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SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly

VOLUME 12, ISSUE 10



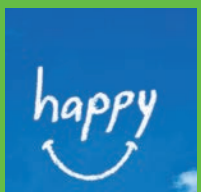
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Week of March 5-11, 2021

INSIDE



Food
Page 8



Faith
Page 7



Nascar
Page 16

WEATHER

Thur Partly
Cloudy
10%

Hi: 51° Lo: 35°

Fri Sunny
0%

Hi: 55° Lo: 34°

Sat Cloudy
40%

Hi: 55° Lo: 29°

Sun Sunny
0%

Hi: 53° Lo: 28°

Mon Sunny
0%

Hi: 56° Lo: 29°

Tues Sunny
0%

Hi: 67° Lo: 36°

WEEKLY VERSE

A man of many
companions
may come to
ruin, but there
is a friend who
sticks closer
than a brother.

Proverbs
18:24

WEEKLY INDEX

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Additional COVID-19 Vaccination Clinics Scheduled



COVID-19 TESTING REPORT FOR MARCH 5, 2021

Total Number of Tests Reported to Date: 18,759

Positive Test Results: 7,073 (21 additional since 3/4 report)

Negative Test Results: 11,686

COVID Reported Deaths to Date: 92 (no additional since 3/4 report)

With the vaccine eligibility criteria expanding this week, [COVID, see P. 3](#)

MISSING SAMPSON COUNTY MAN



Last Monday, the Sampson County Sheriff Department put out a Missing Persons Bulletin. According to the report, David Van Alphin, age 35, was last seen on February 2, 2021 at 9am on Elwood Road at a Hog Farm. He was wearing coveralls and rubber work boots.

Alphin is a 35-year-old male with blue eyes. He is 5' 4" tall and weighs approximately 110 pounds with blonde hair.

A white unknown SUV was reportedly seen in the area of the farm just prior to David "Van" Alphin going missing, but it is unknown if there is a connection at this time.

According to the Missing Person Bulletin,

the family reported him missing to the Sampson County Sheriff's Office on February 22, 2021.

Anyone with information on the location of David "Van" Alphin is asked to contact the Sampson County Sheriff's Office at (910) 592-4141 or their local law enforcement agency.

Reward- The family is offering a \$1,000 reward for any information that leads to locating David Van Alphin.

HOMICIDE ON TODD LANE UPDATE



Clinton, NC- On February 28, 2021 after 1 a.m., deputies responded to a report of shots fired on Todd Ln., Dunn, NC. Upon arrival, deputies located a deceased victim inside the residence. Deputies and investigators were on the scene early into the morning processing evidence and interviewing witnesses. The investigation is still in the very early stages and no additional information is available to release at this time. As new information becomes available we will provide updates.

Update- March 4, 2021

On the date of the incident an unknown individual(s) fired several rounds at the residence of 69 Todd Ln., Dunn, NC. During the incident, a female inside of the residence was struck by bullet projectiles and succumb to her injuries. The deceased has been identified as, Carolyn Ann Stephenson, 61, W/F of the same address.

During the investigation it was discovered that 70 Todd Ln. was also struck by projectiles, but no one was injured. Investigators are actively pursuing leads in the investigation and are requesting that anyone who has additional information to contact Investigator Matthew Thornton at 910-592-4141. At this time no further information is available for release.

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LOCAL NEWS

Contractor Nation Inks Deal with North Carolina Partner, Expands Footprint in the South



Christopher Reeves, Founder and President of Southeast Foundation & Crawl Space Repair, with Larry Janesky, CEO and Founder of Contractor Nation.

CLINTON, NC – Contractor Nation has acquired one of its highest-performing dealerships, expanding its presence in the Southern United States and strengthening its position as the original and leading network of home services contractors in the country.

Contractor Nation has acquired Southeast Foundation & Crawl Space Repair of Clinton, NC, an award-winning provider of home improvement services, and plans to enlarge Southeast’s service offerings to include roofing and the Gutter Shutter gutter system.

“Southeast has been providing the highest quality products and services to homeowners in its service area for years and this will continue,” said Contractor Nation Founder and CEO Larry Janesky. “We’re going to accelerate growth of the business so we can serve even more homeowners, create more jobs and have an even bigger economic impact on the community.”

Southeast President and Founder Christopher Reeves, who has been a member of the Contractor Nation network since 2010, called the deal “the right thing to do.”

“Passing the baton to Larry and the Contractor Nation team is a great decision for me, my family, my team and the community,” Reeves said. “Contractor Nation helped me create this successful business and I know they will create even more success now for others.”

Southeast provides foundation and crawl space repair, basement waterproofing services, concrete leveling and humidity control.

Contractor Nation is the original and most successful network for home services contractors in North America. Larry Janesky started in the home improvement and home services industry 33 years ago when he founded Connecticut Basement Systems, a basement waterproofing company, which has since expanded into basement finishing, crawl space retrofits and other services. Since then, the company has significantly expanded and become the state’s dominant provider, performing work in more than 85,000 homes. In 1990, while still running Connecticut Basement Systems, Janesky launched networks for basement waterproofing, crawl space repair, and structural repair. These networks, as well as other companies, have become part of the Contractor Nation network, which is committed to creating even greater success for home improvement and home service businesses across North America.

The businesses and networks in Contractor Nation include Basement Systems, CleanSpace, Total Basement Finishing, Dr. Energy Saver, Attic Systems, Treehouse Internet Group, The School of Entrepreneurship, MoreHouse Finance, Supportworks, National Radon Defense, Klaus Roofing Systems, Gutter Shutter and The Junkluggers.

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COVID, cont. from P. 1

Sampson County has scheduled a number of vaccine opportunities.

March 10, 2021

Location: Union High School - 1189 Kader Merritt Road, Rose Hill, NC 28458

Times: 9 am - 4 pm

Eligible Groups: Groups 1-3 (Citizens 65 and older, frontline healthcare workers, childcare employees, pre-k through 12th grade employees, and frontline essential workers)

March 17, 2021

Location: Sampson Agri Expo Center, 414 Warsaw Rd., Clinton, NC

Times: 9 am - 4pm

Eligible Groups: Second dose will be provided 9 am-1pm to those who have received their first dose on February 10th and 17th. First doses will be provided 1pm-4pm to Groups 1-3 (Citizens 65 and older, frontline healthcare workers, childcare employees, pre-k through 12th grade employees, and frontline essential workers)

March 24, 2021

Location: Charles E. Perry School - 705 Boone St., Roseboro, NC 28382

Times: 9 am - 4 pm

Eligible Groups: Groups 1-4* (Citizens 65 and older, frontline healthcare workers, childcare employees, pre-k through 12th grade employees, frontline essential workers, and Citizens 18 and older with high risk medical conditions, homeless, or incarcerated)

March 31, 2021

Location: Sampson Agri Expo Center, 414 Warsaw Rd., Clinton, NC

Times: 9 am - 4pm

Eligible Groups: Second dose will be provided 9am-1pm to those who have received their first dose on March 3rd, 2021. First doses will be provided 1pm-4pm to Groups 1-4* (Citizens 65 and older, frontline healthcare workers, childcare employees, pre-k through 12th grade employees, frontline essential workers, and Citizens 18 and older with high risk medical conditions, homeless, or incarcerated)

All scheduled events are subject to vaccine availability. *Group 4 eligibility is currently effective on March 24. Vaccines are offered following the State's eligibility guidelines, which are subject to change. Find more information on eligibility criteria on our County's vaccination resource webpage: <https://bit.ly/3e0LNR2>.

Currently effective on March 24. Vaccines are offered following the State's eligibility guidelines, which are subject to change. Find more information on eligibility criteria on our County's vaccination resource webpage: <https://bit.ly/3e0LNR2>.

COVID-19 TESTING REPORT FOR MARCH 1, 2021

Total Number of Tests Reported to Date: 18,442

Positive Test Results: 6,956 (34 additional since 2/26 report)

Negative Test Results: 11,486

COVID Reported Deaths to Date: 91 (no additional since 2/26 report)

COVID-19 TESTING REPORT FOR MARCH 2, 2021

Total Number of Tests Reported to Date: 18,531

Positive Test Results: 7,009 (53 additional since 3/1 report)

Negative Test Results: 11,522

COVID Reported Deaths to Date: 91 (no additional since 3/1 report)

COVID-19 TESTING REPORT FOR MARCH 4, 2021

Total Number of Tests Reported to Date: 18,624

Positive Test Results: 7,052 (43 additional since 3/2 report)

Negative Test Results: 11,572

COVID Reported Deaths to Date: 92 (1 additional since 3/2 report)

As of Saturday, February 27th, the Sampson County Health Department had administered 7,559 COVID vaccines. The department has held five drive-thru mass vaccination clinics and six indoor vaccination clinics, in addition to an ongoing appointment schedule for currently eligible vaccination groups. The Sampson County Health Department is an essential source for COVID vaccinations, in addition to our partners Sampson Regional Medical Center, ComWell Health and Goshen Medical.

The Health Department is scheduling additional vaccination events in anticipation of the expansion of vaccine eligibility to Group 3, which is expected on March 10. Additional information on these clinics will be distributed via our social media and will be available, once confirmed, on our County's vaccination resource webpage: <https://bit.ly/3e0LNR2>.

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CRIME REPORTS

02-18 Rodney Lewis, 60, Clinton. PWISD Heroin, Maintain a Vehicle for CS, Alter/Steal/Dest Criminal Evidence, RDO, Possession of Meth. Bond \$27500. Trial Date 03-19-21

02-18 Bret Matthew Burkett, 25, Dunn. Violation of a Domestic Violence Order. Trial Date 05-25-21

02-18 Rodney Tilden Brown, 45, Clinton. Assault on a Female. Trial Date 03-09-21

02-19 Debra Jean Guy, 58, Goldsboro. Violation of Court Order. Bond \$10000. Trial Date 04-13-21

02-19 Joanne Oates, 62, Clinton. Order for Arrest. Bond \$10000. Trial Date 03-24-21

02-19 Michael Lutrell Miller, 50, Clinton. Stalking. Bond \$1000. Trial Date 04-19-21

02-19 Kyle Daniel Indelicato, 20, Garland. Breaking & Entering Building. Bond \$2500. Trial Date 02-23-21

02-20 Anthony Bryan Chesnutt, 21, Dunn. Possess Marijuana, Possess Paraphernalia. Trial Date 05-13-21

02-20 Qontishua Sharmaine Brown Lewis, 27, Saint Paul. Larceny of Motor Vehicle.

02-20 Shatasha McMillan, 20, Saint Paul. Fail to Return Rental Property. Trial Date 03-15-21

02-20 Kassidy Nicolle Winters, 23, Dunn. Possess Drug Paraphernalia. Bond \$500. Trial Date 05-27-21

02-20 Jessica Lynn Tew, 36, Clinton. Order for Arrest. Bond \$20000. Trial Date 04-16-21

02-20 Jeremy Dail Royal, 37, Clinton. Order for Arrest. Bond \$10000. Trial Date 03-24-21

02-20 Whitney Fifi McDonald, 32, Clinton. Obtain Property False Pretense. Bond \$4500. Trial Date 03-22-21

02-20 Jesse Lee Bard, 34, Turkey. Unauthorized Use of Motor Vehicle. Trial Date 03-18-21

02-20 Lela Thornton, 28, Newton Grove. FTA. Bond \$200. Trial Date 03-17-21

02-20 Joshua Lane Fail, 28, Newton Grove. Communicating Threats, Resisting Public Officer, Assault with a Deadly Weapon Minor Present, Child Abuse. Bond \$5000. Trial Date 04-21-21

02-20 James Shaquille Devone, 25, Decatur. Littering Not 15>lbs. Trial Date 03-15-21

02-20 Nicholas Clint Brigman, 28, Godwin. Communicating Threats, Assault on a Female. Bond \$2500. Trial Date 04-20-21

02-20 Tempestt Sherrie Miller, 29, Greensboro. Order for Arrest. Bond \$350. Trial Date 04-15-21

02-20 Zachary Tanner Thorton, 27, Clinton. Communicating Threats. Bond \$500. Trial Date 06-08-21

02-20 Dalton Colt Smith, 28, Dunn. Order for Arrest. Bond \$20000. Trial Date 03-22-21

02-21 Vanessa Marie Hollister, 31, Fuquay Varina. Possess Heroin, Possess Meth, Possess Drug Paraphernalia, Simple Possession Schedule II Controlled Substance, Possession of Schedule I Controlled Substance. Bond \$6500. Trial Date 03-05-21

02-21 Samaria Nicole Cardenas, 20, Clinton. Possess Meth, Simple Possession of Schedule VI CS. Bond \$2500. Trial Date 03-05-21

02-21 Wornell Brothers, 37, Roseboro. Possess Weapon Mass Destruction. Bond \$5000. Trial Date 03-22-21

02-21 Felishia Nicole Dashner, 33, Clinton. Order for Arrest. Bond \$2000. Trial Date 03-10-21

02-21 Eva Michelle Sanchez, 37, Autryville. Simple Possess Marijuana, Poss Marijuana Paraphernalia. Trial Date 05-21-21

02-22 Kyler Bradley Kearley, 21, Clinton. DV Protection Order Violation, Order for Arrest. Trial Date 03-12-21

02-22 Jonathan Lewis Jones, 37, Turkey. Indecent Liberties with Child, Sell or Deliver Controlled Substance Minor >13<16, Crime Against Nature. Bond \$500000. Trial Date 03-05-21

02-22 Michael Kevin Moore, 18, Rose Hill. Simple Possession Schedule VI, Possess Marijuana Paraphernalia, Conceal Carry. Trial Date 06-17-21

02-22 Ricky Eldridge Bunce, 44, Stedman. Possess Meth, Possess Drug Paraphernalia. Bon \$7500. Trial Date

03-19-21

02-22 Gary ONeil Williams, 52, Garland. AWDW. Bond \$500. Trial Date 04-27-21

02-22 Kyler Bradley Kearley, 21, Clinton. DV Protection Order Violation. Trial Date 03-17-21

02-22 Bret Matthew Burkett, 25, Dunn. DV Protection Order Violation. Trial Date 05-25-21

02-22 Rodney Lewis, 60, Clinton. Sell/Deliver Heroin, Sell/Deliver Sch III Controlled Substance. Bond \$50000. Trial Date 03-05-21

02-22 Dustin OBryan Edwards, 25, Clinton. Order for Arrest. Bond \$70000. Trial Date 03-22-21

02-22 Eddie Shane Wilson, 44, Godwin. Embezzlement. Bond \$5000. Trial Date 02-26-21

02-22 Darrell Wayne Royal, 33, Salemburg. OFA- Release Order. Bond \$10000. Trial Date 05-25-21

02-23 Hykeem Shammah-Rayquan Raines, 20, Dunn. Carrying Concealed Gun, Fictitious Info to Officer, No Operators License, Contributing to Delinquency of a Minor, Possession of Marijuana Paraphernalia, Possess Marijuana over ½ oz to 1 ½ oz. Bond \$750. Trial Date 04-06-21

02-23 Bobby J Parker, 28, Newton Grove. PWISD Marijuana, Maintain Vehicle Dwelling, Possess Paraphernalia. Bond \$2500. Trial Date 03-19-21

02-23 Jareem David Lovette, 20, Warsaw. Carry Concealed Weapon. Trial Date 05-20-21

02-23 Sami Hafez Ahmed Albarati, 19, San Fran. Felony Possess Sch I, Felony Possess Sch VI, Possess Marijuana Paraphernlia. Bond \$15000. Trial Date 03-05-21

02-23 David McNeil Melvin, 35, Roseboro. Consp B&E Felony/Larceny. Bond \$2500. Trial Date 03-05-21

02-24 Agie Rich II, 41, Roseboro. DWI, DWLR Aft Impaired Rev Notice, Fail to Maintain Lane Control. Bond \$2500. Trial Date 06-07-21

02-24 Kyler Bradley Bearley, 21, Clinton. DV Protective Order Violation. Trial Date 05-25-21

02-24 Leslie Ray McClenny, 59, Roseboro. Assault with a Deadly Weapon. Bond \$1000. Trial Date 02-24-21

02-24 Agie Rich II, 41, Roseboro. DWI, DWLR Aft Impaired Rev Notice, Fail to Maintain Lane Control. Bond \$2500. Trial Date 06-07-21

02-24 Ronald Lee Jacobs, 32, Stedman. Order for Arrest, Injury to Real Property. Bond \$1000. Trial Date 03-17-21

02-24 Brandi Racquel Blake, 37, Autryville. Order for Arrest. Bond \$500. Trial Date 03-23-21

02-24 Terrence Lee Parker, 24, Clinton. Order for Arrest. Bond \$465. Trial Date 03-11-21

02-24 Raymond Tate Farmer, 28, Autryville. Possession of Schedule I CS, Possess Drug Paraphernalia, Communicating Threats, Resisting Public Officer, Injury to Personal Property. Bond \$13000. Trial Date 03-05-21

02-24 Laura Emanuel, 42, Clinton. Injury to Personal Property, Simple Assault. Trial Date 04-12-21

02-24 Franklin Chad Jernigan, 41, Godwin. Stalking. Trial Date 03-12-21

02-24 Johnathan Lee Matthews, 32, Newton Grove. FTA. Bond \$100. Trial Date 04-06-21

02-25 Zarius William Vander Urquhart, 24, Roseboro. Forgery of Instrument, Uttering Forged Instrument, Forgery of Endorsement, Obtain Property False Pretense. Bond \$10000. Trial Date 03-05-21

02-25 Christopher Dean Autry, 32, Dunn. Possess Meth, Possess Drug Paraphernalia. Bond \$10000. Trial Date 03-19-21

02-25 George Anthony McLamb, 41, Dunn. Possess Drug Paraphernalia, Misdemeanor Larceny. Bond \$1500. Trial Date 05-20-21

02-25 Heather Denise Venecia, 36, Rose Hill. Obstructing Justice. Bond \$5000. Trial Date 03-05-21

02-25 Autumn Josephine Turner, 28, Garland. Sampson County Animal Control Ordinance Violation, Resisting Public Officer, Assault on a Government Official, Communicating Threats. Bond \$5500. Trial Date 04-19-21

02-25 Jennifer Kay Moore, 42, Clinton. Order for Arrest. Bond \$10000. Trial Date 03-22-21

02-25 Kristin Jade New, 31, Clinton. Possess Marijuana, Possess Marijuana Drug Paraphernalia, Carrying Concealed

Weapon. Bond \$3500. Trial Date 05-26-21

02-25 Oliver Terrell Owens, 42, Clinton. Assault on a Female. Trial Date 04-05-21

02-26 Nathan Thomas Jackson, 31, Clinton. Child Support. Bond \$1000. Trial Date 03-23-21

02-26 Michael Tyler Bradshaw, 33, Faison. Larceny of a Firearm, Possess of Firearm by Felon. Bond \$100000. Trial Date 04-09-21

02-26 Benigno Mucio Ojeda, 23, Clinton. Assault on a Female, Assault on a Child. Trial Date 04-20-21

02-26 Ariana Gonzalez Ramirez, 36, Clinton. Allow Unlicensed Minor to Drive. Trial Date 04-20-21

02-27 Tony Anthony Carr, 44, Fayetteville. Injury to personal Property. Bond \$500. Trial Date 04-28-21

02-27 Kevin ONeal Shipp, 31, Fayetteville. Possession of Firearm by Felon, Larceny of a Firearm, Possession Stolen Goods. Bond \$10000. Trial Date 03-02-21

02-27 Ramel Tyshaun McIntyre, 25, Clinton. DWI. Trial Date 03-16-21

02-27 Mia Yvette Davis, 55, Clinton. CS-Simple Assault. Trial Date 05-18-21

02-27 Allen Sharpe, 36, Fayetteville. OFA-Injury to Personal Property, WFA- Possession of Marijuana Paraphernalia. Bond \$200. Trial Date 03-29-21

02-27 Robert Odell Robinson, 29, Fayetteville. MO-Indecent Exposure. Bond \$1000. Trial Date 03-04-21

02-28 Annie Estella Wilson, 41, Clinton. Order for Arrest. Bond \$500. Trial Date 05-05-21

02-28 Littler Annie Mae McNeill, 28, Erwin. CS-Fail to Return Rental Property, CS-Simple Assault. Trial Date 04-15-21

02-28 Melissa Dawn Locklear, 39, Shannon. Simple Possession of Marijuana, Possess of Drug Paraphernalia. Trial Date 05-03-21

02-28 Kirby Derrick Elkins, 35, Clarkton. Possession of Schedule IV, Possession of Marijuana, Drug Paraphernalia. Trial Date 05-03-21

03-01 Jesus Fonseca Ramires, 56, Stedman. Stolen Property Offenses. Trial Date 06-03-21

03-01 Norma Sanchez, 54, Newton Grove. Simple Assault. Bond \$500. Trial Date 04-13-21

03-01 Tony Anthony Carr, 44, Garland. Poss Meth, Poss Cocaine, Poss Drug Paraphernalia, Resisting Public Officer. Bond \$11000. Trial Date 03-05-21

03-01 Jaime Lee Hood, 37, Clinton. Larceny. Trial Date 04-12-21

03-01 Zionne Dash, 21, Burgaw. FTA. Bond \$10500. Trial Date 03-29-21

03-01 Justin Lee German, 38, Newton Grove. Injury to Personal Property, Domestic Criminal Trespass. Trial Date 04-06-21

03-01 Tremain Armon Kellam, 30, Roseboro. Order for Arrest. Bond \$2500. Trial Date 12-25-21

03-01 Jamie Lee Hood, 37, Clinton. Possess Meth, Possess Marijuana up to 1/2oz, Possess Marijuana Paraphernalia. Bond \$3500. Trial Date 03-19-21

03-01 Jessica Lynne Warren, 31, Clinton. Burglary/Breaking & Entering. Trial Date 03-17-21

03-02 Tylil Jamaal Cherry, 30, Windsor. PWISD Marijuana, Maint/Dwell/Place CS, Possess Marijuana Paraphernalia. Bond \$3500. Trial Date 03-19-21

03-02 Rhonda Aginta Williams, 47, Fayetteville. Breaking & Entering, Larceny After Break/Entering, Poss Stolen Property, Habitual Larceny, Order for Arrest. Bond \$17000. Trial Date 03-19-21

03-02 Corey Scott Hall, 32, Order for Arrest. Bond \$1000. Trial Date 05-18-21

03-02 Robert James Miller, 36, Fayetteville. Felony Probation Violation. Bond \$5000. Trial Date 04-20-21

03-02 Theresa Monique Sinclair, 29, Roseboro. Trespass. Bond \$5000. Trial Date 06-08-21

03-02 Jonathan Darby Koliba, 33, Raeford. Possess Meth, Possess Drug Paraphernalia, DWLR. Bond \$2500. Trial Date 03-19-21

03-02 Jason Paul Terry, 43, Clinton. Kidnapping/Abduction. Bond \$30000. Trial Date 03-19-21

03-02 Jason Paul Terry, 43, Clinton. Larceny, Communicating Threats, Contribute to the delinquency of a Juvenile, DWLR. Bond \$22000. Trial Date 06-03-21

03-02 Joe Nathan Killett, 45, Clinton. DWI, Possess Marijuana. Trial Date 05-17-21

03-02 Israel Palencia, 20, Clinton. Possess Marijuana. Trial Date 06-07-21

03-02 Jamail Dante Moore, 30, Clinton. DWI, Possess Marijuana, Window Tint Vio. Bond \$2500. Trial Date 07-14-21

03-03 Erica Sheranda Satchell, 33, Salemburg. Speeding, OFA- DWLR Not Impaired

Rev. Bond \$500. Trial Date 03-29-21

03-03 Tyree Angel Otero, 22, Clinton. WFA- Cyberstalking, CS- Cyberstalking. Bond \$1000. Trial Date 05-03-21

03-03 Jacob Calvin Champion, 32, Dunn. Possess Meth, Possess Drug Paraphernalia, Order for Arrest. Bond \$15000. Trial Date 03-19-21

03-03 Susan Renee Gilbert, 43, Dunn. Order for Arrest-FTA-Child Support. Bond \$200. Trial Date 04-16-21

INCIDENT REPORTS

02-18 Town of Garland reported a Burglary/Breaking & Entering, Destruction/Damage /Vandalism of Property- stolen 2 town trucks valued at \$40000, Stihl chainsaw \$400, lawn edger \$400, trimmer/weedeater \$300, Herman Nelson Heater \$378, Briggs and Stratton Pressure Washer \$400, stick welder \$100, chainsaw \$400, lawn edger \$400, battery charger \$139, air compressor \$150, Sawzall/Drill kit \$263, blower \$230, generator \$650, metal detector \$60, hydrant wrench \$87, 48” cabinet \$309, 6 gallon vacuum \$38, pressure washer hose \$34, safe key box \$19, 232 piece tool set \$100, misc hand tools, trash pump 328 GPM \$950, rapid wrench \$35, damage to padlock \$25, chain \$50.

02-18 Brittany McLeod reported Destruction/Damage/Vandalism of Property- automobile \$200.

02-18 Tracy Tyndall reported Motor Vehicle Theft- automobile \$5000, jewelry \$200, money \$280.

02-18 Jonathan Bryant reported Destruction/Damage/Vandalism of Property- automobile \$1000.

02-20 Spec Hoffman Rental & Leasing reported Larceny of Motor Vehicle- automobile \$5000.

02-22 Dubose Steel Incorporated reported Motor Vehicle Theft- forklift \$5166.

02-22 Antonio Maldonado Osorio reported All Other Larceny- money \$1000, cell phone \$480.

02-23 Andreais Dashown Bronson reported Larceny of Canine- puppy \$1000.

02-24 Ann Olivia Miller reported Burglary/Breaking & Entering- trash can \$30, mini fridge \$200, table \$40, ironing Board \$20, filing Cabinet \$100.

02-27 Nathan Jackson reported Theft of Motor Vehicle Parts or Accessories, Destruction/Damage/Vandalism of Property- damage to vehicle \$200, automobile \$50.

02-26 Cliff Faison reported Counterfeiting/Forgery- money \$491.35.

02-27 Enterprise Rent-A-Car reported Motor Vehicle Theft- 2021 Kia Theft- \$10000.

03-01 Maria Prado reported Damage to Property- front end and hood of vehicle \$500.

03-01 Tiara Whitted reported Damage to Property- window and porch light \$200.

03-01 Lona Labette reported Injury to Personal Property- metal barn door \$200.

03-01 Cindy Barber reported All Other Larceny- money \$254, dentures \$300.

03-01 Lona Labatte reported Injury to Personal Property- windows \$200.

03-02 Dollar General reported Shoplifting/Concealment of Goods/Merchandise- diapers \$30.

03-02 Robert Whaley reported All Other Larceny- trailer \$1500.

03-02 Kimberly Byrd reported All Other Larceny- Skill Saw \$64, weedeater \$90.

03-02 Kayla Lockamy reported Destruction/Damage/Vandalism of Property- front door \$150, generator \$200.

03-03 Bobby Tart reported Theft of Motor Vehicle Parts or Accessories- vehicle parts \$600.

03-02 Circle Vape & Tobacco reported Shoplifting- half jar of Delta 8 Flower \$950, hat \$10, pens \$20, sliders \$20.

03-03 Patricia Marquez reported Motor Vehicle Theft- Toyota Tacoma \$5000.

03-02 Kerry Beverly reported Larceny- chainsaw \$300, weedeater \$200.

03-03 Melisa Bradsher reported Larceny- cell phone \$800.

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

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MATTHEWS



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RISE UP - REMEMBER 2021

Sunday March 21st 6:00pm - 7:30pm



Sonshine Kids deliver tubs of mints to Clinton City Police and Fire Departments with a message "Thanks A Mint" and a prayer.



Sonshine Kids pray with Clinton City School Administration Receptionist and leave containers of mints for employees in each Clinton City School.



Tim's Gift Sonshine Kids visit Sampson County to deliver containers of mints for employees in each Sampson County School. They were thrilled to meet and spend time talking with our new Superintendent. Two students prayed with Dr. Goodin and welcomed him to Sampson County.



...by God's Grace

By God's grace, we the people of Sampson County can Rise Up to Remember God's children in need and be blessed beyond measure. When we realize the power of doing and receiving GOOD DEEDS - in a spirit of love with glory going to God - our hearts are opened to be refueled with agape love and amazing grace. Are we willing to reach out and do a good deed for someone we don't even know...a neighbor not like us?

Remembering the story, Jesus told in Luke 10, about the Good Samaritan shows the power of doing a good deed and having mercy upon people in need. Picture Jesus sharing this story when a lawyer stood up to test Him by asking, "what must I do to inherit eternal life?" Jesus humbly replied, "What's written in the law" to the expert in law trying to trip up the One who taught the law of love, walked on water, worked miracles, would sacrifice His life on the cross for God's children's sins being the way to eternal life where God is. The lawyer answered correctly, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'

Jesus said, 'You have answered correctly; Do this and you will live.'

The lawyer then asked, "And who is my neighbor?"

Jesus politely and powerfully put it all in perspective - for the expert in law and all listening - as He spun a story about a Good Samaritan. A man headed to Jericho was robbed, beaten, left naked in a ditch to die; a priest and Levite turned their heads and passed him by. A Samaritan- a neighbor not like the man in the ditch - stopped, had pity for him, tended to the man's wounds, took him to an inn on his donkey, and made sure his needs were taken care of before leaving him to be tended to by the innkeeper.

The Expert on Love and Eternal Life then asked, 'Which of these do you think was a neighbor to the man who fell into the hands of robbers?' The expert in the law replied, 'The one who had mercy on him.' Jesus told him, 'Go and do likewise'!

This story and divine stirrings not to cancel everything for God because of covid came during a two week quarantine the last week of 2020 and first week of 2021. Phone calls to prayer partners, remembering a conversation with Rev. E.C. Mattocks in November about Rise Up, and trusting God's stirrings put plans in motion. Refueled and trusting in Him, we excitedly share the story of Rise Up- Remember which offers every person who hears

about it an opportunity to be a part of it. Rise up - Remember 2021 challenges each of us - young and old, church and unchurched, hardhearted and tenderhearted, neighbors who know and don't know each other, (living in Sampson and beyond) to rise up, remember the Good Samaritan offering help to someone in need, realizing God's response to the lawyer is meant for us also... to 'Go and do likewise'! We encourage each person who hears about Rise Up to seek opportunities to be a Good Samaritan in action; do a good deed for someone in need. Get a spark going that will ignite a fire of love for the Lord, revival in our hearts, and willingness to reach out, take a stand, share love as Jesus did, do good deeds and help people in need... if we can! With God's guidance and gut-wrenching love for HIM and our fellow man...our Good Deeds can make a difference when we say... 'Yes, with God's help and blessing... WE CAN!'

Tim's Gift 10th annual Rise Up Christian Conference is scheduled to be broadcast live on FB March 21st from Mt. Vernon Church. Anyone can join in and enjoy praise music by Holly Grove and Olive Grove praise teams, Good Samaritan and Outstanding youth group trophies presented, and testimonies that will tender the toughest hearts. Join us on FB live for Rise Up Remember from 6-7:30pm, Sunday - March 21st.

Youth groups, meeting in your churches, will enjoy a meal provided by Domino's and Tim's Gift. Youth leaders must call Tim's Gift (592-1126 or 260-0329) one week prior to March 21st to confirm your request for a pizza meal. We are grateful for community support through sponsorships, prayers, and participation (doing and sharing good deeds at riseuptimgift@gmail.com)! Simply send a sentence or two about your good deeds(no names required)!

'Sampson Together Strong' we can make a positive difference by pressing forth in faith, reaching out to help people - even with covid struggles among us! Let us remember Jesus' story of the Good Samaritan and the charge given to each of us... "Go and do likewise"

Rise Up - Remember provides a means to jump start stale hearts and sluggish mindsets! Yes we can be Good Samaritans by doing good deeds in love with glory to God, promising to stick together, Rise Up in Christian character, Remember those in need, and Share the love of our LORD - in one accord - wherever He leads.

~ In His love, Becky

AGRICULTURE

NC Feral Swine Task Force receives \$2.6 million in grants

By Heather Overton



The Feral Swine Task Force has received more than \$2.6 million in grants to help combat the feral swine problem in six North Carolina counties. Grants include \$620,000 for Sampson County North, \$750,000 for Sampson County South and \$1.25 million for the Five County Feral Swine Trap Grant. The grant programs will run through August 2023. More information can be found online at www.ncferalswine.org

Summary of Talking Points:

- Each year feral swine cause about \$1.5 billion in damages to agricultural crops, landscaping and historic sites nationwide. They also carry diseases that pose significant risk to livestock, humans and pets and compete with our native wildlife for resources.
- For the past several years the NC Feral Swine Task Force has been holding listening sessions to better understand the growing issue of feral swine in the state. The task force meets quarterly to discuss effective strategies to eliminate feral swine across North Carolina.
- This group includes representatives from the NCDA&CS Veterinary and Soil

- and Water Conservation divisions, NC Wildlife Resources Commission, NC State Cooperative Extension, NC Division of Public Health and the USDA.
- Part of the work of the task force is to gain better insight into the scope of our state’s feral swine problem. Recently, the task force has received three grants aimed to help develop resources to protect our resources and start controlling the feral swine population.
- The USDA grants were part of the most recent Farm Bill and focus on Sampson, Anson, Davie, Haywood, Montgomery and Randolph counties.
- Sampson County is the center of the pilot feral swine eradication program that will help guide future management efforts across the state.
- Landowners are working with professionals to learn where feral swine occur, measure the damages they cause and to develop effective removal strategies.
- Sampson County was selected as a pilot county because of frequent feral swine sightings and crop damage. The county also includes numerous agricultural and livestock operations, including many of our commercial swine operations.
- For this pilot program to be successful we need landowner cooperation. Landowners can expect to work with feral swine management specialist to assess damages, place and maintain traps and remove feral swine from their property. Landowners can register for the Sampson County Feral Swine Project online at www.ncferalswine.org.
- The website also allows anyone to report feral swine sightings or damage. These reports can be from any county and will help the task force better map sightings and damage that occur across the state.
- An additional grant of \$1.25 million will be used for the Five County Feral Swine Trap Grant. Counties included in this grant program are Anson, Davie, Haywood, Montgomery and Randolph.
- Grant funds will be used to purchase 50 traps, trail cameras and drones for use by landowners in these counties. The goal is to have the traps purchased this year so landowners can begin to sign up as early as late summer on the Feral Swine Task Force web site. The goal is to have 10 traps available to each county in the program for use.
- We are excited about the development of real solutions to help our state’s feral swine problem. Although these initial grants focus on six counties, the ultimate goal is the development of strategies that can be implemented statewide.

NCDA&CS regional agronomists provide Eastern NC crop update

By Heather Overton



NCDA&CS agronomist Don Nicholson checks out a tray of tobacco seedlings ready for planting in this older photo.

Eastern North Carolina is home to many large farm operations and is critically important to our ag industry. If you look at our top 10 agricultural counties in farm cash receipts: Duplin, Sampson, Union, Wayne, Bladen, Robeson, Wilkes, Anson, Bertie and Pitt – all but three are in Eastern NC.

It goes without saying that field conditions are extremely wet right now, with more rain projected to be on the way.

Most of our agricultural research stations record and report weather data to the National Weather Service daily. The Tobacco Research Station in Oxford, which is north of Raleigh, reported 2020 as its wettest year ever recorded in the 100 years it’s been recording weather data.

So far, 2021 is shaping up to be a wet year, too. Last February a portion of Eastern NC was experiencing abnormally dry conditions. This year that is just not the case.

The NCDA&CS Agronomic Services Division regional agronomists provide on-site consulting services to help growers. Region 7 agronomist Don Nicholson and Region 9 agronomist Brad Thompson provide an update on agriculture in Eastern North Carolina below.

Field crop report from Don Nicholson:

Tobacco:

The conditions are such that there has been no tillage

work done in preparation for tobacco land fumigation, although we are still a few weeks away from that time to become critical for keeping transplanting on time. Most growers along and east of U.S. 1 generally try to begin fumigation and bedding around the first to the middle of March to observe the waiting period for the fumigants. Most growers think that if the rain ceased right now that it will be at least two weeks before most fields could be tilled.

Tobacco greenhouses either have been sown or will be sown in the next week or so. It would be advantageous to have some sunny, “bluebird” days after seeding to foster adequate, even germination.

Wheat and Small Grains:

The timing for wheat and other small grains could not be much worse than right now with all the rain. Field conditions have been so saturated that almost zero nitrogen has been applied to the crop. The wheat that looks decent right now either had animal waste (chicken or turkey litter) or had 25-30 lbs. of nitrogen applied earlier, before the wet weather set in. Wheat that has had no additional nitrogen applied is looking pretty poor, with very few tillers at this stage of development.

Without enough tillers, I’m afraid that most late-planted wheat, and unfertilized wheat planted on time, has become cover crop that will not be worth the cost of fertilizing at this point. Some growers will opt to try with the idea that even if the crop does not respond favorably to the addition of nitrogen, then they will treat it as cover, terminate it and plant corn so that the nitrogen is not wasted. Conditions will have to improve greatly for any of our small grains to be successful.

Horticultural Crop report from Brad Thompson:

The winter of 2020-21 has been favorable for many horticulture crops. The only factor that has had a negative impact is the rain. Rainfall has been above average which has depleted any nutritional resources left in the soil from the 2020 growing season.

Growers will be starting from zero regarding plant fertility once the 2021 growing season gets started and this has some growers on edge as they are already seeing nitrogen fertilizer and fuel prices increase. However, in terms of normal in a non-normal world, this winter has been more normal than the previous three in terms of temperature, which is very beneficial to the plant physiology of many horticulture crops.

Summary for each horticultural crop:

Strawberry – The strawberry crop was planted timely in the Fall of 2020, and most growers saw plenty of warmth to get the plants established and put on good growth before the plants shut down for the winter. As of right now, many growers have row covers pulled to protect the crop and add some insulation for heat. However, those who have plants under row covers will be pulling the row covers off during the next two to three weeks for plant clean up prior to the plant beginning to push out

new vegetative growth and flower production. The area of concern for most growers this year, and honestly most years, will be disease pressure, especially if the weather continues to be wet and dreary. It is too early to tell how the crop will be overall, but overall plant growth looks good, and most growers are pleased with how their strawberry plants are looking right now.

Peach – The peach industry is looking for a rebound from 2020. Last year there were many growers that had an average crop, some others that had a below average crop, and then some with barely a crop at all. However, for 2021, the winter has been extremely favorable for the peach growers. January and February have so far been more normal in terms of temperatures which is beneficial for peaches. Peach trees are still dormant, and the growers are pleased with not having to start worrying so early about freeze events that will impact this year’s flower buds.

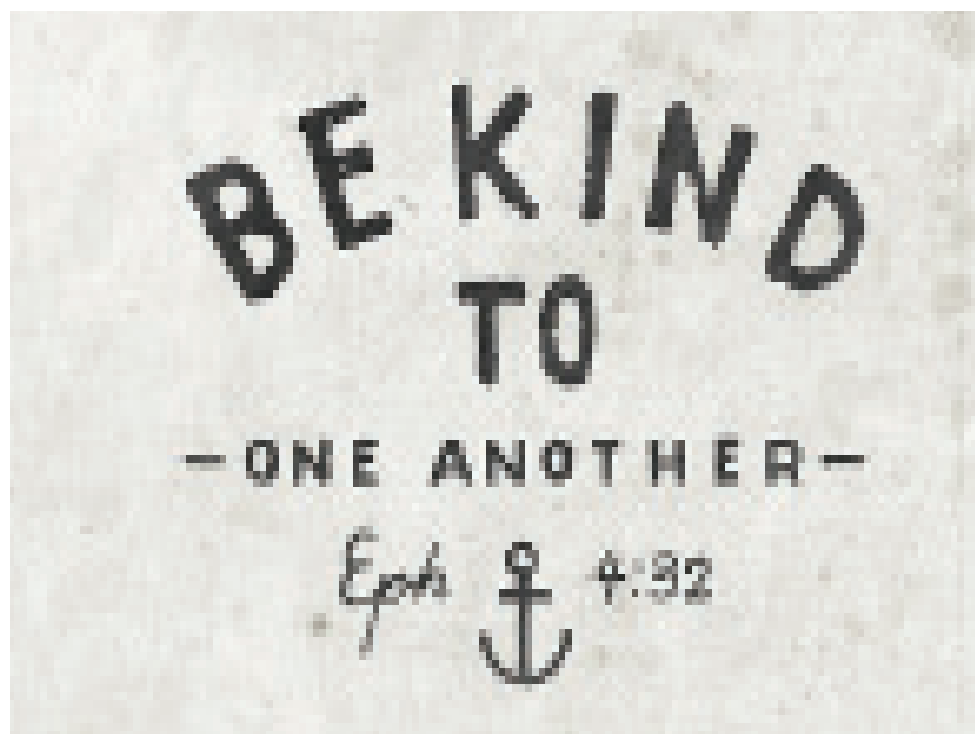
Blueberry – The blueberry crop is optimistically shaping up to be good for 2021. The abundance of rain did reduce berry quality in 2020 and some growers are a little concerned right now about their plants dealing with the amount of rain they have received, which has resulted in water standing in some fields. However, most growers have pruned their blueberry plants and the plants look good overall. It is too early to tell how the crop will fair, but as of right now, the growers are pleased with what they are seeing in the field. Blackberry and raspberry crops for 2021 are also looking to be good for now, too. The biggest concern for growers right now is if the weather does not change much going into the growing season.

Muscadine grapes– There is not much to report regarding muscadine production as of now. Most muscadine growers have finished or will be finishing up pruning within the next two weeks. The vine growth was good in 2020 and the plants seem to be healthy in dormancy. Many muscadine growers are hoping for another good year like 2020 in 2021. Production and sales increased in 2020, and more consumers are looking to purchase more muscadine grapes than they have in the past several years.

Greenhouse vegetables – Greenhouse tomato and pepper production in Region 9 has been slowed lately by the weather conditions we are experiencing; mainly lack of sunlight. Plants prior to this current weather trend were producing well and quality was very good. The growers are experiencing increased costs in fuel and electricity due to the cold weather and having to run heaters and fans more often. Disease pressure has been minimal and the only insects that have posed problems are spider mites. Otherwise, the crops are doing well for mid-February. According to the growers, marketability has not been a problem and consumer buying has stayed consistent. Overall, the crop at this point is in good shape and growers are beginning to shift their focus on growing transplants for spring planting.

Yes, We All Need Help

“Be kind whenever possible, and it is always possible.”



The following story is by an unknown author, and it speaks to all of us, this message is for all of God’s creation.

“I was parked in front of the mall wiping off my car. Coming my way from across the parking lot was what society would consider a bum. From the looks of him, he had no car, no home, no clean clothes and no money.

There are times when you feel generous, and then there are other times that you just don’t want to be bothered. This was one of those, ‘don’t want to be bothered’ times. “I hope he doesn’t ask me for any money,” I thought to myself. He didn’t.

He just came and sat on the curb in front of the bus stop, but he didn’t look like he could have enough money to even ride the bus. After a few minutes he spoke. “That’s a very pretty car,” he said. He was ragged, but had an air of dignity around him.

I said, “Thanks,” and continued wiping off my car. He sat there quietly as I worked. The expected plea for money never came. As the silence between us widened, something inside me said, “Ask him if he needs any help?” I was sure he would say “Yes”.

“Do you need any help?” I asked. He answered in three simple words that I shall never forget. We often look for wisdom in great men and women. We expect it from those of higher learning and accomplishments. I expected nothing from this man but an outstretched grimy hand. His answer took me completely by surprise. **“Don’t we all?”** he said.

I was feeling high and mighty, successful and important, above a bum in the street until those three words shook me to the core. “Don’t we all?”

I needed help. Maybe not for bus fare or a place to sleep, but I needed help. I reached in my wallet and gave him not only enough for bus fare, but enough to get a warm meal and shelter for the day. Those three little words continued to resonate in my heart.

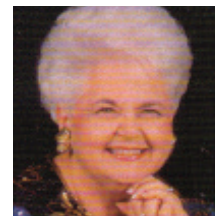
Maybe that man was just a homeless stranger, or maybe he was more than that. Maybe he was an angel, a messenger sent by God to minister to me – a soul who was too comfortable in himself.”

Catherine Register, a long-time friend of mine from Rose Hill sent the above article to me, and in her words gave it the perfect wrap-up: “Yes, we all need help. We all can benefit from encouragement and a smile. Remember this as you meet people on the street, at the restaurant, at a funeral, at church, or anywhere else. Perhaps they, too, need help or a kind word or a pat on the back. Pray for God to open your eyes to see how you might help and encourage others.”

In words of Christ: **“Assuredly I say unto you, inasmuch as you did it to one of the least of these, My brethren, you did it to Me.”** Matthew 25:40

Thank you, Catherine for sharing that with me. I am reminded of an old maxim that I use often, in fact it occurs to me wherever I go: **“A Stranger is only a Friend you have never met.”** I encourage you to ponder that for a time...and then try it!!

I have no idea who introduced me to life from this perspective, but I firmly believe that as we go about the ‘everyday’ of our lives, every person we encounter wears an invisible sign near their heart that says: “Make Me Feel Loved.” Perhaps the sign cries “Make Me Feel Special,” maybe it could read “Make Me Feel Worthy.” Isn’t that the way Jesus lived out his short time on this earth? Actually, that is what Christ’s life on this earth was all about, my friends. He loved you so much that he had rather come in human flesh, die on the cruel cross, and go through hell for you, than spend eternity in Heaven without you! Remember, Jesus suffered, died, and rose from the grave for YOU! And....He would have done it all if you had been the only person who ever lived! Now that should really make you feel special, that should remove any doubt of your worth and certainly should make you feel LOVED beyond measure! The good news of Christianity is that the immeasurable LOVE of Jesus Christ is ours simply for the acceptance.



Martha M. Pierce

Yes, we all need help!

What Makes You Happy?



Psalm 1:1-2, “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and in His law he meditates day and night.”

I can recall growing up hearing adults say, “If you lie down with dogs, you get up with fleas.” As a kid I wondered what exactly they meant by that statement. Little did I know that statement came from John Webster in his 1612 play “The White Devil.” Act five, scene one, line 170: “For they that sleep with dogs, shall rise with fleas.” This quote has a large almost universally agreed meaning of “You should be cautious of the company you keep. Associating with those of low reputation may not only lower your own, but also lead you astray by the faulty assumptions, premises and data of the unscrupulous.” However, when you read the first recorded Psalm you discover this idea was present long before 1612.

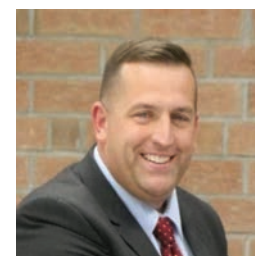
The psalmist shows the slow decline of a person’s spiritual condition based on those they associate with. He stated that we can be happy if we are not walking in the counsel of the ungodly. Who do you turn to when you need advice? Is it a parent, friend or coworker that you call upon when you desire guidance? Believe it or not there are some folks that don’t have your best in-

terest in mind. They enjoy telling others about your pains, problems and phobias. **Proverbs 13:20** states, “Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.” Ungodly advice can destroy families and friendships overnight.

The psalmist also says we will be happy if we are not standing in the path of sinners. A path speaks of a way or direction one choses to travel. The righteous individual is not traveling in the same direction as sinners. **Psalm 16:11**, “You reveal the path of life to me; in your presence is abundant joy; in your right hand are eternal pleasures.” True happiness comes from knowing that we are on the path that leads to eternal joy in Heaven. The great news of the gospel is that if we find ourselves on the path of sinners we have a detour called Jesus Christ. Anyone can exit from the path of sin, but only Jesus can bring us to God the Father.

The psalmist then states happiness comes if we avoid sitting in the seat of scoffers. The scoffer loves to sit and criticize the people of God and the things of God. We will never be happy by sitting on the sidelines and listening to the voices of the scoffers. **2 Peter 3:3**, “Knowing this first of all that scoffers will come in the last days with scoffing, following their own sinful desires.” Scoffers never have a real solution to the problems of our world only sarcastic remarks to those that will listen. The more we are around scoffers we slowly adapt to be more like them. The apostle Paul said in **1 Corinthians 15:33**, “Do not be deceived: “Bad company ruins good morals.” Our friends can influence the way we think, our decisions and even sometimes what we do. One of the best ways to break free from friends that cause us to compromise is to spend more time with God and less with scoffers.

We all want to be happy, but true happiness will only come from knowing and obeying God’s Word. This week I encourage you to examine your spiritual walk, standing and sitting because it does make a difference to your joy. There might be people that you need to subtract from your life because they are destroying your chance for true happiness. I guess the best way to avoid getting fleas is to elude lying down with dogs that have them.



Rev. Ken Smith
Atkinson Baptist Church

FOOD

Grilled Portobello Gyros with Yogurt Dill Sauce

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 15 minutes
Total time: 25 minutes
Servings: 4

- 4 portobello mushrooms
 - 1 tablespoon extra-virgin olive oil
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon smoked paprika
 - 2 yellow bell peppers, sliced
- Yogurt Dill Sauce:**
- 1 English cucumber, grated
 - 1 cup whole-milk Greek yogurt
 - 1/2 cup sour cream
 - 2 tablespoons extra-virgin olive oil
 - 1/2 small lemon, juice only
 - 2 cloves garlic, minced
 - 1 teaspoon salt
 - 1 tablespoon minced fresh dill
- 4 pita breads or naan
 - 2 tomatoes, thinly sliced
 - 1/2 red onion, thinly sliced
 - 1/2 head green lettuce
 - crumbled feta cheese (optional)

Remove stems from mushrooms and brush caps with wet towel. Using spoon, carefully scrape out gills. Slice mushrooms into 1/4-inch pieces and place in medium bowl with olive oil, oregano and smoked paprika. Preheat indoor grill pan over medium-high heat. Add mushrooms and peppers; grill, tossing occasionally, until tender, 5-7 minutes.

To make yogurt dill sauce: Squeeze grated cucumber in clean towel to remove excess liquid. Add to large bowl with yogurt, sour cream, olive oil, lemon juice, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in middle of pita bread. Top with tomatoes, onion, lettuce, feta, if desired, and big dollop of yogurt dill sauce.



Grilled Portobello Gyros with Yogurt Dill Sauce

Hearty, Wholesome Dishes to Support Immune Systems

FAMILY FEATURES

If feeding your family wholesome meals is a daily goal, keep in mind you can serve up tasty foods that also feed your immune system by including ingredients like mushrooms. With their earthy flavor, mushrooms – like many other fruits and vegetables – can also play a positive role in supporting a healthy immune system.

Studies at Oregon State University concluded there are a variety of micronutrients important for supporting a healthy immune system. Consider that three of these nutrients (vitamin D, selenium and B vitamins) can be found in mushrooms, meaning these family-friendly recipes for Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto; Grilled Portobello Gyros with Yogurt Dill Sauce; Creamy Spinach, Mushroom and Lasagna Soup; and Asian Barbecue Sesame Salmon with Noodles and Veggies can help you add all-important nutrients to your family’s menu.

Find more ways to add mushrooms to family meals at mushroomcouncil.com.

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 30 minutes
Total time: 40 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
 - 2 cloves garlic, minced
 - 1 medium onion, small diced
 - 8 ounces crimini mushrooms, sliced
 - 1 jar (24 ounces) marinara sauce
 - 1 can (15 ounces) diced tomatoes
 - 2 tablespoons tomato paste
 - 2 teaspoons balsamic vinegar
 - 1 teaspoon granulated sugar
 - 1 tablespoon dried basil
 - 1/2 teaspoon salt
 - 1 teaspoon oregano
 - 1/2 teaspoon black pepper
 - 1 bay leaf
 - 3 cups vegetable broth
 - 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
 - 5 ounces fresh baby spinach
 - 1 cup whole-milk ricotta cheese
 - 1/2 cup shredded mozzarella cheese, for topping



Creamy Spinach, Mushroom and Lasagna Soup

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes. Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes. Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes. Divide between bowls and top with dollop of ricotta and sprinkle of mozzarella.



Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 50 minutes
Total time: 1 hour, 10 minutes
Servings: 4

- Chicken:**
- 8 boneless, skinless chicken thighs
 - salt, to taste
 - pepper, to taste
 - 6 tablespoons unsalted butter
 - 16 ounces crimini mushrooms, quartered
 - 3 zucchini, sliced in half moons
 - 3 large carrots, thinly sliced
 - 4 sprigs fresh rosemary, leaves removed and roughly chopped
 - 4 cloves garlic, minced
- Orzo:**
- 4 cups chicken or vegetable broth
 - 1 tablespoon unsalted butter
 - 1 tablespoon extra-virgin olive oil
 - 1 small yellow onion, diced
 - 2 garlic cloves, minced
 - 16 ounces crimini mushrooms, finely chopped
 - 1 cup uncooked orzo pasta
 - 1/8 teaspoon black pepper

1/3 cup white wine
1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until browned, 4-5 minutes on each side. In large bowl, toss mushrooms, zucchini, carrots, garlic and rosemary. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender. To make orzo: In small pot over medium-low heat, warm broth. Using skillet from chicken, add butter and olive oil over medium heat. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes. Add orzo and black pepper. Stir and cook 2 minutes. Add white wine and cook until evaporated, about 1 minute. Add warm broth to orzo 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding more. Remove from heat and stir in Parmesan. Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.

Asian Barbecue Sesame Salmon with Noodles and Veggies

Recipe courtesy of Emily Weeks of “Zen and Spice”
Cook time: 30 minutes
Total time: 40 minutes
Servings: 4

- Sauce:**
- 1/2 cup soy sauce
 - 2 tablespoons brown sugar
 - 1 tablespoon rice vinegar
 - 2 cloves garlic, minced
 - 1 teaspoon fresh ginger, minced
 - 1 teaspoon chili garlic sauce (optional)
 - 1 tablespoon toasted sesame oil
 - 2 tablespoons barbecue sauce
 - 2 tablespoons water
 - 2 teaspoons cornstarch

- 1 1/2 pounds salmon (4 filets)
- 12 ounces stir-fry (pad thai) rice noodles
- 1 tablespoon toasted sesame oil
- 1 pound white mushrooms, sliced
- 1 cup sugar snap peas
- 1 large broccoli head, cut into bite-size florets
- 2-3 green onions, thinly sliced, for garnish
- sesame seeds, for garnish

Preheat oven to 400 F. In small saucepan, whisk soy sauce; brown sugar; rice vinegar; garlic; ginger; chili garlic sauce, if desired; sesame oil; and barbecue sauce. Bring to boil over high heat then reduce heat to simmer. In small bowl, whisk water and cornstarch. Pour into pan and cook on low, whisking often, until sauce thickens,

3-5 minutes. Remove from heat and set aside. Pour 3 tablespoons sauce into small bowl. Brush salmon filets with reserved sauce and place on baking sheet. Bake 15 minutes, or until salmon is flaky. Discard small bowl sauce if any remains. Cook stir-fry noodles according to package directions. Drain, rinse and set aside. Heat large skillet over medium heat. Add sesame oil. Add mushrooms, snap peas and broccoli. Cook, stirring often, until veggies are tender-crisp, 7-8 minutes. Add noodles and remaining sauce from pan; toss to combine. To serve, divide noodles, veggies and salmon between plates. Top with sliced green onions and sesame seeds.



Asian Barbecue Sesame Salmon with Noodles and Veggies

Proactive Health Tips to Help Navigate Year 2 of the Pandemic



Photos courtesy of Getty Images

FAMILY FEATURES

After months of unfamiliar restrictions and guidelines, pandemic fatigue is affecting how some Americans protect their health. However, experts warn that diligence is still extremely important because new mutations and variants of the virus that causes COVID-19 are being discovered. The typical cold and flu season also brings added threats to people's health and wellness. "Staying diligent is one of the most important things we can do as we navigate through cold and flu season as well as the COVID pandemic," said family medicine physician Dr. Jennifer Caudle. Though you may still be spending more time at home, it's important to take proactive steps to maintain your health. Caudle offers these practical tips to help protect your health while you're waiting for vaccination eligibility amid the pandemic this cold and flu season.

Avoid Exposure

As COVID-19 continues to impact communities from coast to coast, there's no better time to avoid getting sick. Even if you catch a less serious illness like a cold or the flu, health care professionals in many areas are stretched thin. What's more, getting sick could compromise your immune system, making you more susceptible to a more serious infection.

Minimizing your risk of exposure means limiting close contact with others outside your household, wearing a mask and washing your hands regularly with soap for at least 20 seconds. An alcohol-based sanitizer that is at least 60% alcohol can substitute for hand washing, if necessary.

Always avoid touching your face when out and about, and when possible, avoid high-touch surfaces like door handles and light switches. If you're prone to allergies, be conscious of what triggers allergic reactions and manage your allergies so you're able to easily identify any new symptoms that may not be allergy related.

Practice Self-Care

Staying healthy isn't just about avoiding germs. Managing your physical health means keeping your body in top condition by eating right, exercising, getting enough sleep and ditching habits that can negatively impact your body, like smoking and excess drinking. It's also important to monitor your mental health since factors like stress and depression can take a physical toll that impacts your body's immune response.

Pinpoint Symptoms

If you get sick, it's important to pay close attention to your symptoms. However, this cold and flu season brings a unique variable with the possibility that your symptoms may actually stem from a mild case of COVID-19. Weather may also fuel stronger than usual allergy responses, so distinguishing between cold, flu, COVID-19 and allergy symptoms can be especially tricky. Testing may be necessary to get the proper diagnosis and ensure you're taking the right precautions to prevent the spread of any infection. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

Treat Symptoms

Depending on your diagnosis, a health care professional may suggest medication to help treat symptoms until your illness runs its course. There are a variety of products available over the counter that are commonly used to treat symptoms of respiratory viral infections. Many provide relief from multiple symptoms in a single dose. For example, an option like Mucinex DM lasts 12 hours when used as directed and contains dextromethorphan, which helps to control cough, and guaifenesin to help thin and loosen mucus.

You can identify the right formula to provide relief based on symptoms you are experiencing by using the online tool at Mucinex.com, where you can also find more information regarding self-care remedies.

Control a Pesky Cough

How long a cough lasts depends on its cause, but you may be able to tame the symptoms until it's gone.

Eat Right

- Produce is packed with vitamin C, a nutrient that helps support your immune system.
- Menthol may be a soothing natural remedy. It's one of the compounds that gives mint its flavor, so brew a cup of strong mint tea and put it to the test.

Steam and Hydration

- Both steam and water help thin your mucus, which may help clear chest congestion. Try a warm, steamy shower or a soak in a hot tub and drink plenty of fluids to keep your body hydrated.

Around the House

- If you're struggling with a parched throat from your cough, try gargling salt water to soothe discomfort.
- Lozenges increase your saliva production to help soothe a parched throat and get you feeling better as your cough subsides.
- Exposure to particulates in the air, like pollutants and irritants, may be linked to nighttime dry coughing. A high-efficiency particulate air filter can help remove them.
- Wipe down surfaces. Cleaning removes settled dust and pollen while disinfection can help remove lingering cold and flu germs.
- If you're smoking, stop. Smoking is a leading cause of chronic cough. Also avoid secondhand smoke as much as possible.
- Rest recharges your immune system, and getting enough sleep may help you cope with an illness that is the cause of a lingering cough. An option like Mucinex Fast-Max All-In-One Cold & Flu relieves nine symptoms including cough, stuffy nose, sore throat, fever and headache so you can get on with your day.
- Rely on a cough medication that contains dextromethorphan, which works on the cough center of your brain to help suppress coughing.



EDUCATION

Sampson County Home Builders Association Continues Giving



Sampson County Home Builders President, William Goodrich (right) meets with Executive Director of the Foundation, Lisa Turlington (left) to discuss next steps. (Photo Credit, Cheyenne McNeill)

In 2004, the Sampson County Home Builders Association, which serves Sampson and Duplin Counties, established a \$10,000 endowment with the Sampson Community College Foundation. The endowment was intended to establish scholarships and assist students enrolled in trades programs at Sampson Community College. Ideally, in the minds of the association, those students would graduate and then give back to the community through the trade that they learned.

William Goodrich, President of the Sampson County Home Builders Association, says giving to Sampson Community College and making a commitment to education allows his organization to invest in the next generation.

“The scholarship fund was started many years ago. The goal was to award a scholarship to students in this field of study, to help them with school, and hopefully, that will help them as they enter the field, and then give back,” Goodrich explained.

Lisa Turlington, Executive Director of the Foundation and Dean of Advancement at Sampson Community College said that the Sampson County Home Builder’s Association has been an asset to the College’s Building Construction program, and even advocated for the College’s more recent construction projects.

“The SCHBA board has played an important role in the development of the Building Construction programs at the college. Over the years, they have served as advisors, mentors, and advocates for our students and faculty. They recognize the importance of a pipeline for highly-trained talent in construction, and they are willing to help students obtain the skills needed. They also encouraged the college to commit to a new Trade Center that will allow expansion of these programs,” Turlington stated.

Goodrich went on to detail the importance of the proximity of Sampson Community College for students interested in the trades, and for the Sampson County Home Builders Association. So much so that the organization increased its donation to SCC last year.

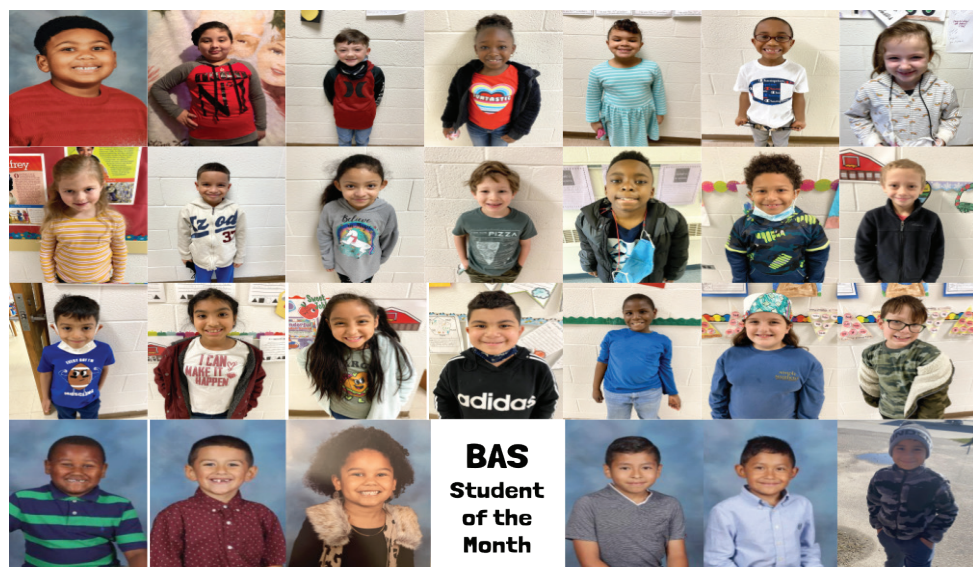
“We’re dependent on Sampson Community College and we’re very fortunate to have them here because our students don’t have to travel to learn these skills, so we want to make sure we support these programs,” Goodrich remarked.

Barney Grady, Division Chair for Occupational programs at SCC, praised the Sampson County Home Builders Association for their commitment to the Building Construction program.

“The members of the Sampson County Home Builders Association have been vital to the success of our construction program. They have supported the program with not only their time but financially. The SCHBA has supported students annually through a scholarship that was implemented at the beginning of the program. Several of the members have served on advisory committees which help us keep the program viable and growing. Anytime we have needed assistance or advice they have always been there for us. The program would not be in the place it is in without the support of this association,” Grady stated.

More information about the Sampson County Home Builders Association can be found at www.sampsonhomebuilders.com/. Students interested in this scholarship can apply to the general Sampson Community College Foundation application at www.sampsoncc.edu/foundation/scholarships/. Applications are due by April 15.

Butler Avenue's Student of the Month Recipients



Anthony Acosta, Annalee Alderman, Adelynn Benitez, Ariana Butler, Mireli Carias, Miguel Castellanos, Evan Catlett, Edgar Chavez Leija, Chloe Dibuono, Zy’Kwon Eason, Aiden Flores, Trae’Von Garner, Hassle Gomez, Ariana Jackson, Gunner Jackson, Lakin Johnson, Serenity Joyner, Landon Lane, Enrique Martinez, Bobby Parker II, Dylan Padilla-Meza, Isrry Reyes, Thelton Stringfield, Jackson Turner, Jaylin Vasquez, Jace Warren, and Logan Wheeler.

SCC Psychology Instructor & Husband Establish Scholarship Fund



Paul and Lisa Recchuiti hope to empower students to pursue travel and their dreams, whether locally, nationally, or abroad. (Photo Credit/Cheyenne McNeill)

The Sampson Community College Foundation ended 2020 on a high note when three donors established brand new scholarship funds, with awards available to students as soon as Fall 2021. One of the donor families, Paul and Lisa Recchuiti, made their way to Sampson County from Pennsylvania. The couple named their scholarship the “Go Anywhere Scholarship.” Ultimately, they hope to help deserving Sampson Community College students reach their educational pursuits.

Paul and Lisa Recchuiti have only lived in North Carolina for ten years but call the area home, and hope to continue doing so. Lisa Recchuiti, who teaches Psychology at Sampson Community College, says Sampson County reminds her of the town where she grew up. The Recchuitis say that as children, their families both struggled financially. They hope to help relieve the financial burden for similar students.

“I’ve been teaching at community colleges in North Carolina for 10 years, and I know how hard the students work. If we can just relieve a little bit of that burden for someone and they can be more successful and more focused, then that’s what we want to do,” Lisa Recchuiti shared.

The Recchuitis, originally from Pennsylvania, named their scholarship the “Go Anywhere Scholarship.” Named for the Sampson Community College motto, “Begin here, go anywhere,” but is also a statement the couple has lived by. Before settling down in Sampson County, the couple lived in six other states and two foreign countries. They hope their scholarship inspires students to dream big.

Lisa Recchuiti commented, “I’m hoping students get inspired that they can go anywhere. You can go get a job in New York City or Los Angeles! You can go to another country!”

Lisa Turlington, Dean of Advancement and Executive Director of the Foundation, says that the Recchuitis commitment to Sampson Community College, despite moving from out of state, shows their commitment to the community and to education.

“It is heartwarming to see how Lisa and Paul have embraced Sampson County and the mission of community colleges. They both understand the importance of education as well as the challenges that many of our students face,” Turlington observed.

Ultimately, the Go Anywhere Scholarship is about providing access to students who otherwise may have been unable to afford an education. Paul Recchuiti says “Go Anywhere” serves as a reminder for students to pursue their dreams locally, simply because they have access to the scholarship.

“Go anywhere can just mean here! Go anywhere means anything that furthers yourself. It’s a cool and simple motto, but it means everything,” Paul Recchuiti stated.

The Recchuitis established the scholarship fund in memory of Diane Keel, Paul Recchuiti’s mother who, after humble beginnings, left her childhood home in Rocky Mount, North Carolina to attend the College of William & Mary in Virginia.

Whether students decide to begin working after earning their degree or continue their educational journey to pursue a bachelor’s degree, the Recchuitis say they are excited about the work being accomplished at SCC.

“Every one of these people can go on and do great things. If this scholarship helps people, then that’s awesome,” Paul Recchuiti remarked.

The Go Anywhere Scholarship is available for award as early as Fall 2021. Students can apply for this scholarship and others by April 15, 2021. For more information about the Sampson Community College Foundation and to apply for scholarships, visit sampsoncc.edu/foundation.




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To believe is to know.
To achieve is to realize that dream!

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Door Hanger!

Cut along the dashed line and then hang on door knob.

You'll find me in this room!

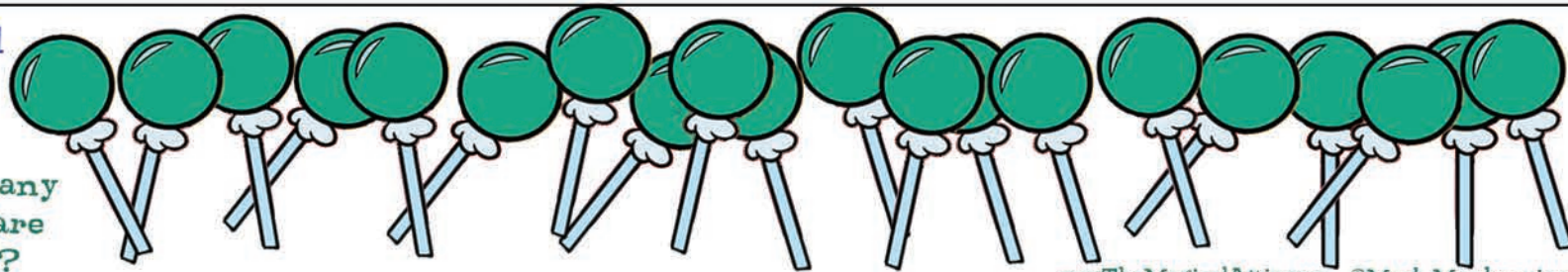


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FUN FACTS!

- CHARLESTON CHEW IS NAMED FROM THE CHARLESTON, AN EARLY 20TH CENTURY DANCE.
- CANDY CORN IS THE TOP SELLING CANDY IN THE U.S.
- BUBBLE GUM IS PINK BECAUSE WHEN IT WAS INVENTED, PINK WAS THE ONLY FOOD DYE COLOR NEARBY.
- 750,000,000 CANDY BUTTONS ARE MADE EACH YEAR.



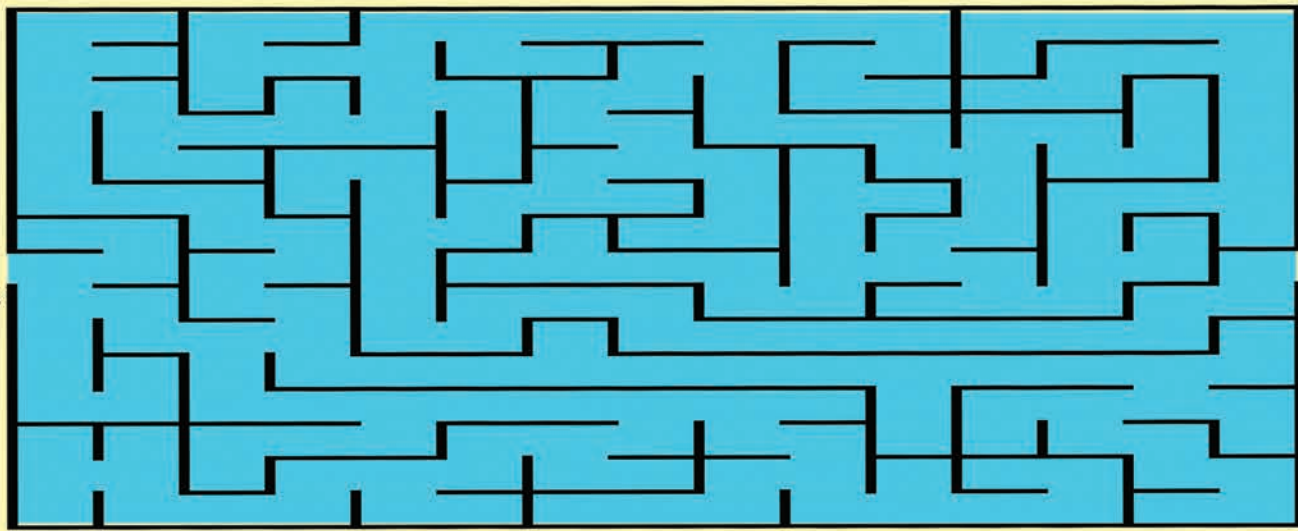
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The Magical Attic

Help Looner Bunny reach the Candy!



start



finish



PUZZLES

Crossword Puzzle

CLUES ACROSS

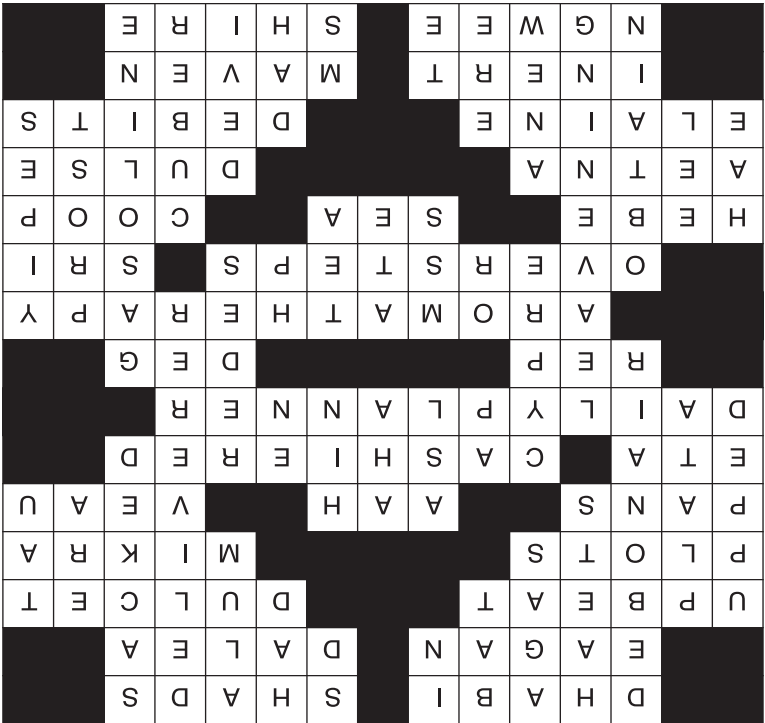
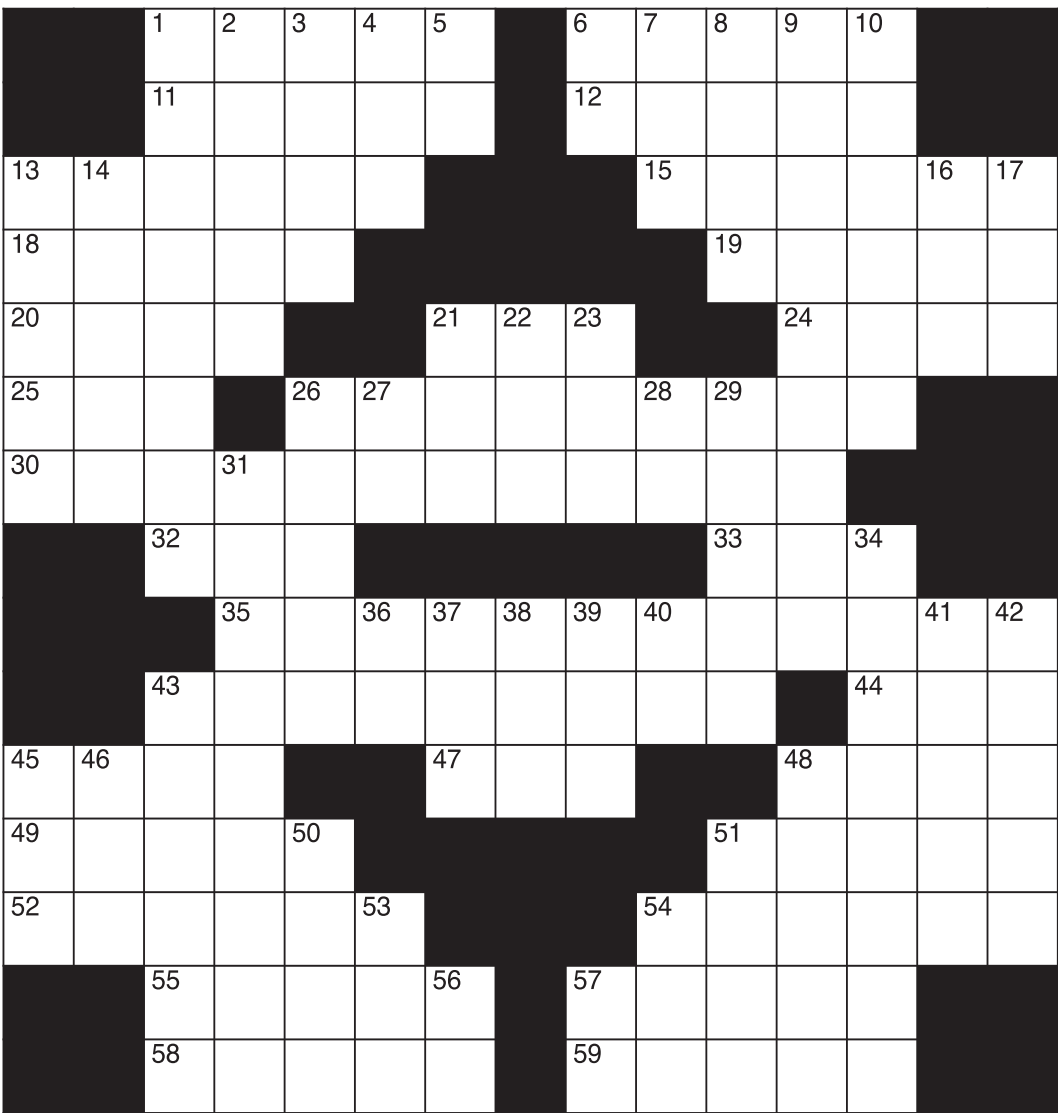
1. Abu __, U.A.E. capital
6. Herring-like fishes
11. 55120 MN
12. Indigo bush
13. Pollyanna-ish
15. Pleasing to the ear
18. Parcels of land
19. Microns (alt. sp.)
20. Cooking containers
21. Express pleasure
24. Meat from a calf (alt.)
25. 7th Greek letter
26. Operated the sales register
30. Blueprint for the day
32. Congressperson (abbr.)
33. Angle (abbr.)
35. Fragrant health promotion
43. Trespasses
44. __ Lanka
45. Wife of Hercules
47. A large body of water
48. Chicken house
49. Sicilian volcano
51. Coarse edible red seaweed
52. __ May, actress
54. Opposites of credits
55. Unable to move
57. Someone who is highly skilled
58. 100 = 1 kwacha
59. "Rocky" star Talia

CLUES DOWN

1. Having a sophisticated charm
2. Minute amounts (Scot.)
3. Turkish leader's title
4. Used for hitting the ball in various

games

5. Not out
6. South Dakota
7. Possessed
8. Grad
9. UPS driver
10. Fired
13. In a way, augmented
14. River in SE S. Am.
16. Division of geological time
17. Follows sigma
21. Sign language
22. Expression of surprise
23. Hull Identification Number
26. Salmwood
27. Associated Press
28. Half of an em
29. Networks in Spanish
31. Dough fermenting agent
34. Auto fuel
36. An alternative
37. Manuscripts (abbr.)
38. Digested
39. Darjeeling or green
40. Horsepower
41. 1985 Formula 1 champion
42. Expression of alarm
43. Gain possession
45. Own (Scottish)
46. Snake-like fish
48. Dicer
50. Afresh
51. Hindu mother goddess
53. Before
54. Code for dash
56. Atomic #52
57. Millisecond

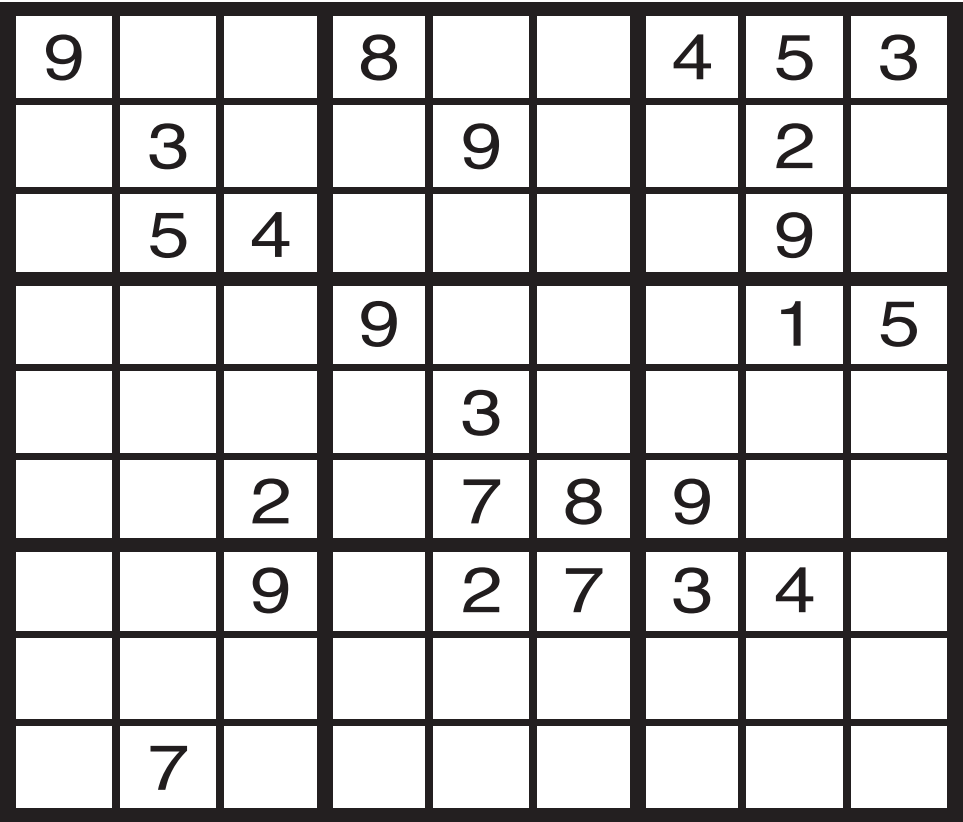


PUZZLE SOLUTION

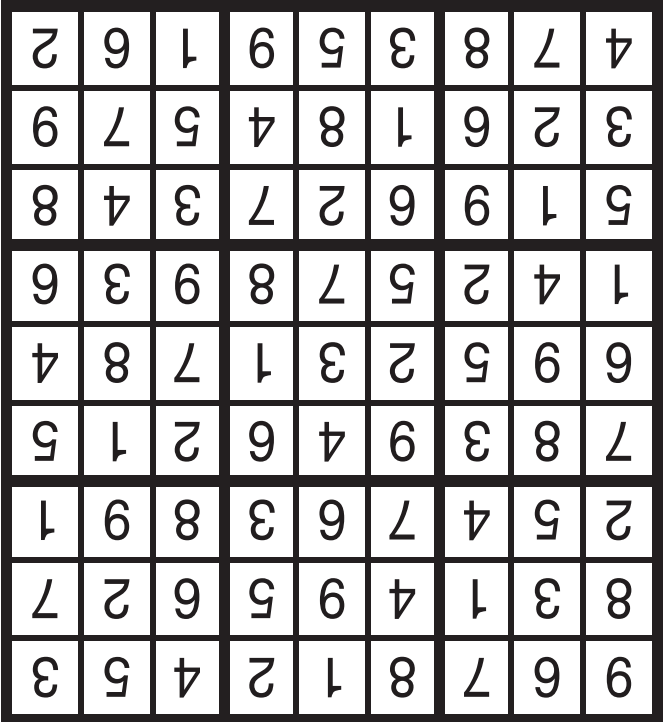
SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test.



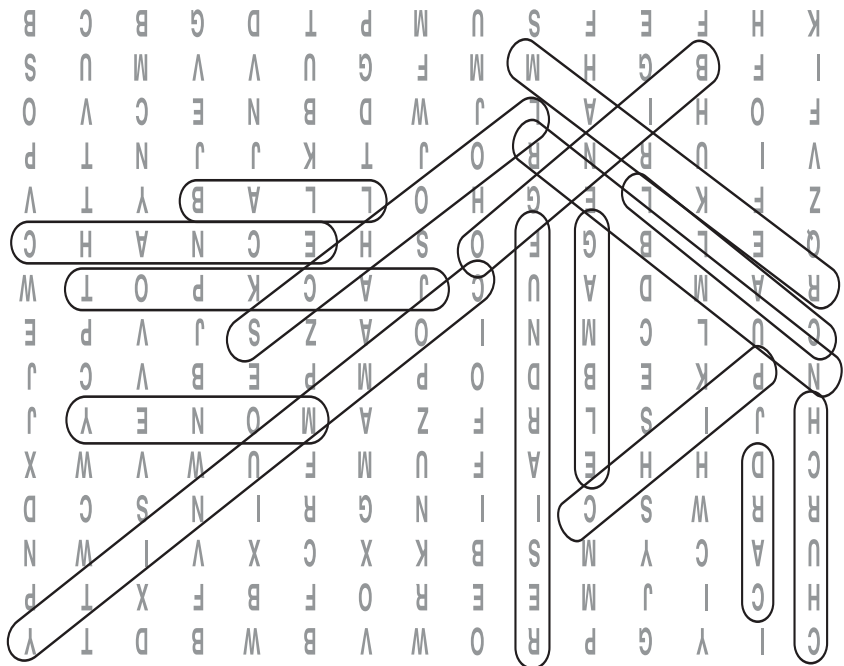
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Word Search



- ball
- bingo
- call
- card
- chance
- chip
- church
- community
- fundraiser
- gamble
- jackpot
- marker
- money
- number
- school



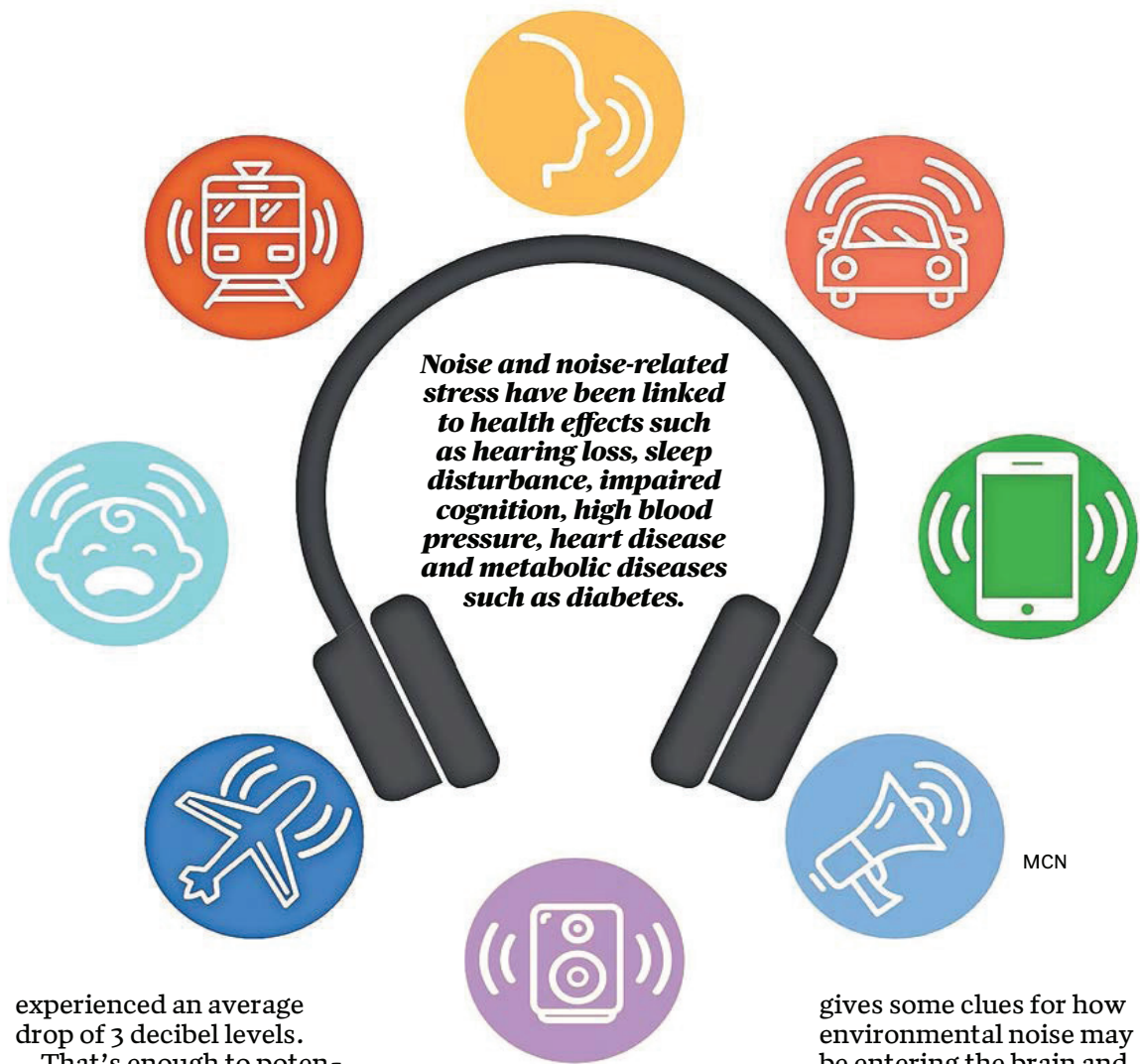
Peace & quiet

Why less noise might help our ears but not our hearts or brains

Laura Williamson
American Heart Association News

Jack hammers. Buzz saws. Screaming toddlers. Barking dogs. Horns blaring from incessant traffic jams. Any of these can set nerves on edge, especially if you are subjected to the noise for hours, days or weeks on end. It's more than aggravating. Studies show noise-generated stress is bad for the heart and brain. But pandemic-induced shutdowns and social distancing have led to substantially less noise generated by human activity over the past year, and researchers are looking at whether that could translate into human health benefits. "We know that stress in a variety of forms is unhealthy. Noise is a type of stress we all encounter in our daily lives," said Dr. Michael Osborne, a cardiologist at Boston's Massachusetts General Hospital who has studied how noise enters the brain and harms the body. Noise and noise-related stress have been linked

to health effects such as hearing loss, sleep disturbance, impaired cognition, high blood pressure, heart disease and metabolic diseases such as diabetes. A 2011 report from the World Health Organization estimated noise pollution in Western Europe annually robs people of more than 1 million healthy life years. But over the past year, pandemic-related shutdowns, fewer people working outside the home and social distancing have greatly reduced human activity, lowering noise patterns across the globe. One study in the journal Science found shutdowns between March and May of 2020 cut the noise generated by human activity in half, resulting in the "longest and most coherent global seismic noise reduction in recorded history." An ongoing study in all 50 states uses smartwatch monitors to track noise exposure. Initial data gathered during shutdowns last spring in California, Texas, New York and Florida showed a halving of environmental noise pollution in these states. Researchers found study participants



experienced an average drop of 3 decibel levels. That's enough to potentially reduce adverse health impacts, such as hearing loss, said the study's lead investigator Richard Neitzel, an associate professor of environmental health sciences at the University of Michigan in Ann Arbor. For every 3-decibel rise in noise exposure, the risk for hearing loss increases substantially, Neitzel said. "If we can keep noise at a conversation level, below a daily average of 70 decibels, we can completely eliminate noise-induced hearing loss." To determine how the drop in environmental noise may be affecting people, Neitzel and his team are asking participants to take regular hearing tests on their smartphones for

an analysis they expect to do later this year. They're also collecting data on heart rates and self-reported stress levels. The benefits of better hearing could extend well beyond the ears. A Lancet Commission report on dementia prevention notes hearing loss in midlife is one of the largest modifiable risk factors. Last summer, a study published in Alzheimer's & Dementia found just 10 decibels of additional neighborhood noise is associated with a 36% higher risk for mild cognitive impairment and a 29% higher risk for Alzheimer's disease. Osborne's research

gives some clues for how environmental noise may be entering the brain and hurting the body: He found high levels activate the amygdala, a part of the brain involved in processing stress. High levels of activity in the amygdala were associated with an increase in inflammation. While a quieter environment may result in some benefits, Osborne said other stressors associated with the pandemic could wipe out any health gains. "It's the sum of the stress we are facing that impacts us," Osborne said. That doesn't mean the damage can't be reversed, especially if people find ways to cope with added stresses, he said Osborne, who is studying whether mindfulness training might reduce disease.

HEALTH MATTERS

CONDITIONS 101
What causes insomnia, and what can one do about it?



Insomnia is a sleep disorder that can make it hard to fall asleep or stay asleep, or cause one to wake up too early and not be able to get back to sleep. Those with insomnia may still feel tired when they wake up. The condition can negatively affect health, energy level, mood, work performance and quality of life. According to the Mayo Clinic, common causes of chronic insomnia include:

- Stress.
- Travel or work schedule.
- Poor sleep habits.
- Eating too much late in the evening.
- Mental health disorders.
- Medications.
- Medical conditions including chronic pain, cancer, diabetes, heart disease, asthma, gastro-esophageal reflux disease (GERD), overactive thyroid, Parkinson's disease and Alzheimer's disease.
- Sleep-related disorders like sleep apnea or restless legs syndrome.
- Drinking caffeine, nicotine or alcohol late afternoon or evening.

The following healthy sleep habits can help prevent insomnia:

- Maintain a consistent bedtime and wake-up time every day (yes, weekends, too).
- Engage in regular physical activity, which helps promote a good night's sleep.
- Check the side effects of medications you're taking — they may be

contributing to insomnia.

- Try not to nap during the day.
- Avoid or limit caffeine and alcohol.
- Do not use nicotine.
- Do not consume large meals or beverages before bedtime.
- Develop bedtime rituals that help you relax.

NUTRITION STATION
Want to be healthy? Avoid pressed juices

Though they may seem healthy, some beverages are deceptively sugary. Juice has to be healthy, right? After all, it comes from fruits and vegetables! Unfortunately, pressed juice — often touted as healthy or helpful for weight-loss — can contain between 20 to 23 grams of sugar in a single cup and very little fiber, according to Eat This, Not That. In addition, those who drink pressed juices frequently are at higher a risk of developing fatty liver disease, heart disease and diabetes.

HEALTH STAT 95

According to the CDC, in lab tests, exposure to potentially infectious aerosols decreased by about 95% when people wore tightly fitted masks.

More Content Now

TODAY'S WORKOUT

Single leg teaser works abdominals

Marlo Alleva
More Content Now
USA TODAY NETWORK

Everyone is on different levels when it comes to fitness. Many are just starting out, so their levels will be less intense and more focused on basic moves. Then there are those who are more seasoned, and need a little more intensity to keep the body ever changing for the good. Luckily, most every fitness move and exercise has different variations to fit each individual. And many of those variations are simply by adding a lifted leg, arm, or position change. Our move today is a single leg teaser. This exercise will be working your abdominals, but you will also be putting your balance to the test. All you need for this exercise is a flat surface. Begin this move by lying on your back. Bend in the knees and placing both feet flat on the ground. Press your back into the floor by rotating in your hips and engaging your abdominals. Keeping your chest tall and a space in between your chin and chest, you will extend both arms straight up into the air over your chest. Finding your center of gravity, lift and straighten one leg directly out from your body. And now, you are



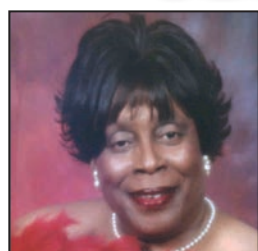
Marlo Alleva demonstrates a single leg teaser. [ERNST PETERS/THE LEDGER]

ready to get moving. Proceed to lift your upper body off the floor by contracting deeply in your midsection. Use your arms to reach high above you, and lift your extended leg at the same time. Focus on reaching for your toe. Once you reach your deepest contraction and farthest reach, return to your starting point. Keeping a steady tempo with this exercise, continue into your next repetition immediately. Keep your first set on the same leg. Taking a small break, continue in your next set, with the opposite leg extended. Give yourself at least two or three sets on each

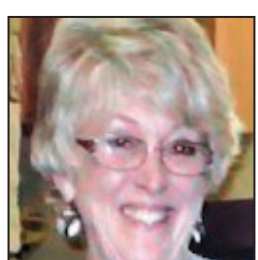
side. Aim for at least 10 repetitions per set. This single leg teaser is similar to a basic crunch, but slightly intensified with the lifted leg and arms. If at any time you have discomfort while your leg is lifted, place it back on the ground and continue with your lifted arms. This abdominal exercise is simple enough to perform anywhere, and great added into any abdominal routine.

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

OBITUARIES

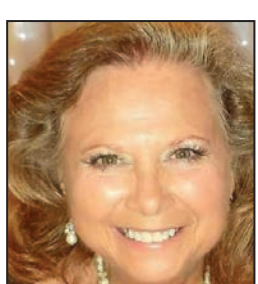


Clinton, Lula Boykin was born on September 8, 1945 in She peacefully transitioned into glory on February 24, 2021, surrounded by loved ones. She was the daughter of the late Martha Ella and Junious Cox. Lula graduated from Hargrove High School in 1964. Lula loved to cook, sew, take care of children, and spend time with her loving family. Lula was also a breast cancer survivor. In addition to her parents, Lula is also preceded in death by her brothers Johnny Cox, Charlie Cox, her sister Maggie Kornegay, and her grandson Dagwon Boykin. A walk-through was held on Monday, March 1, 2021, from 2:00 pm - 6:00pm at Hope Valley Hawkins Funeral Chapel; 1246 Hobbton Hwy, Clinton, NC 28328. Family was present from 5:00pm - 6:00pm. Lula is survived by her husband of 57 years Marvin Boykin Sr; sister, Cleo Cox of Mount Olive, NC; brother, Ashley Cox of Goldsboro, NC; children, Marvin Boykin Jr of Clinton, NC , Anita Boykin Brown of Clinton, NC, Towan Boykin of Raleigh, NC; four grandchildren Thysha Underwood, Cassandra Rein, Franshia Brown, Aneshia Brown; four great grandchildren Elijah Godfrey, Karter Moore, Karson Moore, and Kyrie Campbell. She also leaves to cherish her memories a host of brothers and sisters in laws, nieces, nephews, and many friends. As Lula Would Say "I Loves You And You Can't Do Nothing About It But Just Love Me More" Graveside service was held at 12:00pm on Tuesday, March 2, 2021, at Hillcrest Memorial Gardens; 3620 Roseboro Hwy, Clinton, NC 28328.



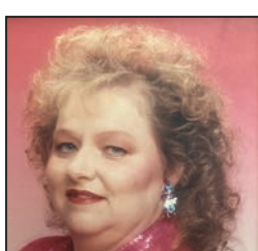
NEWTON GROVE

Karen Fay Bradshaw, 70, of Newton Grove, passed away Tuesday, March 2, 2021 at Rex Hospital. Karen was born April 15, 1950 in Portsmouth, Ohio, to the late John Mason Fannin and Delza Marie Ruckel Fannin. She worked in the healthcare industry as a nurse for over thirty years. She was a loving mother and grandmother. A service will be held at a later date. Survivors include: daughter, Beth Bradshaw Medlin and husband Drew; son, Charlie Bradshaw and wife Leann; grandchildren, Sara Beth Daniels, Charity Elizabeth Bradshaw and Calista Faith Bradshaw; siblings, Helena and husband Jon Kalb and Don Fannin and wife Cyndi and Paul Fannin; many nieces and nephews; and beloved dog, Whiskey. Online condolences may be sent to the family at www.crumpler-honeycutt.com.



SOUTHPORT

LaWanda Bullard Bullington, 69, of Southport NC, passed away with her loving family by her side on March 2nd, 2021. LaWanda was born May 21, 1951, in Sampson County to Leslie "Tink" and Inez Bullard. She was a graduate of Roseboro High School. She enjoyed the beach life immensely. She loved to get out in the sun every chance that she could get. The water was her happy place, and you could often find her at the Southport waterfront. Her family meant the world to her, and she loved to host gatherings for just about any occasion you could think of. She was also very passionate and dedicated to her career at Doshier in the Medical Records Department. Her sense of humor and laughter was infectious and brought a smile to anyone she met. She is survived by her son Chris Hall and spouse Katie Hall, her brother, Henry Bullard and partner Stephen Jones, as well as her cousin and best friend, Barbara Almendarez. She was preceded in death by husband Richard Campfield. A celebration of life will be held in Oak Island, NC on a different date for those that wish to pay their respects to the family in her honor. In lieu of flowers please make donations to the Doshier Hospital Foundation in her honor. www.doshier.org. Arrangements are with Butler Funeral Home of Roseboro, NC. Visitation will be Saturday March 6th at 2pm, with a service to follow at 3. Butler Funeral Home, Inc.



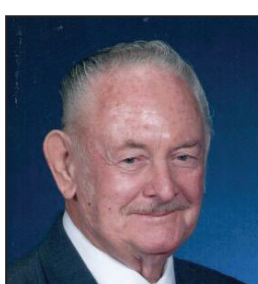
CLINTON

Alma Case 67 of 275 Sandhole Lane passed away on Sunday, February 28, 2021. Alma was born in Sampson County, NC in 1953 to Oscar Bryant and Glenda Barefoot Bryant. She loved to cook and go camping with her family. Alma is preceded in death by: brothers: James Bryant, Timothy Bryant and Terry Wayne Bryant. Funeral services were held at 3:00 pm on Thursday, March 4, 2021 at Clinton Family Worship Center with Pastor Lynn Blackburn officiating, burial followed in the Spell-Tyndall Cemetery. Alma leaves to cherish her memories: Richard Case of the home; Children: Bobby Wayne Case and wife Connie of Clinton, Chris Case of Clinton and Amanda Robinson and husband Ronie, Jr. of Clinton. Siblings: Anthony Bryant of Salemburg, Ellis Ray Bryant of Godwin and Kenneth E. Bryant of South Korea grandsons: Sully Case and Noah Bell, granddaughter: Kelsey Robinson. Visitation will be held on Wednesday, March 3, 2021 from 6:00 pm - 8:00 pm at Hope Valley Hawkins Funeral Chapel, 1246 Hobbton Hwy. Clinton.



NEWTON GROVE

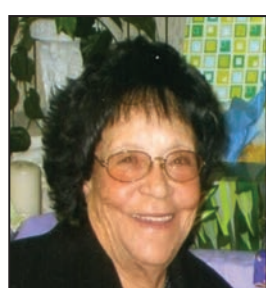
Mr. Joel K. Darden age 51, of Faison, passed away Monday, March 1, 2021 at Rex Healthcare, Raleigh, N.C. His graveside service will be held Saturday, March 6th at 2:00 p.m. The service will be at Hillcrest Cemetery, Newton Grove. Officiating will be Rev. Jason Watford. The register book will be available for signing on Friday, March 5th from 1 till 4 p.m. at West & Dunn Funeral Home, Newton Grove. The family will not be present during this time. Left to cherish his memories are his wife: Veronica Darden of the home, daughter; Georgianna Elizabeth Darden of the home, mother; Virginia Lee Darden of Faison and his brother; William Blane Darden of Greenville, NC. He was preceded in death by his father; William Theodore Darden. We ask in order to stay in compliance with the North Carolina State CoVid Law that social distancing measures be taken and a face covering be worn at all times during all services. Online condolences may be made at www.westanddunn.com. Services have been entrusted to West & Dunn Funeral Home, Newton Grove, North Carolina.



DUDLEY

Mr. Kenneth Wayne Hall, Sr. 86, of 257 Brewington Rd., passed away Saturday, February 27, 2021 at Kitty Askins Hospice in Goldsboro, NC. A Graveside Service was held Tuesday, March 2nd at 11:00 AM at Mt. Elam Baptist Church Cemetery, 2211 Mt. Elam Church Rd., Roseboro with Rev. Jeff Dail officiating. Born in 1934 in Wayne County, Kenneth was the son of the late Mark D. and Callie Bliss Howell Hall. Kenneth was a Veteran of the United States Army during the Korean War and a member of Mt. Olive First PH Church. After being released from the Army he spent over 30 years in the Jewelry business where he managed Reeds and Barne's Jewelry and later spent 15 years in the used car business. Kenneth is survived by his loving

wife for over 60 Years, Mary Elizabeth Tew Hall; two daughters: Christy Renee Hall of Utah and Susan Honeycutt Lloyd and husband, Kenny of Sumter, SC; two sons: Kenneth Wayne Hall, Jr. of the Home and Lance Hall and wife, Robin of Dudley; and sister-in-law, Nellie Hall of Dudley. Kenneth is also survived by his seven grandchildren and eight great-grandchildren who he loved. In addition to his parents Kenneth was preceded in death by his stepmother, Gladys W. Hall; son, Craig B. Hall; sister, Audrey H. Coley; brother, Donald E. Hall. The family received friends following the Graveside Service at the Cemetery and other times at his home. In Lieu of Flowers, memorials may be made in Kenneth's Memory to Mt. Olive First Pentecostal Holiness Church, 130 Ed Edmundson Rd. Mt. Olive, NC. 28365. Condolences may be sent by visiting www.royalhallfuneralhome.com. Royal-Hall is honored to serve the Hall family.



STEDMAN

Helen Mae (Strickland) Johnson, 87 passed away on Thursday, February 25, 2021 surrounded by her family. Funeral service was held at 3:00 PM Sunday, February 28, 2021 at Butler Funeral Home Chapel in Stedman, officiating was Rev. Ronnie Johnson and Rev. Kenneth Simmons. Burial followed at Johnson Family Cemetery. The family received friends from 6:00 PM to 8:00 PM Saturday, February 27, 2021 at the funeral home. Helen was a loving wife, mother, grandmother, great grandmother, sister and friend, she will be truly missed by all who knew her. She was also longtime member of Macedonia Holiness Church and co-owner of Johnson Gas & Grocery for 52 years with her husband, Levie. She is preceded in death by her parents, Davis Strickland and Nancy Maynor Strickland; and a daughter, Helena Jane Autry. She is survived by her husband of 69 years, Levie Johnson; sons, Ronald Evander Johnson, Donald Ray Johnson & wife, Connie and Danny Martin Johnson & wife, Lorie; brothers, David Strickland, Roger Dale Strickland and Andrew D. Strickland; sister, Christine Maynor; son-in-law, Billy Ray Autry; 10 grandchildren; and 20 great grandchildren. Services entrusted to Butler Funeral Home, 6535 Clinton Road, Stedman, NC 28391.



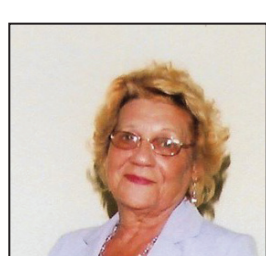
CLINTON

Mr. Terry Leon Mainor, 52, of 204 Weeks Street, Clinton, passed away Wednesday at home. The graveside service was held at 1pm, Tuesday, March 2, 2021 at the Andrews Chapel Missionary Baptist Church Cemetery, Clinton, NC with Rev. Gerald Underwood officiating. Burial to follow after the service. Mr. Mainor is survived by his PARENTS-Walter and Agnes Pauling of the home; DAUGHTER-Chenita Faircloth of the home; SISTER-Lisa Pauling Pauling of Clinton, NC; BROTHERS-Willie Mainor and Anthony Mainor both of Winston Salem, NC. The live-stream will be available AT THE SERVICE TIME. NOTE: To access the service via Facebook, log on to your Facebook account and type in Worley Funeral Home. Visitation at Worley Funeral Home on Monday, March 1, 2021 1pm -5pm.



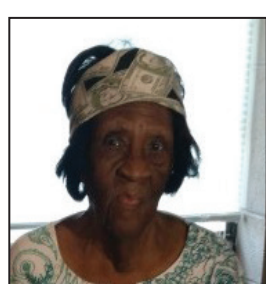
FAYETTEVILLE

Mrs. Mary Louise Johnson, 91 passed away on Tuesday, March 2, 2021 at Betsy Johnson Hospital. A Rosary service will be held 3:00 PM Saturday, March 13, 2021 at Butler Funeral Home Chapel in Stedman. The family will receive friends from 1:00 PM to 3:00 PM at Butler Funeral Home Chapel in Stedman, prior to the service. In lieu of flowers donations can be made to either Pediatric Cancer Research Foundation or City of Hope. Services entrusted to Butler Funeral Home, 6535 Clinton Road, Stedman, NC 28391.



DUNN

Eleanor M. Maynard, age 78 of Dunn, died on Wednesday, February 24, 2020 at Cape Fear Valley Hospital in Fayetteville. Eleanor was born on May 1, 1943 in Harnett County the daughter of the late Andrew Martin Maynor and Lou Anna Maynor and is preceded in death by her husband, Eldridge Maynard. She is also preceded in death by four sisters and a great grandchild, Issiah Raines. Eleanor was a certified nursing assistant working at Charles Parrish Nursing Home for many years. She and her husband owned and operated Eleanor and Eldridge Fix-It Service. Eleanor was a devoted wife, mother and grandmother, she was the true definition of a "Virtuous Woman." She enjoyed canning and freezing in the summer, her jams and vegetables were always good. She crocheted and always crocheted every grandchild their first outfits. A Funeral Service was held Monday, March 1, 2021 at 2:00 pm at Cromartie-Miller Funeral Home Chapel with Rev. Stoney Chance officiating. Burial followed in Greenwood Cemetery. She is survived by: Son: Justin Maynard & (wife) A.J. of Fort Mill, S.C. Daughters: Jennifer Maiden and (husband) William of Fayetteville, NC; Tonya D. Blue & (husband) Charles of Spiveys Corner, NC; Pamela Elgie Jernigan & (husband) Jessie of Coats, NC. 10 Grandchildren and 12 Great Grandchildren. Sisters: Dorothy Maynor of Carthage, NC and Sylvia Tyndall of Thomasville, NC. The family received friends on Sunday, February 28, 2021 from 5:00 pm – 8:00 pm at Cromartie-Miller Funeral Home in Dunn. A Service of Cromartie Miller Funeral Home of Dunn NC.



CLINTON

Corrina McLamb of Cumberland Village Assistance Living, Fayetteville, NC was called home to glory to be with the Lord February 27, 2021 at Cape Fear Valley Medical Center. Corrina was born January 26, 1929 in Sampson County, NC to the late John and Virginia Williams. She was the 4th child out of 18 children. She was married to the the late Napeleon McLamb. She was preceded in death by children: Mildred, Thomas, Thurman, Robert Earl, and George Lendare. She leaves to cherish her memories: one daughter-Ruby Pauline Singletary (Charles) of Durham, NC; three sons: Napeleon McLamb (Deborah) of New York, NY, Ronnie McLamb (Veronia) of Schenectady, NY and James Williams (Michell) of Coal Township, Pennsylvania. Three sisters: Letha Williams of Wilmington, NC, Hartense Campbell, of New York, NY, and Katie Thomas of Newton Grove, NC; Two brothers: Willie Willaims (Bill) of Didley, NC, and Robert Williams of Spring Lake, NC. She also has two sister-in-laws: Vada Williams (Eddie) of Clinton, NC and Minnie McLamb of Clinton, NC. Margie McLamb . There are 12 grandchildren, 13 great grandchildren, 3 great grandchildren and a host of other relatives and friends. Graveside Service was Friday, March 5, 2021 at Hillcrest Cemetery at 1 pm. Public Viewing: Friday, March 5, 2021 from 11:45 am to 12:45 pm at Butler & Son Funeral Services, Clinton. Masks are required to attend service and viewing. Service will be live-streamed through Butler & Son Funeral Home Facebook page. Butler & Son Funeral Services, Clinton, N.C.

CLINTON

Mr. Claudie James Morrissey 90, of 180 Southwood Drive, Clinton, NC passed away Friday, February 26, 2021 at Southwood

Nursing Center, Clinton, NC. The graveside service was held at 1pm, Thursday, March 4, 2021 at Hillcrest Memorial Park, Clinton, NC with Rev. Leslie Morrissey officiating. Burial followed after service. Mr. Morrissey is survived by his DAUGHTERS-Cynthia Marable and Joanne Hervie both of Raleigh, NC and Osie Morrissey of Greensboro, NC; SONS-Rev. Claudie T. Morrissey, Sr. of Newton Grove, NC and James Morrissey of Hoover, Ala.; SISTERS-Linda Harrington and Gladys Faison both of Warsaw, NC; BROTHERS-Rev. Larry B. Faison, Ronnie Faison and Jackie Faison all of Turkey, NC; 13 grandchildren and 7 great grandchildren. The live-stream will be available AT THE SERVICE TIME. NOTE: To access the service via Facebook, log on to your Facebook account and type in Worley Funeral Home. Visitation at Worley Funeral Home on Wednesday, March 3, 2021 1pm-5pm.



CLINTON

Ned Jarvis Norris passed away on Friday, February 26, 2021 at Beacon Place in Greensboro with his family by his side after several months of failing health. Born in 1946 to the late Ned Lawrence Norris & Geneva Hudson Norris. After 50 years of dedication, Ned retired from the textile business as an Inspector/Fixer. His hobbies were to fish every chance he got, hunt and spend time outdoors. Ned cherished his grandchildren, he loved to spend time with his family and visit with is siblings in his hometown. In addition to his parents Ned is also preceded in death by his daughter Teresa Norris, grandson Christian Terry, brothers Lawrence Edward Norris, Leon Eldridge Norris Wilson Coy Norris, Gordon Ray Norris and Wilbert Graham Norris and Sister Velma Bullard. A Graveside service will be held on Saturday, March 6, 2021 at 2:00 pm at the Garland Cemetery with Pastor Jeff Hayes officiating, burial will follow. Ned leaves behind to cherish his memories: His loving and devoted wife of 35 years Shelby Norris, 2 sons: Wayne Norris and wife Donna and Anthony Norris; A daughter: Angie Norris and husband David; a brother: Ned Coleman Norris; 3 sisters: Dorothy Bordeaux, Queen Clark and Lilly Biegler, grandchildren: Mandy, Chris, Amelia, Allan and Angelica; great-grandchildren: Sadie, Noah, Jarvis, Hunter and Kayden. In Lieu of flowers: Memorials should be made to AuthoraCare Hospice 914 Chapel Hill Road Burlington, NC 27215.

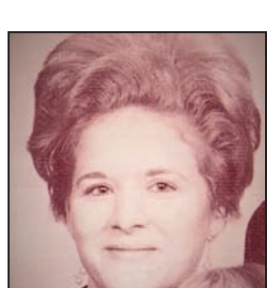


AUTRYVILLE

Corey Alan Odom, Sr., 26, of 70 Fox Run Lane, passed away Saturday, February 27, 2021 at Cape Fear Valley Medical Center. A funeral service was held at 3 PM, Wednesday, March 3rd at Crumpler-Honeycutt Funeral Home with Rev. David Page officiating. The family received friends one hour before the service at the funeral home. Interment was in the Piney Grove Baptist Church Cemetery in Faison, NC. Corey was born on July 5, 1994 in Onslow County. He was the son of Michael Robert Odom and Amy Elaine Brewer. In addition to his parents he is survived by; sons, Corey Alan Odom, Jr. and Anakin Lee Odom; siblings, Michael Odom, Tanner Odom, Jill Foster, Justin Foster and Connor Odom; and grandmothers, Judith Durrell and Dianna Bible. Online condolences may be sent to the family at www.crumpler-honeycutt.com. In lieu of flowers donations may be made to the family to defray the funeral cost.

WILMINGTON

Barbara Jean Black Powell, 77, passed away on February 28, 2021 at Cypress Pointe in Wilmington, NC. Born on April 15, 1943 in Panama City, Florida, Barbara was the daughter of the late Robert Horace Maxwell and Dorothy Lee Brown and adopted daughter to the late Cathleen Inez and Ollie Stockwell. She was a very talented floral designer and worked for many years at the Carolina Pottery in Smithfield. Barbara is survived by her children: Son, John Forrest Black of Ivanhoe; Daughters: Angela Brown of Clinton, Eve Black Venters (Ronald) of Wallace and Sabrinna D. Hope (Johnny) of Clinton; brother, Gene Raymond Stockwell of Panama City, FL; sister, Dorothy E. Matthews of Fruitland Park, FL; six grandchildren: Nathan Gene Kirby, Jr. (Kristy) of Gastonia, Chandler Barnes Venters of Wallace, Ashley N. Honeycutt (Grant) of Clinton, Joseph A. Williford of Newton Grove, Elizabeth A. Williford (Ben) of Hampstead and Lora K. Squibb (Dustin) of Fayetteville. She was also blessed with eleven great-grandchildren. In addition to her adopted parents and biological parents, Barbara was preceded in death by six brothers: Robert Horace Maxwell, Jr., Gerald Maxwell Medard, Randall Edward Medard, Juannie Otho Stockwell, Gary Wayne Stockwell and Jack Waymond Stockwell. A Memorial Service will be held at a later date and announced by her children. Royal-Hall is honored to serve the family.



CLINTON

Thomas Edwin Stanley was born in Johnston County on September 28, 1943 to Walter Kermit and Mary Beasley Stanley. He was one of eleven children. Growing up, he worked on the farm with his parents and siblings. In the 60's, he was drafted to serve in the United States Army. He dutifully served his country until he was honorably discharged due to a medical condition. After working several years with AgriBusiness, he became self-employed. Tommy was a people person, and he never met a stranger. Tommy was a loving and devoted father to his five children. He was a brother, a friend, and a mentor. He left an impression on everyone that he met. He had a special relationship and was a grandfather figure and mentor to Jeffrey Ray, his special neighbor and friend for 6 ½ years. Tommy was preceded in death by his mother and father, Walter Kermit and Mary Beasley Stanley, brothers, Walter Lee "Buck" Stanley, Kermit Ray Stanley, and Lynwood Earl Stanley. Left to cherish his memory are his five children, Melloney Watson, Thomas Edwin Stanley, Jr., Beverly Stanley Fornes, Jessica Casteen Garner (Terrance), and Ashley Stanley; ten grandchildren, Layne, Lisa, and Lauren Stanley, Erika Tyndall (Whitney), Meagan Daughtry (Greg), Daniel Maynor, Jaida Ford, Ta'Maya Garner, Trae'Von Garner, and Madelyn McLamb; three great grandchildren: Wade Tyndall, Brielle Daughtry, and Brodie Daughtry; brothers: James Ethan, "Jay" Stanley, Dennis Arnold Stanley (Betty), Maurice Glenn Stanley (Mary), and Elbert Wayne Stanley (Elizabeth); sisters: Sue Fortner (Robert), Marcia Edgerton (Quincy), and Margie Hill. Service will be held Thursday, March 4th, 2021 at 11:00 am at Crumpler-Honeycutt Funeral Home in Clinton, NC. Burial will immediately follow at Bethel Original Freewill Baptist Church in Four Oaks, NC. The family will receive family and friends at 114 Matthis Road, Clinton NC. In lieu of flowers, the family requests that memorials be made to Tim's Gift in Clinton, NC.



WARSAW

Dorothy "Dot" Skipper Torrans, age 85, of Warsaw was called home to be forever with her Lord and Savior, Jesus Christ on Saturday evening, February 27, 2021. She was lovingly surrounded by her precious family. Dorothy was born on March 16, 1935 in Greeleyville SC; the daughter of the late Emma Lee Browder Skipper and Nolley L. Skipper. She was also preceded in death by her loving husband of fifty-nine years, Ellis Ray Torrans, Sr. Surviving to cherish her memory are her loving and devoted children, Wanda Canady and husband, Al, of Topsail Beach, Barbra Dee of Topsail Island, Ellis Ray Torrans, Jr. of Magnolia and Lisa T. Fussell and husband, Mike of Teachey; grandchildren, Morgan Jacobs (Mike), of Warsaw, Amanda Rivenbark (Dave) of Wallace, Trista Jones (Johnny) of Teachey, Polly Parker of Wallace, Joshua Torrans (Jessie) of Holly Springs, Stephanie Jones (Casey) of Surf City, Ryann Barefoot (Rhett) of Rocky Point, Jordan Canady (Mickayla) of Teachey, and Raven Torrans of Magnolia; great grandchildren, Logan Kissner, Hunter Tucker,



Taylor Rae Kissner, Karlee Rivenbark, Brady Jones, Walker Jacobs, George Allen Parker, Davis Rivenbark, Grayson Parker, Jackson Jones, Stone Rivenbark, Graylee Parker, Grace Jones, Avalee Canady, Noah Jones, Bo Drake Torrans, Lake Barefoot and Ellison Canady and numerous extended family and friends that loved Dorothy dearly. Dorothy was the kindest, most loving person to friends and strangers alike. She mothered everyone, so much so that friends would often call her "Mom". She took this as a compliment and never shied away from being there for others who needed support in one way or another. Her children and grandchildren feel like they grew up with the most incredible role model who taught them to always be kind to others and to follow the Golden Rule. Her smile, her laugh, her sage advice, and her humble personality will be missed by many. Dorothy was also a fighter as she was a breast cancer survivor of twenty-seven years. She loved her family unconditionally and they were her life. Helping others was one of her biggest gifts. She seemed to always know who needed something and when, all while never expecting anything in return. She was relentless in taking care of others with a sense of perfection. Her God-given talent as a seamstress produced not only clothing for her children, but for many in need as well. Flowers were her passion, and her yard was her

showcase. She was known for her famous peanut butter cakes. But probably most known for calling her loved ones, "Shug." Dorothy loved like Jesus and her memory will live on in all of us. She surely left an imprint on our hearts forever. A celebration of Dorothy's life was held at 1:00 p.m. on Thursday, March 4, 2021 at Carlton United Methodist Church, 973 Carlton Chapel Church Rd, Warsaw, NC 28398. The family will receive friends from 12 Noon to 1:00 p.m. on Thursday, one hour prior to the service at the church. Burial followed in Devotional Gardens, Warsaw, NC. In lieu of flowers, memorials may be made to: Carlton United Methodist Church, c/o Kathy Robbins, 212 Beasley Torrans Road, Warsaw, NC 28398.

GARLAND

Joanne Johnson 65 7054 Old Fayetteville Road passed away on Monday, March 1, 2020 at home. A Graveside service will be held at 1:00 pm on Saturday, March 6, 2021 at Warren-Johnson Cemetery in Garland with Rev. Scott Johnson officiating, burial will follow. Visitation will be held on Friday, March 5, 2021 from 2:00 pm - 5:00 pm with family present from 5:00 pm - 6:00 pm at Hope Valley Hawkins Funeral Chapel, 1246 Hobbton Hwy. Clinton.

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Announcement of Availability of Town of Garland Annual Wastewater and Collection System Performance Report

As of 2/24/21, the Town of Garland Annual Wastewater and Collection System Performance Report for 2020 will be available for viewing and download on the Town's website at www.townofgarlandnc.com.

If you do not have internet access or are unable to view the report for any reason, and you would like a copy of the report, please contact the Town at (910) 529-4141 to obtain a printed copy M,T,Th,F: 9:00 AM to 5:00 PM, W: 9:00 AM to 2:00 PM.

*Thank you,
Winifred Murphy, Mayor*

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NASCAR THIS WEEK

SPEED FREAKS

Pleasant surprise through three races?
KEN'S CALL: I'd say Michael McDowell is the obvious choice. An 8th and 6th since Daytona 500 win? Wow.
DEAN'S DIRT: Where in the world did Chris Buescher come from on Sunday? Something to watch.
On the other hand, any concerns so far?
KEN'S CALL: A few, actually. Kyle Busch, Ross Chastain and Bubba Wallace ... all need to find the fast lane asap.
DEAN'S DIRT: I'll also add Ryan Blaney and Matt DiBenedetto to that list.

ZACH'S LAS VEGAS PICKS

Winner: Martin Truex Jr.
Rest of top 5: Kurt Busch, Denny Hamlin, Chase Elliott, William Byron
First one out: Brad Keselowski
Dark horse: Chris Buescher
Don't be surprised if ...: The usual suspects get back to pacing the field after a wacky few weeks.

BY THE NUMBERS

- 6 Playoff points for William Byron through three races
- 9 Different leaders in Sunday's race
- 20 Number of lead changes at Homestead-Miami
- 23 Age of William Byron — the youngest winner in Homestead-Miami history
- 102 Laps led by Byron (career-high)

DAYTONA MOTOR MOUTHS

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



THROUGH THE GEARS



Byron led a career-high 102 laps Sunday at Homestead-Miami and was the dominant car for the second half of the race. WILFREDO LEE/ASSOCIATED PRESS

Byron's win just adds to 2021's wacky start

Zach Dean
Daytona Beach News-Journal
USA TODAY NETWORK

Three races, three different winners, and a whole lot of parity to start this NASCAR season.
William Byron's dominant showing at Homestead-Miami Speedway over the weekend continued a wacky start to a 2021 season that has so far seen Michael McDowell, Christopher Bell and Byron all visit Victory Lane.
The usual suspects — guys like Chase Elliott, Kyle Busch and Ryan Blaney — are still searching for speed through the first three weeks, while Denny Hamlin and Martin Truex Jr. appear to be close, but not quite there yet.
Time to dive in!

First gear

We can't do anything without giving Billy the Kid his due.
Byron led a career-high 102 laps Sunday and was the dominant car for the second half of the race. He became Homestead's youngest winner at 23, and collected a whole bunch of playoff points along the way. The win was equally important for crew chief Rudy Fugle, who is replacing Chad Knaus atop Byron's pit-box this season.
Fugle and Byron worked together in the Truck Series, but to win in just your third Cup race together could open the floodgates for Byron in his fourth Cup season.

Second gear

Maybe it's time to start taking Michael McDowell seriously.
The 36-year-old won the Daytona 500, followed that up with an eighth-place showing on the road course, and then finished sixth at Homestead for Front Row Motorsports' first ever top-10 on a 1.5-mile track.
McDowell is already locked into the postseason, has five playoff points

through three races, and is one of only two drivers to open the year with three top-10s.
Not a bad leap for someone who recorded four top-10s all of last season.

Third gear

Speaking of breakout performances, how about Chris Buescher? The 28-year-old had the car to beat early on Sunday, leading 57 laps and winning Stage 1.
While Buescher ultimately finished 19th, he showed race-winning speed most of the afternoon, and could be ready to finally visit Victory Lane for the first time since his rain-shortened Pcono win in 2016.

Fourth gear

Taking a look at the point standings through three weeks, and two names that jump out are Ryan Blaney and Kyle Busch.
Blaney, who sits in 24th, has had a forgettable start to the season. He wrecked on Lap 14 of the Daytona 500, was a non-factor on the Road Course, and then finished 29th on Sunday.
Team Penske teammates Joey Logano and Brad Keselowski, meanwhile, were fighting for the win at the 500, while Logano nearly won on the road course and Keselowski led 44 laps Sunday.
Busch's start to the year has been equally miserable, and is a bit more concerning considering the down year he had last season.
The two-time champion finished 14th in the 500 and then had a bad day from the start at on the road course, finishing 35th after cutting a tire.
While Busch managed to finish 10th at Miami, the Joe Gibbs Racing veteran was clearly frustrated with his car all afternoon, especially with teammate Martin Truex Jr. running so well.
Sitting at 18th in the points through the first three weeks, Busch's performance will be something to monitor going forward.

Q&A

From 1 to 10, where's your Kyle Busch concern?
Let's go with a 6. Through the first half of Sunday's race at Homestead, it was up to about 8. Not all 10th-place finishes are the same, and Kyle's 10th at Homestead won't soothe his psyche. But he improved from 15th and 16th after the first two stages, so there's that. He dressed up some optimism afterward: "We finally got the handling back in the right direction ... We'll take what we learned today and hopefully get better for Las Vegas."
Meanwhile, Tyler Reddick?
It's not easy keeping up with all the upstarts crashing the party, is it? His strong runner-up this past Sunday came on a Homestead track where he'd won twice in Xfinity races, and folks point to that for reasoning. Well, guess what, he also has two wins at Vegas — one in Xfinity, one in a truck. There's your not-so-sleeper pick for Sunday.
— Ken Willis



After a struggle through most of 2020, Kyle Busch's No. 18 Toyota is still a bit off its normal pace through three races. NIGEL COOK/NEWS-JOURNAL

CUP STANDINGS

1. Denny Hamlin	139
2. Kevin Harvick	119
3. Joey Logano	108
4. Michael McDowell	106
5. Chase Elliott	105
6. Kurt Busch	104
7. Christopher Bell	99
8. Kyle Larson	97
9. Martin Truex Jr.	96
10. Brad Keselowski	95
11. Austin Dillon	90
12. Ryan Preece	90
13. William Byron	76
14. Cole Custer	68
15. Chris Buescher	67
16. Bubba Wallace	67
17. Alex Bowman	65
18. Kyle Busch	62
19. Ricky Stenhouse Jr.	62
20. Ryan Newman	56

WHAT'S ON TAP

Friday: Truck Series at Las Vegas (Fox Sports 1, 9 p.m.)
Saturday: Xfinity Series at Las Vegas (FS1, 4:30 p.m.)
Sunday: Cup Series at Las Vegas (Fox, 3:30 p.m.)
All times Eastern

KEN WILLIS' TOP 10 DRIVER RANKINGS

DENNY HAMLIN No wins yet, but leads points	KEVIN HARVICK Two-time Vegas winner	MICHAEL MCDOWELL 12 career top-10s before February	JOEY LOGANO Won Vegas last February	CHASE ELLIOTT Has spotty Vegas record	CHRISTOPHER BELL From Norman, Okla., just like Vince Gill	KURT BUSCH Won Vegas last September	WILLIAM BYRON Billy the Kid, playoffs-bound!	KYLE LARSON Will lead laps Sunday	MARTIN TRUEX JR. Mr. Hunch smells a win here

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