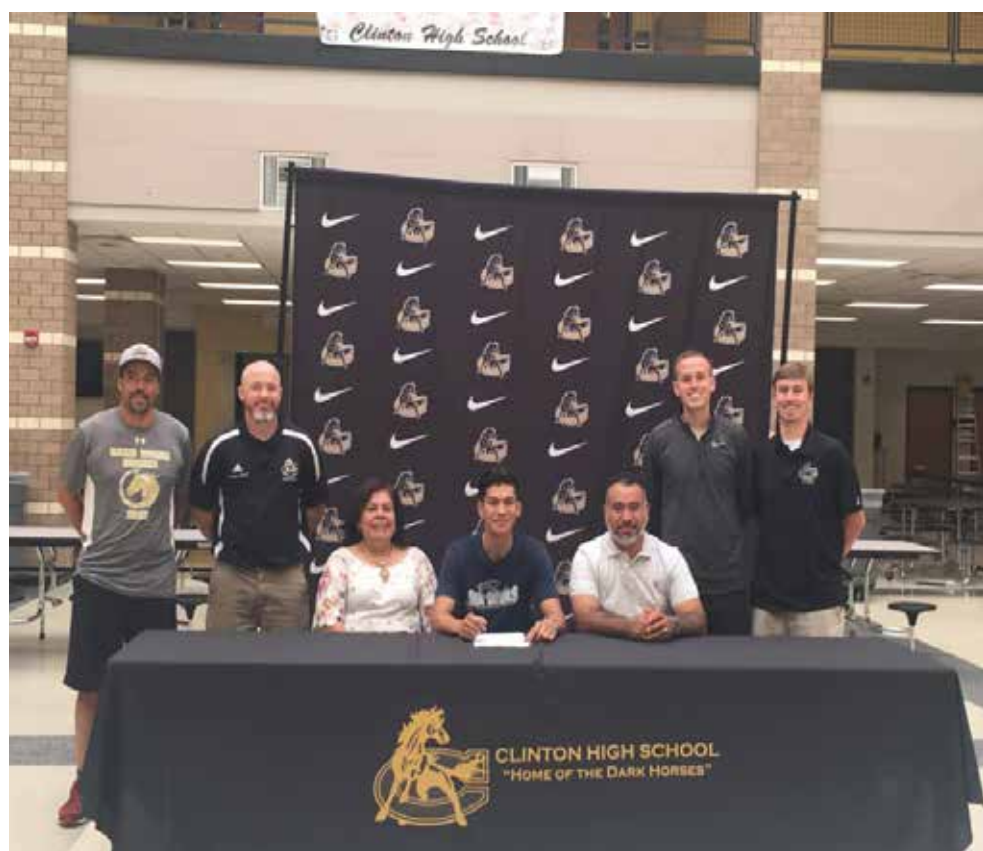
PERFORMANCE AUTO
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It's About... HARD WORK
It's About... DEDICATION
It's About... INTEGRITY
It's About... PERFORMANCE



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Athlete of the Week Recap



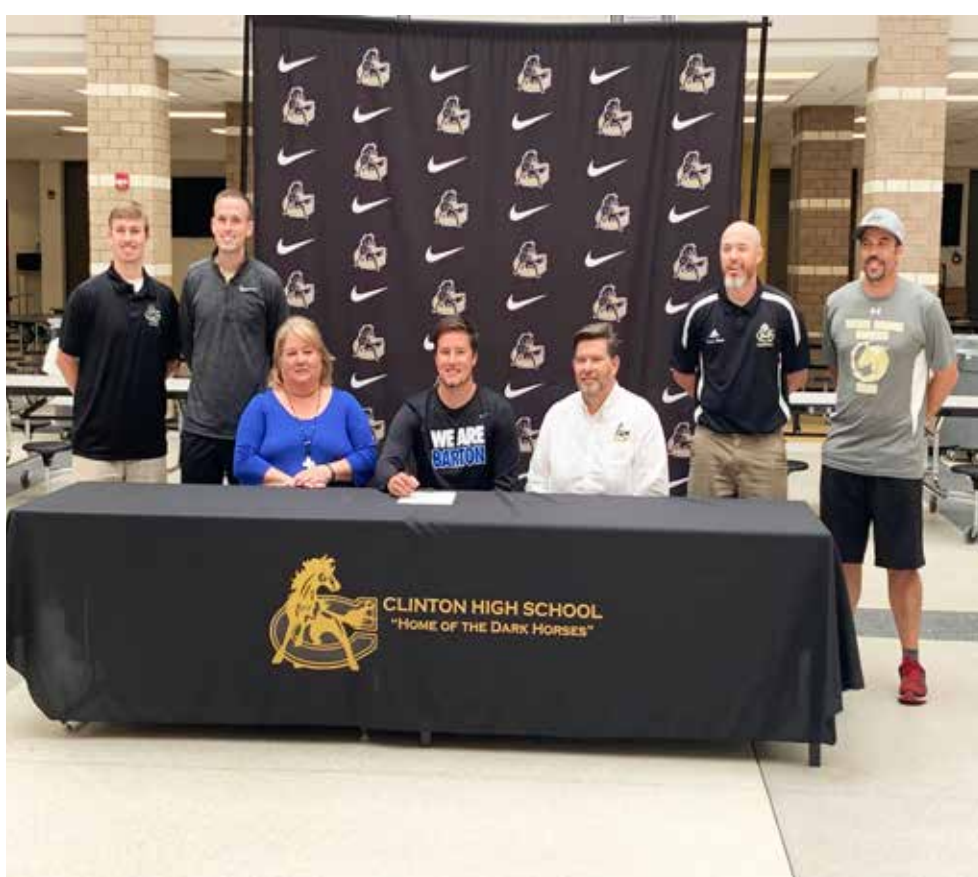
Clinton Dark Horse Mauricio Llamas signed to play soccer at Cape Fear Community College. Congratulations Mauricio!



HCA senior Cade Hancock and sophomore Colby Stoppelbein finished first and second – Hancock with a 70 and Stoppelbein with a 71, respectively to help win Conference Championship



*Clinton Dark Horse Lilyana Wilson
 Congratulations Lilyana!*



Clinton Dark Horse Reid Walters signed to play soccer at Barton College. Congratulations Reid!

PERFORMANCE AUTOMOTIVE SALUTES THE STUDENT ATHLETE OF THE WEEK!

HAVE YOU FOUND YOUR NEW VEHICLE YET?



CLEARANCE
 EVENT



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EDUCATION

Public Safety Administration Program Begins This Fall



In August, a new program will begin in the Public Service department at the College—Public Safety Administration. Graduates of the program would qualify for leadership positions with government agencies, correctional facilities, police or fire departments, and other similar organizations. The degree program is more diverse than a criminal justice degree, so students study a variety of subjects. The program at SCC offers two tracks: corrections and law enforcement.

Up to 20 hours of Basic Law Enforcement Training (BLET) coursework trans-

fers to the program, making the degree a straightforward option for current public servants interested in advancement. It's also suitable for students interested in BLET who may not meet the age requirements. Certified corrections officers can have up to 8 hours of coursework transfer.

The program digs into coursework dealing with public administration, public policy, ethics, critical incident management, grant writing, and more. Graduates of the program can expect to begin careers in state and local government agency jobs. Current practitioners can use the programs as an immediate opportunity for advancement, while younger students use it as a steppingstone for career entrance while gaining experience.

Though it is just beginning and developing, students have much to look forward to in the program. Amanda Jasinski, Department Chair, is already on the hunt for articulation agreements with nearby four-year institutions for students interested in continuing to the next step.

"Students will enjoy this program because it will allow them to develop their leadership potential and enhance their confidence in critical agency roles," Jasinski stated.

Registration for Fall 2020 begins July 1 and runs until July 30. Students with questions about the Public Safety Administration program should contact Amanda Jasinski at ajasinski@sampsoncc.edu.

Stagnant Job Market Has Students Turning to Graduate School to Improve Marketability

MOUNT OLIVE –University of Mount Olive May graduates Patrick Schweitz and Malak Kafi are doing what many young people are doing during these unsettled times...they are going back to school. With a somewhat stagnant job market due to COVID-19, Schweitz and Kafi decided to make the most of their time and their futures by enrolling in UMO's Master of Business Administration (MBA) program. They will start this fall.

Like many of their fellow student-athletes, Schweitz, who is a member of the Trojan golf team, and Kafi, who is a sprinter/hurdler track and field athlete, were disappointed when the spring sports season was cut short due to the coronavirus. They felt like the rug had been pulled out from under them, and they were not ready to be done with school or sports. Gaining another year of athletic eligibility, both decided to take the leap and enroll in UMO's MBA program, which has been ranked by The Triangle Business Journal as the 11th largest in North Carolina and the 5th largest among all of the state's private universities.

"Not only will I be able to further my education and learn more skills and knowledge for my future career, I will also get to play another year of golf, which is a win-win for me," Schweitz said.

A two-time Conference Carolinas All Conference player and three-time Academic All-Conference honoree, Schweitz is passionate about the game of golf. Outside of his academic and athletic responsibilities, the Johnston County native works part-time at Walnut Creek Country Club in Goldsboro. After earning his MBA in the spring of 2022, he plans to pursue a career as a collegiate golf coach or work with a golf equipment manufacturer.

A two-time back-to-back indoor hurdle champion, Kafi is also a highly awarded athlete



whose plans were cut short as a result of COVID-19. "I was really at a loss," she said. "Spring sports abruptly ended, students were sent home, and graduation was cancelled. It seemed that the virus had taken everything from me, and I had no idea what my next step would be. But, God had another plan. I am very blessed to be able to return to UMO to use my last year of eligibility to do what I do best and enter graduate school. This is just the beginning of something new, and I plan to make the most of this opportunity on the track and in the classroom."



Since the MBA program typically takes two years to complete, Kafi is on track to graduate in 2022. The High Point resident hopes to continue her sports career as either a professional athlete or as an athletic director.

"Patrick and Malak are a great examples of how UMO's MBA programs are fulfilling a need for students who have shined in athletic competition and in the classroom," said UMO Admissions Representative Zack Burnette.

Assistant Provost for Adult and Graduate Programs Dr. David H. Dommer said, "Unfortunately, for a number of Americans, the stark reality of the moment

is a very crowded labor market that seems to be worsening. A graduate degree is the perfect way to help someone differentiate themselves when every open position is being flooded with applicants. Employers know that master's level employees have learned new techniques, modern skills, and updated theory that allows them to make an immediate impact on their organization from day one. Generally speaking, due to salary premiums for employees with graduate degrees, students can usually see the return on their investment after as little as two to three years after graduation. With a short track to completion, there is no better way for a student to invest at the moment, than to invest in their own futures."

Michael Martin Memorial Golf Tournament Set for August 20



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MOUNT OLIVE- The Michael Martin Memorial Golf Tournament sponsored by Friendly Mart will be held on Thursday, August 20, at the Southern Wayne Country Club.

Tee times will be at 8:30 AM and 1:30 PM. The entry fee is \$90 per player or \$360 per team. There will be a raffle drawing and silent auction

at the tournament, as well as golfer contests such as longest drive and closest to pin. Prizes include 2 flights. Golfers will receive goodie bags, and food and beverages will be available.

The deadline to sign up is August 1. All contributions are 100% tax deductible and will go directly to the Michael Martin Memorial Scholarship Fund and the University of Mount Olive Trojan Club. For more information, please contact Neil Price at (919) 738-7072 or at neil@friendlymartinc.com.

The University of Mount Olive is a private institution rooted in the liberal arts tradition with defining Christian values. The University is sponsored by the Convention of Original Free Will Baptists. For more information, visit www.umo.edu.



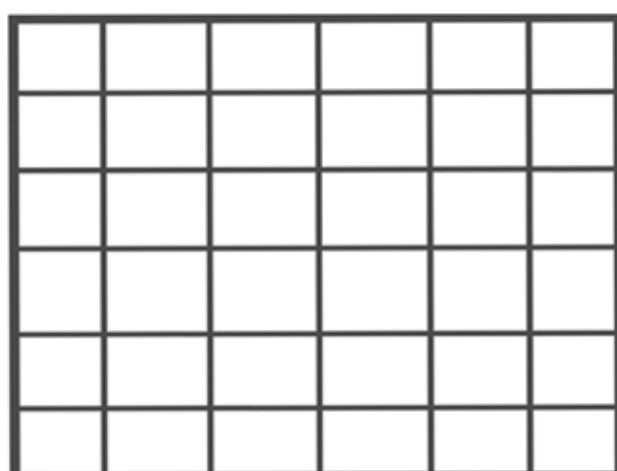
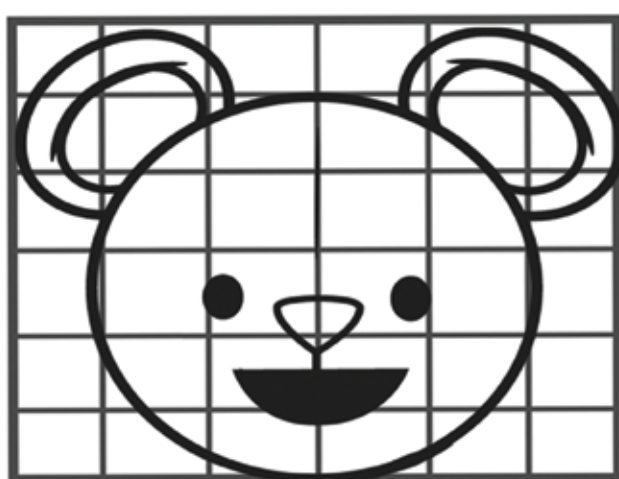
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LET'S DRAW SUNRAY BEAR!

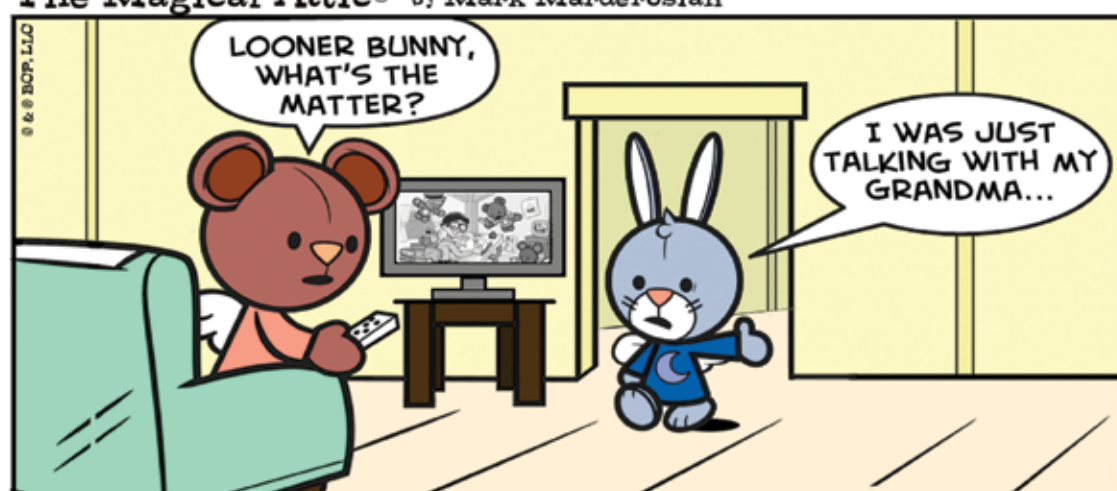
Use your pencil, crayons or markers on the grid below and practice drawing the face!

Here's a grid with the foundation lines over Sunray's face.



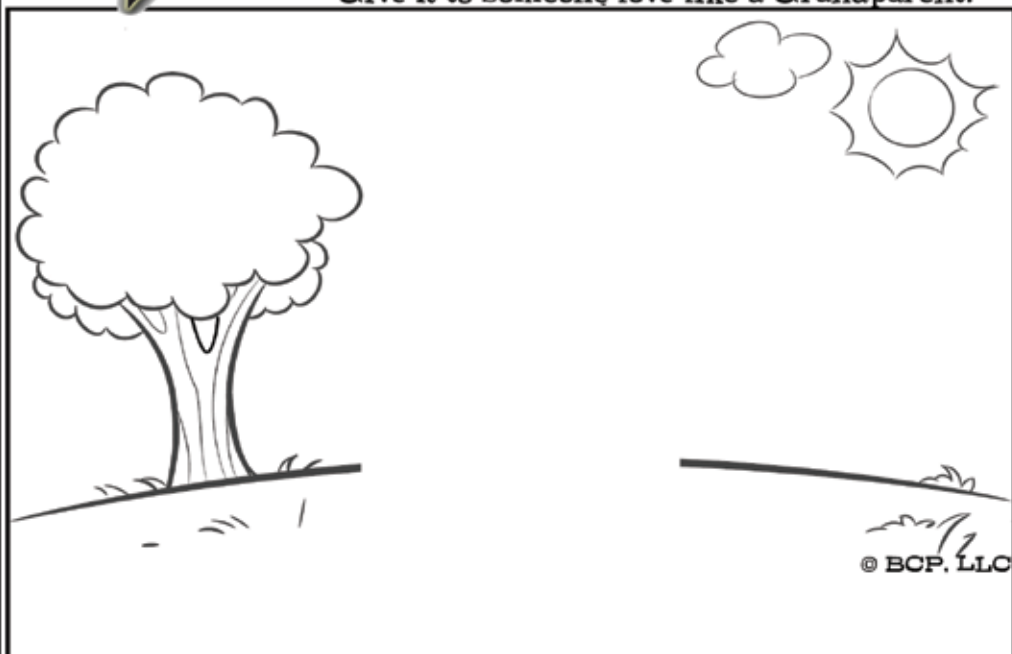
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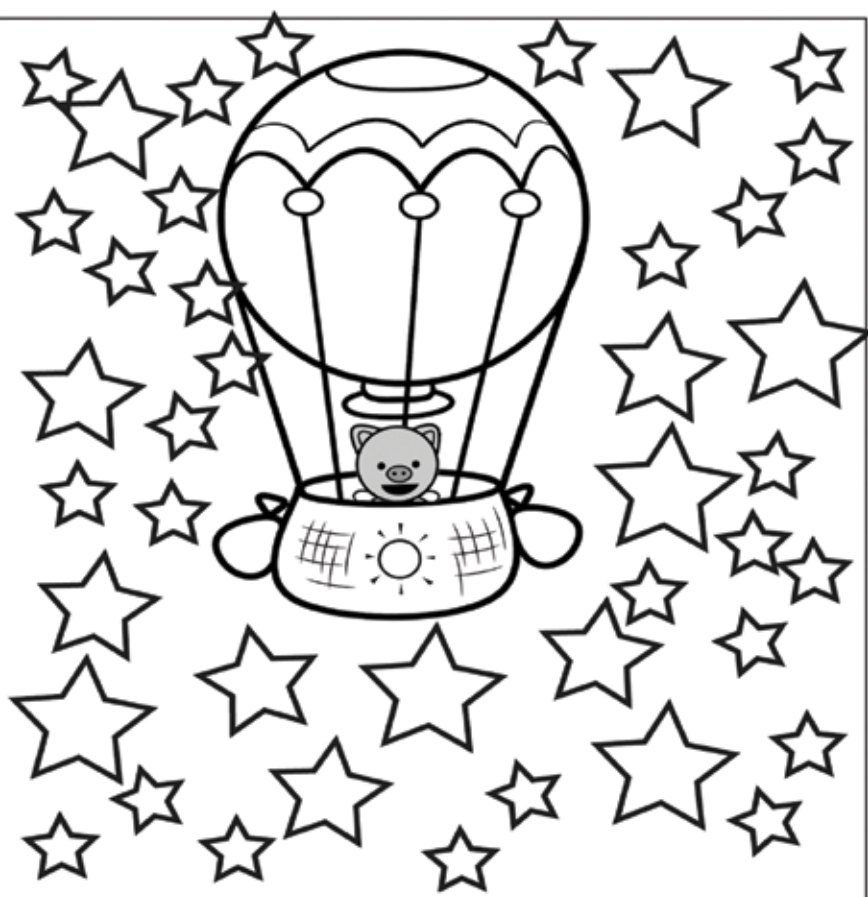


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Drawing with Mark DVDs available at Amazon!



Count the number of stars around Misty Pig. (Answer below)

The Magical Attic

FUN FACTS

- THE BUTTERFLY HAS TINY EARS ON ITS WINGS THAT CAN TELL BETWEEN HIGH AND LOW PITCH SOUNDS.
- IT CAN TAKE A BUTTERFLY FROM ABOUT SEVEN DAYS TO MORE THAN A YEAR TO HATCH OUT OF ITS CHRYSALIS. (COMMONLY CALLED A COCOON). FOR A LARGE NUMBER OF SPECIES IT IS LESS THAN 30 DAYS.
- BUTTERFLIES HELP THE ENVIRONMENT BY POLLINATING FLOWERS AND PROVIDING FOOD AS CATERPILLARS FOR NESTLING SONGBIRDS.

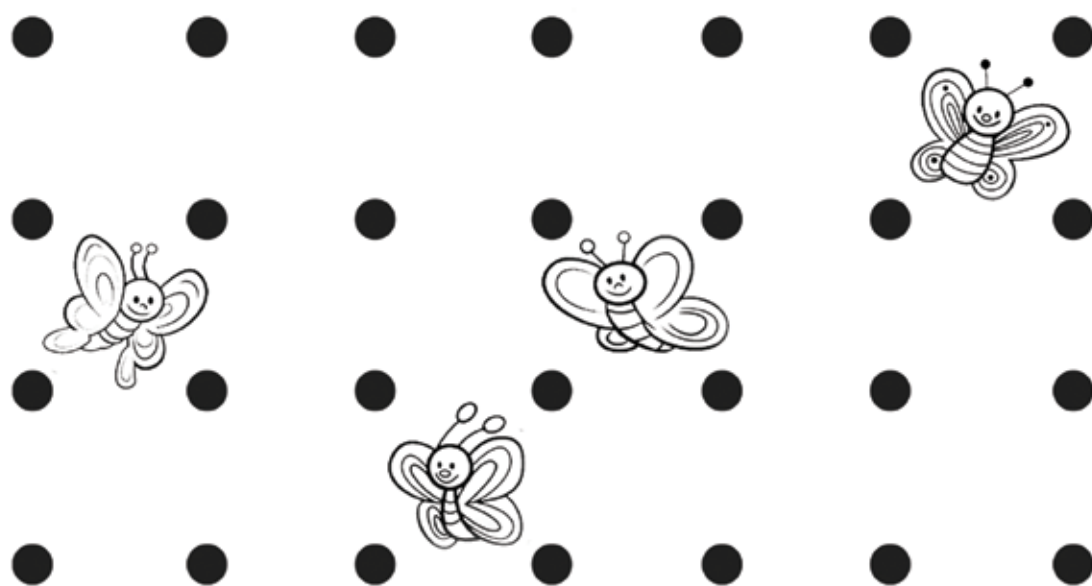


Help Misty Pig find the butterflies!

Play this game with a friend! Take turns drawing a line between two dots and soon you will have a square. When you finish a square, put your initials inside the square.

2 points for a square with butterfly inside it.

1 point for each empty square with your initial inside it.



www.TheMagicalAttic.com

Number of stars: 41

PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Reason to sue
 5 Pull strings?
 10 As well
 14 Field of expertise
 15 Desist's partner
 16 Blew the whistle
 17 Fountain order
 18 Foreign
 20 Blood clotting aid
 22 Antsy
 23 What Eve did
 24 Birch or beech
 25 Team morale
 27 Invoice charge
 31 Underground explorer
 32 Pasture sound
 33 Zilch
 34 Bone-dry
 35 Necklace item
 36 Crumbly cheese
 37 Beyond tipsy
 38 Macbeth's title
 39 Sly ones
 40 Make the competition nervous
 42 Frenzies
 43 Landlord's due
 44 Jacket feature
 45 Probate concern
 48 Statue of Liberty, et. al.
 51 Ineffective
 53 Woodwind instrument
 54 One in a million
 55 Present occasion
 56 Response to an insult

DOWN

1 Pack (down)
 2 Kind of surgery
 3 Einstein theory
 4 Torn's partner
 5 Work with clay, say
 6 Basic belief
 7 Flat floater
 8 "Suits" network
 9 Statue, perhaps
 10 Crashed out
 11 _____ to rest

12 Minor setback
 13 Fairytale villain
 19 Clumsy
 21 Mideast chief
 24 "So ____!"
 25 Massage target
 26 "Les Misérables" setting
 27 Viewpoint
 28 Set in stone
 29 Gunpowder component
 30 Tumbler, eg.
 32 Doozie
 35 Talk radio callers
 36 First and _____

38 Letter before iota
 39 Part of IMF
 41 "Swamp Thing" director
 42 Identify, as a perp
 44 Kerwin of "James at 15"
 45 Malta money
 46 Become unhinged
 47 Weight deduction
 48 Place to wait
 49 Speckled steed
 50 Held on to
 52 Auction unit

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STR8TS

No. 397 Easy

Previous solution - Medium

How to beat Str8ts – Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. These need to be filled in with numbers that complete a 'straight'. A **straight** is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help, tips and hints at www.str8ts.com

SUDOKU

No. 397 Tough

Previous solution - Medium

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

If you like Str8ts check out our books, iPhone/iPad Apps and much more on our store.

Solution to Crossword:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| T | N | E | T | R | S | N | P | O |
| S | L | A | P | C | O | N | O | N |
| O | B | O | G | N | I | L | A | V |
| K | M | A | R | K | D | N | A | V |
| R | E | N | L | I | N | E | T | A |
| S | O | R | S | F | U | R | O | H |
| S | E | X | E | F | A | N | E | T |
| A | F | E | T | A | R | L | P | E |
| L | I | N | A | T | B | L | E | R |
| G | I | N | G | P | I | P | S | H |
| E | E | E | E | T | R | E | M | P |
| E | D | G | E | O | N | E | L | E |
| R | L | I | A | R | A | M | I | L |
| G | A | N | G | S | A | S | E | C |
| O | A | L | S | O | M | S | T | R |

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Faith without Works is Dead (James 2:14-26)

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

ABRAHAM ACTIONS ANYONE
 BELIEVE BROTHER CLOTHING
 DEAD DEAR DEEDS
 EVEN FAITH FOOD
 GIVE GOOD GOOD-BYE
 JUST KIND RIGHT
 SAVE SHOW SHOWN
 SISTER STAY SUPPOSE
 THEN USELESS WARM
 WELL WHEN WORKS

Rachel's Son Joseph is Born (Genesis 30:22-24)

| | | | | | | | |
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| S | B | E | C | A | M | E | G |
| B | C | N | I | D | R | A | G |
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| A | N | S | W | E | R | E | D |

ANOTHER ANSWERED BECAME
 BIRTH CHILDREN DISGRACE
 ENABLING FAMILY SAID

Reduce Your Risk of Another Heart Attack or Stroke

COVID-19 pandemic highlights importance of maintaining healthy routines

FAMILY FEATURES

After a heart attack or stroke, as many as 1 in 4 survivors will have another one. However, lifestyle changes and working closely with your doctor to manage your health may minimize the risk of a repeat event. Sticking to secondary prevention routines – by eating healthy, being active and taking medications as prescribed – is important as cases of COVID-19 increase.

“A heart attack or stroke is a very scary experience, and people try to avoid revisiting that difficult time,” said neurologist Lee Schwamm, MD, chair of the American Stroke Association and professor of neurology at Harvard Medical School “Unfortunately, the risk of a repeat stroke is high, and lifestyle changes to reduce a person’s risk are almost always necessary to reduce those odds.”

Up to 80% of second clot-related strokes and heart attacks may be prevented by making healthy choices. Consider these tips from the American Stroke Association’s secondary heart attack and stroke prevention initiative, sponsored nationally by Bayer.

Blood Pressure: Work with your doctor to ensure you’re maintaining a healthy blood pressure level below 130/80. High blood pressure is both a leading cause and major risk factor for stroke and heart attack.

Cholesterol: Medication and healthy lifestyle habits can help keep high cholesterol in check.

Blood Sugar: Having diabetes, which is caused by high blood sugar, more than doubles your risk of stroke. Some people have diabetes and don’t know it until a medical emergency happens.

Medications: If you are prescribed medications for high blood pressure, high cholesterol or diabetes, make sure you take them as prescribed. If you had a clot-related stroke or a heart attack, your doctor may recommend aspirin to help prevent another event. Aspirin is not appropriate for everyone, so talk to your doctor before beginning an aspirin regimen.

Smoking: If you smoke, stop. Smoking increases the risk of stroke and heart attack because it damages blood vessels, which can lead to blockages.

Physical Activity: Being physically active at least 30 minutes a day, most days of the week or 150 minutes per week is recommended by the American Stroke Association.

Even as COVID-19 cases strain emergency medicine, calling 9-1-1 still provides access to life-saving treatments for people experiencing medical emergencies like heart attacks or strokes. Emergency medical responders can assess symptoms, begin treatment and transport the patient to the most appropriate hospital, if necessary.

Based on current information from the Centers for Disease Control and Prevention, it appears people 65 and older and people of any age with underlying medical conditions, such as heart disease, high blood pressure and diabetes, are more likely to be infected and develop more severe symptoms. Stroke survivors may face increased risk for complications if they get COVID-19.

Find more resources to help manage your risk at stroke.org/oneisenough.



Photo courtesy of Getty Images

Know the Warning Signs for Strokes and Heart Attacks

Even as COVID-19 cases strain emergency medicine, experts say calling 9-1-1 is still the best way to access life-saving treatments for people who are experiencing heart attack or stroke symptoms.

Heart attacks and strokes are medical emergencies. If someone is experiencing stroke or heart attack symptoms, he or she should call 9-1-1. Emergency medical responders can assess symptoms, begin treatment in the ambulance and transport the patient to the most appropriate hospital, if necessary.

Hospitals have plans in place to keep potentially contagious patients away from others and keep surfaces clean. Calling 9-1-1 and activating Emergency Medical Services (EMS) ensures you have the best possible chance to beat a heart attack or stroke. EMS can begin treatment in the ambulance and take you to the hospital best suited to care for you in an emergency.

Stroke warning signs can be remembered using the acronym F.A.S.T.:

- F – Face drooping
- A – Arm weakness
- S – Speech difficulty
- T – Time to call 9-1-1

Heart attack warning signs include:

- Chest discomfort.
- Discomfort in other areas of the upper body such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Breaking out in a cold sweat
- Nausea
- Lightheadedness



open your heart
to God...

OBITUARIES



CLINTON

Robert Franklin “Bobby” Vann, 87, of 401 Fox Lake Drive, passed away at Kitty Askins Hospice Center in Goldsboro on Saturday, June 27, 2020. Born October 4, 1932, Bobby was the son of the late Umseele McLamb and Frank Vann and grew up in the Piney Green area of Sampson County. He graduated from Herring School and served in the 8th Infantry Division of the US Army in Fort

Jackson and later in Germany. Bobby was a car dealer in Clinton for many years and the owner and operator of Bobby Vann Auto Sales. Bobby was a 50-year member of the Sudan Shriners and a Master Mason for Hiram Lodge #98. He was a member of the Grove Park Baptist Church, the Adult I SS class, and the Baptist Men. Bobby was a people person who loved his friends (of which there were many) and he never met a stranger. One of his favorite pastimes was boating with family, friends, and the youth church group in Little Clinton at White Lake. In his earlier years, one could always count on Bobby having a jukebox on the pier to provide music for his friends. He was also a small plane enthusiast and private pilot who owned numerous airplanes. His last airplane was registered as N104BV (his birthday). Bobby always enjoyed traveling to the “Sun-n-Fun Fly In” in Lakeland, Florida with friends. Better known as “Lightning Vann”, Bobby was a dedicated member of Woody’s Crank Shaft group, as well as the “Retired Lunch Bunch”. Bobby is survived by his wife, Jane West Vann of the home; three stepchildren: Karen Suggs and husband, Mike of White Lake; Rhonda Steele and husband, Vaughn of Hope Mills and Alan West and wife, Cheryl of Elizabethtown; six step-grandchildren: Jake, Luke and Lacey Suggs; and Cameron, Maddie and Carlie West. He is also survived by his sister, Alice Faye Owens of the Piney Green area, and sisters-in-law: Mary Elizabeth Honeycutt; Thelma DeMarco and husband, Steve; and Eloise Arens and husband, Dick. He is also survived by nieces: Vickie Smith and husband, Alfred; Wendy Butler and husband, Bruce; Diane Lucas, Charlene Honeycutt, Vickie Phillips, April DeMarco; and nephew, Chris DeMarco and wife, Cindy; as well as several great-nieces and great-nephews. In addition to his parents, he was also preceded in death by his first wife, Louise Honeycutt Vann; sister, Mary Emma Daughtry; and brother-in-law, Charlie Honeycutt. A Graveside Service will be held at Grandview Memorial Park with Masonic rites on Tuesday, June 30, 2020 at 2:00 pm with Rev. Mike Shoock officiating. In lieu of flowers, memorials may be made in Bobby’s memory to the Shriners’ Hospital for Children at PO Box 1510, Ranson, WV 25438-4510 or to the Grove Park Baptist Church Youth Program at 609 NE Blvd., Clinton, NC 28328. The family would like to express their sincere appreciation to the staff of 3HC Home, Health & Hospice for their compassionate care and dedication. Royal-Hall is honored to serve the Vann family.



ROSEBORO

Lee “Boogie” Roy Carter, 72 passed away Thursday, June 25, 2020 at his home. He was born February 4, 1948 in Sampson County, North Carolina. Mr. Carter was a native of Sampson County, the son of the late George Wentworth and Naomi Mae Maness Carter. He was preceded in death by his parents, four sisters, Shirley Annette; Ola Mae Autry; Thelma Evelyn Benton and Doris Laverne Carter; one brother,

Billy Ray Carter. He is survived by his wife Kimberly Carter of the home, one daughter, Michelle Willard and husband Scott of Yorktown, VA; two sisters, Elsie Marie Lucas; Mary Francis Williams and husband Edward all of Roseboro; two brothers, George “Junior” Carter, Jr. and wife Shirley of Roseboro; Wilbert Lee Carter and wife Bonnie of Hampton, VA; two grandchildren, Matthew Tyler Willard, and Nicholas Alexander Willard; and numerous nieces and nephews. The funeral service will be held at 1:00pm, Monday, June 29, 2020 at Butler Funeral Home in Roseboro with the Rev. Christy Christianson officiating. Burial will follow at Peniel Pentecostal Holiness Church Cemetery. A visitation will be held on Sunday, June 28, 2020 at Butler Funeral Home at Roseboro from 6:00- 8:00pm. Services entrusted to Butler Funeral Home, 401 W. Roseboro Street, Roseboro, NC.



ROSEBORO

Mrs. Vivian Lee Hobbs Gallagher, 88 of Roseboro passed away on Friday, June 26, 2020 at her home. A funeral mass will be held at 10:00 AM Wednesday, July 1 at the family home, 2000 Hobbs Road, Roseboro with Father Joe Dione officiating. Burial will follow in the Hobbs Family Cemetery, 1954 Hobbs Road. Visitation for family and friends will be held on Tuesday from 7-9 PM at Butler Funeral Home in Roseboro and at other times at the home. Services entrusted to Butler Funeral Home, 401 W. Roseboro Street, Roseboro, NC.

CLINTON

Barbara Jean Hairr, 82, of 887 Beaverdam Road, passed away Friday, June 26, 2020 at her home. A funeral will be held at 3 PM, Sunday, June 28, 2020 at Crumpler-Honeycutt Funeral Home, with the Rev. Robbie Gilbert officiating. Interment will follow in the Owen Grove PFWB Church Cemetery. The family will receive friends one hour before the service at the funeral home and at other times at the home. Barbara, born in 1938 in Sampson County, was the daughter of the late Oscar Lee Jordan, Sr. and Armatha Tew Jordan. She retired from Hope and Jordan Grocery and was a member of Owen PFWB

Church. In addition to her parents she was preceded in death by her husband, Lutrell Hairr and siblings, Bertha Cook, Fannie Crumpler, Oscar Lee (O. L.) Jordan, Jr., Kathleen Bradshaw, Lillian Oates and Hubbard Jordan. Survivors include; children, Ronald Keith Hairr and wife Julia and Shelia Hairr Williard and husband Dwayne; grandchildren, Holly Hairr Montross and husband Matthew James and Thomas Luke Jones; and sister, Beulah Stroud. Online condolences may be sent to the family at www.crumpler-honeycutt.com.



TURKEY

Patricia “Patsy” McGee Tew of 430 Hudson Street, Turkey, NC, passed away peacefully at Rex Hospital in Raleigh in the early morning of June 26, 2020. A funeral service will be held on Monday, June 29th at 3 PM at Turkey Baptist Church with Rev. Dennis Guy and Rev. Ron Bryan officiating. Burial will follow in the Oak Ridge Cemetery. The family will receive friends one hour before



the service at the church. Born on July 12, 1943 in Sampson County, Mrs. Patsy was the daughter of the late William (Hoot) McGee and Lois Brown McGee. She retired from Clinton City Schools where she worked in the cafeteria as a baker. She was a devoted member of Turkey Baptist Church. She was very involved in the church and before her health started to decline, she served as Church Hostess and Sunday School teacher. She enjoyed cooking and traveling and went on many adventures with her family and friends. But most of all she enjoyed spending time with her family whom she loved dearly. She is survived by; her loving husband of 59 years, Arthur DeLeon Tew, Sr.; daughter, Lynn Hoskin (Johnnie) of Turkey; son, Arthur DeLeon Tew, Jr. of Sanford; three sisters, Cathy Honrine (Hugh) of Salemburg, Janice Phillips (Jeffrey) of Leland and Phyllis McGee of Turkey; grandson, Christopher Hoskin (Angela) of Clinton; five great grandchildren, Andrew Bradshaw of Wilmington, Chase Bradshaw of Clinton, Hannah Bradshaw Matthis (Blake) of Clinton, and Chloe and Drake Hoskin of Clinton; great-great granddaughter, Peyton Matthis of Clinton; and numerous nieces, nephews, sister-in-laws, and brother-in-laws whom she loved dearly. She was a very loving and devoted Wife, Momma, Granny, Sister, Aunt and Friend and will be greatly missed by all who love her. She was preceded in death by her parents and grandson, William DeLeon Tew. In lieu of flowers memorials may be made to Turkey Baptist Church, PO Box 159, Turkey, NC 28393.

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NASCAR THIS WEEK

The Daytona Beach News-Journal's Godwin Kelly & Ken Willis have covered NASCAR for more than 70 years combined. godwin.kelly@news-jrnl.com and ken.willis@news-jrnl.com

SPEED FREAKS

A few questions we had to ask ourselves

Ryan Blaney finally breaks through for a 2020 win. Does it start a big roll? GODSPEAK: Listen, this guy is the real deal. He was in position to win three of the first four races this season. More victories to come, people. **KEN'S CALL:** If it does, it's just coincidental. He'd been running up front a lot before Talladega, and that's more telling than simply winning a "plate" race.

Does Kyle Busch's 2020 winless skid end at Pocono? GODSPEAK: Busch hasn't won this season? That's odd. If he finds his groove this week, he could sweep the Pocono weekend. **KEN'S CALL:** He's won three of the last five Cup races there, and he has two shots at it. Still, I don't think he wins until Kentucky next month.

GODWIN'S PICKS FOR POCONO

WINNERS: Race 1 — Brad Keselowski. Race 2 — Kyle Busch
REST OF TOP 5: Race 1 — Ryan Blaney, Kevin Harvick, Denny Hamlin, Jimmie Johnson. Race 2 — Chase Elliott, Matt DiBenedetto, Erik Jones, Tyler Reddick
FIRST ONE OUT: Race 1 — Aric Almirola. Race 2 — Brad Keselowski
DARK HORSE: Race 1 — Tyler Reddick. Race 2 — Christopher Bell
DON'T BE SURPRISED IF: This double-header weekend becomes a fixture on the NASCAR Cup Series schedule.

BY THE NUMBERS

2 NASCAR Cup Series races this weekend at Pocono

4 Combined Pocono wins by Kyle and Kurt Busch since 2016

40 Entries for Saturday's Pocono race

675 Scheduled Cup Series race miles for Pocono doubleheader

2011 Year Brad Keselowski won last 500-mile race at Pocono

DAYTONA MOTOR MOUTHS

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NASCAR drivers Kyle Busch, left, and Corey LaJoie, right, join other drivers and crews as they push the car of Bubba Wallace to the front of the field prior to the start of Monday's race at Talladega. [AP/JOHN BAZEMORE]

THROUGH THE GEARS

Noose rallies garage support for Wallace

By Godwin Kelly
godwin.kelly@news-jrnl.com

There's a lot to talk about, so pull it out of neutral and go. **FIRST GEAR:** The race at Talladega Super-speedway turned into a very long, emotional and strange weekend for Bubba Wallace. After the NASCAR Cup Series race was postponed Sunday, somebody on Wallace's team found a garage door pull-down rope tied in a noose. At first, it was thought to be a hate crime directed at Wallace, but the FBI quickly discovered the rope had been like that since at least last October.

It was a mere coincidence that Wallace's No. 43 Richard Petty Motorsports Chevrolet was assigned that garage stall.

Before that new information came to light Tuesday, NASCAR competitors, who rarely agree on anything, showed their unity by pushing Wallace's car to the front of the starting grid on pit road.

NASCAR president Steve Phelps addressed the issue in a conference call Tuesday evening.

"For us at NASCAR, this is the best result we could hope for," he said. "It was disturbing to hear that it was thought that one of our own had committed this heinous act. It is fantastic to hear from the FBI definitively that there was not a hate crime."

SECOND GEAR: The last lap of the Talladega race was insane (as expected). After the white flag was displayed, there were two multi-car crashes, including some pushing and bumping at the finish line.

Aric Almirola, who was in the thick of the battle, earned a third-place finish, even though his No. 10 Ford was going backwards on the apron of the track.

"When I crossed through the tri-oval, I thought we were going to win the race, I was going so much faster than they were," he said. "I just barely got clipped by I think the No. 47 (Ricky Stenhouse Jr.) and spun across the finish line, ended up third. I'm happy to finish top-5 another week in a row."

THIRD GEAR: You blinked, took your eye off the ball and missed the fact that Talladega represented the half-way point of the NASCAR Cup Series regular season.

Eight drivers, who have scored wins this season, have qualified for the Cup playoffs. That leaves only eight more playoff positions are up for grabs.

If the playoff field was set today, Erik Jones, Austin Dillon, Ricky Stenhouse Jr. and Ryan Newman would be watching from the sidelines and defending Cup Series champion Kyle Busch would get in on points.

FOURTH GEAR: Pocono Raceway is packing a season's worth of stock-car racing into a single weekend.

Since the 1980s, poor ol' Pocono had the dubious honor of being the NASCAR track with the closest Cup Series race dates. Pocono's dates were just six or seven weeks apart each year.

This week's doubleheader was designed to free up two weekends for NBC's Summer Olympic coverage.

QUESTIONS & ATTITUDE

Compelling questions ... and maybe a few actual answers

You ready for the Pocono 1,275?

When the 2020 schedule was originally released, this was looking like the most unique race weekend in decades, if not ever. But with the scheduling maneuvers forced on NASCAR by the coronavirus, it now looks like just another overload in an effort to complete the regular season. Still, though, it's a lot: ARCA race on Friday, Trucks and Cup on Saturday, Xfinity and Cup on Sunday. The 2021 schedule might feature more than just one of these Cup doubleheaders.

Where do you rank the Talladega finish?

Those dramatics and sparks are normally reserved for video games, so rank it among the best ever in that department. But also call it fortunate. It had every opportunity to repeat the near-disaster of the Daytona 500 finish, but the sliding didn't turn into tumbling. Ryan Blaney was deep in the mix of both, so he's probably aged a few years since February.

Ken Willis, ken.willis@news-jrnl.com

CUP STANDINGS

| | |
|-------------------------|-----|
| 1. Kevin Harvick | 490 |
| 2. Joey Logano | 467 |
| 3. Ryan Blaney | 465 |
| 4. Chase Elliott | 458 |
| 5. Brad Keselowski | 441 |
| 6. Denny Hamlin | 428 |
| 7. Martin Truex Jr. | 424 |
| 8. Alex Bowman | 419 |
| 9. Kyle Busch | 378 |
| 10. Kurt Busch | 369 |
| 11. Jimmie Johnson | 353 |
| 12. Aric Almirola | 337 |
| 13. Clint Bowyer | 328 |
| 14. William Byron | 319 |
| 15. Matt DiBenedetto | 312 |
| 16. Tyler Reddick | 306 |
| 17. Erik Jones | 305 |
| 18. Austin Dillon | 282 |
| 19. Chris Buescher | 266 |
| 20. Ricky Stenhouse Jr. | 263 |

WHAT'S ON TAP

(All times Eastern)

CUP SERIES: Pocono Organics 325
SITE: Pocono Speedway (2.5-mile, triangle-shaped course)
TV SCHEDULE: Saturday, Race 1 (Fox, 3:30 p.m.)

CUP SERIES: Pocono 350
SITE: Pocono Speedway
TV SCHEDULE: Sunday, Race 2 (Fox Sports 1, 4 p.m.)

XFINITY: Pocono Green 225
SITE: Pocono Raceway
TV SCHEDULE: Sunday, race (Fox Sports 1, 12:30 p.m.)

GANDER RV & OUTDOORS TRUCK SERIES: Pocono Organics 150
SITE: Pocono Raceway
TV SCHEDULE: Saturday, race (Fox Sports 1, 12:30 p.m.)



KEN WILLIS' TOP 10 NASCAR DRIVER RANKINGS

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| Best French Fries: _____ | Best Place to Buy Tires: _____ | Best Fitness Center: _____ |
| Best Milkshake: _____ | Best Hunting Supplies: _____ | Best Salad Bar: _____ |
| Best Ice Cream: _____ | Best Deli/Bakery: _____ | Best Body Shop: _____ |
| Best Yogurt: _____ | Best Place to Buy Groceries: _____ | Best Place to Buy a Lawnmower: _____ |
| Best Steak: _____ | Best Sales Team: _____ | Best Hardware Store: _____ |
| Best Hot Dog: _____ | Best Service Department: _____ | Best Tax Preparer: _____ |
| Best Fried Chicken: _____ | Best Home Improvement Business: _____ | Best Place to Buy Auto Parts: _____ |
| Best Seafood: _____ | Best Place to Buy a New Vehicle: _____ | Best Bank: _____ |
| Best Doctor: _____ | Best Place to Buy a Used Vehicle: _____ | Best Bank Teller: _____ |
| Best Nurse: _____ | Best Insurance Agency: _____ | Best Barber: _____ |
| Best Police Officer: _____ | Best Slaw: _____ | Best Fountain Drinks: _____ |
| Best Sheriff Deputy: _____ | Best Hushpuppies: _____ | Best Jewelry Repair: _____ |
| Best Principal: _____ | Best Iced Tea: _____ | Best Child Care Center: _____ |
| Best Teacher: _____ | Best Coffee: _____ | Best Place for Wings: _____ |
| Best Grocery Store: _____ | Best Meat Department: _____ | Best Place to Buy Office Supplies: _____ |
| Best Place To Buy Appliances: _____ | Best Place to Buy Shoes: _____ | Best Desserts: _____ |
| Best Place To To Buy Furniture: _____ | Best Place to Buy Women's Clothes: _____ | Best Chiropractor: _____ |
| Best Place To Buy A Cell Phone: _____ | Best Place to Buy Men's Clothes: _____ | Best Dry Cleaner: _____ |
| Best Place To Buy Gas: _____ | Best Place to Buy Children's Clothes: _____ | Best Computer Repair: _____ |
| Best Place To Go on a Date: _____ | Best Place to Buy Antiques: _____ | Best Place to Buy Flooring: _____ |
| Best Place to Celebrate a Child's B-Day: _____ | Best Roofer: _____ | Best Place to Buy A Mattress: _____ |
| Best Veterinarian: _____ | Best Pharmacy: _____ | Best Pest Control Service: _____ |
| Best Mechanic: _____ | Best Real Estate Agency: _____ | Best Photographer: _____ |
| Best DJ: _____ | Best Hairstylist: _____ | Best Surgeon: _____ |
| Best Place to Get Your Oil Changed: _____ | Best Florist: _____ | Best Plumber: _____ |
| Best Place to Buy a Gift: _____ | Best Landscaper: _____ | Best Place to Buy Vacuum Cleaner: _____ |
| Best Jewelry Store: _____ | Best Tanning Salon: _____ | Best Fire Department: _____ |
| Best Eye Doctor: _____ | Best Elected Official: _____ | Best Rescue Squad: _____ |
| Best Dentist: _____ | Best Convenience Store: _____ | Best Pet Groomer: _____ |
| Best Attorney: _____ | Best Mexican Food: _____ | Best Insurance Agent: _____ |
| Best Manicure/Pedicure: _____ | Best Chinese Food: _____ | You Write In Your Favorite Category/Winner: _____ |

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