

SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly



VOLUME 11, ISSUE 23

Week of May 29-June 4, 2020

www.thesampsonweekly.com

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Clinton High Graduation Scheduled for June 6th



You are either exempt or non-exempt. FAQs or interpretations are not law." ~ Dr. Wesley Johnson

At the Thursday night Clinton City Schools Board Meeting, the Board passed a motion to hold the Clinton Darkhorse Graduation on Saturday, June 6th. There will be two graduation ceremonies that will be held face to face on the Dark Horse football field.

After a three hour and fifteen-minute closed session, the school board came back into open session with Superintendent Dr. Wesley Johnson presenting plans for the 2020 Graduation Ceremony. The board meeting was held on a live-stream for the community to watch.

In the new Governor's Executive Order, Dr. Johnson noted some exemptions to the Mass Gatherings Order and that Education Institutions were exempt. "I learned last Friday that there are a couple of school systems that are moving forward with not a traditional graduation but what they are calling a 'face to face.' I have also heard it called a student-centered graduation where the students would be seated in a socially distanced format on the football field, and they would have the option to come on stage to receive their diploma, and I know that several systems have moved to

[JUNE 6TH, see P. 2](#)

"Looking Out For Others" Whitfield Strives to Help Community



Philip Strickland, Coharie People Chairman, accepts mask donation from Abigail Whitfield

It seems like lately all we hear about is bad news, however, there are good things going on in Sampson County. People are helping neighbors, supporting our small businesses and helping out friends in need.

One such good deed was not left unnoticed. Abigail Whitfield, a junior at Clin-

[MASKS, see P. 2](#)

TWO MORE DEATHS DUE TO COVID-19



According to the Sampson County Health Department, the county has seen 96 new positive cases of Covid-19 this week totaling 429 total positive cases for the county and 4 deaths.

New cases broken down by each day were as follows:

Monday- No results Memorial Day

Tuesday- 59 new cases

Wednesday- 10 new cases

Thursday- 11 new cases

Friday- 16 new cases

COVID testing numbers for Sampson County as of May 29, 2020:

Total Number of Tests Performed: 1487

Positive Test Results: 429 (232 recovered)

Negative Test Results: 983

Pending Results: 75

Deaths: 4

On Wednesday the county release that there were 2 additional reported deaths from the virus. In a press release from the county it stated, "Sadly, there are 2 additional reported deaths, bringing the total to 4. With the permission of the family, we want to acknowledge that one of the deaths hits very close to home for Sampson County government as the patient was a dedicated employee at our Department of Aging's Adult Day Health Center. Our heartfelt condolences go out to each of the families who have lost loved ones, and we particularly mourn the loss of one of our own."

"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 provid-

[COVID-19, see P. 3](#)

WEATHER

Fri Rain
60%

Hi: 83° Lo: 65°

Sat Scattered T-Storms
60%

Hi: 82° Lo: 65°

Sun Partly Cloudy
10%

Hi: 78° Lo: 57°

Mon Partly Cloudy
0%

Hi: 76° Lo: 58°

Tues Partly Cloudy
10%

Hi: 80° Lo: 68°

Wed Partly Cloudy
0%

Hi: 90° Lo: 73°

WEEKLY VERSE

The God of our fathers raised Jesus from the dead whom you had killed by hanging him on a tree. Acts 5:30

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LOCAL NEWS

JUNE 6TH cont. from P. 1

that.”

The Governor’s Executive Order No. 141- A. Prohibition on Mass Gatherings 2. Exceptions from Prohibition on Mass Gatherings. a. The prohibition on Mass Gatherings does not apply to any of the restricted businesses and operations identified in Section 6 of this Executive Order, because in those situations, transmission of COVID-19 will be controlled through the measures specifically tailored for each situation that are listed in those Sections. The prohibition on Mass Gatherings also does not apply to educational institutions or government operations.

See a full copy of the Executive Order here: <https://files.nc.gov/governor/documents/files/EO141-Phase-2.pdf>

The school system released a 1 question survey to parents that was finalized on Thursday before the meeting- Clinton High School is in the final stages of completing plans for graduation. Please complete the 1 question survey by Thursday, May 28th, at 3 pm. “I support a face to face graduation on Saturday, June 6th, located in Dark-horse Stadium with everyone wearing a mask and socially distancing. This will occur as a whole group or alphabetically into two groups.

Each student would receive 2 tickets for guests.”

The survey received 125 votes- 75% who responded supported the face to face graduation. 25% did not support it. Clinton High has a total of 195 graduates for the 2019-2020 school year. Students or parents that were not comfortable with the face to face graduation that an individual small ceremony would be held for the student and parents to attend after the main school graduation on Saturday.

Dr. Johnson noted that masks would be provided for everyone in attendance- students, parents, and staff. “Masks would be required to enter the gate.”

School Board members agreed that it would be safer to hold two ceremonies. The first ceremony would be held at 8:30 am and the second ceremony would be held at 11:00 am. The ceremony would be recorded and live-streamed as well. A possible rain date of Monday was discussed.

According to Dr. Wesley Johnson, there will be 5-6 law enforcement officers on hand to control the entering and exiting of the attendees. Students and parents will enter and exit at different locations with no social interaction after the event. All CDC guidelines and health department guidelines will be followed, noted Johnson.

After the meeting on Thursday night, once the graduation plans were announced on social media, many Sampson County residents raised concerns over these plans violating Governor Cooper’s Executive Order for Phase 2 Opening. People were noting that in the FAQ (Frequently Asked Questions) section about the Executive Order that it stated:

“Are in-person high school graduation ceremonies allowed in Phase Two? Phase 2 lifts the Stay at Home order but strongly encourages individuals to maintain at least six feet social distancing from other individuals. Phase 2 also limits an event that brings together more than ten people indoors and twenty-five people outdoors. Educational institutions are exempt from these mass gathering requirements. The intent of this exemption was to allow educational institutions the ability to gather more individuals together on their premises, if necessary, to support planning for summer learning and for the 2020 – 2021 school year. This exemption was not intended to allow for large, in-person events, such as graduation ceremonies.”

The Sampson Weekly reached out to Dr. Johnson for clarity on this matter. Dr. Johnson referred us to the School Board Attorney Justin Lockamy.

Attorney Justin Lockamy’s Response:

Lockamy replied, “Prior to the vote approving graduation ceremonies last night, I briefed the school board on the various Executive Orders and other state-issued guidance related to graduation ceremonies. I’ll attempt to condense some of that discussion now:

- Section 7.A.2 of Executive Order 141 exempts educational institutions from the ban on mass gatherings.

- The Governor’s Office subsequently released an FAQ clarifying that Executive Order, which you correctly quoted in your email to Dr. Johnson. There are two issues with the FAQ guidance:

o First, an FAQ, while persuasive and intended to guide interpretation of the law,

does not itself carry the force of law.

o Second, the Governor’s Office has had several opportunities since the beginning of May to ban graduation ceremonies that would otherwise be considered “mass gatherings” but has conspicuously avoided taking those opportunities. The strongest language contained in the Executive Orders, FAQs, and other guidance has been “strongly recommend” and “was not intended.” Under both a legal analysis and commonsense analysis, the Governor’s Office has not issued any “command” affirmatively banning such graduation ceremonies.

- Absent such a command from the Governor’s Office, the provisions of Executive Order 138, Section 4.E.3 remain in force. This provision states in full:

“Local school boards and superintendents will determine whether to conduct graduation and/or other year-end ceremonies. If local school leaders elect to hold graduation ceremonies or similar events, then those gatherings must operate in compliance with Executive Orders and NCDPI/NCDHHS guidelines in effect at the time of the event. Local school leaders are encouraged to engage with students and families to identify the best solutions for their communities. Local plans should include consultation with local public health officials and, where appropriate, local law enforcement.” (This language is closely mirrored by guidance issued by NCDPI on May 1st, which guidance was issued prior to the Phase 2 provisions and mass gathering exemption described in E.O. 141.)”

Lockamy continued, “During the open session of last night’s meeting (Thursday night), Dr. Johnson described in detail to the Board his administration’s efforts to comply with that Executive Order, including consultation with students, families, local public health officials, and law enforcement. He also shared the details for how the graduation ceremony would be conducted in a manner to comply with social distancing, sanitation, and other guidelines as exist under the executive orders and NCDPI/NCDHHS guidelines currently in force.”

“Finally, noted Lockamy, “the ceremonies in Dark Horse Stadium are not compulsory, and there will be other opportunities offered to recognize students in lieu of attendance at the ceremonies on the football field. I’ll leave it to the Superintendent to share the details of those plans.”

Superintendent Dr. Wesley Johnson’s comments:

Superintendent Dr. Wesley Johnson noted about the safety protocols that will be put into effect for the Graduation Ceremony, “We are still working on finalizing our protocols and procedures. I have been in contact with a couple of local superintendents in our region of North Carolina who are holding much larger graduations at their high school football fields (Pitt County and Pender County are holding similar gatherings in their high schools and Wayne is voting today). We will be collaborating, and the graduation committees and administrators of those high schools will be collaborating to come with best practices.”

Johnson continued, “Our three most important safety precautions will be social distancing, face coverings/masks and sanitation. With couples seated together and 6 feet of space between them and the next couple and skipping every other row in Dark Horse Stadium, we can hold 288 people on the home side and 180 people on the visiting side, 468 total. We have 195 graduates, so 92 or 93 will be in our two waves. Twenty-one marshals will be divided to cover the two graduations, most likely one group of 10 and one group of 12. With graduates and marshals each receiving two tickets, we will have a maximum of 210 visitors seated in our stadium bleachers.”

“Please remember that our stadium can hold 468 visitors seated as couples 6 feet apart and skipping a row behind them. We will be under 45% of our max socially distanced capacity, so there will be more than 12 feet between one couple and the next. Additionally, we will require that all participants, faculty, CCS staff, and parents/visitors wear masks. Masks will be strictly enforced, and entry will not be allowed without one. Third, we will make sure we sanitize our stadium before guests arrive, in between and after each graduation. Other safety practices we are investigating are staggered arrival and departure time, hand sanitation stations, graduate and guest pre-registration, etc. Principal Westerbeek and her team, along with members of the central office will be formulating and finalizing a plan over these next several days.”

Further details will be provided to our graduates and their parents through a pre-recorded “webinar”.

We are very excited to honor our 2020 graduates and their parents, and thank our Board of Education, CHS faculty and staff, CCS central office staff, Attorney Lockamy and the countless others who have worked diligently to make this a reality.”

MASKS, cont. from P. 1

ton High School, saw a need that wasn’t being met in the community and she took it upon herself to solve the problem. Abigail saw that the elders in the Coharie Tribe were in need of essential masks; masks that could eventually save their lives.

Abigail said, “The concern for the elderly was one of the main reasons I decided to take on this project. Due to the high risk of elders contracting the virus, I wanted to buy masks to help protect them during the COVID 19. Through this small gesture, I wanted to do anything I could to help keep them safe, and I hope to continue to do anything I can to help protect the people of the Coharie Tribe from this virus.”

“Using the resources I saved,” noted Whitfield, “I bought and presented 50 masks to the Chairman of the Coharie People Board, Philip Strickland, on May 18, 2020.” Abigail is on schedule to graduate from Clinton High School in 2021 and she plans on continuing her education at UNCW to gain a Bachelor of Nursing. She is passionate about community service and is active in several clubs at Clinton High School including the National Honors Society, SGA, and Key Club. She is co-leader of the Be Nice Club. According to Whitfield, “The Be Nice Club promotes anti-bullying around the county by spreading a message to “be nice” because “it is that simple.” I am also an active member and praise team leader at Island Grove Baptist Church in Pembroke, NC. I am always searching to help anyone in need, which is why I am also involved in multiple food banks and church mission trips. One after school activity of mine is tutoring all subjects for the Coharie Tribal members in middle school.”

Abigail is the daughter of Jason and Marlea Whitfield.

Abigail has been fortunate to have many positive influences in her life, both in school and in the community. Whitfield noted, “Two individuals that influenced me to take on this project are my grandparents Raeford and Lois Strickland. After the news of the virus broke, supplies were meager in Sampson County, which made it very hard to find supplies such as masks and gloves. As I saw my grandparents searching for masks and not finding any, it concerned me that they were not the only ones and that there could be many other Coharie Indian elders going through the same struggle. That’s when I had the bright idea to search for masks so that I would be able to relieve stress for Coharie elders incapable of finding the proper attire needed to protect themselves from the COVID 19. As a member of the Coharie tribe, I find great importance in keeping our elders and other tribe members out of any harm. Therefore, once I found a box of masks, I knew that it was my duty to do anything I could to protect my people.”

In closing Abigail wanted to thank four people who she loves dearly, “I want to thank my grandparents for being my inspiration and my parents for constantly encouraging me to always look out for others.”

Thank you, Abigail, for your community spirit and we know that your future is bright as you continue on in your pursuit of being a nurse. We all have a lesson to learn from your unselfish act of kindness toward others.

COVID-19, cont. from P. 1

er 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.”

The Health Department also provided a summary for the mass testing event that was previously held on May 16, 2020. A total of 493 tests were performed as part of the event: 351 administered by the Sampson County Health Department, and 142 administered by our event partner, Goshen Medical. Of those tests, 25 were found to be positive, including residents from Sampson and three other counties. The positive cases for Sampson County have been reported in previous testing updates and would be subject to the same contact tracing procedures conducted by our Health Department for every positive case.

A second mass testing event is scheduled for June 13th from 9 am – 3 pm at the Sampson County Complex. Additional information will be forthcoming regarding the event.

The NC Department of Health and Human Services is asking people to remember these three things as we stay strong and continue to flatten the curve and slow the spread of COVID-19.

- If you leave home, practice your Ws: Wear, Wait, Wash
- Wear a cloth face covering if you will be with other people
 - Wait 6 feet apart. Avoid close contact.
 - Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

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

All North Carolinians are encouraged to share this message in their businesses and through their organizations to protect our families and neighbors as the state takes a cautious step forward while the virus is still circulating.

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info@thesampsonweekly.com

NOTICE OF PUBLIC HEARING
TOWN OF GARLAND
PROPOSED BUDGET FOR
FISCAL YEAR 2020-2021
In accordance with NC General Statute 159-12(a), the Proposed Budget for Fiscal Year 2020-2021 has been presented to the Town of Garland Board of Commissioners and is available for public inspection on the door of Town Hall located at 190 S. Church Avenue or on the town website at www.townofgarlandnc.com. You may also call Town Hall at 910-529-4141 and request a copy of the proposed budget. In accordance with NC General Statute 159-12(b), a Public Hearing on the 2020-2021 proposed budget will be held on Tuesday, June 16, 2020 at 6:00 p.m. in the Board Room at Town Hall in Garland.

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Sampson Girl Scouts Named Local Top Sellers for 2020 Girl Scout Cookie Program



Girl Scouts – North Carolina Coastal Pines is pleased to announce that Rebekah Bryan of Clinton, NC, is the Sampson top seller for the 2020 Girl Scout Cookie Program. Bryan sold 724 boxes of Girl Scout cookies in the annual cookie program that ended in March. Alina Ramirez of Newton Grove, NC placed second with 716 boxes sold and Freya Richardson of Clinton, NC placed third with 700 boxes sold. The 2020 Cookie Program was held January 11–March 1, 2020.

Participating in the Girl Scout Cookie Program is a long-held and cherished tradition for girls, with recognition as a top cookie seller a coveted honor. Being named a top seller goes beyond what’s in the box as it highlights a girl’s determination to set and achieve goals, develop business and financial literacy skills, and enhance their entrepreneurial spirit. This recognition also demonstrates a girl’s mastery of the five skills: goal setting, decision making, money management, people skills, and business ethics as she runs her very own cookie business.

“The Girl Scout Cookie Program is the perfect opportunity for girls to develop important skills that they will use throughout their life while raising funds to support future leadership endeavors with Girl Scouts.” said Kelly Griffin, product sales director, Girl Scouts – North Carolina Coastal Pines. “All of the girls that participated in the 2020 program made their own unique contribution, making them entrepreneurs in the largest girl-led business in the world, and we could not be prouder of them. We are excited to honor and celebrate the leaders of this year’s Girl Scout Cookie Program.”

Girl Scouts – North Carolina Coastal Pines sold over 3 million boxes of cookies with approximately 11,000 Girl Scouts participating in the 2020 Girl Scout Cookie Program. More than 2,300 girls sold more than 400 boxes of cookies each. Additionally, 350 girls sold more than 1,000 boxes each. Council-wide the average number of boxes sold per girl was 282. Nationally the average number of boxes sold by Girl Scouts is approximately 165. This year, the council exceeded their Operation Cookie Drop goal by collecting donations to send over 104,000 boxes of cookies to the military men and women proudly serving our country, and culminating in over a million boxes delivered through this council-wide service project since its inception in 2005.

The Girl Scout Cookie Program helps support girls in achieving the goals they set for program activities, community service projects and philanthropy, and ensures all girls are afforded access to the Girl Scout Leadership Experience. For over 100 years, the Girl Scout Cookie Program has also provided life changing leadership opportunities for every G.I.R.L. (Go-getter, Innovator, Risk-taker, and Leader).

Joining the Sampson Girl Scouts, the overall council top sellers are Chloe Huggler, Allison Bundle, and Taryn Brooks. Huggler of Wake County placed first by selling 5,005 boxes, Bundle of Onslow County placed second with 4,826 boxes, and Brooks of Harnett County placed third with 4,600 boxes.

“I have been selling cookies since I was a Girl Scout Daisy and have learned customer service, public speaking, sales, goal setting, marketing, keeping inventory, banking and money management, and that you can reach your goals with a lot of hard work,” said council top seller Chloe Huggler. “The proceeds from cookie sales are helping me to pay my own way on a Girl Scout trip to Scotland and Ireland in 2021.”

For more information on the Girl Scouts Cookie Program, please visit our website at www.nccoastalpin.es.org.

We’re Girl Scouts of the USA

We’re 2.5 million strong—more than 1.7 million girls and 750,000 adults who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ to change the world. Our extraordinary journey began more than 100 years ago with the original G.I.R.L., Juliette Gordon “Daisy” Low. On March 12, 1912, in Savannah, Georgia, she organized the very first Girl Scout troop, and every year since, we’ve honored her vision and legacy, building girls of courage, confidence, and character who make the world a better place. We’re the preeminent leadership development organization for girls. And with programs from coast to coast and across the globe, Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. To volunteer, reconnect, donate, or join, visit www.girlscouts.org.

About Girl Scouts – North Carolina Coastal Pines

Girl Scouts – North Carolina Coastal Pines is the largest girl-led leadership development program in central and eastern North Carolina, reaching over 26,000 girls and 9,000 adult volunteers across 41 central and eastern North Carolina counties. Girl Scouts helps develop leaders of tomorrow by empowering girls to take on bold challenges, discover their passions and strengths, and explore programming like STEM, entrepreneurship, environmental leadership, take-action projects, and global citizenship. Today’s Girl Scouts learn to lead with courage, confidence, and character to make their communities and the world a better place. The council’s administrative headquarters is located in Raleigh, with additional program and service centers located in Goldsboro, Fayetteville, and Wilmington. To volunteer, reconnect, donate, or join, visit www.nccoastalpin.es.org or call (800) 284-4475.

LOCAL NEWS

Girl Scouts Supports the Troops Through 15th Annual Operation Cookie Drop Program



Local Girl Scouts collected donations to provide military men and women with Girl Scout Cookies during the 2020 Girl Scout Cookie Program.

[RALEIGH, NC] — This year, Girl Scouts from the North Carolina Coastal Pines council are celebrating 15 years of giving back to the men and women of the American Armed Forces through Operation Cookie Drop. Operation Cookie Drop is a council-wide service project that delivers a taste of home to military personnel serving locally and overseas by donating Girl Scout Cookies. During the 2020 Girl Scout Cookie Program, Girl Scouts collected donations for 104,000 boxes of cookies for Operation Cookie Drop, culminating in over a million boxes delivered through this council-wide service project since its inception in 2005.

Operation Cookie Drop is about more than what is in the box. This service project supports kindness and hope to those serving our country and allows Girl Scouts to show their gratitude for all that military men and women do. The boxes are accompanied by thank you letters and artwork for the troops created by girl and adult members across the council.

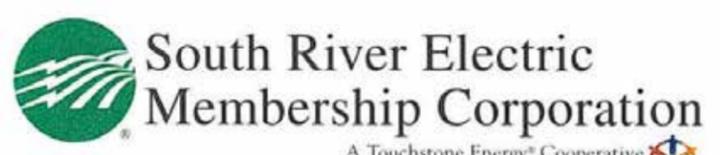
In celebration of Military Appreciation Month, the cookies have been delivered throughout

May with 723 cases going to the USO of NC RDU Center, 5,700 to NCPacks4Patriots in Ayden, 1,880 the MCAS at Cherry Point, 450 to the USO of NC Jacksonville Center, 1,950 to the Fisher House and Fort Bragg, and 1,973 to the Seymour Johnson Airforce Base in Goldsboro. While Girl Scouts look forward to making the deliveries themselves each year, this year they are unable to do so due to COVID-19. However, the Girl Scouts were extremely excited to reach their donation goal and to show military personnel they are thinking of them during this especially difficult time.

“Operation Cookie Drop is important to me because our military does so much for us, I want to thank them. Girl Scout Cookies are a great thing to have when you are far away from home,” said Nash County Girl Scout Cara Cotugno. Cotugno has been giving presentations on Operation Cookie Drop to her local fire department for the past four years, and this year they donated \$200 to her cause. Like Cotugno, Operation Cookie Drop means a great deal to local Girl Scouts as it is an incredible way for them to make an impact for others while conducting their cookie sales.

To learn more about Operation Cookie Drop please visit our website.

Caring For Community: Neighbors Helping Neighbors



The story of COVID-19 is one that is being written day-by-day. The number of people impacted by job loss is unfathomable. As a not-for-profit electric cooperative, South River EMC is committed to helping members and the community.

Many people have had to delay paying critical bills in order to put food on the table while they await an unemployment check. It's time to come together to help our neighbors and friends.

South River EMC has two programs designed to assist members and to provide a mechanism for members of the community to help one another.

Operation Round Up is a program that raises money through member donations and it is managed through a non-profit foundation. This program has distributed

\$2.3 million in grant funds to non-profit organizations throughout the community since 2007. Donations are tax deductible and go to agencies that are assisting members.

Helping Hands is a relatively new program. Helping Hands supports members with a one-time payment toward electric bills. Qualifying members can receive up to \$150 toward their bill annually. Donations to this program are not tax deductible.

If you have questions, or are interested in donating, email connections@sremc.com with 'Donations' as the subject line, or call 910.230.2982.

South River EMC is a locally-owned and operated electric cooperative, which provides electric service to nearly 45,000 homes, farms and businesses in parts of Harnett, Cumberland, Sampson, Johnston and Bladen counties.

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What's Happening at *SCT*

By Angela Martin



Jonathan Daniels as Mr. Banks in "Mary Poppins."



Jonathan Daniels (center) as Professor Higgins in "My Fair Lady."



Jonathan Daniels as "Shrek"

During our time of social distancing I hope that you are staying healthy and finding ways to enjoy life. Our next production of Disney's The Little Mermaid has been put on hold due to the Covid-19 Virus, but we are confident that we will be able to open our doors soon. Our production is proudly sponsored by David H. Hobson, Attorney at Law and is directed by Angela Martin.

Today I would like to give you a glimpse into one of our actors who has graced our stage for several years now, Jonathan Daniels. Jonathan is a graduate of Cape Fear High School and is the Youth Minister at Benson Pentecostal Holiness Church. He and his wife Brandie are the proud parents of three children, Ian (17) - a Midway High School senior, Madison (16) - who will be a senior at MHS in the fall and Jacob (14) - a rising MHS sophomore. Jonathan has been in several musicals on our stage, including Shrek - in which he played the lead role of Shrek, Disney's Beauty and the Beast - portraying the Beast, Mary Poppins - playing Mr. Banks and is in the current production of Disney's The Little Mermaid - in which he plays Sebastian. He has also graced the stage at Harnett Regional Theatre - portraying Professor Henry Higgins in My Fair Lady and reprising his role of Mr. Banks in their version of Mary Poppins.

When Jonathan was a teenager he would participate in skits and acting activities with his church. He loved being part of the skits and was part of ensembles who won awards. He, however, did not find his true niche with the arts until he began attending Clinton Pentecostal Holiness Church and met Rodney Hall. As Music Minister, Rodney had written a dinner theatre production that he wanted Jonathan

to play a role. From this role, Jonathan fell in love with performance. It sparked some grand ideas in which helped him and Rodney to write and create their own Vacation Bible School themes and activities - with new songs and skits built around themes. This also led to Jonathan to write larger plays for his church and allowed him to explore his love of theatre.

When asked what his favorite role in theatre has been Jonathan said, "That is a tough one, I have loved all my roles. Higgins was a tough one and was the most challenging, I really enjoyed Shrek and realized Shrek and the Beast are very similar, but I would have to say Professor Henry Higgins has been my favorite role so far."

Jonathan also learned a lot about himself from participating in community theatre. When asked what life lesson he has learned from participating in community theatre, Jonathan said, "I think that you really learn that you can and will rise to the challenge. It is truly a gift to see how you can grow and be more than you think you are."

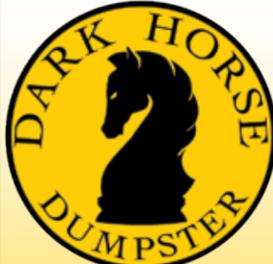
Jonathan's dream role onstage would be to portray Jean Valjean in Les Miserables, and I hope that he gets that opportunity in the future.

We are thrilled to have Jonathan as part of our community theatre family and we hope to see him and the rest of his current cast of Disney's The Little Mermaid, back onstage soon.

Champion Receives Firefighter Scholarship



Congratulations to Halls Firefighter, Holden Champion, recipient of the North Carolina State Firefighters' Association's 2020 Scholarship and Grant Award. Holden also recently completed his N.C. Firefighter II certification through SCC Fire Academy, and is a 2020 graduate of Clinton High School. Way to go Holden!



Dark Horse Dumpster is proud to announce that they will be starting weekly trash pickup in the 28328 Zip Code starting on March 1st.

Service as low as **\$22.99** monthly (Cart Provided)

Call 910-216-0296
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The Town of Newton Grove cordially invites you to a celebration ride in honor of the Habbton High School Senior Class of 2020



Saturday, June 6th
10am
Procession will begin at Weeks Park
Clinton St. - Irwin Dr.
(Rain date - Sunday, June 7th @ 1pm)



Be Aware of Spam Text Messages

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

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

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

WHAT DO YOU NEED TO DO?

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



Breaking Bread

Comfort food consumption is on the rise



Avocado Veggie Sandwich

FAMILY FEATURES

As families spend more time at home, Americans are finding comfort in a surprising source: bread. In fact, a 20-year trend of declining grain food consumption has been reversed.

A national study by the Grain Food Foundation suggests that the turnaround is more than a one-time sales blip due to pantry loading. In reality, consumers count bread among their top comfort foods. The study revealed one-third of Americans named pasta and bread as foods that are comforting during a stressful time.

In addition to the comforting flavor, this trend provides valuable nutritional benefits. As a part of many healthy eating plans, bread and pasta are nutritionist approved and provide nutrients needed for healthy aging such as B vitamins, magnesium, selenium, iron, folate and fiber.

“For years, we’ve been telling consumers that grain foods are the foods we love that love us back,” said Christine Cochran, executive director of the Grain Foods Foundation. “The stress has given us permission to enjoy bread and pasta again, but unlike most comfort foods, consumers recognize that grains have nutritional value.”

The highest-ranking comfort foods were ice cream; baked goods like cakes, cookies and pastries; salty snacks; candy; and fast food. However, when asked to identify comfort foods with nutritional advantages, consumers identified bread and pasta as the top two.

Beyond identifying comfort foods and their nutritional value, consumers also expressed worry that bread is in short supply right now.

“We can all rest assured that there is enough supply of grain food products in this country,” Cochran said. “Shoppers may be experiencing some sporadic unavailability of certain high-demand items. However, manufacturers are working closely with retailers to make sure that out-of-stocks are short lived. Consumers will be able to buy their favorite grain-food products and eat them, too.”

To learn more about the role of grain foods in a healthful diet, visit GrainFoodsFoundation.org.



Rotini with Sausage and Mushrooms

Rotini with Sausage and Mushrooms

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 18 minutes
Servings: 8

- 1 box (13 1/4 ounces) whole-grain rotini
- 1 pound chicken sausage, sliced
- 1 cup leeks, thinly sliced
- 1 cup green onions, thinly sliced
- 2 cups mushrooms, sliced
- 1 cup chicken stock
- 1/4 cup parsley chopped

- 6 leaves from tarragon sprigs, chopped
- 1 cup Romano cheese grated
- Parmesan-Romano cheese (optional)

Prepare rotini according to package directions. Drain and transfer to large bowl.

In large skillet, heat oil over medium heat. Cook sausage 2-3 minutes, or until well browned. Add leeks, onions and mushrooms; cook until tender. Add chicken; simmer 3-5 minutes, or until hot. Fold sausage mixture into warm pasta. Add parsley, tarragon and Romano cheese; toss again. Top with Parmesan-Romano cheese, if desired.

Avocado Veggie Sandwich

Recipe courtesy of the Grain Foods Foundation

Prep time: 10 minutes

Servings: 2

- 1/2 ripe avocado, peeled
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon salt
- 4 slices bread
- 4 slices tomato

- 8 slices cucumber
- 12 slices sweet bell pepper
- 2 tablespoons red wine vinegar
- 2 lettuce leaves

In small bowl, combine avocado, lemon juice and salt. Spread mixture evenly over two bread slices.

Place tomatoes, cucumber and peppers on covered surface. Drizzle with vinegar.

Layer lettuce, tomato, cucumbers and peppers evenly between slices of bread, creating two sandwiches.



Panzanella Bagel Salad

Panzanella Bagel Salad

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 5 minutes

Servings: 6

- 2 medium Roma tomatoes, seeded and diced
- 1 1/4 cups canned diced tomatoes, undrained
- 1/4 cup green bell pepper, diced
- 1/4 cup cucumber, peeled, seeded and diced
- 2 tablespoons red onion, diced

- 2 tablespoons Parmesan cheese, grated, plus additional (optional)
- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh basil, chopped
- 2 bagels (4 ounces each) cut into 2-inch pieces, toasted
- assorted greens (optional)

In medium bowl, mix tomatoes, canned tomatoes with juice, green pepper, cucumber, onion, cheese, vinegar and basil.

Add toasted bagel pieces; toss gently. Marinate, covered, in refrigerator 1 hour. Serve within 1 hour after marinating. Sprinkle with additional cheese and serve on bed of assorted greens, if desired.

Cheesy Black Bean Toast with Pico de Gallo

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 15 minutes

Servings: 4

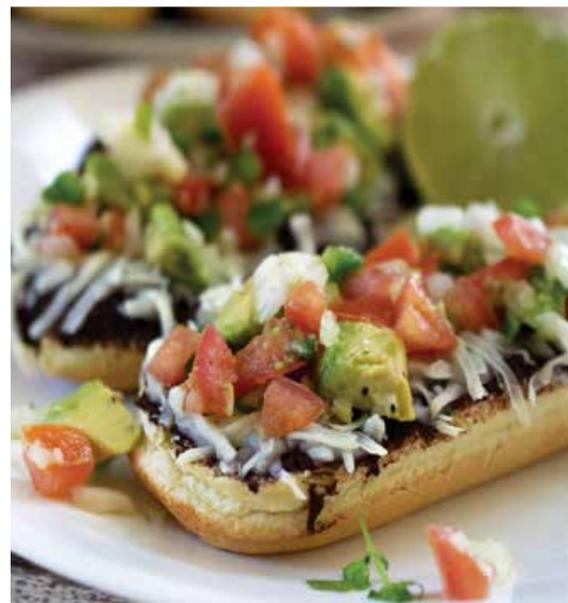
- 6 Roma tomatoes, diced
- 1/2 medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, finely chopped
- 3 tablespoons fresh cilantro, chopped
- 1 lime, juice only
- 1/8 teaspoon oregano, finely crushed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper
- 1/2 Hass avocado, diced
- 4 bolillos (6 inches) or large Kaiser rolls, sliced in half lengthwise
- 1 can (16 ounces) seasoned low-fat refried black beans
- 2 cups shredded Chihuahua or mozzarella cheese

Heat oven to 350 F.

In medium mixing bowl, combine tomatoes; onion; garlic; peppers; cilantro; lime juice; oregano; salt, if desired; pepper; and avocado; set aside.

On medium platter, split rolls. With medium spatula, spread refried beans onto each bread half; sprinkle cheese among bread.

Bake 5-8 minutes, or until cheese is melted and hot.



Cheesy Black Bean Toast with Pico de Gallo

How Are You Handling Anxiety?



By Will Matthews

“The air was thick with anxiety.”

Those are the words spoken by Steve Kerr, former guard for the Chicago Bulls as he spoke in the ESPN documentary “The Last Dance” about the 1997-1998 title run by Michael Jordan and the Bulls. The specific game in which he was speaking of was the return of Michael Jordan to basketball after a year and a half hiatus. During that year and a half, Michael Jordan had a fairly unsuccessful run at a professional baseball career. No one is immune to anxiety, not even Michael Jordan.

“I’m not worried about it.”

After losing game two to the Eastern Conference semi-finals to the Charlotte Hornets, Michael Jordan was asked about losing the second game to the highly unfavored Hornets. Jordan replied, “I’m not worried about it.” But the truth is, no one is immune to worry, not even Michael Jordan. Michael Jordan is human, and perhaps he was worried after the loss.

“Do not worry”

While nobody is immune to worry, Jesus told his disciples, “Don’t worry about it.” Jesus said “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? (Matthew 6:25-27, NIV)”

Now, think about the context of this passage. Jesus is giving the Sermon on the Mount. Crowds are coming to him as he is on a mountainside teaching and preaching. But this part of the sermon, His disciples come to him and he teaches them. The disciples had left everything behind to follow Jesus – their families, their jobs, their security and their comfort – to follow the son of a carpenter from Nazareth, a homeless man who was unemployed. Jesus had no 401k, no stock options, no bank account, and he is going around saying controversial things like “The kingdom of God is at hand.” Maybe not the most popular or safe phrase that one could say in the Roman Empire.

And he says something as outlandish as “Don’t worry about it.” Don’t worry about where your next meal is going to come from. Don’t worry about what you’re going to wear tomorrow. He says, “Check out the birds. They have everything that they need and at the end of the day, if God takes care of birds, God is going to take care of you, because you are more valuable than a bird.

One of those disciples who was among the crowd when Jesus says this was Peter. Peter knew a thing or two about worry and anxiety. Peter was there in the garden of Gethsemane when Jesus prayed for the cup of God’s wrath to pass him. He saw Jesus in so much inner-turmoil that he was literally sweating blood. Peter was there when Jesus was walking on the water – and Peter got out of the boat to walk to Jesus and began to drown when he took his eyes off of Jesus. Peter was there when Jesus was arrested and put on trial and beaten unrecognizable and crucified, left to die on a cross by suffocation. So it’s safe to say that Peter knew first-hand about worry and stress and anxiety.

So this is what Peter had to say 1 Peter 5: 6 and 7: “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”

Two things stick out. First, Peter says that God’s hand is mighty. That phrase that “God’s Hand is Mighty” appears over and over again throughout Scripture, particularly in the Old Testament. Three times in Deuteronomy:

Deuteronomy 3:24, ““O Lord God, you have only begun to show your servant your greatness and your mighty hand.”

Deuteronomy 7:8 “But it is because the Lord loves you and is keeping the oath that he swore to your fathers, that the Lord has brought you out with a mighty hand and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt.”

Deuteronomy 7:19 “The great trials that your eyes saw, the signs, the wonders, the mighty hand, and the outstretched arm, by which the Lord your God brought you out.”

In the ancient near east, the hand was significant because it represented power. Men fought, and worked, and survived by their hands. This isn’t just a biological statement, it’s a belief statement. The Mighty Hand of God is a statement about God’s sovereignty, God’s divine will and God’s protection over us. Peter here is reminding them that anything that might bring us anxiety, worry, stress, none of it is beyond God’s control. That

should give us some reason to let out a sigh of relief, that our circumstances are under the mighty hand of a God who cares for us.

Second, Peter says that we should cast our anxiety on the Lord. In most translations, there is a period between verses 6 and 7 – the start of a new sentence. The translators of this Bible did that to make the translation of the Greek look grammatically correct in English, but in the original Greek, there’s no period – just one long sentence. That’s important, because Peter makes an important connection between humility and anxiety.

Humility creates anxiety. Think about it: For you to humble yourself before God, under his Mighty Hand, there is anxiety in that -- because you’re acknowledging your fragility as a human being. You’re acknowledging that you don’t have things under control. You’re acknowledging your dependence on something or someone outside of you to fix your problems. John Piper says it like this: “Humility is the risk of losing face, not being appreciated, not being praised, and not being rewarded.”

It is painful for us to come to terms with the fact that we are not God. Think about Genesis 3 and the garden of Eden. Adam and Eve are deceived into thinking that if they eat from the fruit of the tree that they will become like God. Instead, they are humiliated; they are humbled. God walks in and says “Why are you hiding?” and they say, “Because we are naked.” Not only did they not become God, they realized that they had been deceived into thinking they could even come close to having the power and authority that God has. They were humbled to the point where they couldn’t even adequately clothe themselves; God had to take care of that for them. Scripture says that God made garments of skin for Adam and Eve and clothed them. For God to make garments of skin meant that he had to kill something in order to cover their sins. That was pointing us to Jesus, that Jesus would ultimately be killed to cover our sins.

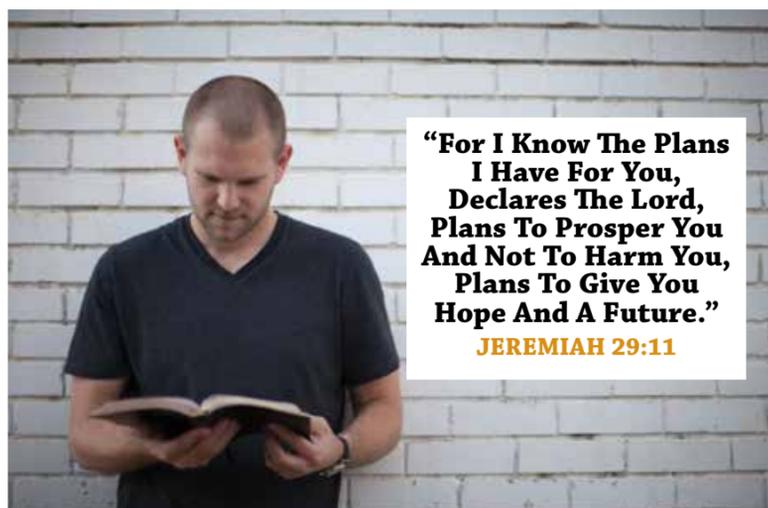
So what should we do with this anxiety that humility creates? Peter says cast it on the Lord because he cares for us. That’s really hard to do. Here is what we typically tend to do with anxiety: we hold on to it. We push it down where nobody can see it. Eventually it bubbles to the surface. Maybe we project our anxiety on to somebody else. It harms our relationships with others. It puts us in a new light with the people we love. They see our humanity and our brokenness.

Peter says there is a better way – cast your anxieties on the Lord. When I was growing up and playing Little League baseball, sometimes the coach would stick me in the outfield. I hated playing the outfield. I was a first baseman. I loved playing first base because you actually get to play. A lot of the times, they stick the kids who are not good in the outfield, because in Little League, the ball rarely sees the outfield grass. But when I did play the outfield, I always wanted to throw someone out at home plate. I thought that would be the coolest thing ever – so when I was at home, I worked on that. In our yard, my dad would stand on the other and he would yell at me “Chunk the ball!” Maybe that’s what the southern translation of 1 Peter 5:7 should say: “Chunk all your anxiety on him!” That means to get rid of it. With all your strength. With all you’ve got. Put your stresses and worries and anxieties on Him who has the mighty hand. When it says that he cares, it means he will not stand by and let things develop without his influence. If you cast your anxieties on him, he will act. He will work. Not always the way we would want, or think, but that is why He is God and we are not. He sees a thousand connections we don’t see. Casting your anxiety on God means trusting him for handling your specific situation.

During this COVID-19 season, you may have some specific situations that are causing you anxiety. Maybe it’s not being able to see family. Maybe it’s not being able to go to work. Maybe it’s being laid off from your job and not knowing how you’re going to make ends meet. God promises here that worry won’t fix our situations, but trusting in Him will allow us to find peace and joy in the midst of trials.



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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: _____
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The Sampson Weekly

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2020 Clary Medal Award Winner Kayla Yang



The North Carolina High School Athletic Association is pleased to announce the winners of the 2020 William Clary Medal scholarship. This year's recipients are Kayla Yang from Clinton High School and Gabriel Barber from East Bladen High School. Winners of the Clary Medal are awarded a one-time \$2,000 scholarship and a commemorative plaque.

Kayla Yang – Clinton High School

Kayla Yang is a three-sport athlete in soccer, swimming, and golf at Clinton High School. She was a member of Clinton High School's inaugural girl's golf team and made an appearance at the regional and state championships. Her athletic pursuits also included honors for her outstanding performances in soccer and swimming. As a soccer stand out, she was named All-County, All-Conference, All-Region, and All-State. Aside from her accomplishments as an athlete, Kayla is also an exceptional student. She is president of her school's chapter of the National Honor Society, Student Government Association (SGA) vice president, and she holds membership in Clinton High School's Spanish Honor Society, CTE's Honor Society, and the DECA Club. Yang plans to pursue a degree in biology.

ABOUT THE CLARY MEDAL

The Clary Medal is made possible through the generosity of the Eddie and Jo Allison Smith Family Foundation and annually recognizes an outstanding male and female varsity student athlete participating in varsity competition in at least two NCHSAA-sanctioned teams. The award is based on the individual's excellence in athletic participation, extra-curricular activities and community service. Each recipient of this medal exhibits a desire to excel in all areas of life – athletics, education, sportsmanship, teamwork, leadership, honesty and integrity.

Wilburn Clary's athletic career involved coaching, officiating and administration. He coached several sports at the Methodist Children's Home for almost 30 years, was an outstanding official on the high school and collegiate level and served as the executive secretary of the Western North Carolina High School Activities Association from 1949-1977 until it merged with the NCHSAA. Mr. Clary was the first collegiate football official to be inducted into the National Football Foundation and College Hall of Fame.



NCHSAA Announces 2020 Willie Bradshaw Memorial Scholarship



The North Carolina High School Athletic Association has announced the winners of the Willie Bradshaw Memorial Endowed Scholarship for 2019-2020. The Willie Bradshaw Endowed Scholarship provides \$750 of scholarship support to selected outstanding Black African American, Native American, Alaska Native, Asian American, Native Hawaiian or Other Pacific Islander, or Hispanic American student-athletes participating on a sanctioned varsity team at an NCHSAA member school.

Out of the regional recipients, one male and one female student athlete have also been selected as a state scholarship recipient and each receive an additional \$1,000 scholarship as state award winners. This year's state recipients are Jessie Ssengonzi from Green Hope High School and LaTyra English from Union High School.

ABOUT WILLIE BRADSHAW

The Willie Bradshaw Memorial Endowed Scholarship is in honor of Durham-native, Willie Bradshaw, an NCHSAA Hall of Fame inductee in 1995 and National High School Hall of Fame inductee in 2010. Bradshaw was an outstanding athlete at Hillside High School, playing on the undefeated 1943 football team that went untied and unscored upon. He went on to North Carolina College (now NC Central University) and then on to pitch professionally for several Negro League teams. He became the first African American city or county athletic director when he took over for the Durham City School system until his retirement in 1992.

LaTyra English – Union High School

LaTyra English is a two-sport athlete at Union High School. Throughout her tenure at Union she played varsity basketball and track and field receiving all-county and all-conference honors during her junior and senior year. She was also recognized as a Spartan MVP. English's accomplishments off the field are just as impressive. She was a junior marshal for Union High School commencement, maintained Honor Roll and Principal's List recognition during each of her four years, and is in the top one percent of her class. She plans to study sports management.

LaTyra English



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EDUCATION

From the Inside Looking Out

UMO Art Students View COVID-19 from a Different Perspective

During the stay at home orders caused by COVID-19 people often feel trapped. Social distancing has meant social isolation for many. University of Mount Olive Art Professor Cheryl Hooks challenged the students in her Fine Arts Studio class to complete a window mediations assignment as a means of helping them realize that although the scenery may be different from their vantage points, everyone is going through a similar situation. In the assignment, she encouraged the students to simply observe and recreate what they saw from their own windows, and more importantly she challenged them with these words, "Don't take it personally."



"Creativity, along with direct observation, help nurture healing and strength," Hooks said. "Due to the COVID-19 pandemic, I felt it important to spend some time clarifying our individual strengths as artists and our responsibilities to and for each other."

Senior art major Cindy Rhodes of Princeton chose to paint and mediate on the sites from her kitchen window overlooking a beautiful old magnolia tree. Just beyond the fence separating her property from her neighbors, Rhodes observed a young boy jumping on a trampoline. She captured his image, hair flying in the wind seemingly without a care in the world. Above the drawing she wrote, "You'll be amazed at how much better you feel when you take nothing personally."

Rhodes admittedly misses the interactions between her professors and classmates during the isolation of COVID-19. However, as a self-professed "emotional person," she feels this assignment has helped her build confidence in herself and in her art. "As we seek and work for enlightenment, our attitudes and behaviors improve," she said. "I think this pandemic has caused our capacity for compassion to be revealed."

Rhodes enjoys art because, as she says, "It allows me to do something physically constructive and ponder spiritual topics at the same time. Most of my work is actually a product of meditation, so the process of creating the work allows me time to delve as deeply into the topic as I can."

Malana Bryant, a junior graphic design and fine arts major from Clinton said, "This project helped me find the beauty in the things around me, even with everything that's going

on."

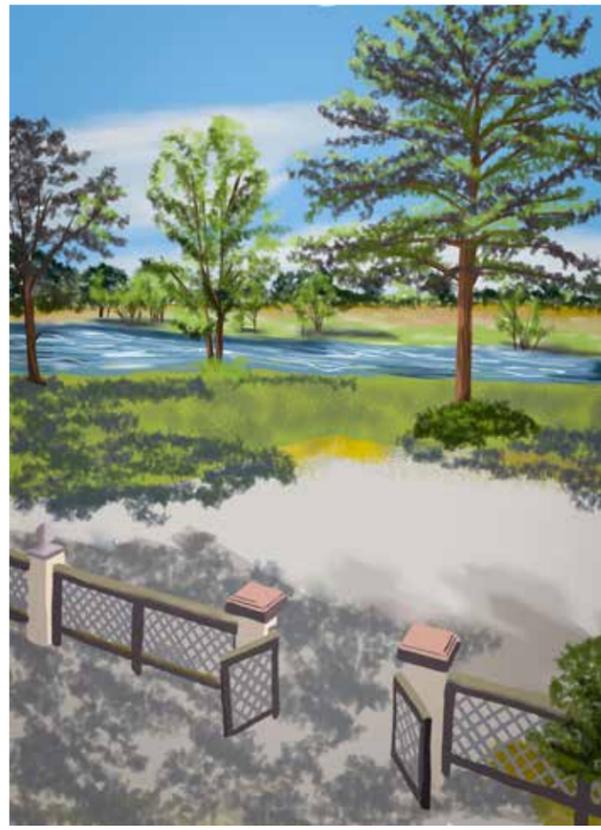
On the last day of meditation, Bryant pondered which window of her house she would illustrate. She chose to digitally recreate the view from the widest window in her home. "The window has no blinds, and the curtains are always open," she described. "It reflects how I look at the world in all its beauty, with wide eyes and no distractions."

Bryant noted that she is open to seeing new things, especially in nature. "I am always at peace as I watch the water flow and the leaves in the trees blow," she shared. "It gives me internal peace, endless happiness, an understanding outlook, and reveals God's blessings."

Bryant appreciated the assignment because it reinforced how art mirrors life in so many ways. "Art shows that we can all see the same thing, but interpret it differently," she said.

The project also gave Bryant a more positive outlook in the face of the COVID-19 pandemic. "This assignment showed me that although it seems that my life has changed so much in the past few weeks, the nature around me hasn't."

Through art and meditation Professor Hooks provided her students the opportunity to focus on the positives in their lives, and not just the negatives. "That is an important lesson for anyone of any age," she concluded.



Nutritional Tips to Avoid the "Corona Chubs"

by Jaime Kylis-Higginbotham, MS, CNS



MOUNT OLIVE - University of Mount Olive Assistant Professor of Exercise Science Jaime Kylis-Higginbotham shares insights into healthy eating during COVID-19 and beyond.

Here we are, getting that family time that we were wishing for months ago. Prior to the Corona pandemic life was hectic. We were running around getting our little/big people where they needed to be, all while we were wishing we had more time to slow down. Well, now we have been forced to slow down. Activities have been cancelled, we have been encouraged

to stay home, and we have family time back. We have more time to cook healthy meals, focus on family dinners at the table, get outside and become more active, and take family bike rides and walks.

While all of these thoughts of increased family time and exercise are great, it seems that the drive-thru windows at McDonalds and Chick-fil-A are busier than ever! Although these type businesses have been deemed 'essential,' so are our family kitchens, where the real magic happens. For some, a kitchen is a dark scary place where boiling water can be a life threatening task. For others, kitchens represent a place and time to get creative and develop new, healthy habits that the whole family can enjoy.

The good news is that starting the journey to creating new eating habits does not cost additional money. There is no need to buy subscriptions or annual memberships, just take a trip to your favorite grocery store with a well-planned list (a well-planned list can prevent you from straying down the cookie or chip aisle). Two of my favorite places to look for fresh ideas are Pinterest and MyFitnessPal (both require an online account which are free to create). There are many other places you can look for recipe ideas, but I like these two as I can search by preference for things like no gluten or low sugar. Other places like Wal-Mart, Harris Teeter, and Food Lion have recipe databases which allow you to check the availability of items within the recipe. Take this one step further by ordering these items online and showing up to the store for curbside delivery to your car. Talk about convenience!

So what is healthy eating? This can be confusing, as everyone may have a different definition of what is healthy. One person may drink tea sweetened with Splenda and think that is a good choice. But, is that really healthy? Research shows that artificial sweeteners can be just as detrimental to weight gain as regular sugar, and possibly even worse...true story. Another person may choose low-fat products. However, these food items are typically loaded with more sugar to replace the 'goodness' that fat brings. Fat is good for us, not the 'Big Mac' fat, but the fat that is found in raw nuts, avocados, and even some plant-based oils. Fat doesn't make us fat. Sugar combined with fat contributes to weight gain. So, you can see how this basic question can be confusing to some trying to make better decisions.

It is the same with exercise. Sometimes when we think about exercise, especially if we are starting from ground zero, it can be intimidating. However, great health benefits can be gained from simple basics such as walking. But, keep in mind, no matter how physically active we are, we cannot out exercise a 'bad' diet. So, what do we look for? Here are some tips to avoid the 'Corona Chubs':

- Eating food in its natural state is best. Easy tip, the more processed the food, the less nutrients. I tell my students that if you eat out of bags, boxes, and drive-thru windows, you can probably assume you have nutritional deficiencies (if not supplementing with additional vitamins/minerals). During the 'processing' process of foods, key elements are lost which are the vitamins and minerals. If the food you are buying has high fructose corn syrup (HFCS), put it back. Choose something comparable that does not have HFCS.
- Try eating more colors throughout the day. Green = good. Try smoothies with a handful of spinach thrown in for a boost of nutrients. Not all smoothies are loaded with sugar and milk. Try no sugar added vanilla almond milk or other nut milks for a variety of flavor. Add frozen fruits or veggies to create a more nutrient snack.
- Another key for healthy eating is being prepared at all times. This means keeping healthy snacks with you. Homemade trail mix, minus all the chocolate candies, can add a good nutrient punch in your day. Fruits such as apples and oranges are good snacks that can stay at room temperature. Add some natural peanut butter to those apples, and now your snack is at a different level of nutrients!
- Keep a cooler in your car if you are going to be busy throughout the day. Low carb wraps with left over grilled chicken and veggies can be a better option than a drive-thru.
- Eat only when you are hungry. If you are not hungry, there is no need to eat.
- The little people in our lives learn how to eat by watching us. Include them when cooking and preparing snacks. Let them stir the marinade, teach them how to cut a pepper, and just get them involved. It's actually lots of fun to get everyone involved!
- Having appliances such as an Instant Pot, Crockpot, and air fryer are key when planning and preparing healthy meals.
- Lastly, drink plenty of water. There is no replacement for good 'ol H₂O. While not exact, a good rule of thumb is to calculate your body weight in pounds, cut that number in half, and that is a rough estimate of how many ounces of water you should drink in a day. The actual DRI (daily recommended intake) of water is 3.7 liters for men and 2.7 liters from women, not taking into account food and activity.

Some last tips, get out there and get active. Roll up your sleeves in the kitchen and outside (for some Vitamin-D). This time is precious, and life will get back to 'normal' soon (whatever that may be). Hopefully, these tips can stick with you longer than the 'Corona Chubs'!

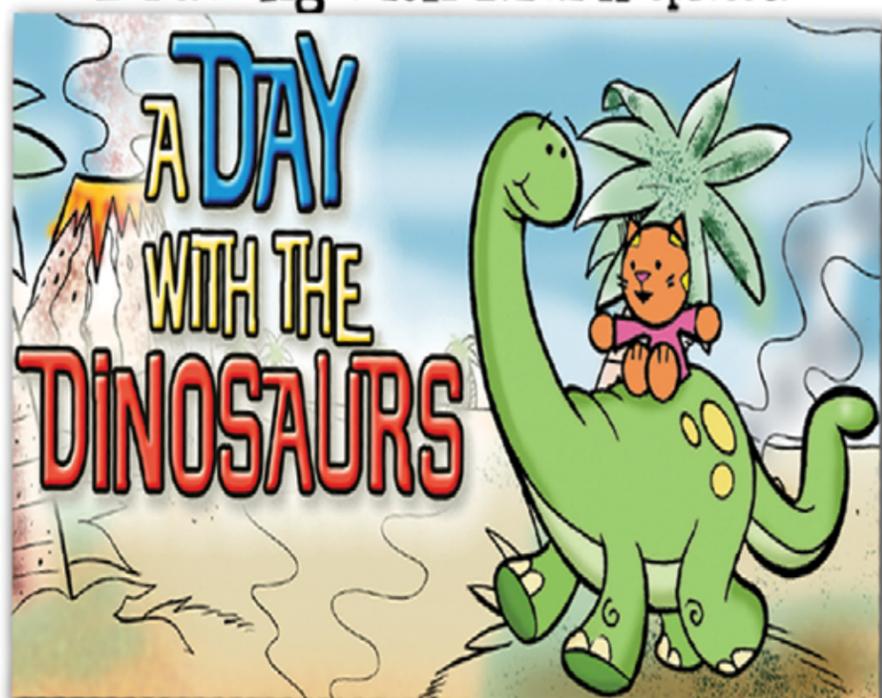
Additional Information:

Assistant Professor of Exercise Science August 2002 - Current
MS in Movement Sciences from Florida State University
MS in Human Nutrition from University of Bridgeport
Certified Nutrition Specialist (CNS)
Precision Sports Nutrition Level 1 Certified

Pictured above: Jaime Kylis-Higginbotham and her nine-year-old daughter, Grace-Lyn, enjoy cooking healthy options in their kitchen.

Step-by-step drawing of a Tyrannosaurus Rex!

A Drawing lesson from the
Drawing with Mark episode:



Here is what our finished drawing will look like.

We can use our basic shapes:
Circle Square Triangle

Start with your pencil, crayon or marker.
Sketch lightly and have fun. Let's start!



1. Start with your "action" line to help give the character action and flow to the pose.



2. Add your basic shape CIRCLES along the Action Line.



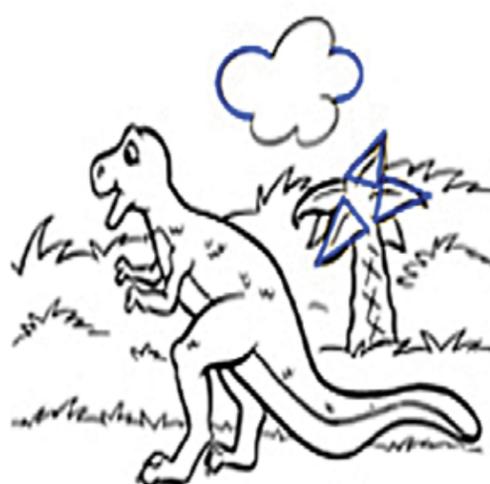
3. Begin creating the form of the T-Rex using these connecting lines



4. Add stick figure lines and ovals. Use a basic shape SQUARE for the snout.



5. Use tubes to begin creating the final "outside" forms of legs and arms.



6. Start rounding out the lines so they look like muscles. And the face too.

The basic shapes and tubes will be erased but they're still there invisibly, giving our drawing a good, solid foundation.



7. Add detail to the body and use your action line to finish the tummy. Then use basic shapes to draw the background! Have fun!



drawing with mark

How-to-draw DVDs
now available!

Fun and educational
drawing instruction on dvds
for ages 6 - 86.

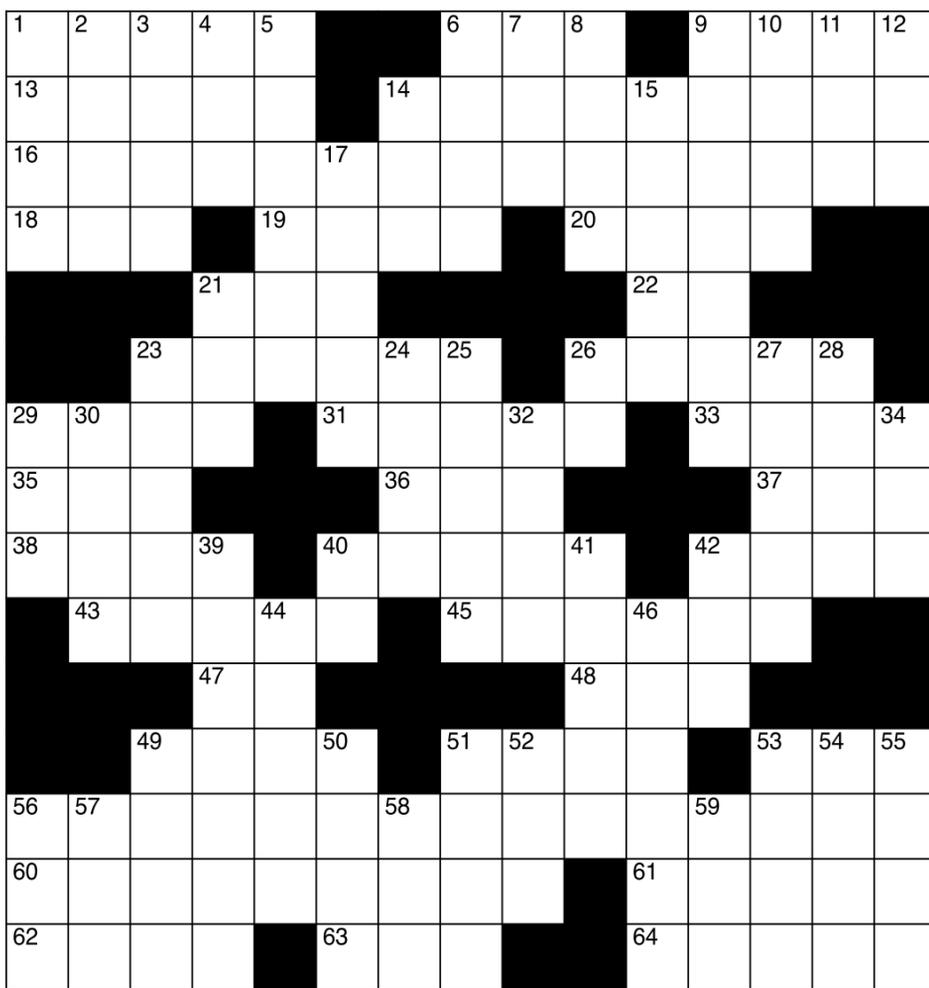
Over 2 hours of
educational fun per set!

Please visit:

www.moviezyng.com/DWM.aspx

PUZZLES

Crossword Puzzle

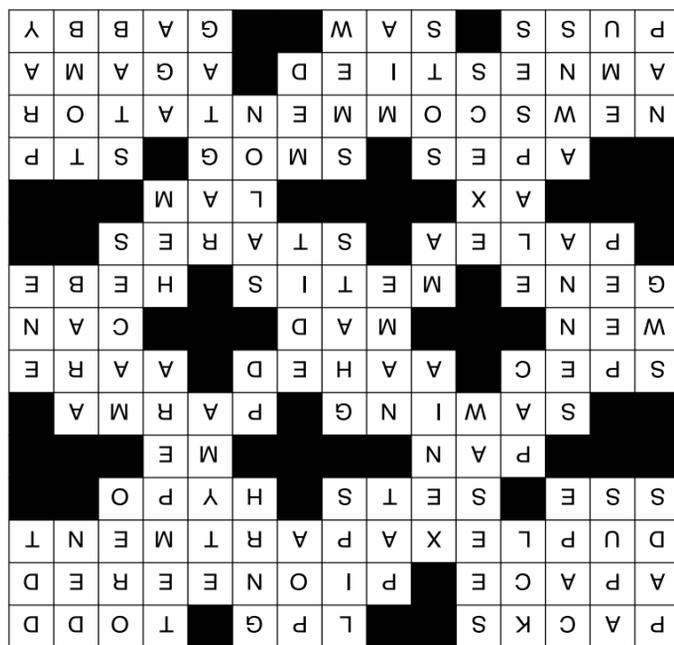


CLUES ACROSS

- 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

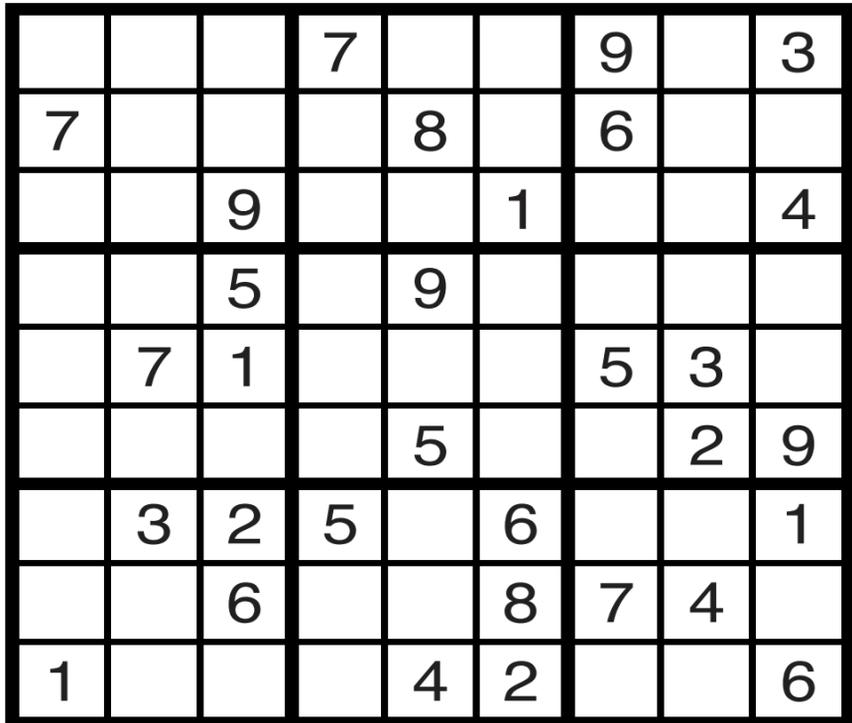


PUZZLE SOLUTION

SUDOKU

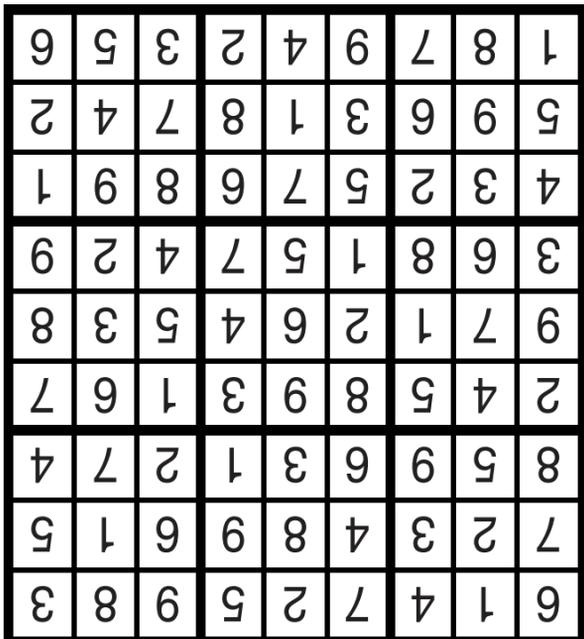
Fun By The Numbers

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:

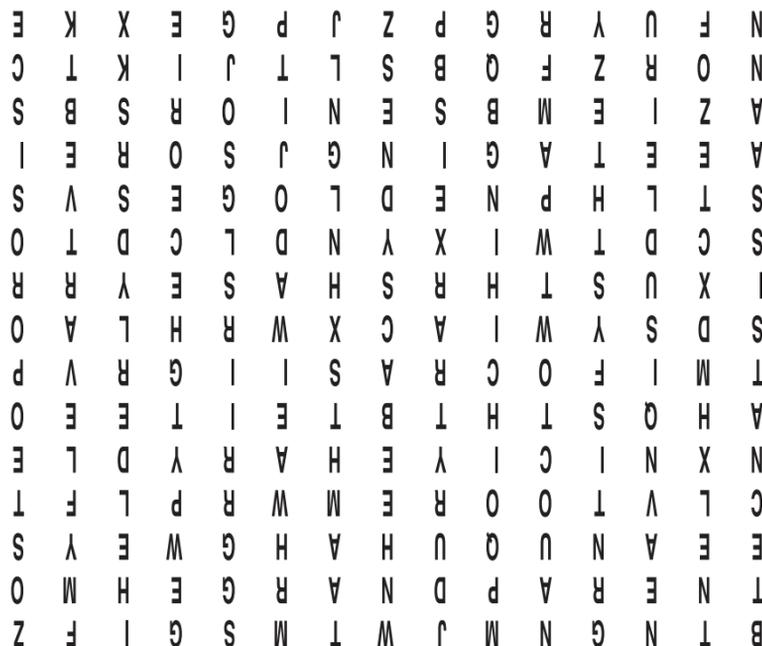
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric 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



CRIME

CRIME REPORT

05-20 Sarah Brown, 33, Harrells. Simple Assault. Trial Date 07-23-20
 05-20 Mercedes Gonzalez, 40, Clinton. Simple Assault. Trial Date 07-21-20
 05-20 Johnny Edward Lucas, 49, Clinton. Assault with a Deadly Weapon, Communicating Threats. Trial Date 06-08-20
 05-20 Maria Gogerty, 59, Newport. Misdemeanor Larceny, Second Degree Trespass. Bond \$1000. Trial Date 06-24-20
 05-20 Jacqueline Johnson, 36, Salemburg. Second Degree Trespass. Trial Date 08-25-20
 05-20 Cornelia Lorraine Spurrier, 58, Roseboro. Second Degree Trespass. Trial Date 08-25-20
 05-20 Betty Bradsher, 68, Clinton. Worthless Checks. Trial Date 08-25-20
 05-20 Tammry Sue Peterson, 48, Roseboro. Injury To Personal Property. Trial Date 06-22-20
 05-20 Timothy Stewart, 58, Dunn. Second degree trespass. Trial Date 07-28-20
 05-20 Sabrina Evans, 41, Salemburg. Worthless Checks. Trial Date 07-21-20
 05-21 Dontega Farrell Williams, 34, Clinton. Possession of Firearm by Felon. Bond \$10000. Trial Date 06-12-20
 05-21 Carolyn Rose Conner, 23, Clinton. Domestic Simple Assault. Trial Date 07-21-20
 05-21 Philip Jake Nelson, 32, Clinton. Domestic Assault on a Female. Trial Date 07-21-20
 05-21 Malcom Rasheed Price, 23, Selma. Poss Buy Sell Firearm Altered Serial ID, Assault Point Gun, Communicate Threats. Trial Date 06-12-20
 05-21 William Grote, 66, Salemburg. Assault on a Female. Trial Date 07-28-20
 05-21 Milton Lee Strong, 61, Clinton. Misdemeanor Larceny. Trial date 07-21-20
 05-21 Tiffany Tyndall Boykin, 27, Dunn. Communicating Threats. Trial Date 08-25-20
 05-21 Michael Maldonado, 43, Clinton. Communicating Threats, Assault by Pointing a gun. Bond \$4000. Trial Date 06-09-20
 05-21 Lorenzo Gerard Henry, 28, Garland. Trespass, Communicating Threats. Trial Date 07-21-20
 05-22 Ethan Groves, 54, Clinton. Simple Assault, Communicating Threats. Trial Date 07-07-20
 05-22 Matthew Hampton, 51, Benson. Driving Under the Influence, Poss. Open Container/ Consume Alc Pasg Area. Bond \$500. Trial Date 08-18-20
 05-22 Aaron Michael Tadlock, 26, Newton Grove. Poss of firearm by felon, Assault with deadly weapon. Bond \$25000.
 05-22 Robert Andrew Harshall, 35, Clinton. Resisting Public Officer, Assault on Female. Trial Date 06-25-20
 05-22 Kevin Dean Elliott, 46, Eden. Kidnapping, Motor Vehicle Theft, Stolen Property Offenses. Bond \$550000. Trial Date 06-12-20
 05-23 Wayne Croker Jr, 40, Mount Olive. DWI, No Insurance, Revoked License, Revoked Registration Plate, Open Container. Bond \$1500. Trial Date 07-08-20
 05-24 Jose Ramos, 31, Rose Hill. DWI. Open Container After Consuming, No Operators License. Trial Date 07-23-20
 05-24 Christopher Scott Wilborne, 44, Clinton. Burning of Personal Property. Bond \$2500. Trial Date 06-12-20
 05-25 Tymeisha Rayshon Fryar, 19, Clinton. Injury to personal property, Simple Affray. Bond \$1000. Trial Date 08-03-20
 05-25 Kalyah Mishon Williams, 18, Clinton. Simple Affray, Injury to Real Property. Bond \$1000. Trial Date 08-03-20
 05-25 Damien Dominique Butler, 26, Fayetteville. CS/Injury to Personal Property, Possession of Marijuana. Trial Date 07-21-20
 05-25 Maria Darden Hicks, 37, Roseboro. Possess Meth. Bond \$10000. Trial Date 06-12-20
 05-25 Malcolm Jamal Ortiz McDowell, 19, Clinton. WFA/Simple Assault. Bond \$500. Trial Date 06-30-20
 05-25 Devan Million McLamb, 21, Clinton. Trespass, Resisting Public Officer. Bond \$500. Trial Date 08-06-20
 05-25 Timothy Stewart, 58, Dunn. Cyberstalking. Trial Date 06-30-20
 05-25 Maria Darden Hicks, 37, Roseboro. Child Support. Bond \$200. Trial Date 06-02-20
 05-25 Valerie Sernophia Mccants, 40, Clinton. Simple Assault. Trial Date 08-25-20.
 05-25 Valerie Sernophia Mccants, 40, Clinton. Simple Assault, Injury To Personal Property. Trial Date 06-25-20
 05-25 Cyle James Beatty, 33, Roseboro. Littering 15-500 lbs. Trial Date 07-30-20
 05-26 Sherik Renna Mcneil, 34, Roseboro. Failure To Return Rental Property. Trial Date 07-20-20
 05-26 Misty Mishoe Cole, 42, Located Wanted Person

05-26 John Neil Mcduffie, 28, Dunn. Carrying Concealed Gun, Simple Possession of Marijuana Trial Date 07-02-20
 05-26 Shrealla Mcphail, 46, Salemburg. Communicating Threats. Trial Date 08-25-20
 05-26 Rashaun Hamilton Parker, 25, Fayetteville. Driving Under the Influence. Bond \$500. Trial Date 09-04-20
 05-26 David Jorge Krch, 40, Clinton. DWI, DWLR, Domestic Simple Assault. Bond \$1500. Trial Date 07-06-20
 05-27 Jasmine Rena Cromartie, 22, Elizabethtown. Possess Marijuana. Trial Date 07-22-20
 05-27 James Blake Bradford, 33, Clinton. Break/Enter/Terrorize/Injure, Simple Assault, Domestic Criminal Trespass. Bond \$5000. Trial Date 06-12-20
 05-27 Jahleek Joyner, 19, Greensboro. Breaking/Entering, Conspire Breaking/Entering, Attempt Breaking/Entering Building, Felony Conspiracy, Possession Firearm by Felon. Bond \$200000. Trial Date 07-23-20

INCIDENT REPORTS

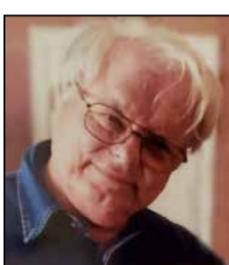
05-20 Frederick Antonio Ward of Rose Hill reported Damage of Property- Storage Building \$100
 05-20 William Dock Autry of Autryville reported a Burglary/Breaking & Entering- weedeater \$199
 05-20 Sharon Warren of Clinton reported a Burglary/Breaking & Entering, Destruction/Damage/Vandalism of Property- damaged structure \$200
 05-20 Janice Coffee of Autryville reported a Burglary/Breaking & Entering- refrigerator \$100, ac unit \$100, space heaters \$100, DVD player \$100, wooden cabinet \$100, various tools \$200
 05-21 Beverly Byrd of Clinton reported Breaking and Entering Residence, Damage to Property- damage to window \$250, automobile \$350
 05-21 Yanikia Akia Cromartie of Garland reported Damage to Property- tires \$300, trunk of car \$300
 05-21 Dianne Whitley Strong of Clinton reported Misdemeanor Larceny- Money \$20
 05-21 Warrens Car Wash of Clinton reported 220 - Burglary/Breaking & Entering, Destruction/Damage/Vandalism of Property- Money \$100, vending Machine \$1300
 05-21 Joan Blackmon Troublefield of Faison reported All Other Larceny- weedeater \$200
 05-21 Nyasya James of Clinton reported Larceny of Money \$1100
 05-22 Barnhill Contracting Company of Clinton reported All Other Larceny- batteries \$650
 05-22 Craig Lee Burns of Dunn reported Destruction/Damage/Vandalism of Property- microwave \$100, door \$75, curtains \$75, tv \$300, dresser \$225
 05-22 City of Clinton reported Damage to City Property- tools \$10.00, Grand Caravan \$250,
 05-23 Ronnie Eason of Clinton reported a Breaking & Entering- clothing \$160, VCR \$100, household items \$1050, tv \$250
 05-24 Terry Michael Priest of Clinton reported the Burning of Personal Property- automobile \$4500
 05-24 Taylor Products of Garland reported Theft From Coin- Operated Machine or Device- lock \$20, money \$400
 05-24 Ben Parham of Turkey reported All Other Larceny, Trespass of Real Property- stolen wildlife camera \$440
 05-24 City of Clinton reported Breaking & Entering Other Building- lawn equipment \$9821
 05-24 CM Remodeling reported Larceny of trailer \$4000
 05-24 Angela Resio Jackson of Roseboro reported Larceny of cell phone- smart phone \$1200
 05-25 James Peterson of Roseboro reported Motor Vehicle Theft- \$1800
 05-26 Amy Marie Miller of Dunn reported Larceny of a Trailer- \$7300
 05-26 Karen Lawrence Osborne of Clinton reported All Other Larceny- push lawn mower \$200, refrigerator \$500
 05-26 Precision Tool & Stamping of Clinton reported Larceny of trailer \$2000
 05-26 Bryant's Florist of Clinton reported Counterfeiting/Forgery- Money \$97
 05-27 William Herrera Dubon of Clinton reported Damage to Property- car window \$250
 05-28 Ralph Dumpson of Clinton reported Damage to Property- Mercedes Benz Windshield \$750

OBITUARIES

ROSEBORO

Ms. Lila Jane (Starling) Allen, 83 passed away Wednesday, May 27, 2020 at Mary Gran Nursing Center in Clinton. A graveside service will be held at 2:00pm Sunday, May 31, 2020 at Fayetteville Memorial Cemetery, officiating will be Rev. Bryan Strickland. She was preceded in death by her parents, Martin Jeff Starling and Bessie Mae Averitte; husband, Elton A. Allen; step-son, Randy Allen; and a granddaughter, Sonya Fann. She was also preceded in death by five brothers and two sisters. She retired from Black & Decker in Fayetteville. She is survived by son, Charles Bullard of Fayetteville; daughter, Diane Holland and husband, Leon of Roseboro; daughter, Janet Brock of Raleigh; seven grandchildren; seven great-grandchildren, and many nieces and nephews. Services entrusted to Butler Funeral Home, 401 W. Roseboro Street, Roseboro, NC.

Mike Bartlett and son in law, Phillip Campbell. Archie retired from Erwin Mills after 30 years of service, but as an entrepreneur, he continued to work. He owned and operated Lucknow Catering, A Coin & Gun Shop, and most recently he co-owned and operated Dunn Personal Storage. Mr. Archie was known as a BBQ connoisseur with his secret sauce, and many have enjoyed his annual November Pig Pickin. His family was his world; he dearly loved his three girls, Rita, Beth, and Crystal. Archie's favorite place to be was supporting his grandchildren in whatever they were doing. His favorite day of the week was Sunday, because that meant Sunday lunch with his family and watching the race. Archie loved to work and loved his friends. He was rich in love, family, and friends. A funeral service to celebrate his life will be held at 11:00 a.m., Friday, May 29, 2020 at Spring Branch Church with Rev. Beth Best and Rev. Michael Worley officiating. Burial will follow in the church cemetery. Archie is survived by his wife, Rita Godwin Bartlett; daughters, Beth Bartlett Best, and Crystal Bartlett Campbell; grandchildren, Blythe, John Michael, and Luke Best, and Saylor, Caleb, and Peyton Campbell; sister, Bennie Bartlett & husband Richard Battle; and many, many friends. Arrangements by Skinner & Smith Funeral Home in Dunn.



for viewing.

FAYETTEVILLE

Ms. Patricia "Patty" McDaniel Beard, 73 passed away Tuesday, May 26, 2020. Funeral service will be held at 2:00 pm Friday, May 29, 2020 at Sharon Baptist Church, officiating will be Rev. Larry West, Rev. Larry Wilkes and Rev. Tim Hall. Burial will follow in the church cemetery. She was born in Sampson County to the late, Floyd Lawrence McDaniel, Jr. and Emmie Kaywood Bordeaux McDaniel. She is survived by her children, Angela B. Jests & husband, Chris and Jennifer B. Jacobs all of Fayetteville; grandchildren, Chase & Kayleigh Jacobs; sisters, Peggy West & husband, G B of Fayetteville and Brenda Clark of Elizabethtown; brothers, Floyd L. McDaniel, III of Autryville, Allen McDaniel & wife, Carol Anne of Fairmont, Kenneth McDaniel of Oak Island and Charles McDaniel & wife, Amy of Stedman. The family will receive friends from 6:00 pm to 8:00 pm Thursday, May 28, 2020 at the funeral home. In lieu of flowers donations may be made in Patty's honor to Sharon Baptist Church, 9957 Turnbull Road, Fayetteville, NC 28312. Services entrusted to Butler Funeral Home, 6535 Clinton Road, Stedman, NC 28391.



TURKEY

Mrs. Cleopatra Alston, 95, of 2410 Needmore Road, Turkey, NC passed away Saturday, May 23, 2020 at home. The graveside will be held at 12 p.m., Sunday, May 31, 2020 the Smith Family Cemetery, Turkey, NC. Mrs. Alston is survived by her DAUGHTER-Tejuana McMillian of Clinton, NC; BROTHERS-Grady Smith of Turkey, NC and Randolph Smith of Las Vegas, Nevada; 2 grandchildren and 4 great grandchildren. Viewing at Worley Funeral Home Saturday, May 30, 2020 Public 2-4 p.m. Service will be live-streamed via Worley Funeral Home Facebook page. **Executive Order 117 restricts public gatherings to no more than 50 individuals at the same location. NOTE: To access the graveside service via Facebook, log on to your Facebook account and type in Worley Funeral Home. The live-stream will be available at the service time and afterwards for viewing.



SUMTER, SC

Mrs. Carolyn Fay Beale, 73, of Sumter, SC, formerly of Sampson County, NC, passed away Saturday, May 23, 2020 at Prisma Health Hospital, Sumter, SC. The graveside service will be held at 11 a.m., Tuesday, June 2, 2020 at the Troublefield Cemetery, Newton Grove, NC with Rev. Danny Robinson officiating. Mrs. Beale is survived by her SISTERS-Dyann Lonesome of New Market, MD, Rev. Janie Robinson of Newton Grove, NC and Dolores Sherrod of Hampton, GA; BROTHERS-Eddie Tajiddin of Newark, NJ, Dr. Tony Alamin of Newark, NJ and Warren Troublefield of Wake Forest, NC. Viewing at the gravesite. Service will be live-streamed via Worley Funeral Home Facebook page. NOTE: To access the graveside service via Facebook, log on to your Facebook account and type in Worley Funeral Home. The live-stream will be available at the service time and afterwards

CLINTON

Ms. Marcella Ann Brooks, 51 of Clinton, NC passed away Monday, May 25, 2020 at Wellington Rehab and Healthcare, Knightdale, NC. The graveside service will be held at 11 a.m., Friday, May 29, 2020 at Sandhill Cemetery, Clinton, NC with Pastors Sherrie & Dale Williams officiating. Ms. Brooks is survived by her SISTERS-Dr. Mary Marie Gillam of Lorton, VA, Pastors Sherrie Williams of Miami, FL and Barbara Monk Williams of Raleigh, NC; BROTHERS-John Branch, Jr., Tony Branch both of Charlotte, NC, Ronnie Monk of Saudia Arabia, Clarence Monk of Fayetteville, NC and Lonnie Monk of Hamilton, NJ. There will be no public viewing. **Executive Order 117 restricts public gatherings to no more than 50 individuals at the same location.



DUNN

Mr. William Archibald "Archie" Bartlett, 73, passed away Tuesday, May 26, 2020 at his home. Mr. Bartlett was born January 23, 1947 in Duplin County to the late Bill and Thelma Lloyd Bartlett. He was preceded in death by his brother,

OBITUARIES

AUTRYVILLE

Donald "Gene" Moore, 49, of Autryville passed away surrounded by his loving family on Thursday, May 21, 2020 at WakeMed Hospital. The family will hold a memorial service at a later date. Survivors of Mr. Moore include his sons, Jeremy Moore of Dunn; Bobby Moore and wife Pearl of Dunn; brothers, Tony Moore of Benson; Timothy Rains of Dunn; grandchildren, Alayna Moore, Rylee Moore, significant other; Michelle Moore, step grandchildren, Jasmin, D.J., Allen and Bristol. Mr. Moore was preceded in death by his parents; Donald and Judy Johnson Moore. Condolences may be made at www.westanddunn.com. A Service of West & Dunn Funeral Home of Benson, North Carolina.



entrusted to West & Dunn Funeral Homes, Inc., Newton Grove, North Carolina.

TURKEY



Mrs. Bonnie Dell Williams Pope, 89 of 8351 Turkey Hwy., passed away Saturday, May 23, 2020 at Cape Fear Valley Medical Center in Fayetteville, NC. Funeral Services will be held Friday, May 29th at 2:00PM at Turkey Pentecostal Free Will Baptist Church, 138 W. Faison Ave. Turkey, with Rev. Bill Cotton and Rev. David "Buck"

Grady officiating. Burial will follow at Devotional Gardens in Warsaw. Born on November 26th, 1930, Bonnie was the daughter of the late Joel Judson and Lula Pearl Tyndall Williams and the widow of David Pope, Jr. She was a member of Turkey PFWB Church, the church choir and truly loved her church family. She was a homemaker and wonderful cook who loved and was greatly loved by her family. Bonnie is survived by her son; Bobby Pope and wife, Wendy of Turkey; three daughters: Judy Pope Fraser and husband, Cole of Roseboro, Faye Pope Davis and husband, Robert of Delway and Gray Pope Knight and husband, Max of San Antonio, Texas. Bonnie was also survived by her eight grandchildren: Brittany P. Rowell, Amber P. Lewis, Reagan Pope, Sean Knight, Lisa Knight, Brian Knight, Nichole Gautier and Jason Smith; ten great-grandchildren: Memphis, Ian, Genni, Oscar Antonio, Cecilia, Nicholas, Jazmine, Collin, April and Laney; and one great-great granddaughter, Selena Knight. In addition to her parents and husband, Bonnie was preceded in death by three grandsons: Max Lee Knight, Bradley S. Knight and Marvin "Glenn" Gautier, Jr.; two sisters, Ometa Pope and China Bell and three brothers: Luby, Hubert and Preston Williams. The family will receive friends one hour prior to the service on Friday beginning at 1:00PM in the Fellowship Hall of Turkey PFWB Church, and other times at the home of her daughter, Judy and Cole Fraser, 207 Bullard St. Roseboro, NC. 28382. In lieu of flowers, memorials may be made to Turkey PFWB Church, 138 W. Faison Ave. Turkey, NC. 28393. Royal-Hall is honored to serve the Pope family.

2015. He was a member of the Mingo Baptist Church, serving on various committees. He took great pride with the Cemetery committee placing flags on servicemen's graves each year in observance of Veteran's Day. A funeral for Mr. West will be held 11 am Saturday, 30 May, 2020 at Mingo Baptist Church with Rev. Louis Strickland officiating. Burial will follow in the church cemetery. Elmond is survived by his wife of 65 years, Jane Naylor West of the home, a son Ray West (Mary) of Dunn, and a daughter, Rebecca (Dwayne) of Leavenworth, KS. Grandchildren include Carson West (Megan) of Dunn, Jonathan West Beasley of Fort Lewis, WA, and Joshua Beasley of Lawrence, KS. Great-grandchildren include Holden Beasley of Lawrence, KS and Mallie B. West of Dunn. Elmond is also survived by his sisters Shelby Wooten of Raleigh, Alma Coats of Dunn, Lynda Bass of Fayetteville, Brenda Stanley of Dunn, and numerous nieces and nephews. In lieu of flowers, memorials may be made to Mingo Baptist Church cemetery and building fund. The funeral will be livestreamed from Mingo Baptist Church's website www.mingobaptistchurch.com at the time of funeral. The family would like to thank the Mingo community who provided tender loving care the last year of Elmond's life. We appreciate the many visitors who dropped in, brought food, and called in to check on Elmond and Jane. We feel truly blessed. Arrangements are by Skinner & Smith Funeral Home in Dunn.

GOLDSBORO

Ms. Joyce Frederick Moore, 83 of 404 W. Mulberry Street, Goldsboro, NC passed on Friday, May 22, 2020 at home. The burial will be held at 11 a.m., Monday, June 1, 2020 at The Frederick Family Cemetery. There will be no viewing. Ms. Moore is survived by her DAUGHTERS-Latonia Thomas of Lancaster, PA and Uranga Gamble of Fayetteville, NC; SONS-Daryl Moore of Philadelphia, PA and Glynn Moore of NJ; SISTER-Gerlene Smith of Brooklyn, NC; 12 grandchildren. **Executive Order 117 restricts public gatherings to no more than 50 individuals at the same location.



ROSEHILL



Marcus Williams 33 passed away on Thursday, May 21, 2020 at Vidant Duplin Hospital. "Marcus" as we affectionately knew him, was raised in the Bearskin Community and he joined Bearskin Missionary Baptist Church at an early age. Marcus touched the lives of so many with his loving personality,

big unforgettable smile and unique humor. He was a longtime employee of House of Raeford Farms. A graveside service will be held on Friday, May 29, 2020 at 12:00 pm at Bearskin Missionary Baptist Church Cemetery, 4721 Bearskin Rd, Clinton. Marcus leave to cherish his memories: Son: Antonio Marquise Williams of Smithfield, NC, Mother: Felicia Williams of Clinton, NC, Father: Donald (Gail) Parker of Clinton, NC, One Brother: Craig (Kaneesha) Murphy of Clinton, NC, Grandparents: Mary Frances (Jack) Parker of Salemburg, NC, Two Uncles: Anthony Williams of Junction City, KS, Rodney (Sherlethia) Parker of Salemburg, NC, One Aunt: Latoya Williams of Salemburg, NC, One Special Person- The love of his life: Vivian Diaz. And a host of cousins, other relatives and friends. Visitation was held on Thursday, May 28, 2020 at Hope Valley Hawkins Funeral Service & Cremation, 1246 Hobbton Hwy. Clinton from 1:00 pm - 6:00 pm with family present from 5:00pm - 6:00pm.

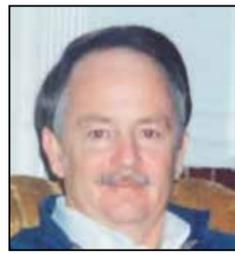
ROSEBORO

Carl Glen Matthews, 79, of 364 Naylor School Road, passed away Thursday, May 28th at Cape Fear Valley Hospital. A graveside service will be held at 2 PM, Sunday, at Harnett Primitive Baptist Church Cemetery in Roseboro with Pastor Tom Wagner officiating. Carl, born in 1940 in Sampson County, was the son of



the late Obdiah "O. B" Matthews and Ida Naylor Matthews. He was an electrician with the meat packing industry and a member of Baptist Chapel Church. Carl was a Veteran of the US Army. In addition to his parents he was preceded in death by his wife, Mary Ann Matthews. Survivors include; daughter, Pella Matthews Thigpen and husband Timothy; grandchildren, Summer Thigpen, Madison Thigpen, and Logan Thigpen; sisters, Tempie Matthews, Helena M. Bannister and husband Jim, Annette Parker and husband A. B. and Julean Self and husband Ray; and four step-children. Online condolences may be sent to the family at www.crumplerhoneycutt.com. Arrangements are by Crumpler-Honeycutt Funeral Home, 118 Fayetteville St., Clinton, NC 28328.

AUTRYVILLE



George Joseph Smith, Jr., 76, of Autryville passed away on Thursday, May 21, 2020 at Cape Fear Valley Medical Center. He was loved and will be missed by his family and friends. A private service will be held. Mr. Smith was a native of Cumberland County. He was preceded in death by his parents, Ruth and Robert Harris. He was a

truck driver and a veteran of the U. S. Coast Guard. He is survived by his wife, Brenda Smith of the home; two daughters, Elizabeth Lindley of Sanford NC; Josette Smith of Fredericksburg, VA; two sisters, Evelyn Fulford of Fair Hope, AL; Carolyn Swann of Stedman; one brother, Gordon Smith of Fernandina Beach, Florida; seven grandchildren and several nieces and nephews. Services entrusted to Butler Funeral Home of Stedman.

CLINTON

Mary Moore McLemore, 91, 409 Lafayette Street, died Tuesday, May 26, 2020 at Southwood Nursing Center. A graveside service was held at 2 PM, Thursday, May 28th at Clinton City Cemetery with Rev. Tony Calhoun officiating. Mary, born in 1928 in Sampson County, was the daughter of the late Mary Thomas Marshburn and James Moore Marshburn. In addition to her parents she was preceded in death by her husband, Thomas Warren McLemore, an infant son, and brother, David Wick Marshburn. She was a member of Grace United Methodist Church and worked with Hamilton Beach, Lundy's and Miller Controls. Survivors include; son, Thomas Warren McLemore, Jr. and wife Jane; grandchildren, Catherine Elizabeth, Kimberly Ellis and Joseph Thomas; great grandchildren, Graycn and Levi Thomas; and brother, James Thomas Marshburn. Online condolences may be sent to the family at www.crumpler-honeycutt.com. The family would like to thank Southwood Rehab Center and Liberty Hospice for the love and care shown while at their facility. Arrangements are by Crumpler-Honeycutt, 118 Fayetteville St., Clinton, NC 28328.

FRANKLINTON

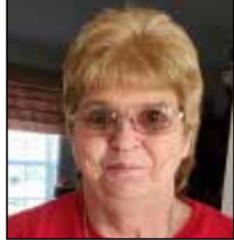
Mr. Hilton L. McLamb, Sr., 80, of Franklinton, NC, formerly of Sampson County, passed Sunday, May 24, 2020 in Franklinton, NC. The graveside service was held at 12pm, Thursday, May 28, 2020 at Sandhill Cemetery, Clinton, NC with Rev. Dr. Eddie Robinson officiating. Mr. McLamb is



survived by DAUGHTER-Della Lopez of Franklinton, NC; SONS-Joseph McLamb and Anthony McLamb both of Goldsboro, NC, Hilton McLamb, Jr. of Topeka, KS, James McLamb of Raleigh, NC, Waddell "Dell" McLamb of Anchorage, AK and special son, James Garner of Clinton, NC. Service was live-streamed via Worley Funeral Home Facebook page. **Executive Order 117 restricts public gatherings to no more than 50 individuals at the same location. NOTE: To access the graveside service via Facebook, log on to your Facebook account and type in Worley Funeral Home. The live-stream will be available at the service time and afterwards for viewing.

DUNN

Mrs. Beverly Williams Stewart, 58, of Dunn passed away Wednesday May 27, 2020 at Duke Regional Medical Center in Durham. Beverly was born July 31, 1961 in Norfolk, Virginia to Kelly Williams and Mary Bailey Tart. She was preceded in death by her son; Robert Dean Stewart Jr., father; Kelly Williams, step-father; Ronald Tart, sister; Laura McLeod; and a half sister; Gloria Peterson. Beverly had worked for Ernie's Buffet and The Green Top Grill. A funeral service will be held 3 pm Monday, June 1, 2020 at Skinner & Smith Funeral Home Chapel. Burial will follow at Erwin Memorial Park. She is survived by her mother; Mary Bailey Tart of Lillington, son; Troy Allen Stewart and wife Ashley of Dunn, companion, Sherrill Wayne Tyndall of Dunn, sisters; Lynn Hyler and husband John of Plain View, Kathy Honeycutt and husband Danny of Dunn, step brothers; Johnny Vilardo and wife Betty of Dunn, Ron Tart of Cary, Billy Vilardo of Florida, Edward Tart of Lillington, half brother, Linwood Williams of Elizabeth City; half sister; Wanda Hanbury and husband Jeff of Elizabeth City, and three grandchildren; Brookelyn, Paisley, and Jackson Stewart. In accordance with current NC COVID19 Guidelines, a public viewing will be held from 3 - 5 p.m. Sunday, May 31, 2020 at Skinner & Smith Funeral Home. Arrangements are by Skinner & Smith Funeral Home in Dunn.



CLINTON

Mrs. Roberta Kay "Bobbie" Lundgren Page, 78, of Keener Road, Clinton, passed away at her home on Thursday, May 28, 2020. Her family will have a private graveside service. Full obituary will be updated as soon as possible. Royal-Hall is honored to serve the family.

CLINTON

Robert L. Shackelford 72 of 607 Williams Street passed away on Saturday, May 23, 2020 at his home. Home Going service will be held on Saturday, May 30, 2020 at 2:00 pm at Greater Hope Christian Church, Hwy 421, Clinton, burial will follow at Sandhill Cemetery. A public walk thru will be held on Friday, May 29, 2020 from 1:00 pm - 5:00 pm at Hope Valley Hawkins Funeral Service & Cremation, 1246 Hobbton Hwy. Clinton.

PHOENIX, AZ

Professor Marcus Raysean White 31 passed away in Arizona on Thursday, May 14, 2020. Marcus was born on May 17, 1988 in Raleigh, NC. After many years of directing choirs, leading step teams and cheering Marcus began his dance career in 2005 under the direction Quisan Parker. He graduated from Clinton High School in 2006. After high school Marcus attended UNC Chapel Hill and graduated from UNC-G in 2010 with a Bachelor's degree in Fine Arts. In 2012, Marcus moved to Ann Arbor, Michigan where he earned his Master's in Fine Arts from the University of Michigan. While in Michigan, Marcus founded the performance production company White Werx that spans various genres and dance styles. As founder and director, he has created work for both stage and screen including Moving 24 FPS: Dance and Film Weekend Created in partnership with Carlos Funn of Funn Foto. Marcus has taught at Wayne State University and the University of Michigan and has also served as a guest artist at various prestigious pre-professional dance programs such as the Dance Theatre of Harlem School, American Dance Festival, Hollins College, Penn State University, University of Montana, Oakland University and the American College Dance Association. ; and was nominated for a UNCG Distinguished Alumni Award. In 2016 Marcus accepted a position as an Assistant Professor at Arizona State University, where he worked until his passing. During his time at ASU Marcus focused his work on cultivating the Urban arts community. Marcus spent his life creating spaces and opportunities for people to become movers, thinkers, and overall the best version of themselves. A Memorial Service will be held at 2:00 pm Saturday, May 30, 2020 at Clinton Community Church, 1901 Sunset Ave, Clinton. Marcus is survived by his Mother, Rhonda D. White, of Greenville NC; his Father, Timothy R. Goodman, Jr., (Phyllis Goodman) of Clinton. Sisters: Monique S. White, Greenville NC, Kaya Foster, Clinton NC and Trinity Truesdale, Greenville NC. Brothers: Cameron White, Greenville NC, Brandon Jennings and Rory White, Greenville NC. Grandparents: Joyce and Leroy White, Clinton NC and Dazell Goodman Clinton NC

CLINTON



Mr. Terry Ray Moore, 49, of 301 Parker Drive, Clinton, NC passed away Thursday, May 21, 2020 at Sampson Regional Medical Center, Clinton, NC. The graveside service was held at 2pm, Thursday, May 28, 2020 at Sandhill Cemetery, Clinton, NC. Mr. Moore is survived by WIFE-Felecia Moore of the home; DAUGHTERS- Lauryn Moore of Charlotte, NC and Zauryn Moore of the home; SONS- Terriq Moore of Charlotte, NC, Gabriel Moore and Christopher Tristen Moore both of the home; SISTERS- Barbara Dixon of Raleigh, NC, Kathleen Peterkin of Clinton, NC and Audrey Peterkin of Fayetteville, NC; BROTHERS- Frederick Moore of Hinesville, GA and Willie Moore of Charlottesville, VA. Public Viewing at the Funeral Home (Facial masks must be worn to view) Thursday, May 28, 2020 11am - 1pm. In lieu of flowers, donations may be sent to Felecia Moore via CashApp (\$Moorex5). Service was live-streamed via Worley Funeral Home Facebook page. Worley Funeral Home Inc.

NEWTON GROVE

Mr. Carson L. Partin age 70, of Hwy 701 South, Newton Grove, passed away Friday, May 22, 2020. His Memorial Service will be held Sunday, May 31, 2020 at Pauline Baptist Church, Four Oaks at 1:00 p.m. Officiating the service will be Rev. Robert Cook. He is survived by his sisters; Martha McLamb Tyner and husband Anthony of Newton Grove, Ruth Moss and husband Cliff of Selma, brother: Billy Partin of Apex, aunts; Maggie Mimbs of Ga., Lou Jarman of Angier and Ezda Griffis and husband Linwood of Fayetteville. Special companion: Sassy Dog and also, left to cherish him memories are special nieces, nephews and cousins. Mr. Partin was a decorated Vietnam Veteran. He was preceded in death by parents; Carson D. and Emma R. Partin and brother; Randy Partin. In light of the recent restrictions due to the CoronaVirus, the family understands if you can't join them for the service. Your thoughts and prayers are appreciated. Online condolences may be made at; www.westanddunn.com. Services have been



CLINTON



Minister Carolyn Fay Thompson, 67, of 132 Livingston Lane, Clinton, NC passed away Saturday, May 23, 2020 at Wake Medical Center, Raleigh, NC. A private graveside service will be held Friday, May 29, 2020 at Noon at Beaver Dam MBC Cemetery. Minister Thompson is survived by Father-Rudolph Bell of Clinton, NC; Husband-Billy Thompson of Clinton, NC; Son-Timothy Thompson of Clinton, NC ; Daughters: Tonya (Robert) Aycock of Clinton,NC, Tamara (Houston) Lytch of McLeansville, NC, and Tiara (Wayne) Strickland of Clinton, NC; Sisters: Connie Bell Smith of Clinton, NC and Veronica Bell of Goldsboro, NC; Brothers: Reynold Bell of Clinton, NC, William (Doretha) Bell of Clinton, NC, Rev.Herman (Anna Sue) Bell of Turkey, NC, Dwight Bell of Clinton, Preston Bell of Clinton, and Clemont (Glenda) Bell of Goldsboro, NC. Fourteen grandchildren, two great children as well as a host of nieces, nephews, and other relatives and friends. Service will be live streamed through Butler & Son Funeral Home Facebook page. You may view the service live at noon or view on the Facebook page once it is completed. Butler & Son Funeral Services Clinton, NC.

DUNN



Elmond C. West 89, passed away in his home 27 May, 2020 surrounded by his family. Elmond was born 15 September, 1930 in Sampson County, the son of the late Carson and Betty West. He is preceded by his brothers James, Wallace, Wendell, and sister Patsy West Eason. Elmond left the farm in the Mingo community 10 September 1948 to join the U.S. Army. He served in the Korean War until 3 July, 1952. He loved farming and came home to Mingo where worked the land until

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SPEED FREAKS

A few questions we had to ask ourselves

Jimmie is at 102. How long does the winless streak last?

GODSPEAK: How many races are left in the season? JJ has one left in the tank but there's no telling when it will happen.
KEN'S CALL: He's showing real good signs, so I'm gonna say it ends at the Brickyard on the Fourth of July. Two big celebrations in one swoop.

Was his post-Charlotte infraction a potentially good sign?

GODSPEAK: Win at all costs. I have a feeling as the season goes along JJ's team will be tempted to assist any way possible, but hopefully keep it better hidden.
KEN'S CALL: Maybe, maybe not. Either they learned something about avoiding detection, or attracted the inspectors' attention from here on out.

GODWIN'S PICKS FOR BRISTOL

WINNER: Kyle Busch
REST OF TOP 5: Kevin Harvick, Denny Hamlin, Chase Elliott, Joey Logano
FIRST ONE OUT: Ty Dillon
DARK HORSE: Clint Bowyer
DON'T BE SURPRISED IF: Joe Gibbs Racing extends its streak of Bristol wins to six races.

BY THE NUMBERS

0 Bristol laps led by Alex Bowman
2 Matt Kenseth's driver rating at Bristol
5 Consecutive races won at Bristol by Joe Gibbs Racing
11.5 Chase Elliott's average finish at Bristol
2,334 Bristol laps led by Kyle Busch since 2005

MOTOR MOUTHS PODCAST

Godwin Kelly and Ken Willis weren't around when midweek races were common, but with nearly 80 years of combined NASCAR coverage, it's a close call.

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



Chase Elliott is having a run of bad luck in the NASCAR Cup Series. (NASCAR GETTY IMAGES/CHRIS GRAYTHEN)

THROUGH THE GEARS:

Chasing bad luck

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

NASCAR has blasted out of the starting gate with three Cup Series races at two tracks in eight days as stock-car racing plays catch-up after its coronavirus break.

The first three races of this blitz have been won by different drivers, but there have been a lot of what-ifs surrounding Chase Elliott.

After a Sunday-Wednesday doubleheader at Charlotte it's on to Bristol as we shift through the gear box and get up to cruising speed . . .

FIRST GEAR: With a bit of luck, maybe just a fleck of good fortune, Chase Elliott could be sitting on a two-race winning streak right now.

Instead, he finished 38th in Darlington's midweek run after being clipped and crashed out by Kyle Busch, who spent a week apologizing for his error.

Four days later, Elliott's No. 9 Chevrolet was leading the Coca-Cola 600 with two laps left when teammate William Byron spun out in Turn 2, bringing out a caution.

Elliott opted to give up track position and pit for four new tires, handing the lead to Brad Keselowski.

When the dust settled, Elliott came up one spot short behind "Kez."

"Just trying to make the best decision you can and those guys are going to do the opposite of whatever we do," said the 24-year-old driver. "That's just part of it. You make decisions and live with them."

SECOND GEAR: Elliott actually finished third on the track but was moved to second after teammate Jimmie Johnson's No. 48 Hendrick Motorsports Chevrolet was disqualified in post-race inspection.

NASCAR Cup Series managing director Jay Fabian said the sanctioning body's optical scanner eyed an irregularity with Johnson's rear end, so to speak.

"The No. 48 car has failed the post-race alignment numbers in the rule book and will be DQ'd," Fabian said after the longest race (607.5 miles) in NASCAR's history.

"The failure was rear alignment," Fabian said. "It's the same thing that we check at least a handful of cars for post-race after every event. I can't really give specifics on the numbers."

THIRD GEAR: After a frantic, two-week reopening, beginning Sunday the Cup Series will race five more times over three weeks. The lone Wednesday night affair will be June 10 at Martinsville.

Bristol, Atlanta, Homestead and Talladega are the Sunday shows.

FOURTH GEAR: The only strange looking thing on the upcoming schedule is a weird NASCAR Xfinity doubleheader June 13-14 at Homestead-Miami Speedway.

NASCAR says no fans will be allowed at any of these races because of the COVID-19 pandemic.

The upside to no fans in the stands? When fans are finally allowed to attend, it will look like a sellout.

QUESTIONS & ATTITUDE

Compelling questions ... and maybe a few actual answers

Will 'Next-Gen' NASCAR include a 600-mile race?

Probably. At least in the beginning. When the highly anticipated 2021 schedule is released (next month, we're told), big changes are expected, but several "major" events figure to be left alone for the sake of tradition. Charlotte's 600-miler seems like a race that would remain untouched, along with the season-opening Daytona 500 and the Labor Day weekend Southern 500. However ...

Did you say 'however'?

Every year when there's a delay and the Coca-Cola 600 runs beyond midnight and way past most folks' bedtime, you have to wonder if it's good for the overall product. True, there's no accounting for rain delays and no way to limit their length, so these things can happen. However, maybe they should consider starting that race a couple hours earlier. Or hey, maybe change it to the Coca-Cola 600k and see if anyone notices.

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

CUP STANDINGS

1. Kevin Harvick	291
2. Joey Logano	268
3. Alex Bowman	266
4. Chase Elliott	241
5. Brad Keselowski	235
6. Martin Truex Jr.	235
7. Ryan Blaney	212
8. Denny Hamlin	209
9. Kyle Busch	209
10. Aric Almirola	208
11. Matt DiBenedetto	190
12. Kurt Busch	183
13. Erik Jones	182
14. Clint Bowyer	171
15. Jimmie Johnson	162
16. Tyler Reddick	162
17. William Byron	158
18. Austin Dillon	153
19. Chris Buescher	148
20. Bubba Wallace	125

WHAT'S ON TAP

(All times Eastern)

CUP SERIES: Charlotte 500k
SITE: Charlotte Motor Speedway
SCHEDULE: Wednesday night, race (Fox Sports 1, 8 p.m.)

CUP SERIES: Food City 500
SITE: Bristol Motor Speedway (.533-mile oval)
SCHEDULE: Sunday, race (Fox Sports 1, 3:30 p.m.)

XFINITY: Cheddar's 300
SITE: Bristol Motor Speedway
SCHEDULE: Saturday, race (Fox Sports 1, 3:30 p.m.)



KEN WILLIS' TOP 10 NASCAR DRIVER RANKINGS

KEVIN BRAD KYLE BUSCH CHASE DENNY JOEY KURT BUSCH MARTIN ALEX ERIK JONES

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