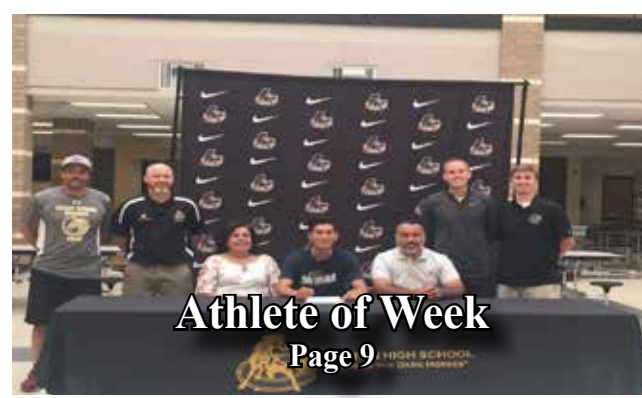




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SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly



VOLUME 11, ISSUE 21

Week of May 15-21, 2020

www.thesampsonweekly.com

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Garland Shirt Factory Closing Its Doors- "Due to COVID-19 Impacts"



Disturbing news came this week for the small quaint town of Garland, that their biggest employer, Garland Shirt Factory, would be closing their doors in July. According to Garland Mayor Winifred Murphy, "I found out on Thursday afternoon. I was heartbroken and began calling Brooks Brothers officials to get clarification. It was important that I released no information until all staff was officially notified."

GARLAND, see P. 3

POSITIVE COVID-19 CASES NOW HITS 224- 56 RECOVERED PUBLIC TESTING BEGINS



On Friday, the Sampson County Health Department reported 13 new cases which brings the total to 224 positive cases of the novel coronavirus (COVID-19) as of this date in Sampson County. The largest jump of cases so far was reported on Monday with 31 new cases over the weekend. On Tuesday the positive new cases were down to 6, Wednesday reported 16 new cases and on Thursday the cases numbers shot back up to 18.

According to the county, "The Sampson County Health Department does extensive contact tracing as part of their investigation of positive cases to identify close contacts (which are defined as being within approximately 6 feet of a person with a COVID-19 infection for a prolonged period of time of 10 minutes or longer). This allows county health officials to assess risks of exposure and determine and recommend additional measures that may be needed, including quarantine or additional testing."

"We encourage the use of common-sense preventative measures: practice social distancing-staying 6-feet apart, avoid touching your face, wear protective face covering when in public, cover your cough, wash your hands and disinfect surfaces frequently. If you think you have the coronavirus, call your health care provider so that he/she can evaluate your symptoms and provide the best course of action. Please stay at home and call your doctor if you have fever of 100.4 or higher, cough, or shortness of breath."

COVID testing numbers for Sampson County as of May 15, 2020:

Total Number of Tests Performed: 689
Positive Test Results: 224 (56 recovered)
Negative Test Results: 371

COVID, see P. 3

World War II Veteran Ester King Turns 100

One hundred years ago in Sampson County, a young man was born on a small family farm and his parents named him Ester King.



Ester was born on May 21, 1920 into a family with 8 kids to Needham King and Bertha McLamb. The humble parents raised their family with much love and affection.

Ester King was born the same year that the Boston Red Sox sold slugger Babe Ruth to the New York Yankees for \$125,000 and a \$350,000 loan. This is what they say started the 84 year "Curse of the Bambino". He was also born the same year that Walt Disney started work as an artist with KC Slide Company for \$40 a week- when Walt Disney died in 1966 his fortune was worth over \$150 million, equivalent to \$1.1 billion today. Also, the same year as Ester's birth, the National Negro Baseball League was started, setting the stage for more rights for minorities in sports. On June 13th, 1920, the US Post Office said that children cannot be sent by parcel post anymore- due to various instances occurring. On November 2nd, 1920, Warren G Harding was elected President of the United States. Mr. Ester King has lived to see 17 different presidents take office, even the first black president Barack Obama.

100, see P. 2

CORONAVIRUS HELPFUL TIPS FROM THE CDC



wear a mask

You should wear a facemask when you are sick and you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask, then you should do your best to cover your coughs and sneezes.

To learn more, visit www.cdc.gov.

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LOCAL NEWS

100, cont. from P. 1

Ester lived to see Jackie Robinson, in 1947, be the first African American to play on a major league team, the racial integration of schools, the civil rights movement of Martin Luther King Jr, and the 1965 Voting Rights Act. Mr. King has seen the horrors of war such as World War II, the Korean War, the Vietnam War, the Gulf War, and the Iraq War.

He was born the same year that hair dryers, kiss-proof lipstick, and sub-machine guns were invented.

He has lived through the invention of television, penicillin, the nuclear bomb, a man in space, the computer, and cell phones. So, life has changed indeed during the lifetime of Ester King.

Ester attended school at Keener School from the age of 8-13. At 13, his education was halted due to the fact that in 5th grade he had to start working in the cotton fields. In 1937, Ester took it upon himself to better himself and he learned the carpentry trade from Forrest McCullen. It was in carpentry and brick laying that Ester would earn his living moving forward.

At the age of 18, this young man bought his first piece of property, 20 acres for the huge sum of \$300. At the age of 21, on that same property, Ester built the home that he still lives in today. Ester helped in building Camp Lejeune in Jacksonville and Camp Butler in Durham. Ester had a desire to start his own business, but back in 1940, black men were not allowed, so he had to take on jobs considered as "common labor". But that would soon change as society realized the injustice of suppression.

But war was calling, and Ester was drafted to serve in World War II in 1942, where he served until 1945. Ester was stationed in Fort Bragg where immediately he was placed on a "big ship" and sent to North Africa and Italy. He was stationed with the US Army 907th Air Base Security where he guarded planes so they could not be blown up by the Germans. He also served as an Advanced Scout and would go out and look for approaching enemies and report back to camp.

Once back home from war in 1945, Ester came back home to Sampson County and married his childhood sweetheart Alease Monk. The couple had two children Starling King and Suella King.

The war had changed things in America and once arriving home Ester was also allowed to fulfill his dream of having his own carpentry business, which he did with great success. Some of Ester's carpentry and brick laying skills are still visible today in the Newton Grove Post Office, the Sampson County Courthouse, White Oak Church in Newton Grove, Bethlehem Church and the house of Veterinarian Dr. Guy Bertich.

Ester was determined to live his life a certain way and he still does so today.

Longevity is something that runs in Ester's genes. His sister Sudie Mae is almost 99 years old. He has two brothers still living, Silas King, who is 90 years old and lives in New York, and Paul Mitchell who is 85 and lives in Oklahoma. Ester is one of the oldest surviving World War II veterans in Sampson County. Ester is also the oldest member at Union Grove Freewill Baptist Church.

Ester King has been planning for years for his 100th birthday party. He wanted a big community party but with the COVID-19 pandemic, this will not be possible. However, the community is going to make sure he gets the party he most definitely deserves. According to friend, Bud Gilmore who is heading up a birthday card campaign for Ester, "He was very adamant about a big party but with COVID-19 we having to go to Plan B." Gilmore is urging everyone to send Mr. Ester King a birthday card full of best wishes for his 100th Birthday.

Gilmore says that Ester loves Pepsi Colas and Honey Buns. "Everybody in the community tries to look after Mr. Ester and keep an eye on him. Mr. Ester is such a gift to the community. And everybody loves him. He is full of good history stories." Gilmore explained that Ester was born during the time that the Spanish Flu was winding down and "He's turning 100 years old during a quarantine again."

Gilmore continued, "Mr. King still lives at home (which he built) and can be seen daily sitting outside drinking a Pepsi and tending his garden. Many know him simply as "the man on the roof", as he would often sit on his roof enjoying the sun."

Given Mr. King's extraordinary life and selfless service to our nation, we all owe him a bit of gratitude. Since he cannot have the big party he was looking forward to, the community ask that you send him a birthday card congratulating him on such a milestone.

Family members said that Ester is not scared of the virus, he just wants a party.

If you want to wish Ester a "Happy Birthday", send him a card or a gift, mail them to Mr. Ester King c/o the Sampson County Veterans Office, 335 County Complex Road in Clinton NC 28328.



More than 800,000 Children Impacted by the COVID-19 Pandemic to Receive Additional Help Buying Food

Starting today, families impacted by school closings due to COVID-19 are beginning to receive additional food benefits as part of the new Pandemic Electronic Benefit Transfer (P-EBT) program announced by the North Carolina Department of Health and Human Services and the North Carolina Department of Public Instruction.

The program provides a food benefit on an EBT card to North Carolina families whose children have access to free and reduced lunch at school. Families will receive about \$370 in P-EBT benefits per child, provided over two installments. Families can use the P-EBT benefit to purchase food items at EBT authorized retailers, including most major grocery stores.

"With school buildings closed, we need to make sure that children who get most of their meals at school have enough to eat," said NCDHHS Secretary Mandy Cohen, M.D. "This program provides families with extra help buying groceries and putting food on the table."

Families will not need to apply for the P-EBT program. Yesterday, most P-EBT eligible families already receiving Food and Nutrition Services (FNS) benefits received additional funds on their existing EBT card. Some FNS families will instead receive the benefit on a new EBT card. P-EBT eligible families not already enrolled in FNS will be mailed a new EBT card in mid- to late May. Families who receive a new EBT card will receive a letter from NCDHHS in the mail explaining how to activate and use their card.

The new P-EBT program is in addition to other services families may be participating in. As announced previously, all families that receive Food and Nutrition Services (FNS) have received the maximum amount allowed for March and April 2020 for their household size and will receive the maximum amount for May as well.

P-EBT benefits are entirely federally funded. North Carolina was the fourth state to receive federal approval to provide P-EBT benefits. More information about the P-EBT program can be found at www.ncdhhs.gov/PEBT.

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Thank You
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National Hospital Week highlights the work of hospitals and health systems in their communities. It's a time we set aside to celebrate and thank our healthcare workers.

In the midst of COVID-19, this week emphasizes, even more, the importance of strong healthcare in a rural community like ours. This pandemic also reminds us as we celebrate our healthcare professions how honored we are to serve you!

So as we celebrate our healthcare workers this week, we also pause to THANK YOU! Words do not express our gratitude for this community's support. We are humbly appreciative of your thoughts, hero mail, silent support, donations, and gifts of food and supplies. Thank you for staying home to let us fight for you. Thank you for your encouragement. Thank you for the generosity and outpouring of love and support for our team members. We are deeply proud to serve you!

With gratitude on behalf us all,

Shawn Howerton, MD

Shawn Howerton, MD
Chief Executive & Medical Officer

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GARLAND, cont. from P. 1

In a letter sent from Brooks Brothers to the North Carolina Department of Commerce received on May 13, 2020, it said that the reason for the correspondence was "WARN Act Notice of Closing of Garland Shirt Factory, 120 S. Church Ave., Garland, North Carolina 28441."

The letter, sent from Mary Pytko, EVP- Global Human Resources stated, "This letter is to inform you that as a result of unforeseen business circumstances resulting from the effects of the Covid-19 pandemic on our business, Brooks Brothers Group, Inc. will permanently close the Garland Shirt Factory located at 120 S. Church Ave., Garland NC 28441. The closure will affect 146 employees at that location, 111 of which are unionized. The locations will permanently close on July 20, 2020, or the 14-day period commencing on that date."

The letter goes on to say, "We apologize that we were unable to provide you more advance notice of this action. The speed and vast reach of the COVID-19 outbreak, as well as the different declarations of a state of emergency and directives at the federal, state and local level, including but not limited to: the directives for individuals to remain in place, with exception for essential needs, in certain jurisdictions, the directives for individuals to avoid congregating, limit retail operations and to work remotely was unforeseeable and caused, and will continue to cause, among other things, a drastic impact on the Company's business. The business circumstances were not reasonably foreseeable as of the time that notices would have been required. After reviewing our staffing and business needs, we are providing this notice to you at the earliest possible time."

The closure of the manufacturing facility will have huge impacts on Garland's local economy along with the tax base for the city and the county. "This facility has been the heart of Garland since the early 1950's as Fleetline, Garland Shirt Company, and since 2001 Brooks Brothers," noted Mayor Murphy. "I am sure every family in Garland has been impacted in this 60-year history. Great grandparents, grandparents, parents, and now young adults have claimed this plant. You can't think of Garland without thinking of the shirt plant. My first official job as a high school junior was "Fleetline Industries". The closing of this plant tears at the heart strings of those who are still here and those that have moved away. We are emotionally fractured. We are thankful for the 19 years that Brooks Brothers has been an integral part of the Garland Family and are thankful that they are working in partnership with us and state government to protect present employees."

However, the impacts will have a trickledown effect, some local residents say that it will come like a tidal wave. The Brooks Brothers outlet, located on Main Street in Garland, closed its doors on April 24, 2018, effecting surrounding businesses in a negative way. The outlet store drew customers from all over the state and many from out of state.

Brooks Brothers CEO Claudio Del Vecchio, who bought the company in 2001, told the New York times in an earlier interview, that the Garland factory was the only domestic plant that operates at a loss. Del Vecchio said that even though the factory was operating at a loss, he didn't want to close it, saying he knows doing so would erase the livelihoods of half the town.

In the same interview, the Brooks Brothers CEO said, "Many of the decisions we make are with that in mind as well," he said. "We keep saying every year this is the year we aren't going to lose money, so that's the reason to keep trying to improve. But until the day I can't afford it, we won't close it."

Obviously, the time has come for the 200-year-old company.

The company announced on March 30th, that the Garland Shirt Factory would be responding to the urgent call from the White House and other state and local leaders for medical supplies. The Company converted their factories, who were manufacturing ties, shirts and suits to now making masks and gowns. "Brooks Brothers plans to use these facilities to produce up to 150,000 masks per day on an ongoing basis, to help increase access to protective gear for health care workers and others battling the spread of COVID-19 at the nation's hospitals and other facilities. The company will also be producing gowns." Some of these gowns and masks have been used by Sampson Regional Medical Center staff.

"Unless this closure can be prevented or another buyer takes over," stated Mayor Murphy, "this closure will also negatively affect the livelihood of present employees and other smaller businesses. It will negatively impact town operations and services to citizens. Many of the employees work in other areas of Sampson County (Roseboro, Harrells, Clinton, etc.) and loss of revenue to Sampson County will negatively impact Sampson County government."

Mayor Murphy said, "I am so amazed at the number of local officials, state leaders, and former citizens who have reached out to us about this situation. They all share our sadness and optimism that we will get through this. The commissioners and I would like for all of our citizens to stay encouraged. We encourage all citizens, especially employees, to remain prayerful, hopeful, and positive. Now, more than ever before, we must have absolute unity as we work together to continue the rich legacy of Garland and to advocate for additional economic growth. We must help one another and not blame anyone for the situation that we are presently in. I implore all citizens and employees (past & present) to demonstrate to any potential buyer how great, how loyal, how dedicated Garland is!"

In closing, Mayor Murphy stated, "For the legacy of our Garland ancestors, former

leaders, former Brooks Brothers employees, for ourselves, and for future generations -- Let's Stand Proud as we work with state, regional, and county leaders for our employees and our towns. Let's show off our greatness by helping and supporting each other and working together."

COVID, cont. from P. 1

Pending Results: 94

Deaths: 1

On Saturday, the county will be conducting a Drive Thru COVID Test Run Event from 9am-5pm. According to the County Managers, "The event is considered a test-run of the County's capabilities of providing similar events for the general public, but it IS NOT open to the general public." The County hopes to schedule additional events for the general public as resources are available to do so and as the process is determined to be manageable.

On Friday, the North Carolina Department of Health and Human Services released the following guidance on testing:

The new guidance recommends clinicians ensure the following populations have access to testing, regardless of symptoms:

- Anyone with symptoms suggestive of COVID-19
- Close contacts of known positive cases, regardless of symptoms
- Persons who live in or have regular contact with high-risk settings (e.g., long-term care facility, homeless shelter, correctional facility, migrant farmworker camp)
- Persons who are at high risk of severe illness (e.g., people over 65 years of age, people of any age with underlying health conditions)
- Persons who come from historically marginalized populations
- Health care workers or first responders (e.g. EMS, law enforcement, fire department, military)
- Front-line and essential workers (grocery store clerks, gas station attendants, etc.) in settings where social distancing is difficult to maintain

"We want anyone who needs a test to get one. This is particularly important for those at high-risk for severe illness, those at greatest risk for exposure and those who are being disproportionately impacted by this virus," said NCDHHS Secretary Mandy Cohen, M.D.

Testing, along with contact tracing and supplies of personal protective equipment, is part of the state's strategy to slowly ease restrictions, while protecting North Carolinians from COVID-19. The state is looking at a composite of metrics to guide its path forward, including the number of cases, the percent of tests that are positive, the number of hospitalizations and the number of emergency department visits for COVID-like illness. Yesterday, Governor Roy Cooper and NCDHHS Secretary Cohen shared these metrics remain stable for the first week of Phase 1.

The new guidance updates testing criteria for the North Carolina State Laboratory of Public Health. Those include hospitalized patients, health care workers or first responders, persons who live in or have regular contact with a high-risk setting, persons who are at higher risk of severe illness and for whom a clinician has determined that results would inform clinical management, and uninsured patients.

Staying home is still the best way to continue to slow the spread of COVID-19 and protect North Carolinians. When going out, remember the 3 Ws. Wear a face covering. Wait at least six feet apart. Wash your hands often with soap and water.

For information on the North Carolina COVID-19 response across state government, visit nc.gov/covid19.



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HEALTH WATCH

STUDY SAYS Screening tool helps identify elder mistreatment

Elder abuse and mistreatment is underreported and sometimes goes undetected. A new study has found that using the Detection of Elder Mistreatment Through Emergency Care Technicians (DETECT) screening tool results in more medic reports of possible elder mistreatment.

The three-year study, published in JAMA, measured the association between the DETECT tool and medic reports made to Adult Protective Services in 246 North Texas cities.

DETECT was designed to assist medics in identifying mistreatment of older adults within elder communities during an emergency response. “The DETECT tool relies entirely on the medics’ systematic observations of the older adults’ physical and social environment; no direct questioning of the older adult or their caregivers is involved.”

When using the DETECT screening tool, medics look for some of the following:

- Living environment poses a health or safety concern (fire hazard, insect or rodent infestation, or urine or feces present)
- If caregiver present, they appear to lack knowledge of the patient or older adult’s medical needs
- Does the patient or older adult appear depressed, anxious or emotionally distressed for reasons other than their immediate medical condition?

- Does the patient or older adult have poor personal hygiene (including soiled in urine or feces)?
- Does the patient or older adult have difficulties taking their prescribed medications as directed?

“Use of the DETECT tool was associated with the investigation and intervention of elder mistreatment cases that may have otherwise gone unnoticed and unreported,” the study concluded. “The findings suggest that incorporating the DETECT screening tool into the routine practices of medics is associated with substantial increases in the frequency in which medics report potential cases of elder mistreatment to APS.”

HEALTH STAT 228 million

The World Health Organization estimates that in 2018, 228 million clinical cases of malaria occurred worldwide. 405,000 people died of malaria, most of them children in Africa.

NUTRITION STATION Veggies lowest in carbs

Vegetables are important for low-carb diets, however some contain more carbohydrates than you might think. According to Runner’s World, there’s simple trick to identify veggies with the lowest carbs:

“Vegetables that are grown above ground — tomatoes, spinach, kale, broccoli — tend to contain fewer carbs than those that are grown below ground — potatoes, parsnips, onions, carrots.”

Many above-ground vegetables are good sources of fiber and antioxidants, and contain fewer than 10 grams of carbohydrates per cup.

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Underrecognized CONDITION

High blood pressure can start in childhood — but so can prevention

American Heart Association News

The term “high blood pressure” rarely conjures images of young, playful children.

But the condition doesn’t just affect adults. In children, it can be caused by obesity, kidney disease, heart abnormalities or other factors. Hypertension at such a young age puts kids at risk for heart disease and stroke later in life.

“With obesity on the rise, we do see quite a few kids with high blood pressure,” said Dr. Geetha Raghuvver, pediatric cardiologist at Children’s Mercy Hospital in Kansas City, Missouri. “It’s underrecognized. It’s not often flagged in the pediatrician office because it is not always checked.”

The Centers for Disease Control and Prevention estimates 781,000 children ages 12 to 17 have high blood pressure based on guidelines from the American Academy of Pediatrics, with the condition being most common among kids who are obese.

Although it is recommended that blood pressure be measured yearly starting at age 3, there are barriers to easily getting accurate measurements, Raghuvver said.

“In some younger children, it’s problematic because you need the proper-sized cuff or else the measurement will be off,” she said.

Having the arm squeezed tightly by the cuff also is an uncomfortable experience for children, she said. “It’s not something younger kids enjoy. So, some doctors may not screen regularly.”

But it is well worth the trouble, Raghuvver said. In fact, it may lead to the diagnosis of

781,000

The Centers for Disease Control and Prevention estimates 781,000 children ages 12 to 17 have high blood pressure based on guidelines from the American Academy of Pediatrics, with the condition being most common among kids who are obese.

additional “silent” problems.

“The most important reason it should be measured in children is to make sure you’re not missing any heart or kidney problems,” she said. “Those can be quite asymptomatic.”

For children and teens, the AAP guidelines define high blood pressure as ¹³⁰/₈₀ or higher. For kids 12 and under, a blood pressure reading at or above the 95th percentile also is defined as hypertension. That means 95% of other kids who are that same age, gender and height have a lower blood pressure.

As for what’s a healthy blood pressure, the guidelines define a normal reading as below the 90th percentile for younger kids and below ¹²⁰/₈₀ for teens.

Often, if a child’s blood pressure is high, the pediatrician may recommend further tests that look at urine and blood, and ultrasounds to examine the heart or the kidneys. Sleep disorders and a history of premature birth also are associated with high blood pressure in youth.

Children who have persistent hypertension may develop thicker arteries as early as age 30.

“The risks are over the long-term,” said Dr. Sarah de Ferranti,

director of preventive cardiology at Boston Children’s Hospital. “It’s hard on the kidneys and heart. The muscle of the heart gets thick. Over long periods of time, you could have damage to kidneys.”

Although most kids with high blood pressure don’t have symptoms, some may experience headaches and blurry vision, she said. Very rarely, they may have chest pains.

For children diagnosed with hypertension, it doesn’t have to be a lifelong condition, de Ferranti said. Children above a healthy weight can start by eating a nutritious diet and being more active. Aerobic exercise can lower blood pressure because of its effect on blood vessels and the heart, even if weight is not at issue.

Parents should serve fruits and vegetables as snacks and stay away from sodium — a major culprit when it comes to hypertension. Nearly 9 in 10 U.S. children eat too much sodium, according to the CDC.

Packaged, processed and fast foods are high in sodium and should be avoided as much as possible, de Ferranti said. Developing lifelong healthy habits in childhood may help avoid health risks in the future.

The AAP guidelines recommend doctors prescribe blood pressure medications if lifestyle changes do not work, or if the child has another underlying condition. But that’s rare. Only about 1% of kids with hypertension are prescribed blood pressure-lowering medications.

“For most kids, you can start with lifestyle changes,” de Ferranti said. “Lowering dietary salt intake and decreasing foods like breads and fast food can make a huge difference.”

TODAY’S WORKOUT

Deep squat works lower body

By Marlo Alleva
More Content Now

This has definitely been an unforgettable spring season in countless ways, including fitness.

The word creative has definitely become a coined phrase, especially with our at-home workouts.

Many times, we are limited with equipment such as weights and barbells that we’d usually use in the gym. And bodyweight alone just isn’t enough.

That’s where our creativity comes to play.

Our move today is a deep squat with support. All you need for this squat is a fixed, sturdy object for gripping such as a pillar, door frame, countertop, etc. Basically something to support the resistance of your full body weight.

This is a squat, so you’ll

be working your whole lower body, glutes, hamstrings, quads and also a portion of your upper back. And the reason for support isn’t only to keep you from falling; it is actually to push you “lower” into the squat and add more of your own body’s resistance without the added weight of dumbbells or bars.

Begin this exercise by locating your sturdy, stable object that you will be holding onto throughout the movement. Grip your object at chest level and extend your arms out straight. Place your feet just outside of hip width, keeping the toes angled forward. Hold your chest tall, and engaging your abdominals for a strong trunk, you are ready to proceed into your deep squat.

Slightly leaning back, and utilizing your grip, your weight will shift into your



Marlo Alleva demonstrates a deep squat with support. [PHOTO PROVIDED]

backside versus your feet. Begin to bend in your knees pushing your rear end back and down. As you lower, try keeping your knees behind the toes. Once you reach your lowest point, continue to go even lower, kind of like pushing yourself beyond your normal comfort zone. Remember that you are in

control by the grip you have on your supporting object.

The idea is to lower your rear end as close to the ground as you can, without touching the floor. Once you reach your deepest squat, slowly push through the hills and extend back up into your standing position. Continue this deep squatting motion for at least 10 times.

Take a small break in between sets to give your hands a rest, and reposition your feet as needed. Shoot for at least three sets.

This supported deep squat is meant to give you intensity, simply by the deeper motion, but also due to limited resistance.

If you find this move is too difficult on your knees, or it’s too difficult to stand back up from a deep position, simply go as low as you are comfortable with, then return to the top.

HOME HELP

TIP OF THE WEEK Grow your own produce using leftover groceries

An easy and satisfying way to avoid making constant trips to the grocery store is to grow your own food. Fortunately, you won't even need to buy seeds to start growing these plants, just use your leftover food! Here are some examples from BobVila.com:

• **Potatoes.** Cut a potato into about 2-inch chunks. Make sure each segment has at least one eye. Leave the sections out overnight to let them dry, this will keep them from rotting. In early spring, plant them about 8 inches deep in rich soil or compost. The sprouts will soon appear above the surface. Then, add another four inches of soil. Expect your first yield of potatoes by midsummer.

• **Basil.** "Use kitchen scissors or a sharp knife to clip a 2- to 3-inch sprig just below a leaf node (where new leaves are starting to grow). Pull off any larger leaves next to these new ones, and submerge the node in a jar of water. Place the jar in a sunny window-sill and change the water every other day. Within a week, you'll see roots emerge. Once those roots have grown about two inches, the herb is ready to plant outside or in a pot."

• **Tomatoes.** Save a few of the seeds from a good, juicy tomato by squeezing some pulp onto a paper towel. Leave the seeds to dry out for a week. Store them in an envelope until January, when you'll plant them in light potting soil and keep them moist in a sunny window. Move the plant out to the garden in spring and expect to harvest all summer.

HOME BUYING Mortgage lenders raising the bar for borrowers

Buying a house or refinancing a mortgage is getting harder, even with interest rates near zero. Big mortgage lenders are raising the bar for borrowers, according to NBC News. JPMorgan Chase has adjusted its borrowing standards for mortgages, "requiring a credit score of at least 700 and a 20% down payment for most new mortgage originations." And Wells Fargo has raised the minimum credit score it requires for home equity lines to 720.

DECORATING TIP Keep decorative bed pillows to a minimum

They may be soft, but the mountains of pillows on your bed can make your bedroom feel cluttered. Interior designer Jody Wallace recommends in Insider, "to keep your bed looking well-decorated but practical, you might want to stick with just three pillows since it will create a satisfying balance."

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FREEPIK

Produce safety

Tips for having healthy fruits and vegetables during coronavirus



BIGSTOCK IMAGES

By Laura Firszt
Networkx.com

Today's post is inspired by two mistakes I made. In the COVID-19 pandemic, I (together with everyone else) am still learning how to navigate our strange new life. Here's what happened:

1. Hoping to avoid grocery shopping for the next couple of weeks, I filled my fridge with produce. However, when I pulled vegetables out a few days later, they were far from fresh. What happened? Turns out I'd stored them wrong. (To learn the right way, read on.)

2. Suddenly it dawned on me ... a trip to my favorite nursery is out of the question this spring. But I was too late to buy seeds from local home stores, which are all sold out. And Amazon seed sellers were charging a fortune. Since last summer, I'd been planning to fill my small urban garden with edible plants. Now how could I make that a reality?

Eating right is more important than ever these days, since it helps boost our immune system to combat coronavirus. Besides, fresh, delicious food is a reliable pleasure in uncertain times. Here's hoping you can benefit from my experience and feed your family safe healthy fruits and vegetables.

Store produce safely

1. **Store promptly.** After shopping, put produce away ASAP. (Quality may not be what we're used to. Discard any moldy items and use extremely ripe foods right away.) Do not wash until just before use. Sanitize your hands after touching stuff you've brought into your home.

2. **Handle long-lasting roots and fruits correctly.** Hard fruits like apples and root vegetables such as potatoes, onions, or carrots do not need to take up precious fridge space. They are best stored in a cool place with plenty of air circulation.

3. **Keep dry.** Delicate fruits and veggies tend to last longer when they're dry. Prior to refrigeration, wrap delicate items in a cotton dish towel to absorb moisture.

Coronavirus: How to clean produce

CDC (Center for Disease Control) recommendations for purchased produce, as reported in USA Today:

- Wash hands 20 seconds with soap and water before handling food.
- Rinse produce under a stream of running water — even items with peels, which could be contaminated.
- Remove peels before consuming if possible.

For homegrown fruit and vegetables:

- Rinse off any dirt or dust.
- Peeling is not necessary, if only you and your immediate household have touched the produce.

Be careful: The CDC warns not to share food that another person has bitten into or drunk, to avoid transmitting possibly infected saliva.



4. **Don't create condensation.** Excess moisture harms produce. Store in the crisper, not the main refrigerator — my first mistake. Reduce condensation further: minimize opening the fridge door and quickly cool hot food before refrigerating.

If moisture persists, you may need to hire a professional handyman to fix your refrigerator — an essential appliance right now. See guidelines for safe home improvement and repair during the pandemic.

Buy seeds or seedlings

Hindsight is 20/20. I should have

ordered seeds weeks ago. At that time, though, I had other things on my mind, like whether I'd have to cancel my vacation trip this April. (I did, and was grateful to get a refund on my ticket.)

Anyway, that was then and this is now. I eventually found an online source for seeds, which didn't charge exorbitant prices. Now let's see whether they arrive before next fall!

In the meantime, I'm going to experiment with growing a garden from the grocery store. Seeds from those organic tomatoes and bell peppers I already have are likely candidates for sprouting, as are dried beans.

If you'd like to try vegetable gardening at home, look around. Some local nurseries are still offering online ordering or social distancing curbside service for seeds or young plants.

Tips for growing produce

1. The choice of species is obvious — go for fast-growing, high-yield varieties suitable for your Plant Hardiness Zone.

2. Take your outdoor space into account. I chose bush beans, for example, because they don't need a trellis or other support while they grow.

3. If you're in a cold climate (like me), start seeds indoors now. Spout them in "nests" made of old egg cartons with a bit of potting soil. Then transplant seedlings outdoors — cardboard and all — once the weather warms up.

4. Some plants will thrive just fine inside your house. Try cultivating kale indoors, for example.

5. Create a compost pile. Reduce your garbage and recycling while you nourish your garden.

6. Get the whole family on board. This is the perfect project to stave off boredom and feel productive. And it may actually encourage your kids to eat their veggies.

Now if only we could grow toilet paper!

Laura Firszt writes for networkx.com.

DEAR MONTY

Do unkempt neighborhood homes affect my home's value?



Richard Montgomery

Reader question: I'm guessing nearly 40% of the homes in our neighborhood are in need of clean-up, painting or siding, landscaping, and more. The area is busy so there is traffic noise, and pedestrian traffic. I feel like the neighborhood is going downhill. It is an older neighborhood from the late 1800s. What does this do to the value of our home?

Monty's answer: The first order of business is to do

some research to validate your feeling the property values are declining. There are multiple sources of factual information from the county government, the planning commission in your municipality and community organizations such as Habitat for Humanity. It is also very likely there are other like-minded people in your neighborhood that are wondering about property values.

Declining or advancing

You will have your answer when you have spoken with the sources mentioned above. Now the question for you will be what are my choices? If the answer is values

are trending up, it may give you peace of mind, but the neglected houses will still remain. If values are trending down, it will confirm your suspicions and the neglected homes will still be there. It is very likely the neglected homes are influencing property values whether the values are going up or down. Here are your choices: 1. Ignore or tolerate the situation. 2. Get involved to help improve the situation. 3. Relocate to a neighborhood where the vast majority of homes are well-kept.

A risk in homeownership is the inability to control what the neighbors do; an advantage is the freedom to do what you wish with your property. Ordinances

and codes may offer some protection, but the reasons an owner allows their home to deteriorate may not be known.

Organize the neighborhood

Consider organizing a group of neighbors to join in the effort because they are affected as much as you are. Start with a small meeting, possibly at a neighborhood coffee shop or the library to build some awareness and learn who may be interested in working with you. Remember to invite landlords as they are also affected. The municipality may help, or may already be helping. An organized group you can join may already exist.

Make your part-time job skills shine on a resume

By Kat Boogaard
ZipRecruiter.com

You're doing it — you're officially starting your job hunt for a full-time position.

Up until this point, you've only worked part-time jobs. And, while you undoubtedly learned a lot from those experiences, they just don't seem to measure up right now. How can you possibly make them sound good enough on paper that a hiring manager would want to call you in for an interview?

Highlighting your experience in an appealing way (even if it is just part-time) isn't as impossible as you might think. Here are three tips to help you make the absolute most of those part-time gigs on your resume.

1. Find similarities you can emphasize

It's important to remember that hiring managers are looking for one thing when they sort through that seemingly endless pile of documents: They're searching for the very best fit for that position.

So, it's up to you to tailor your resume to portray yourself as the perfect candidate for that job — and not necessarily every job under the sun.

Yes, that means you need to adjust your document for every new job you apply to. Take a fine-tooth comb to the job description to draw any parallels you can between what the job is looking for and what you bring to the table.

Whether it's your knack for customer service or your data analysis know-how, connect the dots for the hiring manager about how you perfectly fulfill the job's requirements. In the end, it really doesn't matter if those are things you picked up at a part-time job or a full-time job. If you have the necessary skills, you should emphasize them.

2. Remember that results speak volumes

You may be a little limited when it comes to your professional history — you don't have countless full-time positions to boast and brag about. However, when it comes to your past jobs, the old



sentiment holds true: Quality is more important than quantity.

Place the majority of your emphasis on the results you achieved in your past positions. Don't just say what you did — say what the impact of those efforts was.

Did you use your organizational skills to streamline the office filing system, which increased your entire company's productivity two-fold? Did you use your customer service background to increase sales by 25%?

The key here is to emphasize results.

3. Demonstrate your passion and excitement

Experience or no experience, there's one quality in job

applicants you simply can't teach: Passion.

So, whether you've been in the working world for years or are just getting started in your career, you should make an effort to highlight your excitement about the position and company, as well as your willingness to learn new things and address challenges head-on.

You can accomplish this several different ways, including playing up your passion in your cover letter, sharing your excitement in the summary portion at the top of your resume, and even demonstrating your commitment to constant learning through your different volunteer opportunities and extracurricular involvements. Do what you can to present yourself as eager and engaged — that goes a long way.

CRIME

CRIME REPORT

05-07 Fransisco Javier Gomez-Arcos, 33, Clinton. DWI, Open Container Passenger Area, Posses Fraudulent ID, Fict Info to Officer. Bond \$500. Trial Date 07-06-20

05-07 Fredrick Alexander Culler, 22, Clinton. OFA- Assault on a Female. Trial Date 06-12-20

05-07 Jason Lynn Clifton, 38, Clinton. Possess Marijuana, Posses Drug Paraphernalia. Trial Date 08-17-20

05-07 Edward Milton McClain Jr, 62, Clinton. DWI, Fail to Maintain Lane Control, Left of Center. Bond \$1500. Trial Date 07-06-20

05-08 Scott Richardo Highsmith, 51, Elizabethtown. Fail to Comply with Monies. Bond \$265. Trial Date 07-21-20

05-09 Erica Wynn, 43, Garland. Warrant Service for other agency- Injury to Real Property. Trial date 06-29-20

05-10 Todd Harwood, 41, Autryville. Injury to real Property, Communicating Threats, Cyberstalking. Bond \$5000. Trial Date 07-20-20

05-10 Erik Alberto Ramirez, 21, Clinton. Possess Fraudulent ID. Bond \$3500. Trial Date 07-23-20

05-10 Danielle Breanna Lynch, 20, Salemburg. Simple Assault. Bond \$500. Trial Date 07-23-20

05-12 Gregory Thomas, 20, Newton Grove. Shoplifting. Trial Date 07-23-20

05-12 Matthew Corey Hollingsworth, 31, Warsaw. Shoplifting, RDO. Bond \$500. Trial Date 07-23-20

05-13 Timmie Lewis Parker, 59, Clinton. Warrant Service for offense(s) committed in another jurisdiction. Trial Date 07-21-20

05-13 Irish Wynett Grice, 64, Clinton. Warrant Service for offense(s) committed in another jurisdiction. Trial Date 07-21-20

05-12 Emmitt Ray Jackson, 58, Clinton. Communicating Threats, Second Degree Trespass, Misdemeanor Stalking. Bond \$5000. Trial Date 07-30-20

05-12 Stephon Artavious Johnson, 19, Wilson. Shoplifting. Trial Date 07-23-20

05-13 Danna Lynn Ammons, 27, Clinton. Probation Violation. Bond \$10000. Trial Date 07-08-20

05-13 Miguel Angel Carranza Arroyo, 20, Roseboro. Aid & Abet Operators Lic Violation. Bond 4500. Trial Date 07-30-20

05-14 Susan Anita Atkinson, 56, Clinton. Cyberstalking.

05-14 Pedro Modesto Billarreal, 43, Clinton. Trespass of Real Property. Trial Date 06-22-20

INCIDENT REPORTS

05-07 Walmart of Clinton reported Shoplifting

05-08 Phoebe Barefoot Williford of Dunn reported a Burglary/Breaking & Entering

05-08 Cynthia Mcphail Hixon of Harrells reported a Burglary/Breaking & Entering. Stolen lawn mower (\$550), cast iron ports (\$500), hydraulic fluid (\$40), wood splitter (\$30), gas container (\$20), chainsaws (\$650)

05-08 Daysi Yolibeth Motino of Dunn reported Motor Vehicle Theft- \$2000 value

05-09 Tomika Bradford of Turkey reported a Burglary/Breaking & Entering.

05-09 John David Vann of Faison reported Destruction/Damage/Vandalism of Property- spray painted truck damage \$5000

05-09 Dennis James Westbrook of Dunn reported a Burglary/Breaking & Entering- stolen diagnostic scanner \$1500. air wrenches \$230, laptop \$500, misc tools \$5000

05-09 Sandy Ridge Country Club Inc of Dunn reported Destruction/ Damage/Vandalism of Property- golf cart \$1700

05-09 Linda Denise Scowden of Godwin reported Larceny of Lawnmower- \$1500

05-10 State Employees Credit Union reported a Burglary/Breaking & Entering- ATM \$1000

05-10 Julian Wilson Bradsher of Clinton reported Destruction/Damage/ Vandalism of Property- damage to truck \$15000

05-12 Eric Powers of Clinton reported Larceny

05-12 Walmart of Clinton reported Shoplifting of Hover 1 (\$148) and transport (\$118)

05-12 Walmart of Clinton reported Shoplifting of mini camera (\$11), altec boom (\$29)

05-13 Victoria Robinson of Clinton reported Damage to property- tires \$200

05-14 Murphy USA of Clinton reported Gas Drive Off- \$20.01

The Parable of the Two Sons



Matthew 21:28-30, “What do you think? A man had two sons. And he went to the first and said, ‘Son, go and work in the vineyard today.’ And he answered, ‘I will not,’ but afterward he changed his mind and went. And he went to the other son and said the same. And he answered, ‘I go, sir,’ but did not go.”

Have you ever agreed to do something and later refused, forgot or never intended to act? Children often promise to do their homework, make their beds or be home at a certain time. When their parents discover their child’s task was not done it brings disappointment. Jesus’ parable of the two sons teaches us the importance of obedience as children of God.

When we obey without hesitation it is an indicator of a heart that loves God. Perhaps you have hesitated to obey God because you fear the consequences of your decision. Those who are characterized by obedience put themselves in a position to experience more of His blessings. **Deuteronomy 5:33**, “Walk in obedience to

all that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.” It is difficult to receive blessings from God when our hearts are closed to His will. When you choose to obey the Lord, He will bless you. This is because obedience always leads to blessings.

When God tells us to do something and we know without a doubt it is His will, then we need to obey based solely on who is doing the talking. **John 14:23**, Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.” We can open the pages of our Bible and discover the universal truths of His word. Once we have discovered these truths, promise and commands we should be driven, as children of God, to obey His word.

Where is God calling you to obedience to Him? Perhaps there is a relationship that needs to cease, a job that needs to change, or a friend you need to forgive. God may be calling you to the mission field of Haiti or do mission outreach in Wilmington. Whatever and wherever God is prompting your heart, don’t delay; rather, instantly obey His leading. **James 1:22**, “But be doers of the word, and not hearers only, deceiving yourselves.” We can hear the Word of God every day and attend church on Sundays and it will not bring about a benefit unless we act upon it. We cannot measure our true love of the Word of God by simply knowing Biblical facts and figures yet not applying the Word to our daily lives. We can serve the Lord with gladness if we focus on the joy He gives to us.

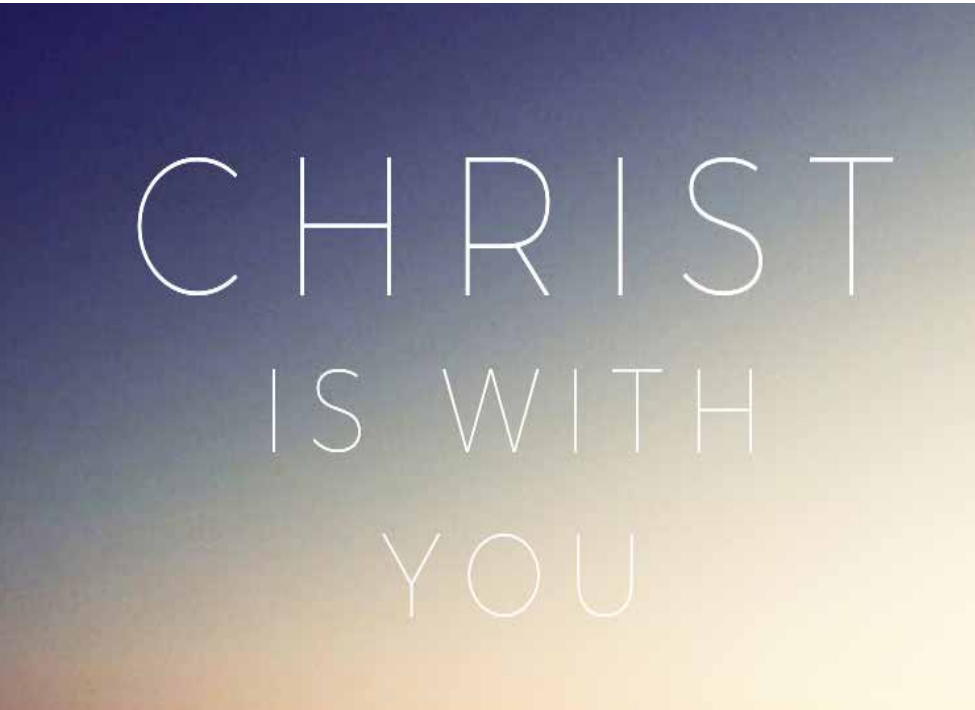
I encourage you this week to remember the words of C. S. Lewis in his book, Mere Christianity, “To have Faith in Christ means, of course, trying to do all that He says. There would be no sense in saying you trusted a person if you would not take his advice. Thus if you have really handed yourself over to Him, it must follow that you are trying to obey Him, but trying in a new way, a less worried way. Not doing these things in order to be saved, but because He has begun to save you already. Not hoping to get to Heaven as a reward for your actions, but inevitably wanting to act in a certain way because a first faint gleam of Heaven is already inside you.”



Ken Smith

It Really Is All About You!

BY MARTHA PIERCE



As you just read this article’s title, I can almost hear you saying, “What is she talking about? Never in this world! Nothing anymore is all about me! Truth is I have a hard time just making it from day to day. Nope, I don’t know where she came up with that, but it certainly is not all about me.”

Thank you for your observation and for your interest, and I will be delighted to share some very insightful thoughts about **You**. Hang with me here.

For many years I have taught and used an illustration in which you look at a hand-held mirror that has the written words: “It’s Not All About You.” I am so grateful that Christian Author, Max Lucado, gave me a completely new and fresh perspective on that idea, I quote him here:

“To say ‘It’s not all about **you**’ is not to say that **you** aren’t loved. Quite the contrary! It’s because God loves **you** that it really is all about **you**! God loves **you** the way **you** are, but He refuses to leave **you** that way. He wants **you** to be just like Jesus.”

Now, let’s look in that proverbial mirror and see it another way: This time, it IS all about **you**. Quoting Max Lucado again: “**You** are the only **you** God made, and the One who knows **you** best, loves **you** most. God never called **you** to be anyone other than **you**, but He does call on **you** to be the best **you** that **you** can be. When God made **you**, He broke the mold.....so if you aren’t **you**, then the world does not get **you**, and we all miss out! We need to be reminded from time to time that God knew **you** before He ever said, ‘Let there be light’, and when He was on that cross, **You** were on His mind.”

You should live a life as though someone is writing a book about **you**. But have **you** ever considered this? **You** are writing a book each day you live, my friends, it is the Gospel according to **you**! Do others see Jesus in **you**? Perhaps this is the way we all should live: As a Christian I was on my way to the Savior, and ran into serving others.....embrace these powerful words: We Are Saved To Serve!

Yet another Max Lucado quote: “If God had a refrigerator, **your** picture would be on it. He sends **you** flowers every spring, and a sunrise every morning. When **you** want to talk, He’ll listen. He could live anywhere in this universe, and He chose **your** heart. And that Christmas Gift He sent you in Bethlehem? Face it, friend, God’s crazy about **YOU**.”

May I share another thought about living a Christ-honoring life? When **you** wake up each morning, I urge **you** to take a moment, and instead of asking God what He

wants **you** to DO today, prayerfully ask Him who He wants **you** to BE today. After all, we are human BEINGS. And what matters most is not the accomplishments **you** achieve. What matters most in this life is the person **you** become.

*“Share all the Joy you can, By all the means you can
In all the places you can, At all the times you can
To all the people you can, For as long as ever you can.”
John Wesley (original: “Do all The Good”)*

This is so very powerful: It was in the Garden of Gethsemane that Jesus made His decision....He would rather go to hell for **You**, than to Heaven without **You**!

With that thought in mind let’s seriously ponder this: During my lifetime on this earth, granted by God, did I do or say anything, or impact anyone, that will make an eternal difference? Let’s claim, in the name of Jesus, that He will guide each step **you** take, each person you encounter. And never ever forget that indeed **YOU** are so very special. In fact, this world is special.....simply because **You** are in it!

Be grateful for all the wonderful things about **You**...

You are an individual, there is no one else ever created like **You**.

Your body - enjoy it just as it is - and take care of it.

Your God-given talents - use them.

Your sense of humor - delight in it.

Your strengths and abilities - develop them.

They all make up a perfect YOU!

While Jesus was on this earth, He gave us The Great Commandment and The Great Commission as models for living in His name. My friends, as His followers we can do just that. As we go about the daily of our lives, especially during this Covid-19 Pandemic may we live in the full awareness of this abiding truth:

THE VISIBLE PRESENCE OF CHRIST IN THIS WORLD IS **YOU!**

Do **you** see it now? I hope so, because IT REALLY IS ALL ABOUT **YOU!**

CORONAVIRUS HELPFUL TIPS FROM THE CDC



if you’re sick

Stay home if you are sick, except to get medical care.

To learn more, visit www.cdc.gov.

HELP SLOW THE SPREAD

Perfect Pantry Pastas

Meals made easy with household essentials



Minestrone Pasta Saute with Ricotta

FAMILY FEATURES

Constantly seeking out recipe-specific ingredients that may only be used once or twice can be a burden. Instead, keep your home stocked with necessities to simplify dinner prep with dishes made using common household staples.

One perfect example: pastas. These recipes for Minestrone Pasta Saute with Ricotta, Creamy One-Pot Spaghetti and Pasta in a Pinch include easily recognizable seasonings and canned goods for simple dinner solutions. Plus, they all include dairy, an irreplaceable part of a balanced diet as a source of essential nutrients.

Another way to scale back on unnecessary grocery purchases is to give yourself permission to modify. Many recipes can be tweaked for personal preferences, such as using black beans rather than kidney beans or adjusting the amount of a spice used based on your family's tastes.

Stock your pantry and refrigerator with versatile ingredients like these:

- Canned tomatoes
- Canned beans
- Quick-cook rice
- Small whole-grain pasta
- Stock, like vegetable, chicken or beef
- Fluid milk
- Shredded cheese
- Plain Greek yogurt

For more ideas to simplify family meals, visit milkmeansmore.org.

Minestrone Pasta Saute with Ricotta

Recipe courtesy of Lori Yates of "Foxes Love Lemons" on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- 8 ounces ditalini pasta
- 1 1/2 tablespoons extra-virgin olive oil
- 3 carrots, finely diced
- 3 cloves garlic, minced
- 1/2 medium onion, chopped
- 1/2 bunch kale, thinly sliced
- 1/2 pound green beans, trimmed and halved
- 1/4 cup dry white wine
- 1/2 pound lean ground beef (optional)
- 1 can (15 ounces) kidney beans, rinsed and drained
- 1 jar (24 ounces) marinara sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 cup Ricotta cheese
- 1/4 cup grated Parmesan cheese

In large pot of boiling salted water, cook pasta according to package instructions. Reserve 1/4 cup pasta cooking water then drain pasta.

In large skillet over medium-high heat, heat oil. Add carrots, garlic and onion; cook 3 minutes, or until vegetables start to soften, stirring occasionally. Add kale and green beans; cook 3 minutes, or until green beans are tender-crisp, stirring occasionally.

Add wine to skillet; cook 2 minutes, or until most liquid has evaporated. Transfer vegetables to medium bowl. If including meat, return skillet to medium-high heat. Add ground beef; cook 6-8 minutes, or until meat is cooked through, breaking up with side of spoon. Spoon off excess fat.

Reduce heat to medium-low. Add kidney beans, marinara sauce, salt, pepper, pasta, reserved pasta cooking water and cooked vegetable mixture to skillet with beef, if using. Cook 2 minutes, or until warmed through, stirring occasionally. Divide pasta between four pasta bowls or plates and top with Ricotta and Parmesan cheeses.



Pasta in a Pinch

Pasta in a Pinch

Recipe courtesy of Jenn Fillenworth, MS, RDN, of "Jenny With the Good Eats" on behalf of Milk Means More

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 6

- 8 ounces uncooked penne pasta
- 2 1/2 cups water
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 cup milk
- 2 cups mozzarella cheese, grated
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (14 1/2 ounces) diced tomatoes, drained

- 1/4 cup Parmesan cheese
- freshly chopped herbs, for garnish (optional)

In large microwavable bowl, place uncooked penne pasta and pour water over top to cover. With food-safe plastic wrap, cover bowl, leaving small section to vent as it cooks. Cook 3 minutes longer than package directs, approximately 13 minutes.

Once pasta has cooked, drain into colander then place back in bowl. Add salt, pepper, basil, garlic powder and milk; stir to combine. Begin to stir in cheese a little at a time. Microwave 1 minute. Remove from microwave and stir again.

Add cannellini beans and diced tomatoes; stir. Microwave 1 minute. Remove from microwave and stir. Assess if ingredients are hot and cheese is melted. If not, microwave 1-2 minutes.

Top with Parmesan cheese and garnish with fresh herbs, if desired.

Creamy One-Pot Spaghetti

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 8

- 1 tablespoon vegetable oil
- 1 pound lean ground turkey or lean ground beef
- 1/2 cup chopped onion
- 2 1/2 cups reduced-sodium chicken broth or reduced-sodium beef broth
- 2 cups marinara sauce
- 1/2 teaspoon crushed fennel seeds
- 1/8 teaspoon ground cayenne pepper
- 8 ounces spaghetti noodles, broken into 3-4-inch pieces
- 1 package (8 ounces) reduced-fat cream cheese, cubed
- 1 1/3 cups shredded cheddar cheese, divided

- chopped fresh basil or parsley (optional)

Using saute function of pressure cooker, heat oil until hot. Add meat and onion. Cook, uncovered, about 5 minutes, or until meat is browned, stirring to break up. Press cancel.

Stir broth, marinara sauce, fennel seeds and cayenne pepper into meat. Stir in spaghetti, making sure noodle pieces are covered by liquid. Secure lid and set pressure release to sealing function. Select high pressure and cook 5 minutes. Press cancel.

Allow pressure to release naturally 2 minutes. Move pressure release to venting function to release remaining steam. Remove lid.

Stir spaghetti mixture. Stir in cream cheese and 1 cup cheddar cheese until melted. Ladle into bowls to serve. Sprinkle with remaining cheddar cheese. Garnish with chopped fresh basil or parsley, if desired.



Creamy One-Pot Spaghetti

PERFORMANCE AUTO "STAR ATHLETE OF THE WEEK"

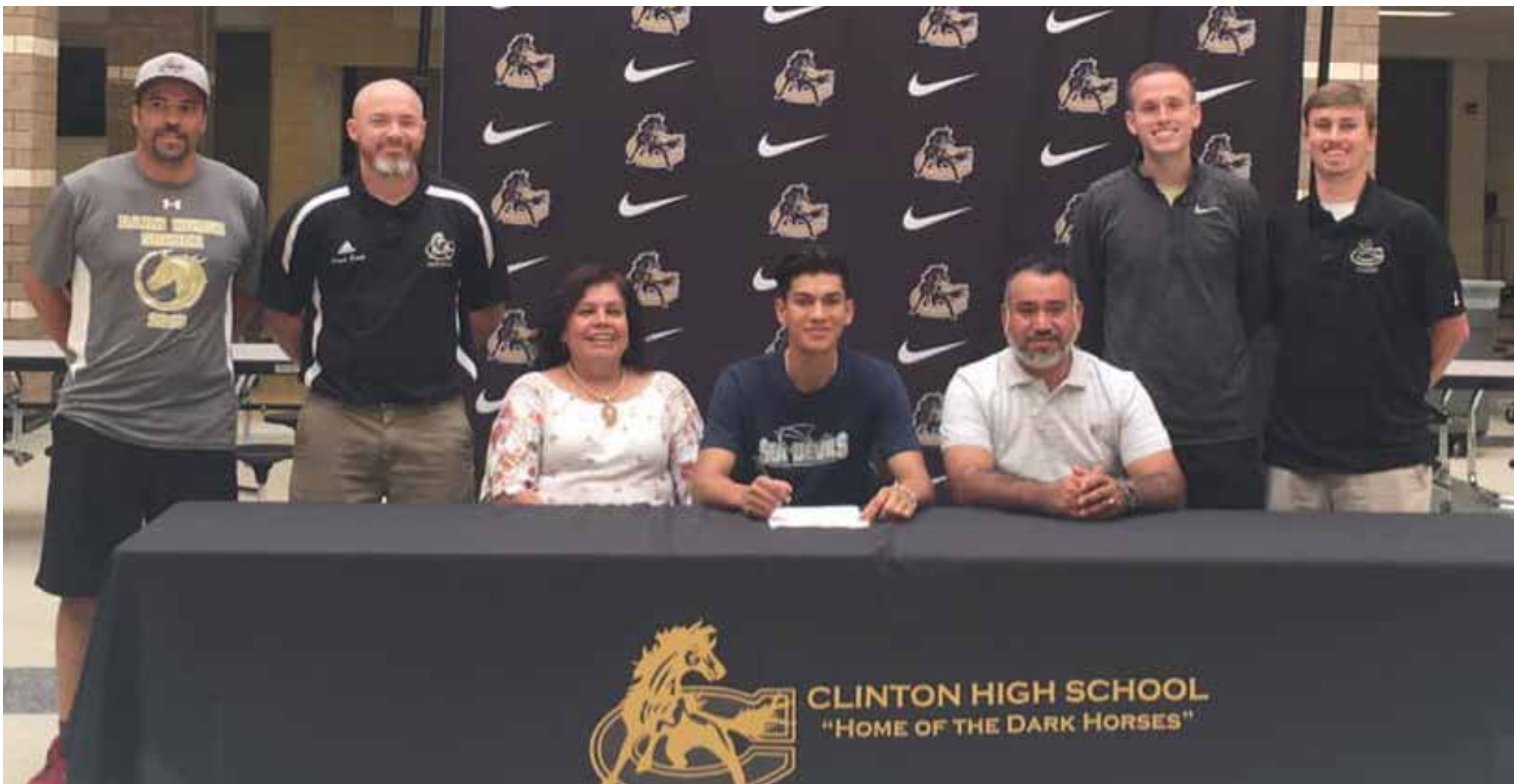
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It's About... DEDICATION
It's About... INTEGRITY
It's About... PERFORMANCE



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Llamas Signs to Play Soccer at Cape Fear Community College



Even though Clinton High School is finishing out the year on a different note, with remote learning, it hasn't stopped the athletes from obtaining their goals. Last Wednesday, 19-year-old Mauricio Llamas moved one step closer to fulfilling his dream to play soccer. With friends and family present, Mauricio officially signed to play soccer at Cape Fear Community College.

That is why Mauricio Llamas has been named this week's Performance Automotive/Sampson Weekly Athlete of the Week.

Llamas said that Wednesday was a dream come true, "I have experienced a lot and met a lot of good competition throughout my high school career. Having the opportunity to commit to Cape Fear CC and continue to further my soccer career is a very special moment for me." He went on to say that it felt good to know that all his hard work on and off the soccer field had finally paid off.

Llamas plays centerback on the Dark Horse soccer team. He was named All-County, All-Conference, All-Region, All-State, All East Central 2a Conference player, and Sampson County Soccer Player of the Year 2019. Llamas also played in the Powerade Games two years.

According to Llamas, "I first started playing soccer at the age of 7 in Beaufort South Carolina, my mom signed me up and from then on I loved the sport of Soccer."

Llamas' family moved to Sampson County from Beaufort, SC in 2008. Coming to a new community is difficult for a young boy, making new friends in a new school atmosphere. Llamas said that soccer helped him make friends at school.

Even though it was his mom who signed him up to play soccer, Llamas says that it was his older brother Raul who influenced him the most for the love of the game. "He's always pushed me and my younger brothers to play soccer outside of the house and we would have our own little 2v2. Soccer was always a distraction for us."

According to head coach Bradley Spell, "Llamas is a very patient and disciplined defender. He knows when to attack the ball at crucial times and contain on defense. King of the Slide tackle. Sneaky smooth player."

Spells has a memory of Llamas' career at Clinton High School that he says he will never forget. "I will never forget the 2nd Round match versus Beddingfield. He totally played on instinct and without him we would not have won that match. He played pretty much with limited vision because of eye issues. He did things in that match I will never forget. Probably should not have been playing." But Coach Spell was glad he did because they went on to defeat Beddingfield 5-1.

"Mauricio has a bright future," stated Coach Spell. "He is extremely trustworthy and knows and understands the value of hard work. He shined at the right time and once he buckles down, he can't be stopped."

According to Spell, Mauricio is ranked as possibly one of the best players to come out of the Dark Horse soccer program. "I have been blessed to coach him and watch him grow into a fine young man. Big shout out for his super parents raising him the right way. Proud coach."

Llamas says that when he's not hitting the books or on the soccer field, "We spend most of our time together either working in our family business or spending time at the lake making memorable memories." The "We" Llamas is speaking about is his five brothers and sisters and his mom and dad. His family owns La Hacienda Mexican Restaurant in Clinton.

Remembering his career as a Dark Horse, Llamas noted, "The highlight of my high school soccer career would have to be winning the 2018 state championship. I feel like that's every high schooler's goal & for me to be one of those players is such a special highlight for me."

Llamas said that he had many people to thank for his success. "I want to thank my family for supporting me in every decision in soccer. I would also like to give a big thanks to all my coaches & teammates who have coached/played with me and made me the player I am today."

Ending his career at Clinton High School has been tough, especially having to complete his senior year in quarantine. "Something I'll always miss from Clinton High School will be able to walk down the halls and the many memories I've made with my friends there."

PERFORMANCE AUTOMOTIVE SALUTES THE STUDENT ATHLETE OF THE WEEK!

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**CLEARANCE
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EDUCATION

Star Communications Executive Credits SCC with Career Success

When he graduated from Clinton High School in 1981, Jeff Shipp, was not quite sure about his future. He grew up working in tobacco fields and got his first job at Belk Department Store in high school. Unprepared to leave his hometown and attend a large university, Shipp decided that Sampson Community College was the perfect place to start. Over time, it's become clear how beneficial that decision was.

As a student, Shipp made SCC his home and made the most of his time there. He served as the president and vice president of the Student Government Association before graduating in 1983. He then transferred to East Carolina University, where he studied Industrial Technology. Looking back, Shipp says it's clear to see how Sampson Community College laid the basis for his entire career.

"Sampson Community College is truly a part of what set the foundation for a successful career for me... All the staff at the community college are involved in the community and that means a lot too," Shipp shared.

In fact, after working with a computer company in Fayetteville for eight years after college, it was a former SCC instructor who helped connect Shipp with Star Communications, where Shipp has worked for the last 25 years.

Now the Vice President of Operations at Star Communications, Shipp has worked in several different areas. In this role, he is able to interact with employees from all over the company, combining knowledge his gained from his different roles and his years of experience. As Vice President of Operations, Shipp leads a driven team of department heads and their employees.

"I've got a great team. It's a joy to work with these people. We've been through so much in the last couple of years. We've had two hurricanes, this crisis, and all of the construction work ahead of us the next five years, but it's just a great team," Shipp reflected.



For students beginning their time at SCC, or graduating, Shipp emphasizes the benefit of forming a skill or a trade. Shipp shared that skills and trades, which can't be taken away should be a priority for students and young professionals because they can be sharpened over the course of one's career.

"Focus during these early years. Investing in your time at Sampson Community College is an investment in your future," Shipp remarked. "Develop a trade, or a learn a skill that no one can take away—something that you've developed or focused on. I think this is a great foundation that will help students as they move forward in whatever career they choose."

Much like the instructors and administrators who impacted him during his time at SCC, Shipp took note and has stayed active in the local community through several different organizations. Over the years, Shipp has been a member of the Sampson Arts Council, Kiwanis Club of Clinton, Clinton-Sampson Chamber of Commerce, amongst others.

About Sampson Community College: Sampson Community College is a member of the North Carolina Community College System, located in Clinton, NC in Sampson County. The college offers many programs to include two-year degrees, college transfer, continuing education and workforce development options, and early college education.



UMO Alumnus Nathan McKee Takes Technology to New Levels at SCC

Clinton, NC resident Nathan McKee has always enjoyed learning how things work. It is a curiosity that has served him well both in his military career and in his role as Sampson Community College's Information Technology Department Chair.

Two years after completing high school in Charlottesville, VA, McKee enlisted in the Army National Guard. He served as an enlisted member of VA and NC Army National Guards from 1995 to 2017. During that time he was deployed to Iraq twice and Afghanistan once. His jobs on these tours of duty included Calvary Scout, Machine Gunner, and Combat Engineer Section Sergeant. He also received training in demolitions and robot operations to destroy Improvised Explosive Devices (IEDs) as needed.

In 1999, McKee graduated from Piedmont Virginia Community College with his associate's degree in computer information systems. He took a job with Outsource, Inc. as a Data Analyst and moved to Clinton, NC in 2000. In 2005, after returning home from a combat deployment to Iraq, McKee enrolled at Sampson Community College (SCC), using the Montgomery GI Bill. After two semesters, he transferred to Mount Olive College, now the University of Mount Olive, where he obtained his bachelor's degree in computer information systems in 2007. Although he was an adult student, McKee chose to enroll in the traditional day-time programs.



be spotted making laps around SCC's new walking/running trail. And, that "never give-up attitude" is one that he often shares with his own students.

Having a passion for learning and figuring things out, McKee completed his master's degree in information systems in 2010 from Trident University International. His role in academia began at Johnston Community College in 2015 when he took a job as an Adjunct Information Technology Instructor. He soon realized he had found his true calling. "Interacting with students that enjoy technology is a real joy to me," he said. "It is especially rewarding when the 'light bulb' turns and they grasp a difficult topic."

It was therefore no surprise, that in 2016, when a full-time IT Instructor position opened up at Sampson Community College, that McKee jumped at the opportunity. After all, it was closer to home, it was a chance to give back to his alma mater, and it was an opportunity do what he loved.

"It is a huge yet very rewarding opportunity, to ensure that my students are learning what they need to know to be successful in today's work environment." McKee said of his teaching career. "It is also great to be validated by former students who contact me to let me know that they have gone on to bigger and better things, due in part to what I taught them."

A year after joining SCC, McKee retired from the NC Army National Guard as a Sergeant First Class, and he was promoted to his current role at SCC as Information Technology Department Chair. As Department Chair McKee is responsible for planning curriculum and course offerings, as well as supervising faculty within the Department. He also teaches courses dealing with Information Technology and Cyber Security. Under McKee's leadership, the SCC Information Technology Department has grown tremendously and added several strategic partners.

"We now partner with Cisco Systems, Palo Alto Networks, VMware, and Network Development Group, among others," McKee shared.

In November of 2019, as a result of McKee's "never give up" attitude, SCC was designated by the National Security Agency (NSA) and Department of Homeland Security (DHS) as a Center of Academic Excellence in Cybersecurity Education. It was an arduous process and one in which McKee spent countless hours outside of his normal duties to insure its success.

"It was a year-long validation process which ensures that SCC's Cybersecurity curriculum is rigorous, relevant, and is producing a highly skilled cybersecurity workforce to both government and industry," McKee said. "As of 2020, only nine colleges and universities throughout NC have achieved this designation," he added.

"It is simply wonderful to hear that Nathan, an exemplary graduate in the UMO Computer Information Systems program, is now positively impacting the lives of his students- thus, the student becomes the master!," said Dr. Karl Reimers, UMO Computer Information Systems Professor.

Chair of the Tillman School of Business at UMO Dr. Kathy Best said, "We are proud of the success of our alumni! Nathan has done an excellent job of utilizing his education at UMO to transform his career and make a difference in the lives of others."

Likewise, McKee shared his praise for UMO. "I am so appreciative to UMO for giving me the ability to find my true calling of educating others. For anyone considering returning to college, I would say, 'It's never too late to learn something new,'" he concluded.

McKee and his wife, Michele, who is a UMO alumna from the class of 2010, have one son, Kyle. They are members of Clinton Community Church.

"The administration and my professors were very helpful when I needed to miss class due to military obligations," McKee recalled. "UMO helped me prepare for my career by teaching me a great deal about technology and more importantly how to not give up when things get tough."

In addition to his studies McKee became a walk-on for the Trojan track team, where he ran cross country. I enjoyed working with a team and traveling to competitions," McKee shared. "Although I was older than the students and the coach, I never gave up."

McKee still enjoys running today. He can often




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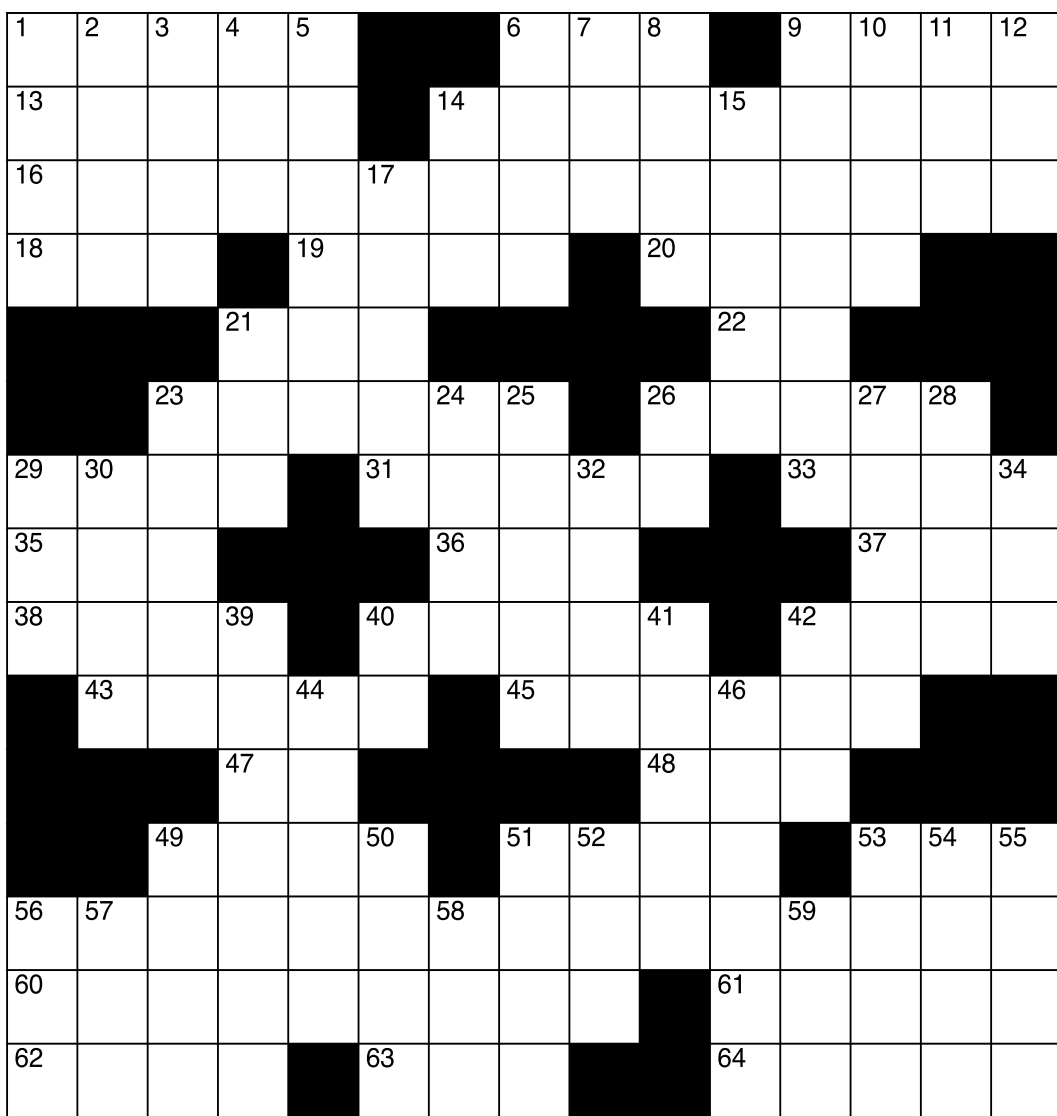
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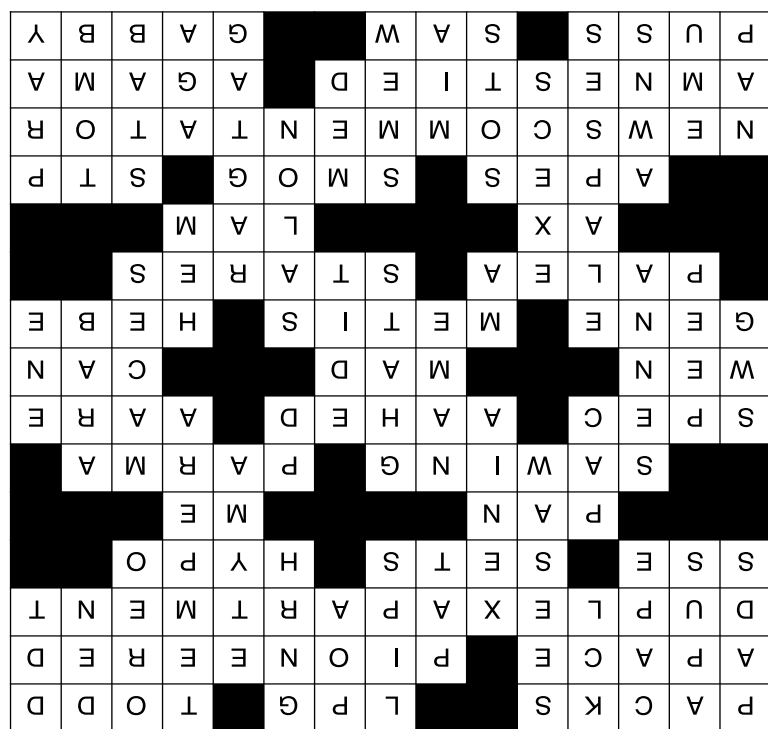


CLUES ACROSS

- 1. Wolf groups
- 6. Liquid propane gas (abbr.)
- 9. Liz's 3rd husband Mike
- 13. Quickly, rapidly
- 14. Ventured into the unknown
- 16. 2 floor rental
- 18. Point midway between S and SE
- 19. Jells
- 20. Syringe
- 21. Greek god of the woods
- 22. Of I
- 23. A way of cutting
- 26. Italian cheese city
- 29. Detailed design criteria for a piece of work
- 31. Expressed pleasure
- 33. Swiss river
- 35. Harmless cyst
- 36. Angry
- 37. Airtight metal food container
- 38. Cowboy star Autry
- 40. Jupiter's closest satellite
- 42. Greek goddess of youth
- 43. Grass spikelet bracts
- 45. Gazes
- 47. Used to chop
- 48. Escape to avoid arrest
- 49. Imitators
- 51. Air pollution
- 53. Engine additive
- 56. One who comments on events of the day
- 60. In a way, pardoned
- 61. Lizard of the family Agamidae
- 62. _____ 'n boots
- 63. A lumberman's tool
- 64. Full of conversation

ANSWERS ACROSS

- 1. packs
- 6. LPG
- 9. Todd
- 13. Apace
- 14. Pioneered
- 16. Duplex apartment
- 18. SSE
- 19. Sets
- 20. Hypo
- 21. Pan
- 22. Me
- 23. Sawing
- 26. Parma
- 29. Spec
- 31. Aahed
- 33. Aare
- 35. Wen
- 36. Mad
- 37. Can
- 38. Gene
- 40. Metis
- 42. Hebe
- 43. Palea
- 45. Stares
- 47. Ax
- 48. Lam
- 49. Apes
- 51. Smog
- 53. STP
- 56. News commentator
- 60. Amnestied
- 61. Agama
- 62. Puss
- 63. Saw
- 64. Gabby

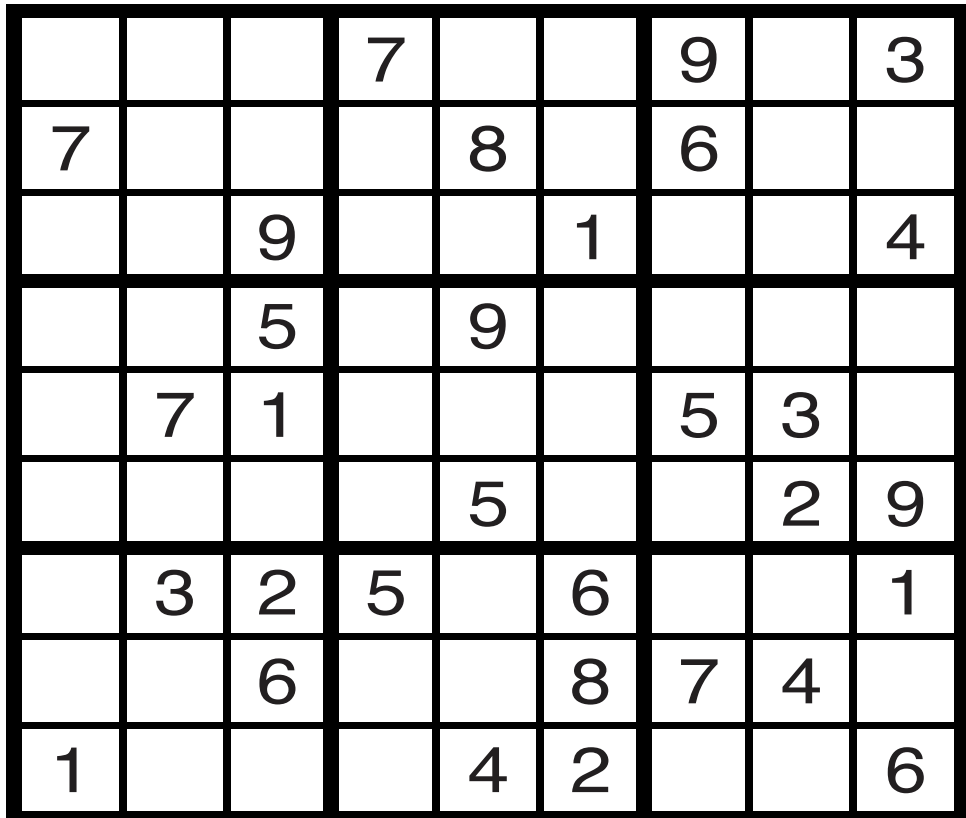


PUZZLE SOLUTION

SUDOKU

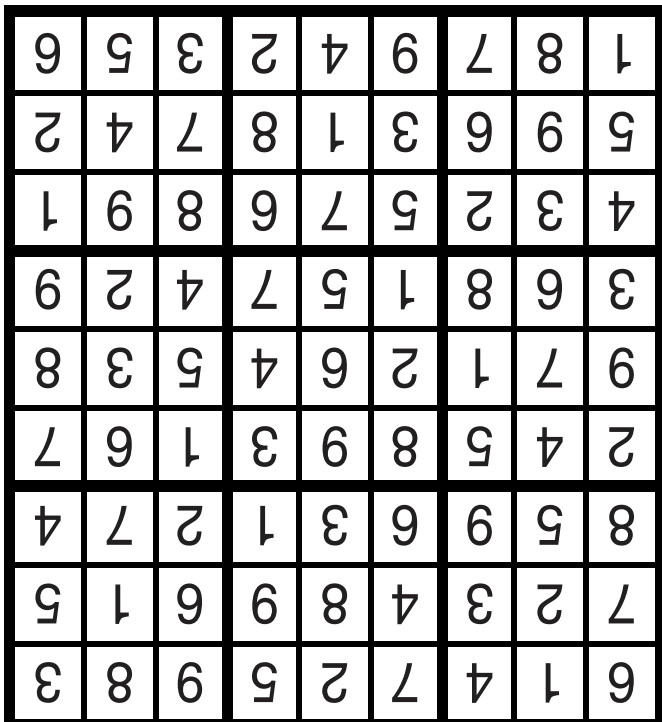
Fun By The Numbers

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:

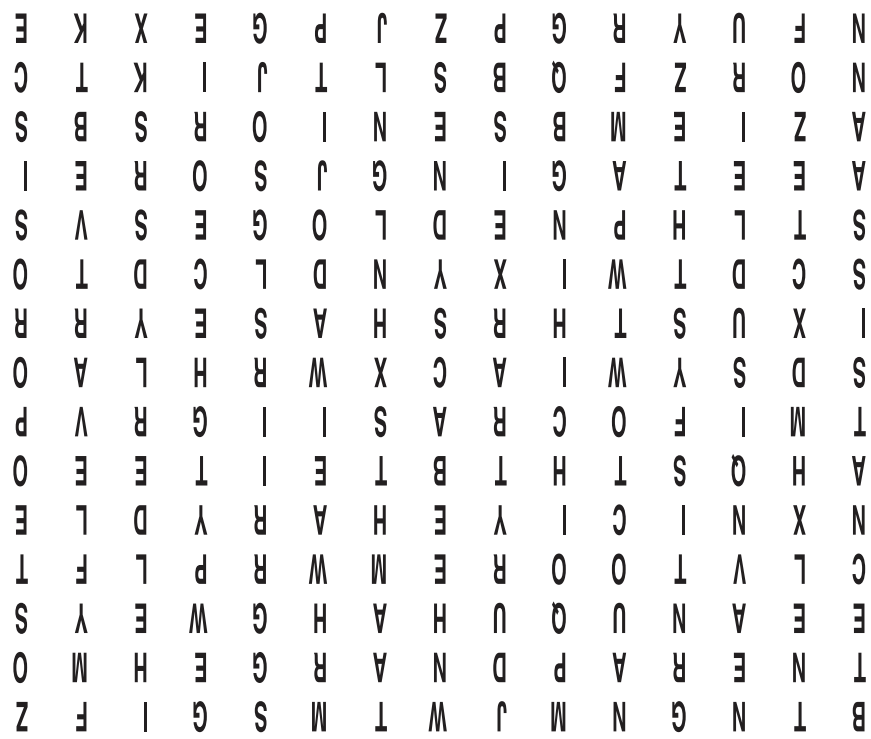
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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



Word Search — Golden Years



- Active Aging Assistance
- Brittle Discount Elderly
- Golden Grandparent Osteoporosis
- Prescription Relaxation Retired
- Seniors Travel Years



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in **The Magical Attic**

Sunray Bear finds many friends in the water.

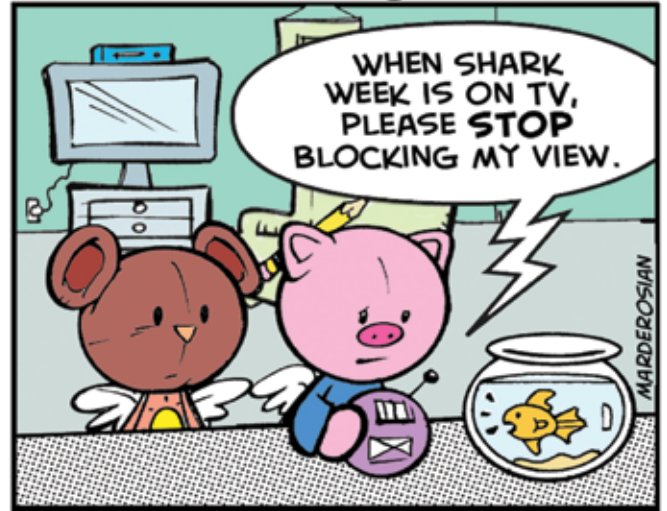
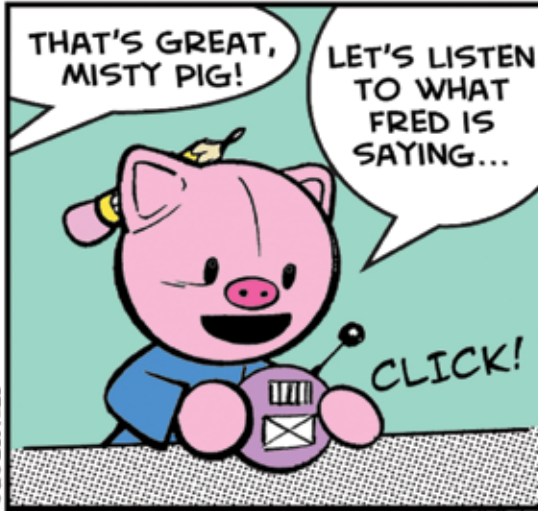
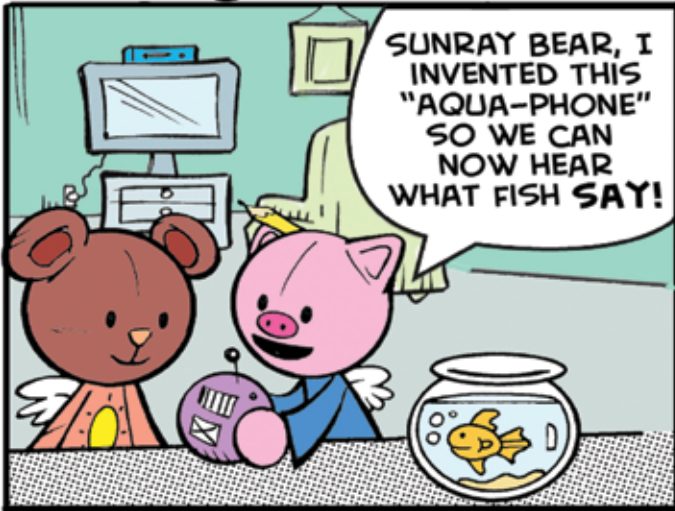


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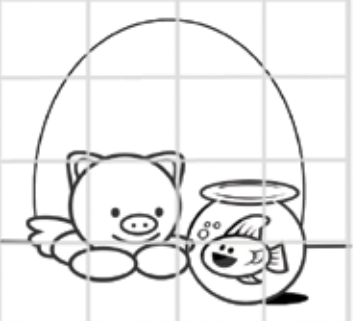
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drawing with mark

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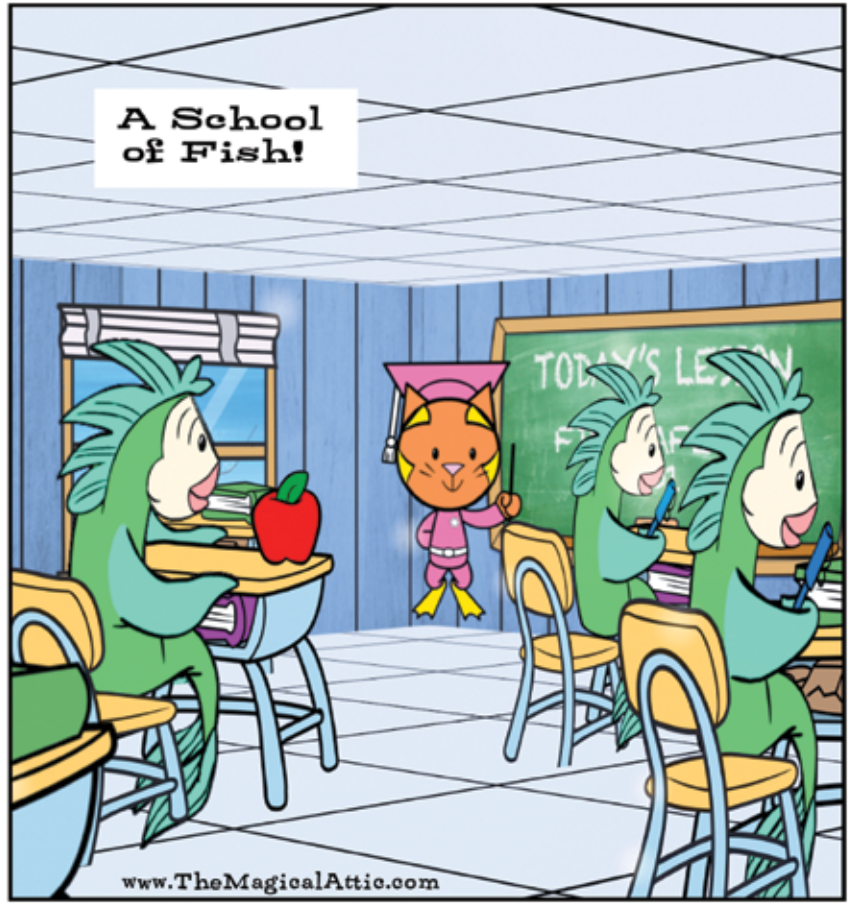
REMEMBER TO TAKE YOUR TIME. YOU CAN ALWAYS ERASE OR PUT A NEW PIECE OF BLANK PAPER OVER THE GRID AND START AGAIN. AND... DON'T FORGET TO KEEP PRACTICING... AND KEEP SMILING!



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- SHARKS ARE THE ONLY FISH TO HAVE EYELIDS.
- SEAHORSES CAN CHANGE THEIR COLOR TO MATCH THEIR SURROUNDINGS.
- SCIENTISTS HAVE EXPLORED ONLY 1% OF THE OCEAN DEPTHS. THEY BELIEVE THERE MAY BE MILLIONS OF NEW KINDS OF ANIMALS AND FISH DOWN THERE, WAITING TO BE DISCOVERED.

The Magical Attic



Help Crystal Cat reach her friend in the fishbowl!

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The Sampson Weekly



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

The Sampson Weekly

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You Must Be 16 Years Old or Older To Enter.

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Rules: To vote for your preference in each category, write in the name of the business, organization, or person you think best exemplifies excellence in sales and/or service for that category. Return the full page via mail to: The Sampson Weekly, PO Box 1915, Clinton NC 28329 or you may drop off your submission in person at our office at 414 Northeast Boulevard in Clinton. You may also submit your vote online at www.thesampsonweekly.com or via our Facebook page. One entry will be drawn at random each week for four weeks to receive a \$50 prepaid VISA Card. Employees of The Sampson Weekly and their families are not eligible for entry. All entries will remain confidential.

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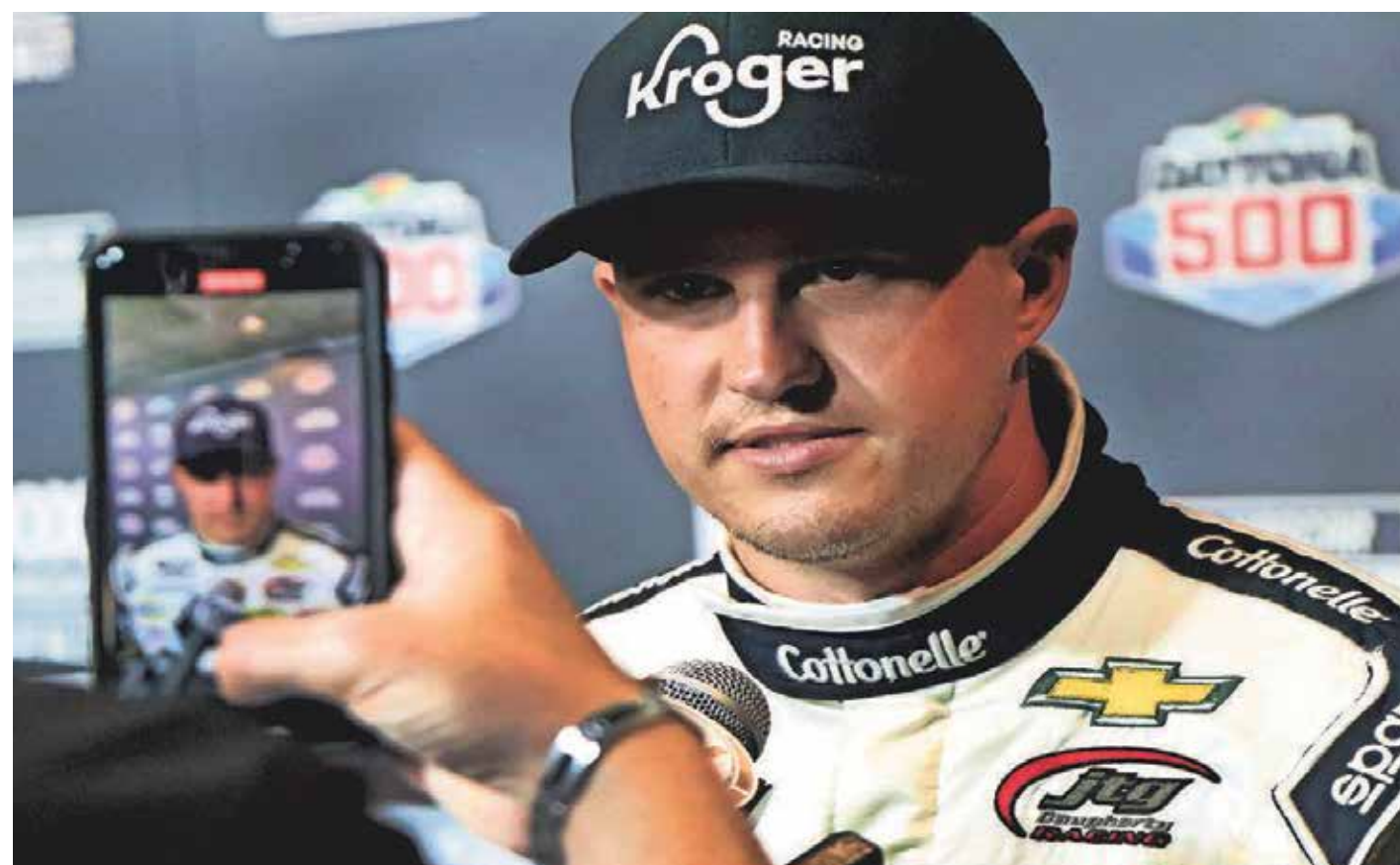
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NASCAR THIS WEEK

The Daytona Beach News-Journal's Godwin Kelly & Ken Willis have covered NASCAR for nearly 60 years combined. godwin.kelly@news-jrnl.com and ken.willis@news-jrnl.com



Ryan Preece, shown here during NASCAR Media Day in Daytona, is ready to get back to real racing after 70 days of down time. [NEWS-JOURNAL/DAVID TUCKER]

Preece answers questions, readies for Darlington return

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

After 70 days of no racing, except for the virtual variety, Ryan Preece is ready to strap into his No. 37 JTG-Daugherty Racing Chevrolet and go for a spin at Darlington Raceway on Sunday.

NASCAR This Week talked to the 29-year-old driver about resuming the Cup Series at one of the sport's most prestigious race tracks.

How excited are you to go back to real racing?

"I'm very excited. It definitely makes you appreciate to go to the race track and have all those things instead of being stuck in your home. It opened my eyes to using iRacing more just for the benefit of (more practice). I'll probably use that a lot more to help me prepare for more races in the future."

Were you surprised at the success of the NASCAR iRacing Pro Invitational Series?

"It kind of went the way I figured. As far as the competition, it was really a matter of how much time you were willing to put into

it. You could tell there were some guys who had put a lot of time into it and it showed."

What about the ramifications from the virtual racing series, such as Bubba Wallace losing a sponsor?

"I think Joey Logano said it best. He said 'You got to be on all the time.' And really, that's all it is."

No fans in the stands at Darlington. Are you mentally preparing for that experience?

"This is what everyone needs right now. This is kind of a jump-start I think people need to get back into that process of knowing life as it was. I know NASCAR is taking all the precautions necessary to make sure we are doing this in a healthy environment. I'm very thankful this is happening. This is a huge opportunity to go racing on Sunday. I'm really looking forward to getting back to the race track. This is something we all need."

What do you think about racing at Darlington?

"I have always loved that course, but I've only made two starts there during my NASCAR

career. The first time I went out there at speed I was thinking 'Man, there's something wrong with this race car.' There was nothing wrong with the race car. The track is its own entity. It's such a wore-out course that the initial speed of your car matters very little. You aren't racing other cars at Darlington. You're racing the race track because it's so different from all the other places we go."

No practice, no qualifying on Sunday. Do you see that as maybe an opportunity?

"It's definitely an opportunity. I feel like the team and the No. 37 bunch are getting really close. I have felt really good at a lot of places. I'm a fan of minimizing. I think no practice will make these races sort of interesting. I think it's going to be fun."

What did you do during the shutdown?

"We isolated for the most part. We did a lot of house projects. We didn't go anywhere. I'm at that point where I have crossed off a lot of my to-do list and I don't want to do any more. I think I hit my limit. Yeah, I'm ready to go racing."

QUESTIONS & ATTITUDE

Compelling questions ... and maybe a few actual answers

What do you expect to see Sunday at Darlington?

By and large, once the green flag drops, it should look like any other Darlington race — lots of speed in tight quarters through those legendary narrow turns. Darlington's ancient asphalt has never been big on social distancing. Any abnormalities, in terms of car setups hampered by elimination of pre-race practice, will be too small to notice ... unless you're Larry McReynolds, of course.

So, the same ol' same ol'?

Yes and no. During the race, yes. But the pre-race festivities will be much different without the usual background scene of fans and other facets of NASCAR humanity lingering through the garage and paddock areas. The biggest sensory blow will be the immediate post-race. Will the winner do his burnout and then jump from the car and wave victoriously to the flag man and spotters above? How weird will Victory Lane look?

But overall, worth doing?

Absolutely, it seems. The only negative is that Darlington won't be the "only game in town" for TV viewers. Some potential viewers will be peeled away due to a promising golf match on NBC featuring Rory McIlroy and Rickie Fowler. Still, the audience should be bigger than what you'd normally get.

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

WHAT'S ON TAP

(All times Eastern)

CUP SERIES: Darlington 400

SITE: Darlington Raceway (1.366-mile oval)

SCHEDULE: Sunday, race (Fox, 3:30 p.m.)

CUP SERIES: Darlington 500K (Race 2)

SITE: Darlington Raceway

SCHEDULE: May 20, race (Fox Sports 1, 7:30 p.m.)

XFINITY: Darlington 200

SITE: Darlington Raceway

TV SCHEDULE: May 19, race (Fox Sports 1, 8 p.m.)

GODWIN'S PICKS FOR DARLINGTON

WINNER: Kevin Harvick

REST OF TOP 5: Martin Truex Jr., Denny Hamlin, Brad Keselowski, Chase Elliott

FIRST ONE OUT: William Byron

DARK HORSE: Matt DiBenedetto

DON'T BE SURPRISED IF: No practice, no qualifying will give veteran drivers a major advantage.

MOTOR MOUTHS PODCAST

Will the podders need practice and qualifying before restarting their engines?

Tune in online at www.news-journal.com/daytonamotormouths



SPEED FREAKS — A few questions we had to ask ourselves

If only Rockingham and North Wilkesboro were in shape and ready for a race, right?

GODSPEAK: With a little dusting and mopping, they could race at "The Rock" because it does have SAFER barrier. It seems like there's a push to bring North Wilkesboro back into the fold. Stay after it, Dale Jr.

KEN'S CALL: Last Saturday night's virtual race at North Wilkesboro might restart hopeful chatter of resurrecting that little track. But such an effort there and at Rockingham might be beyond reasonable economic possibilities. Too bad.

How do you begin to handicap Sunday's

race at Darlington?

GODSPEAK: I got this figured out. Veterans rule Race 1 based on experience. The youngsters do much better in Race 2.

KEN'S CALL: Some might suggest it's ripe for a surprise winner, but more likely, you'll see an increase in the distance between the haves and have-nots.

Jimmie Johnson says there's no change in his plan to retire after 2020. Believe him?

GODSPEAK: Now that there's a "full season" for NASCAR Cup, yeah, he will run out the clock, then do a bunch of bucket-list racing.

KEN'S CALL: Sure, because there are



Rockingham was a great track for NASCAR, but it got crowded out geographically in the early 2000s.

[NASCAR/GETTY IMAGES]

probably deals in place (at least tentatively) for his racing plans beyond NASCAR in 2021.

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