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SAMPSON COUNTY'S COMMUNITY NEWSPAPER

The Sampson Weekly



VOLUME 10, ISSUE 36

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Week of September 13-19, 2019

INSIDE



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Faith Page 8



Sports Page 12

WEATHER

Fri	Scattered T-Storms 50%	Hi: 89° Lo: 70°
Sat	Partly Cloudy 20%	Hi: 87° Lo: 71°
Sun	PM T-Storms 40%	Hi: 87° Lo: 71°
Mon	Scattered T-Storms 40%	Hi: 85° Lo: 70°
Tues	Scattered T-Storms 40%	Hi: 86° Lo: 66°
Wed	Showers 50%	Hi: 81° Lo: 63°

Lt Governor Visits Sampson County on 9-11



Pictured left Lt. Governor Dan Forest with Sampson County Sheriff Jimmy Thornton

On Wednesday at the Sampson County Detention Center, a crowd of residents joined together, along with the North Carolina Lt. Governor Dan Forest to recognize First Responders and also to remember 9-11. The event was hosted by Sheriff Jimmy Thornton.

911, see P. 3

Cooper Visits Clinton Firehouse



With a bevy of city and county employees and leaders looking on, Governor Roy Cooper stepped out of his black SUV and into a bay at the Clinton Fire Department. The reason for his visit was to honor the department and especially three firefighters for their efforts during Hurricane Dorian.

After meeting those in the crowd and shaking hands with dignitaries, Cooper turned his attention to Captain Josh Coombs to hear firsthand the details of a high-water rescue. Coombs, along with firefighters Hagan Thornton and Joshua Williams were dispatched just south of Clinton where flood waters threatened to surround and overtake citizens in their home.

"It was on a dirt road and we had already had five inches of rain with more coming," explained Coombs in a separate interview. "There was a pond that was near overflowing and these people had no means of getting to shelter."

Coombs, Thornton and Williams along with a high clearance vehicle from the NC National Guard retrieved the four adults and took them to the safety of shelter before the situation was made worse and rescue might have been delayed.

"They are all fine and back at home," reports Coombs of the previously trapped citizens.

Governor Cooper thanked the firefighters for their efforts during Dorian and expressed his appreciation for the rigorous training and dedication that all First Responders share. Cooper went on to say that while firefighters are trained to put out fires, the job actually calls for much more such as the high-water rescue Capt. Coombs had detailed.

Afterwards, Coombs expressed his gratitude for the governor's visit and stressed the importance of having the resources and being prepared. "Its very important to have the resources during these events so we can recue citizens when they are in destress."

Sampson Regional Medical Center to offer free PSA screenings



In recognition of prostate cancer awareness month, Sampson Regional Medical Center will offer a limited number of free vouchers redeemable for PSA blood screenings performed at the Outpatient Diagnostics Center.

According to the American Cancer Society, about 1 in 9 men will be diagnosed with prostate cancer during his lifetime. That is why Sampson Regional Medical Center is reminding all men that preventive care and annual screenings are important for their health. Prostate cancer, when diagnosed early, is treatable.

Prostate cancer is most prevalent in men over 55 and in African American males. However, men can also fall into a high-risk category and re-

SCREENING, see P. 3

WEEKLY VERSE

Blessed be your glorious name, and may it be exalted above all blessing and praise.

Nehemiah 9:5

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Save Big with the Pig! in Garland

Preferred Angus Bone-In Ribeye Steaks **\$6.99/lb**

Preferred Angus Boneless Shoulder Roast **\$3.29/lb**

Preferred Angus Boneless Shoulder Steaks **\$3.49/lb**

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Fresh Buy Whole Boston Butts **\$1.39/lb**

Jumbo Pack Split Chicken Breast **\$1.39/lb**

Morty Pride Whole Smoked Picnics **\$1.39/lb**

- 16oz Carando Sicilian Meatballs or 19oz Yuengling Brats **\$2.99**
- 10oz Smithfield Sandwich Meats **2/\$5**
- 16oz Seabest Catfish Fillets **\$4.99**
- Red or White Seedless Grapes **\$1.99/lb**
- Fresh Snap Green Beans **\$0.99/lb**
- 16oz Kraft Sliced American Cheese Singles **2/\$5**
- 48oz Pet Ice Cream **4/\$10**
- 11.6 to 12.3oz Select Ego Frozen Waffles **2/\$5**

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16oz Hot or Mild Smithfield Roll Sausage **\$2.99**

12oz Smithfield Sausage Links or Patties **\$2.99**

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LOCAL NEWS

From the Desk of Senator Brent Jackson



I hope you had a great week thus far. I would like for us all to take a moment to remember those who lost their lives 18 years ago and say thank you to all of our first responders who currently keep our communities and nation safe. We will never forget. "Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shattered steel, but they cannot dent the steel of American resolve." – President George W. Bush

Earlier today, my colleagues and I passed S.B. 429 Disaster Recovery Bill. The bill appropriates \$112,603,000 for disaster recovery efforts. It expands the availability of agriculture disaster relief to several new counties that experienced natural disasters. This bill is another necessary step to make sure our agriculture communities are able to recover from the storms that have hit our state.

As always, please do not hesitate to contact me if I can assist you in any way possible.

Legislative Recap

Weekly Legislative Update

This week has been unique for both the House and Senate. A Superior Court has ordered the redrawing of North Carolina's electoral maps to create non-partisan districts for the coming elections. Members and staff have, since then, been hard at work to follow all of the guidelines laid out in the court order. Over 2,000 map variations are being considered and random number generators are being used to select unbiased, compliant options for a new North Carolina electoral landscape.

This process must be complete in the next few days according to the court, so we plan to work continuously to make the new maps as accurate as possible. If you would like to view this public process, it is livestreaming on YouTube here.

From the District

Sampson County

Pow Wow Marks 50 years

The Coharie Pow Wow began Saturday and continued through Sunday. Although the event was cut short one day because of Hurricane Dorian, it didn't stop people from coming from all over the state to take part in the annual event. The Pow Wow began in 1969, led by James D. "Dob" Brewington, who was chief at the time.



Greg Jacobs, Coharie Tribal Administrator, was pleased with the turnout, and those who played a part in keeping the tradition going. Chief Ammie Gordie "Gray Eagle" Jacobs began his reign as chief of the Coharie Tribe in August.

Some of the highlights for the 2019 event featured drumming competitions, intertribal dancing, and gospel singing. More than 80 motorcyclists from across the state participated in the Warriors Ride to honor veterans and military personnel. During a special ceremony, the veterans each received a sacred hawk feather for their service to the United States.

Many vendors provided souvenirs and treats. Nearby, Vicki Newton made fry bread with family members for the 50th celebration.

District Spotlight

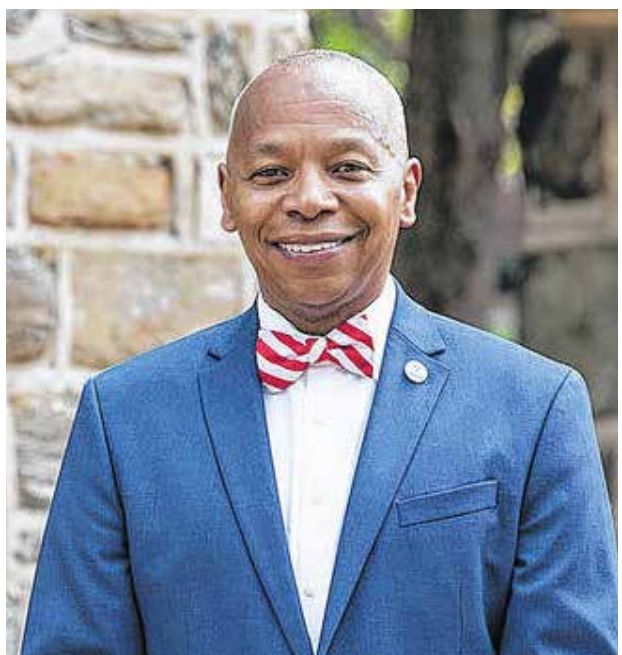
Sampson Native Joins Hall of Fame

Elwood L. Robinson, a Sampson County native and Chancellor of Winston-Salem State University, is being honored for his work in higher education.

He was recently selected to be inducted for the National Black College Alumni Hall of Fame Foundation's (NBCAHOF) 2019 Class. The event is scheduled for Friday, Sept. 27 at the Hyatt Regency in Atlanta. Robinson is one of 14 graduates join in the class. Each year, the NBCAHOF recognizes graduates of historically Black colleges and universities (HBCUs) who have made significant contributions in their respective fields.

Some of the other members include Dr. Martin Luther King Jr., Oprah Winfrey, and Justice Thurgood Marshall. Robinson, a graduate of two HBCUs, will be inducted in the category of Education.

A graduate of two HBCUs — North Carolina Central University (NCCU) and Fisk University — the Sampson County native has spent nearly his entire career in service of HBCUs. He joined the faculty at North Carolina Central University in 1984.



In 1993, he was named director of the Minority Access to Research Careers Program, which provides research-training opportunities for students and faculty from minority groups underrepresented in the biomedical sciences. From 1993 to 1996, Robinson also served as chair of NCCU's Psychology Department. In 2006, he was named founding dean of the NCCU College of Behavioral and Social Sciences.

After a three-year stint at Cambridge College in Boston, Robinson was named the 13th chancellor of Winston-Salem State University, a position he has held since Jan. 1, 2015. Robinson's impact on WSSU has been significant. In 2016, the university rolled out a five-year strategic plan that focuses on strengthening liberal education, enhancing academic excellence, and building a commitment to social justice through community engagement. Under his leadership, the university has made great strides in integrating what students learn in the classroom into every element of campus life.

Thank you for allowing me to serve as your representative in the North Carolina Senate. I read every email that comes to my legislative account and I encourage you to reach out to me with your thoughts and concerns. If you would like to stay informed of my actions in the legislature, I encourage you to friend me on Facebook and/or follow me on Twitter.



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The Sampson County Sheriff's Office, along with the Clinton Fire Department, Clinton Police Department, North Carolina State High Patrol, North Carolina State Bureau of Investigations, Warsaw Police Department, Taylor's Bridge Fire Department, Sampson County EMS, Sampson County EM, local elected officials and others joined in on the 9/11 prayer service.

The Lt. Governor traveled to four North Carolina counties to recognize First Responders Day, Johnson County, Wayne County, Sampson County and Harnett County.

Lt. Governor Forest stated, "We set aside September 11th to honor those brave men and women who suit up each day to protect and serve our communities throughout North Carolina. By making today a State Holiday each year for our First Responders, we not only honor our State's heroes, but we will be reminded of how in the face of one of our nation's greatest tragedies, the best of America was brought forth."

"First," stated Forest, "let me tell you, all of our leaders and our dignitaries here, thank you for being here. But this is First Responders Day. That's why we're here. We do this on September 11th every year in North Carolina. Now this is our third year. A lot of people don't know this, probably people in this crowd don't know this. But we actually are the only state in America, that has a state holiday for first responders. We made that on 9-11, for obvious reasons. But every one of us, as the sheriff was just talking about, remember very vividly where they were at that time when our country was being attacked. And we'll remember that for the rest of our lives, but we also have emblazoned on our minds. And in our memories. Those visions, firefighters and police officers, first responders not running away from the scene as those buildings were being attacked but running towards the scene where they knew there was somebody in that building that needed their help. And they knew when they were doing that, that there was a good chance that they may not make it. Whatever that is, whatever that is that you have in your mind as first responders The reason you do your job and the reason you rush in towards danger when everybody else is running away from danger is the reason that we created First Responders Day so that the people in North Carolina can have a time where we're not just remembering what happened on 9-11 in the past, but we're also coming to say thank you, thank you for what you do every day; you're putting your lives on the line for us; you're protecting us; you're keeping our freedom free. And we want to make sure that we have a chance to say thank you. That's what this day is for us. And we're proud as a state that we have a day that we can honor you. And so, you know, I think it goes without saying that there are difficult times certainly in this country where people are torn apart. And as police officers, law enforcement officers, sometimes you feel like people are coming against you and the tide is turning against you. But I'm here to say that I firmly believe that 99% of America is strongly behind you, that we believe in you and we are thankful for you. We believe in what you do every single day. And so, don't believe the lies that are being told out there. I think it's time for us to reach out and be neighbors and be civil and unite behind one another; be united behind what made North Carolina great and what continues to make North Carolina great and, and that's its people that southern hospitality. And that is making sure that our values and principles stay in the right place. Thank you for your prayer as well. I mean, we are one nation under God. And we are indivisible, that we stick together. And we need to make sure that we remember liberty and justice for all of our citizens across our state. You are the heart and soul and making that happen. So, as we travel around every year on First Responders Day, all we want to do is come to you and say thank you for what you do; let you know that we have your back. Times get tough and you're doing your job as long as you're upholding the law. To me it doesn't matter what shows up on the media. If you're doing your job, and

SCREENING, cont. from P. 1

quire an earlier screening if they have a first-degree relative diagnosed with prostate cancer before age 65. Men that fall in the high-risk category are encouraged to speak to their provider regarding early screening.

During the month of September, Sampson Regional Medical Center will offer a limited number of free blood screenings for prostate cancer. Individuals interested in claiming a free voucher must provide their name, date of birth, address, and phone number. Vouchers are limited to Sampson County residents and must be used within 60 days of issuing.

Vouchers are limited on a first-come, first-serve basis. To claim your free blood screening for prostate cancer and to schedule your appointment at the Outpatient Diagnostics Center, located at 233 Beaman Street, call 910.592.2689, option 2.

Sampson County is Proud to Support Our First Responders!!

LIVE CONCERT FREE TO THE PUBLIC



BAND OF OZ

Thursday, September 19, 2019

Concert: 6:00 to 8:45 pm

(DJ Robert Stroud spins the hits beginning at 5:30 pm)

Diamond Sponsors

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The Sampson Weekly
SAMPSON COUNTY'S COMMUNITY NEWSPAPER

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8:00 am to 12:00 pm Friday

LOCAL NEWS

BAND OF OZ IN CONCERT ON SEPT. 19 ALIVE AFTER FIVE SUPPORTS BACKPACK BUDDIES



Throughout this time volunteers gather to pack bags of food to be distributed to children every Friday. It is with the community's support and assistance that these needs are met," stated Jones.

Volunteers from both the Clinton City and Sampson County Schools will be on-hand at the September 19th concert to accept donations of non-perishable food items or cash donations. Concert attendees are encouraged to bring three non-perishable food items per person to support the ongoing efforts of the Backpack Buddies programs across Sampson County. Those wishing to support Backpack Buddies through monetary donations may do so by cash or check. Checks should be written to FUMC. Donors may also earmark their donation for the school district they would like their donation to support including: Clinton, Union, Hobbton, Roseboro/Salemburg or Midway.

Suggested Items include: Fruit Cups; Pudding Cups; Canned Pasta (Spaghetti "O's" with Meatballs, Ravioli – 15 ½ oz cans); Canned Soup (Chicken Noodle, Vegetable Beef); Vienna Sausages; Beanee Weenees; Juice Boxes; Granola Bars/Fruit Bars; Individual Packages of Macaroni & Cheese cups; Instant Oatmeal in Individual Packages; Instant Grits in Individual Packages; Raisins/Craisins in Individual Packages; along with other kid-friendly non-perishable items. Large quantities are appreciated and accepted!

The upcoming concert will be held at the Clinton City Market located on Lisbon Street, Clinton, NC, and will be presented FREE to the public. Sampson County Manager, Ed Causey stated, "Sampson County appreciates the excitement that Alive After Five series generates and how much it contributes towards enhancing the quality of life for the residents of Clinton and Sampson County."

Event attendees are encouraged to bring lawn chairs and sunscreen. No coolers or pets are allowed. For more additional information about the Alive After Five Concert Series please visit: www.aliveafterfiveclintonnc.com. For more information about Backpack Buddies, visit: <https://www.aliveafterfiveclintonnc.com/help-others.html>

Alive After Five Calendar of Events
Event Location: Clinton City Market, Lisbon Street, Clinton, NC
FREE TO THE PUBLIC

THE BAND OF OZ
Thursday, September 19, 2019, 6:00-8:45 pm
The Band of Oz consists of a dynamic eight-member group complete with a full horn section. Wherever they travel, they always energize audiences and keep the dance floor packed. In addition to performing many of their # 1 hit songs, they offer the very best in beach, R&B, and Motown; as well as some of today's most popular dance and top 40 hits.

TOO MUCH SYLVIA
Thursday, October 17, 2019, 6:00-8:45 pm
Performing old-school Motown and R&B, along with a wide-variety of today's hottest contemporary hits, the band TOO MUCH SYLVIA, will leave audiences begging for more. Audience members can expect Too Much Sylvia's four lead vocalists to deliver satisfying harmonies with personality and style.

The Alive After Five Committee and its partner organizations; Sampson Arts Council, City of Clinton and the County of Sampson announced today that its upcoming concert will feature the Band of Oz. Committee Member, Ross Kimbro stated that the "always popular-back-by-demand - Band of Oz will take the stage for their eighth appearance in the concert series' history on Thursday, September 19th."

Formed in 1967. The Band of Oz began as a part-time band playing fraternity parties and high school proms all over the South. In 1977 the band went on the road full time. Since that time the band has made an exceptional name for itself throughout the Southeast performing at many top clubs as well as countless corporate and private events and has received excellent reviews all along the way.

For years the group has been a guest on nearly every major beach music festival in the Carolinas, Virginia, and Georgia. Winners of numerous Cammy Awards from the Carolina Beach Music Association, the Band of Oz remains one of the most successful groups in the Southeast. The band consists of a dynamic eight-member group complete with a full horn section, and wherever they travel, they always energize audiences and keep the dance floor packed. In addition to performing many of their # 1 hit songs, they offer the very best in beach, R&B, and Motown; as well as some of today's most popular dance and top 40 hits.

Earlier this year, the Alive After Five Committee announced a collaboration with three Sampson County non-profit organizations including the Salemburg Christian Food Bank, Back Pack Buddies and the Clinton-Sampson Chamber of Commerce's Chamber Coat Closet, whose missions include serving those in need across Sampson County.

"Each organization that was selected serves both adults and children from across Sampson County," stated Ray Jordan, Chairman of the Alive After Five Committee. "These organizations and their members work tirelessly to serve others and every member of the Alive After Five committee is excited and proud to partner with these organizations and support their efforts," he continued.

AA5 Committee Member and Backpack Buddies Liaison, Darrell Jones, stated "we are extremely proud to support the Backpack Buddies Program across Sampson County. Backpack Buddies is a volunteer program that provides food for children at risk of hunger due to financial challenges throughout Clinton and Sampson County. Children who are hungry and malnourished are at a disadvantage to learn in the classroom."

Jones continued, "Children are selected each school year by teachers, guidance counselors, school administrators, and school social workers. Children who receive food assistance during the week at school (breakfast and lunch) are at a much higher risk of hunger on the weekends, which necessitates the need for the Backpack Buddies program to provide emergency food supplies. These "bags" of food help to sustain children over the weekend or holiday breaks such as Thanksgiving, Christmas, and Easter."

"The Backpack Buddies program depends on volunteers; as well as monetary and food donations from civic organizations, churches, individuals, businesses, and fundraising activities. Backpack Buddies is a ten-month program that operates from September through June.



BBQ COOK-OFF • CAR SHOW • MUSEUM DAY
SATURDAY • OCTOBER 12 • DOWNTOWN CLINTON



10 am – 3 pm

- Art Activities at "Milling Around" art piece
- Museum Day at the Sampson County History Museum
- Sampson County Substance Abuse Coalition Exhibit Area – Clinton Police Dept.
- Breast Cancer Awareness Health Fair – Clinton City Hall Auditorium
- NC Cooperative Extension - Sampson County - Clinton City Hall
- Local Entertainment on Main Street Stage
- Ol' Lightnin Rods Car Show at Clinton City Market - 215 Lisbon Street
- Clinton-Sampson Chamber of Commerce Exhibition Area at "Milling Around" Parking Lot
- Square Fair Vendors & Exhibitors open along Main Street, Vance Street, and Lisbon Street

2 pm

- BBQ Cook-off winner announced at Main Street Stage

3 pm

- Ol' Lightnin Rods Car Show winners announced at Clinton City Market

We Should Know . . .



Ronald Bass and Susan Holder with JW Simmons Host of We Should Know

Tuesdays from 2:30 PM until 3:30 PM, J.W. Simmons hosts a show on 1170 AM and on Star channel 16 SD and 316 HD called "We Should Know", and The Sampson Weekly will feature portions of the transcripts in our continuing efforts to bring you more coverage of what is happening in our community.

The topic for this week's show is hurricane response and guests for today's show are Assistant County Manager, Susan Holder and Director of Emergency Management, Ronald Bass.

JW Simmons begins the show expressing his and the county's appreciation for their dedication and service to the citizens of Sampson County.

Susan Holder responds by in turn thanking the county employees for their professional service during a crisis.

Simmons states that preparing for a hurricane is a huge amount of work in a very short timeframe. He asks Holder to discuss her response when it becomes clear that a hurricane will impact the county.

Holder begins, "First of all, no storm is going to be the same. It wasn't a Matthew; it wasn't a Florence. It was a Dorian, and for us that has certain implications. But the bottom line for us is regardless the size of the storm preparations are the same."

"We start thinking a week or more out," explains Holder. "We have to marshal our people resources. They have to be put on standby and they have to be reminded of their obligations under our workforce deployment plan."

"We have to start thinking about resources. Notifying our partners. We depend on a number of agencies to partner with us during a storm. So, early on we are talking to school systems, we're talking to fire departments, we're talking to rescue squads. We are, in our early preparations putting the shelters in place making sure supplies are there. And replenishing those things that might need replenishing from previous storms."

"So, a week or more out we're beginning to think through all that. As a matter of fact, we're beginning to think through that in July at the onset of hurricane season. In public information we are beginning to put together press releases that will be needed, graphics that will be needed for social media. We start long before the storm gets anywhere close to the United States."

Next, Simmons asks Ronald Bass as a storm is approaching people start talking about the

last storm and having just finished the repairs, but each storm is different, and the impacts are never the same. He asks Bass to discuss that.

"Each one of them certainly has their own personality," states Bass. "And we began watching this weeks ago. We've been preparing for it. One thing too if I can add, talking about county employees, all of our county employees participated in this event. And did a fantastic job."

"But, as we begin to watch for it, it was certainly unpredictable. You know it came through the Bahamas and was predicted to go through Florida. But as time went on it had its own personality. We had to prepare for the worst and hope for the best. And that's what we did."

"But we began preparing for this a couple of weeks ago getting everything in place. And then we really kicked off on Sunday, September 1st. We began having conference calls with state emergency management and the National Weather Service. We came in September the 2nd, on Labor Day, and began getting our resources together. Still participating in conference calls with the state and National Weather Service and getting our resource requests submitted to the state."

"So, it was unpredictable. Of course, all of them are, but its difficult sometimes to plan because you're planning for the unknown."

Next, Simmons states that by the time you look at all the people working to prepare for a storm event you are talking about 100s of people in the county being impacted even before you know what the track might be.

"That's very true," says Holder. "You know, we build on lessons learned. With Hurricane Florence one of the top two things we knew we needed to reconcile or improve upon was how to more effectively deploy our employees and how to communicate with those employees once we deployed them. Those were two of our takeaway learning opportunities with Florence."

"So, right after Florence we developed a workforce deployment database. And because of that database, every single county employee has a disaster assignment. Now, for some people it may be their regular type duties. In other words, law enforcement is going to provide law enforcement and public works is going to do the things public works would typically do."

"But, beyond that, staffing the emergency operations center, staffing our shelters, staffing our CRDP (our Central Receiving and Distribution Point) those employees could come from anywhere. Shelters could be manned by staff from the library, staff from parks and recreation. It just takes so many employees to do disaster response effectively it takes all of us, and it becomes a team effort."

"So, you're right," says Holder. "It isn't just your typical volunteer firefighter or volunteer rescue and emergency management. And the work in shelters are not just DSS employees. Its DSS and Health that's most responsible but we have other employees that have been designated for instance, shelter chiefs that may very well come from a whole different profession."

"But it works," says Holder. "It works because we have made a dedicated effort to provide an organizational structure to them. We all follow the incident command structure. Our employees are trained in that. They have received on-line training, classroom training, and we have extended beyond that. We done individual training with persons who let say will be at a pet shelter. People are trained specifically for the job they are deployed to."

To view the entire broadcast of We Should Know please visit their YouTube channel at www.youtube.com/user/StarVisionCable.

The next "We Should Know" hosted by J.W. Simmons will air next Tuesday from 2:30 to 3:30 PM on our local radio station WCLN 1170 AM and on Star channel 16 SD and 316 HD. If you would like to reach "We Should Know" you may call them at 910-592-8947 or email them with show ideas at weshouldknowedu@gmail.com or you can find them on Facebook.

Sampson County VITAL STATS

Deaths

- Samuel Filmore Burgess Sr.
- Lenward Brewington
- Mary Beatrice Faison
- Nellie Sue Hinton
- Charles Alan Gore
- Peggy Lois Hall
- Jackie Allen King
- Louise Moore
- Vivian Uriel Nunnery
- Douglas Randolph Price
- Geraldine Raynor

Marriage Certificates

- Karl Taylor Petroff to Tyra Voshell Artis
- Alex Julius Dunn Jr to Ardelia Michelle Parker Moore
- Adrian Acosta Noriegg to Esthela Herrera Torres
- Tyler Michael Pruitt to Casey Leeann Foss
- George Brittan Herring to Victoria Lynn Sessoms
- Richard Allen Rhodes to Ciska Denise Eliason
- Dustin Brett Anderton to Shanna Ashley Spell
- Christian David Figueroa Roman to Leydizamira Ari Ta Chinchilla
- Rolando Ortiz to Maiko Tolly
- Zachary Jordan Smutko to Amber Elizabeth Tyndall

Births

- Alaila Estelle Boykin born on August 16, 2019 at Sampson Regional Medical Center to Alonza Gerrod Boykin and Alexis Antwannita Williams
- Alex Gabriel Carr born on August 18, 2019 at Sampson Regional Medical Center to Molly Harriet Duffy
- Ruth Abigail Caceres Romero born on August 19, 2019 at Sampson Regional Medical Center to Yefrin Renan Caceres Gutierrez and Lidia Vanesa Romero Ochoa
- Taylor Michael Jones born on August 19, 2019 at Sampson Regional Medical Center to Brian Casey Jones and Aleza Hudson Jones
- Abel Kalil Davis born on August 20, 2019 at Sampson Regional Medical Center to Kenneth Lee Davis and Bobbie Jo Leigh Taylor
- Ariana Elyse Moseley born on August 20, 2019 at Sampson Regional Medical Center to Tyree Cornelius Moseley Sr and Cokema Nakofe Moseley
- Claribella Eva Ramirez-Aguirre born on August 20, 2019 at Sampson Regional Medical Center to Cirilo Ramirez Santa Cruz and Patricia Karina Aguirre
- Alexander Charles Frain born on August 21, 2019 at Sampson Regional Medical Center to Robert Thomas Frain Jr and Lessa Zandiera Crocker
- Johan Abdiel Portillo Meraz born on August 21, 2019 at Sampson Regional Medical Center to Angela Banessa Meraz Meza
- Kannon Major Zepeda born on August 21, 2019 at Sampson Regional Medical Center to Benjamin Zepeda Jr and Kalisha Monee McNeill
- Yha'Zhaire D'Shona Lyana Hargrove born on August 24, 2019 at Sampson Regional Medical Center to Yaesheona Demixis Dajuanya Hargrove
- Jadriel Maximono Torres Sanchez born on August 23, 2019 at Sampson Regional Medical Center to Wilberto Torres Roche and Floringa Amparo Sanchez Gabriel
- Jeffrey Fernando Romero Jr born on August 24, 2019 at Sampson Regional Medical Center to Jeffrey Fernando Romero and Deisy Arellano Flores
- Zoey May Hall born on August 26, 2019 at Sampson Regional Medical Center to James Daniel Hall and Samantha Marie Sparhawk
- Emani Monae Rivera born on August 26, 2019 at Sampson Regional Medical Center to Tonjenia Reshawn Herring
- Morgan Lynn Cooper born on August 27, 2019 at Sampson Regional Medical Center to Timothy Lynn Cooper and Tiffany Alexandria Dawson
- Elin Javier Inestroza Gallegos born on August 27, 2019 at Sampson Regional Medical Center to Elin

- Javier Inestroza Morales and Kenia Yadira Gallegos Pacheco
- Farrah Jean Pope born on August 29, 2019 at Sampson Regional Medical Center to Emily Brooke Price
- Holy Jaylah Gomez born on September 3, 2019 at Sampson Regional Medical Center to Bessy Darleny Gomez Bardales
- Refugio Carlos Hernandez born on September 3, 2019 at Sampson Regional Medical Center to Refugio Hernandez Rojas and Skylar Alexis Lloyd Gilbert

Land Transfers

- Cynthia M Nance, William W Nance to Robert E Malpass Jr- Lot 53 Lake View Acres
- Connie L Honeycutt, Kenneth Wayne Honeycutt to David B Jenkins Jr- Lot 75C 0.84 Acres Franklin
- Raymond T Moore, Sandra J Moore to Daniel Monroe Norris, Stephanie Rose Norris- Tract 1 1.61 Acres Tract 2 0.56 Acres Hawley Ridge Subdivision Mingo
- Milton W Linkous, Milton Woodie Linkous/AKA to JS Investments Holdings LLC- 2 Tracts & Lot 1 and 2
- Faircloth Family Properties LLC to JS Investment Holdings LLC- South Clinton & Lot 2
- JS Investments Holdings LLC, Jurgen Stanley/MGR to Faircloth Family Properties LLC- South Clinton & Lot 1
- Mary P Martinez/AKA, Maryanne Pabe Martinez, Saul Martinez/AKA, Saul Martinez Martinez to Jairo Torres- 1.02 Acres Piney Grove
- Avis Pridgen, Morrell J Pridgen to Venture Manor Inc- 2 Tracts South Clinton
- Daysi L Aguilar/AIF, Wilfredo De Los Santos Medinarodules to Daysi L Aguilar- 0.66 Acres Lot 12 North Harrington Subdivision Mingo
- Jennifer Brooke Thompkins Spell to Justin Clinton Spell- 1 Acre Taylors Bridge
- H Brewer Honeycutt/AKA, Hillery Brewer Honeycutt to Benjamin Stout Real Estate Service Inc- Lot 33 Stage Coach Estates Section Two Little Coharie
- DMB Development Inc/FKA, DMB Partners LLC, Karen T Sutton/MGR to Nolan Custom Homes LLC- 2 Tracts North Clinton
- Jordan Shopping Center Inc to Thornton Homes Co- Lot 1 0.44 Acres North Clinton
- Robert C Owen/By AIF, Robert C Owen Jr/AIF to Daniel Eugene Caison III, Robin M Caison- 0.10 Acres Little Coharie
- Larry D Horne, Vanessa H Horne to Land Grant Development Company- Lot 21 Warrick Plantation Section One
- Louisa L McLamb, Samuel F McLamb to Nicholas Brent Baggett- Lot 2B 1.00 Acres Mingo
- George E Wilson Family Enterprises LLC, George E Wilson/MGR/MBR to Carole G Robinson, Robert G Robinson- Lot 26 North Clinton
- Roberto Vasquez to Camellia Ann Sizemore Dunn, Catherine Jeanette Sizemore Garner, Howard Mitchell Sizemore, Lawrence Lee Sizemore Estate- North Clinton 2 Tracts
- Harold Rufus Naylor, Janet Dale Naylor to Donald Keith Naylor, Harold Dale Naylor, Harold Rufus Naylor, Janet Dale Naylor- 3 Acres Honeycutt
- Sherri L Matthis, W Dwight Matthis, William Dwight Matthis to Daniel Allen Fipps, Tammy Marie Markey- Lot 19 and 21 Serenity Lake Subdivision Phase 1
- Kimberly L Johnson, Wesley Scott Johnson to Richard Lee Franck- Lot 4 Michael Meadows Subdivision Phase One
- Jimmy McThomas Lockamy to Santos Gonzalez Osorio- 0.75 Acres Lot 9 Belvoir
- Terry Ann Church, Alex Dwight Hobson to Terry Ann Church, Alex Dwight Hobson- 4 Tracts Little Coharie
- James Earl Goodman, Linda J Goodman to Angela Del Carmen Jarquin- 0.56 Acres Herring
- David W Crawford, Kathryn L Crawford, Kathy Price Lockamy/FKA to Kathryn L Crawford- 2 Tracts
- David Allen Phillips, Dorothy M Phillips to Wanda Flanagan, David Allen Phillips, Dorothy M Phillips, Jessica Phillips, Karen Quaderer - 10 Tracts Dismal
- Joseph Neil Dabbs to Amy Marie Dabbs Cottle to Joseph Neil Dabbs- 5 Tracts
- Ann Fay Cox Revocable Trust, Katherine P Cox Heir, Lathan G Cox Estate, Lynn A Cox Heir to Katherine P Cox, Lynn A Cox- 303 Acres
- Corenthia Cox to Lloyd Sampson- Piney Grove 2.33 Acres
- Wayne L Dale to Wayne Dale, Darren Joel Fann, William Justin Fann- Tract A 11.62 Acres Mingo
- Dorothy Campbell/AKF, Dorothy W Williams/By AIF to Marcilla Covin, Michael Colvin- 0.64 Acres Mingo
- Elizabeth Silva, Juan Luis Silva to Vernon Redden- Lot 35 Sampson Acres Inc Subdivision Herring
- Pamela R Baker, Travis Lee Baker to Alicia Bawcum, Jonathon Bawcum- Lot 1 Mingo
- Essie Mae Williams, Lewis Williams to Louis Williams/AKA, Lewis Williams- 9.45 Acres Tract 3 Taylors Bridge

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FAITH



Already you might be saying, “WHAT is a matter of Love?” Well, I’m glad you asked. Let’s relax, pull up a chair, spend a few moments together and delve into this important “matter” from the Christian perspective.

On one occasion as He was teaching, Jesus was asked by one of the Scribes: “Which is the First Commandment of All?”

Jesus answered him, “The first of all the commandments is: ‘Hear, O Israel, the Lord our God, the Lord is one. And you shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.’ This is the first commandment. And the second like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” Mark 12: 28-31

At this “aging” stage of my life, it has become very clear to me that the longer I am privileged to live, the more I am yearning for a closer relationship with Jesus. I am realizing that when we obey the Great Commandment and make God the object of our love, we can be assured of having a purpose far beyond anything we can possibly imagine. Step by step, day by day, as that relationship matures, we come to grasp that only then our love for God will give us the desire of our hearts. With our minds focused on ways to serve Him, we find that our actions will further His kingdom on earth, and in Heaven. Who we are, and who we become, depend in large part on Whom we love first and foremost.

Okay, stay with me here. By now you probably are thinking, “But I am so busy, how can I do this, it’s hard!” Believe me, I understand. We are all busy. We live in such a world - so much to do - so many distractions - so many obligations - so many demands for first place! Dr. David Jeremiah puts this prevailing question in perspective for us as Christians: “Are you busy with the right kind of busyness - the Father’s business? Let’s be about our Father’s business, we have a mission to fulfill. Christians, we must do His business until He comes.”

Three Trending



This week I wanted to take a look at the “Twitterverse” and see a few of the trending topics that our culture is taking note of and how we, as believers, can parse these issues and make sense of them according to a biblical worldview.

#1 Hurricane Dorian

The thought of another hurricane brewing in the gulf is unsettling for many people. After Hurricanes Matthew and Florence devastated our area the last two years, the potential for another hurricane leaves one feeling hopeless and defeated. Many people are still displaced and picking up the pieces after losing everything. Just last weekend, a group from my church helped out the relief efforts of the Eastern Baptist Association by painting a house that was completely flooded in Duplin County. This wasn’t the first time we have gone out to serve with the EBA. Right after the storm came through, we had a small group of teenagers go and help unload trucks and give out clothes to local residents. Three times we have sent groups to tear down, rebuild and paint. We have seen firsthand the damage the flooding as a result of these hurricanes can cause. The image of furniture, flooring, drywall, insulation, clothes, beds, and other possessions lying at the street for stretches of miles is etched in my mind. While we don’t know the exact path of Dorian at the time of this writing, and whether or not we will be affected (and at least right now, it doesn’t) we can take this opportunity to remember those in the path and those churches that will be going out to help pick up the pieces. Pray that these missionaries are fruitful in their ministry to rebuild, share the gospel, and open doors of reconciliation between those who have been burned by churches who have given the name of Christ a bad reputation.

#2 Chick-Fil-A vs. Popeyes

It’s football season, which means rivalries are going strong. But out of thin air, a rivalry between Chick-Fil-A and Popeyes has taken over social media, in a fun, tongue-in-cheek way. My personal opinion: Chick-Fil-A has the best chicken, hands down. I love to make the following analogy about Chick-Fil-A: Eating at Chick-Fil-A is a spiritual experience. You have Christian music playing in the background, you have fellowship with others, and then you baptize your chicken nuggets in barbeque sauce. Going to Chick-Fil-A is like going to church!

#3 #FridayThoughts

Trending right now (as I write this on a Friday) is the hashtag: #FridayThoughts. This is where people take to Twitter and other social media websites like Facebook and air out whatever it is they are thinking. Some of them are funny, some of them are more serious.

Have you ever been driving down the road or sitting at your desk and just think random thoughts? On my way down the road today, I began to think about multivitamins. Since I was probably 5 years old, I’ve taken a vitamin nearly every day of my life. I’ve taken them, honestly (don’t laugh), because Hulk Hogan told me to. Every week on TV when wrestling was on, he would do an interview where he would tell his little Hulkamaniacs to “Train, say your prayers, and eat your vitamins.” So,

Have you ever read the book, “Yes, Lord, I Have Sinned, But I Have Several Excellent Excuses” by James W. Moore? He asks some important questions that are worthy of our serious consideration: “This past week, how much time have you spent with God? How much time have you devoted to Him in quiet meditation and prayer? How much time have you spent with God in the study of the Scriptures? How much time have you spent with God, serving Him and loving God through the Body of Christ with your heart, soul, mind and strength?”

Another Christian writer, Gloria Gaither, encourages us to look at it thus: “Since that night in the Upper Room when Jesus gave His disciples the simple Gospel of Love, many have tried to add to it and amend it, organize it and make it exclusive. But when an honest soul can get still before the living Christ, we can still hear Him say simply and clearly, ‘Love the Lord your God..... Love one another’. It doesn’t get any better or simpler than that!” You see, I need to be reminded daily of this truth. This most profound thought has been displayed in my office for years: “We will have all of eternity to celebrate the victories, and only a few hours before sunset to claim them.” My dear friends, let’s get serious about this matter of love. What if we all just: gave a little more generously, loved a little more sincerely, witnessed a little stronger, and made up our minds to go to greater lengths to touch the world for Christ? Let’s intentionally claim those victories we will lay at the feet of Jesus in our eternal home.

Let us all be reminded that our world is right where we live, work, play, shop, attend church, and go about the daily of our lives. Perhaps our lives will come to represent this quote: “I was on my way to the Savior and I ran into serving and loving others!”

Thank you for a few moments of your time, I trust that we will become better examples of Love. Let’s close with one of my favorite choruses. Come on, sing along with me:
Loving God, Loving each other,
Serving Jesus with my friends,
Loving God, Loving each other,
And the mission never ends!



Martha M. Pierce

You know, I believe we have concluded that truly It’s all a Matter of LOVE!

I bothered my mom to buy vitamins at the grocery store and she bought me the Flintstone chewables. Ever since then, I’ve made sure that I had vitamins.

When I was in college and responsible for buying my own vitamins, I would buy the One A Day Men’s Health Weight Control. I guess I was trying to look good for the ladies. Every morning I would wake up, make a pot of coffee, pop a vitamin and head off to class. And seemingly every day, I would get sick. Suddenly, my stomach would hurt, my head would start to ache, and I would start to sweat. After about 10-15 minutes of enduring it, I would feel fine. It occurred to me about halfway through the vitamin bottle that my sickness would only occur after taking the vitamins. So – I stopped taking them, and I felt much better. For whatever reason, that brand of vitamin made me sick – especially if I took it on an empty stomach. The One A Day company eventually discontinued those vitamins because they were making a lot of people sick, not just me.

As I thought about those vitamins going down the road, it occurred to me that sin is like that. It looks like it would be good for you – pleasurable, enticing, fulfilling – but it really isn’t good for you at all. Satan has a way of baiting the hook for us to make sin look appetizing, but the hook that we don’t see does more damage than we imagine. I love what Jonathan Parnell writes at the Gospel Coalition: “Sin is not a thing we can just sweep under the rug. It’s not a little this or that. Oh no. Sin is most fundamentally our acting like Satan instead of reflecting the glory of God.”

So, what’s the solution? Throw the vitamin bottle away! We have two responses to the sin in our lives: stand against it, or flee from it. Both take wisdom, both take knowing what the Word of God says about not only ourselves, the effects of sin, and the attacks of the enemy. The only way to succeed is by knowing God’s Word, staying out of areas for temptation and walking closely with the Lord through prayer.

Will Matthews is student pastor at Immanuel Baptist Church in Clinton.



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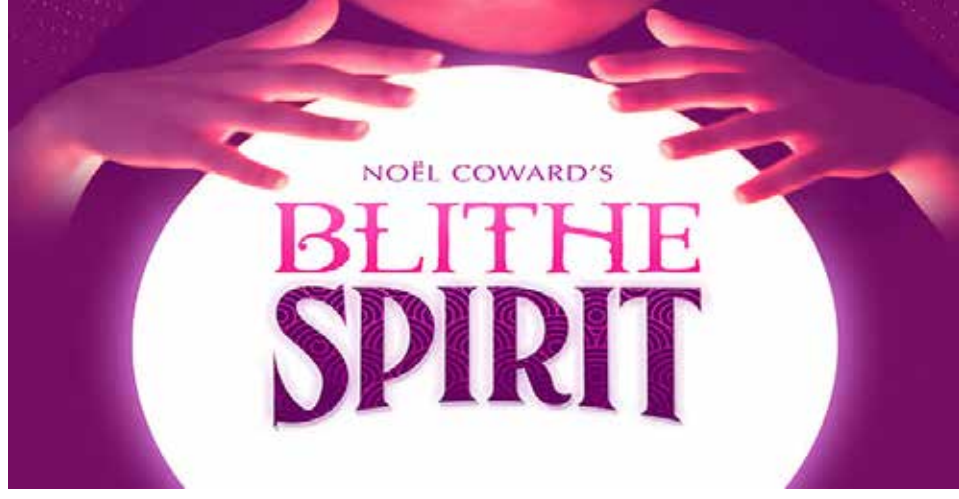
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ENTERTAINMENT

What's Happening

By Angela Martin

at **SCT**



“Blithe Spirit” Prepares to Entertain You

“Blithe Spirit” is busily being prepared at SCT and we are thrilled to be bringing you this production in the upcoming weeks.

“Blithe Spirit” is a comic play by Noël Coward. The play concerns the socialite and novelist Charles Condomine, who invites the eccentric medium and clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather material for his next book.

The play was first seen in the West End in 1941, creating a new long-run record for non-musical British plays of 1,997 performances. It also did well on Broadway later that year, running for 657 performances.

Our performances at the Sampson Community Theatre will be September 20-29 with Friday and Saturday performances beginning at 7:30 pm and Sunday matinees beginning at 2:30 pm. We hope to see you at one of our six productions



Photos By Tom Wilbur



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Fri 6:30p
Sat-Sun 2:00p 5:00p 8:00p
Mon-Wed 6:30p



IT CHAPTER TWO
 NOW SHOWING
 Rated R for disturbing violent content and bloody images throughout, pervasive language, and some crude sexual material
 27 years after the events of ‘It’, the Losers Club comes back to finish off the evil that tormented them.
Fri 6:30p 7:00p
Sat-Sun 1:30p 3:00p 5:00p 7:00p 8:30p
Mon-Wed 6:00p 6:30p



ANGEL HAS FALLEN
 NOW SHOWING
 Rated R for violence and language throughout
 Secret Service Agent Mike Banning is framed for the attempted assassination of the President and must evade his own agency and the FBI as he tries to uncover the real threat.
Fri 6:30p
Sat-Sun 2:00p 5:00p 8:00p
Mon-Wed 6:30p



OVERCOMER
 NOW SHOWING
 Rated PG for thematic elements
 Life changes overnight for coach John Harrison when his high school basketball team’s state championship dreams are crushed under the weight of unexpected news. When the largest manufacturing plant in town suddenly shuts down and hundreds of families begin moving away, John must come to grips with the challenges facing his family and his team.
Fri 6:30p
Sat-Sun 2:30p 4:30p 7:30p
Mon-Wed 6:30p

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School Day Solution

Family-friendly recipes for breakfast, lunch and dinner



Photo courtesy of Getty Images

FAMILY FEATURES

Morning routines, homework, practices and more are all part of back-to-school season, and even when time is short, flavorful meals can be, too.

Whether it's breakfast and dinner together as a family or sending your little learner out the door with a nutritious lunch, making tasty recipes in your own kitchen doesn't have to be a drain on an already busy schedule. With dishes like a new take on French toast to a quickly packed lunchbox and bolder burgers, you can keep your loved ones fueled for everything the school year brings your way.

For more back-to-school recipes, visit Culinary.net.

Freshen Up Family Breakfasts

A truly beneficial start to the day is usually centered around breakfast. Start your family on the right foot with a meal that delivers sweet flavor along with nutritious fruits.

This Honey Leches French Toast recipe swaps out syrup for hot honey combined with the crisp taste of raspberries, blueberries and strawberries.

Visit honey.com for more family-friendly recipes.

Honey Leches French Toast

Recipe courtesy of chef Rob Corliss on behalf of the National Honey Board

Servings: 4

Honey Leches:

- 2 tablespoons blueberry honey
- 1/4 cup evaporated milk
- 1/4 cup light coconut milk
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon

Berry Garnish:

- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries, sliced

Hot Honey:

- 1/2 cup blueberry honey

- 1/2 teaspoon cayenne pepper

Pound Cake:

- 8 small slices premade pound cake
- nonstick cooking spray

To make Honey Leches: In mixing bowl, whisk blueberry honey, evaporated milk, coconut milk, eggs, vanilla extract and cinnamon to evenly combine. Keep chilled.

To make Berry Garnish: In mixing bowl, lightly toss raspberries, blueberries and strawberries to evenly combine. Keep chilled.

To make Hot Honey: In small mixing bowl, whisk blueberry honey and cayenne pepper to evenly combine. Keep warm so hot honey is pourable.

Heat electric griddle to 375 F.

Arrange pound cake slices, side by side, flat, in casserole dish or pan with sides. Pour Honey Leches over and around pound cake slices; soak 1 minute.

Lightly coat griddle with nonstick cooking spray. Remove pound cake slices from Honey Leches, allowing liquid to drain off, then place each slice on hot griddle.

On griddle, cook pound cake slices approximately 2 minutes on each side until golden crispy and hot throughout.

To serve, place two overlapping pound cake slices on plate (four plates total). Top each with approximately 1/4 cup mixed berries then drizzle each with approximately 2 tablespoons hot honey.

A Healthy, Happy Midday Meal

Back to school means back to packing daily lunches, and for parents aspiring to send healthier options with their children, look no further than a bento box loaded with the nutritional values of fruits, dairy and protein.

Surprise your little one with this Happy Lunchbox, a sweet treat to help keep him or her hydrated throughout the school day. Start with watermelon, a portable, versatile and easy-to-serve staple composed of 92% water for a hydrating snack. Add in a favorite yogurt flavor, mixed berries, cheddar cheese cubes and smoked turkey breast for a well-rounded lunch to maintain energy all day.

By assembling this nutritious meal using a divided bento box, you can add a little fun to an already flavorful lunch. Find more refreshing recipes for back-to-school season at watermelon.org.

Happy Lunchbox

Recipe courtesy of the National Watermelon Promotion Board

Watermelon, cut into sticks
yogurt, for dipping
berries

Watermelon Kebabs:

- 18 cubes (1 inch each)
seedless watermelon
- 6 cubes smoked turkey breast
- 6 cubes cheddar cheese
- 6 coffee stirrers or
beverage straws

In small plate with dividers, assemble watermelon sticks with yogurt in one section and berries in separate section.

To make Watermelon Kebabs: Skewer watermelon, turkey and cheese cubes on stirrers or straws. Assemble in third section of plate.



A Bigger, Bolder Burger

Making a meal everyone loves can sometimes be a challenge when tastes differ and each member of the family craves something different. However, turning to a nearly universally enjoyed staple – a burger – may be just the solution.

Next time your group debates the night's dinner menu, turn to a customizable creation like the Brooklyn Bacon Bonanza Burger created by celebrity chef and author George Duran for Jarlsberg's Global Burger Campaign. Topped with melted cheese and optional garnishes like fried eggs and tomato slices, this burger can be personalized to appease the taste buds of everyone under your roof.

Find more back-to-school meal solutions at jarlsberg.com.

Brooklyn Bacon Bonanza Burger

Recipe courtesy of chef George Duran on behalf of Jarlsberg

Servings: 4

- 4 thick chunks Jarlsberg cheese
- 1 tablespoon hot sauce
- 1/4 cup mayonnaise
- 1 pound ground beef
- 1/2 pound ground pork
- 1 onion, finely chopped
(about 1 cup)
- 1 cup chopped cooked bacon
- 3 tablespoons sundried
tomato paste
- 3 tablespoons breadcrumbs
- kosher salt
- freshly ground black pepper
- nonstick cooking spray
- 4 eggs for frying (optional)
- 4 hamburger buns
- 8 thin slices tomato

Place cheese in freezer about 1 hour ahead of time.

Heat grill to medium-high heat. In small bowl, mix hot sauce and mayonnaise; set aside.

In large bowl, season beef, pork, onion, bacon, tomato paste and breadcrumbs with salt and pepper. Using hands, mix until well combined.

Using hands, form meat mixture into four balls. With thumb, make indentation in centers of balls and place one chunk cheese in center of each. Begin shaping burgers around cheese until patties form. Spray grill grates with nonstick spray. Grill burgers, turning frequently, until cooked through and cheese begins to ooze out, about 8-10 minutes.

In nonstick skillet, fry eggs, if desired; set aside. Serve burgers on hamburger buns with chipotle-mayo, tomato slices and fried eggs.

HIGH SCHOOL FOOTBALL

Schedules, Scores, and Records

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Clinton Dark Horse 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 23rd	Cape Fear Colts (Rescheduled)	HOME	7:30	W 00 - 00	0-0
Aug 30th	East Bladen Eagles Northside	HOME	7:30	W 43 - 16	1-0
Sept 6th	Monarchs	Away	7:00	W 00 - 00	0-0
Sept 13th	JF Webb Warriors Pamlico	Away	7:00	W 00 - 00	0-0
Sept 20th	County Hurricanes Central	HOME	7:00	W 00 - 00	0-0
Sept 27th	Cabarrus Vikings East Duplin	Away	7:30	W 00 - 00	0-0
Oct 11th	Panthers Goldsboro	HOME	7:00	W 00 - 00	0-0
Oct 18th	Cougars** Wallace-Rose Hill	HOME	7:00	W 00 - 00	0-0
Oct 25th	Bulldogs James Kenan Tigers	Away	7:00	W 00 - 00	0-0
Nov 1st	Midway Raiders	Away	7:00	W 00 - 00	0-0
Nov 8th	First Round Playoffs	HOME	7:00	W 00 - 00	0-0
			TBD		

Home Games in Bold

** Homecoming

Harrells Crusaders 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 23rd	Sandhills Titans	HOME	7:00	W 52 - 06	1-0
Aug 30th	Rocky Mount Prep	Away	7:00	W 46 - 12	2-0
Sept 6th	SouthLake Christian Academy	HOME	7:00	W 49 - 12	3-0
Sept 13th	Trinity Christian Academy	HOME	7:00	W 00 - 00	0-0
Sept 20th	Ravenscroft School	Away	7:00	W 00 - 00	0-0
Sept 27th	North Raleigh Christian	Away	7:00	W 00 - 00	0-0
Oct 4th	Carolina Bearcats	Away	7:00	W 00 - 00	0-0
Oct 11th	North Wake Saints	Away	7:00	W 00 - 00	0-0
Oct 18th	Northside Christian Academy	HOME	7:00	W 00 - 00	0-0
Oct 25th	Wake Christian Academy	HOME	7:00	W 00 - 00	0-0
	NCISAA Division II 1st Round		TBD		

Home Games in Bold

** Homecoming

Hobbton Wildcats 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 22nd	East Chapel Hill	HOME	7:00	W 51 - 46	1-0
Aug 29th	Louisburg	Away	7:00	W 45 - 42	2-0
Sept 6th	East Columbus	HOME	7:00	W 34 - 06	3-0
Sept 13th	Spring Creek	Away	7:00	W 00 - 00	0-0
Sept 20th	Midway Raiders	HOME	7:00	W 00 - 00	0-0
Sept 27th	North Stokes	HOME	7:00	W 00 - 00	0-0
Oct 11th	Rosewood	Away	7:00	W 00 - 00	0-0
Oct 18th	Princeton	HOME	7:00	W 00 - 00	0-0
Oct 25th	Lakewood Leopards	HOME	7:00	W 00 - 00	0-0
Nov 1st	Union Spartans	Away	7:00	W 00 - 00	0-0
Nov 8th	North Duplin	Away	7:00	W 00 - 00	0-0
	First Round Playoffs		TBD		

Home Games in Bold

** Homecoming

Midway Raiders 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 23th	Union Spartans	HOME	7:00	W 27 - 00	1-0
Aug 30th	South Brunswick	HOME	7:00	W 28 - 24	2-0
Sept 6th	Harnett Central	HOME	7:00	W 00 - 00	0-0
Sept 13th	Lakewood Leopards	HOME	7:00	W 00 - 00	0-0
Sept 20th	Hobbton Wildcats	Away	7:00	W 00 - 00	0-0
Sept 27th	Spring Creek High	Away	7:00	W 00 - 00	0-0
Oct 11th	James Kenan High	Away	7:00	W 00 - 00	0-0
Oct 18th	Wallace-Rose Hill Bulldogs	HOME	7:00	W 00 - 00	0-0
Oct 25th	East Duplin High	HOME	7:00	W 00 - 00	0-0
Nov 1st	Goldsboro High	HOME	7:00	W 00 - 00	0-0
Nov 8th	Clinton Dark Horses	Away	7:00	W 00 - 00	0-0
	1st Round Playoffs		TBD		

Home Games in Bold

** Homecoming

Lakewood Leopards 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 23th	Wake Christian Academy	Away	7:00	L 12 - 28	0-1
Aug 30th	KIPP Pride	HOME	7:00	W 00 - 00	0-0
Sept 6th	Camp Lejeune	HOME	7:00	W 00 - 00	0-0
Sept 13th	Midway Raiders	Away	7:00	W 00 - 00	0-0
Sept 20th	South Brunswick	HOME	7:00	W 00 - 00	0-0
Sept 27th	James Kenan	HOME	7:00	W 00 - 00	0-0
Oct 11th	North Duplin	Away	7:00	W 00 - 00	0-0
Oct 18th	Rosewood Eagles	HOME	7:00	W 00 - 00	0-0
Oct 25th	Hobbton Wildcats	Away	7:00	W 00 - 00	0-0
Nov 1st	Princeton Bulldogs	HOME	7:00	W 00 - 00	0-0
Nov 8th	Union Spartans	Away	7:00	W 00 - 00	0-0
	1st Round Playoffs		TBD		

Home Games in Bold

** Homecoming

Union Spartans 2019 Varsity Football Schedule

DATE	OPPONENT	SITE	TIME	SCORE	RECORD
Aug 23rd	Midway Raiders	Away	7:00	L 00 - 27	0-1
Aug 30th	Heidi Trask	Away	7:00	W 20 - 00	1-1
Sept 6th	Pender Patriots	HOME	7:00	W 34 - 22	2-1
Sept 13th	Jones Senior	Away	7:00	W 00 - 00	0-0
Sept 20th	James Jenan	HOME	7:00	W 00 - 00	0-0
Sept 27th	Swansboro	HOME	7:00	W 00 - 00	0-0
Oct 11th	Princeton Bulldogs	Away	7:00	W 00 - 00	0-0
Oct 18th	North Duplin	HOME	7:00	W 00 - 00	0-0
Oct 25th	Rosewood	Away	7:00	W 00 - 00	0-0
Nov 1st	Hobbton Wildcats	HOME	7:00	W 00 - 00	0-0
Nov 8th	Lakewood Leopards	HOME	7:00	W 00 - 00	0-0
	1st Round Playoffs		TBD		

Home Games in Bold

** Homecoming

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Union's Travone Robinson Rushing Towards Success



Senior running back focused on making playoffs this season

Coming into this school year, Union High senior Travone Robinson said he wanted to make his final year of high school a memorable one.

The 18-year-old Spartan running back wanted to come into this football season focused on one thing - "making it to the playoffs".

"I think after coming up short last season, a lot of the guys, especially us seniors, came into practices ready to prove something," he said.

To his point, Robinson, as well as his 11 senior teammates, hit the gym hard over the summer and were determined to have a successful season.

"All of us came back wanting to turn it around (from last season)," he explained. "That really showed in the weight room over the summer and, now, it is showing on the field."

For his part, Robinson hit the gym just as hard as his teammates and says he became more conscience of other things in his daily routine.

"I really worked hard this summer," he admits. "I worked out a lot, ran and started watching my diet closely. I wanted to do everything I could to be ready for my final year."

In his junior season, Robinson, who also plays defensive linebacker for the Spartans, had a breakout season, finishing with 65 carries for 393 yards. He also scored 5 touchdowns.

On defense, Robinson was just as potent - he collected 16 solo tackles (21 tackles in total).

He says the Spartans are carrying the momentum of their last few games last season and the team's positive summer schedule into the 2019 football season.

"It has been great," Robinson said. "Everyone is really working hard and is excited about this season."

While Robinson passes off praise to his teammates, his head coach, Douglas Burley, notes that the back has stepped-up.

"Travone has been a great leader for us this far in the young season," Burley said. "He started working hard in the weight room last year and came to just about all the summer workouts ... He hasn't missed a practice this year."

Burley continues, "It is very easy to praise a kid when they put in that much hard work."

So, when it was time to nominate a player to be this week's Performance Auto/Sampson Weekly Star Athlete of the Week, Burley chose Robinson.

"It felt good when coach told me that he nominated me," Robinson admitted. "I really didn't know anything about it. But it makes me feel good knowing that he thought that much of me. It is a great feeling."

The Spartans faced cross-town rivals, the Midway Raiders, in the season opener on August 23. Despite promising play in the away game, Midway earned the 28-0 victory. However, Union rebounded the following week (August 30) on the road in a 20-0 victory over the Heide-Trask Titans.

The game showed off a tenacious Union defense that held the Titan offense to just 5 first downs and -15 rushing yards. In fact, Trask's only yardage came from 12 pass plays (for a 101-yard total).

Union hosted their season opener last Friday night in a non-conference match-up at home against Pender which they brought home the win 34-22.

Friday night's game against Pender kicked off a four-game run that will be included in the "Touchdowns Against Cancer"* games. On September 13, Union will travel to Jones Senior (in Trenton, N.C.); then return to Southern Sampson County for two home games - vs. James Kenan on Sept. 20; and Swansboro on Sept. 27, respectively.

Born in Clinton and raised in Harrells, Robinson has spent his entire educational career in the Union School District.

"It has always been a family atmosphere here," he said. "Everybody here has always treated me like family. It is like I am a brother and everyone else is my little brother or older brother."

That 'family' includes his teachers. "They have always been like my aunts and uncles," Robinson says. "So, it is truly like my family to me - it has always been that way."

As skilled as he is on the field, it may come as a surprise to know that Robinson's first foray into school sports came when he was in middle school.

"I didn't play recreation football," he said. "I started playing when I was in the seventh grade."

Robinson said that he wanted to play sports earlier but couldn't commit to long-term practices/games because of his living situation at the time.

Not that it mattered much - once Robinson hit the field, he was electric.

"It was something that just came natural to me," he says with a laugh. "That first year I was just going out and working hard, by my eighth-grade year, I was running the ball."

Like one of his favorite running backs - (current Washington Redskin running back) Adrian Peterson - Robinson is a very physical runner.

"Well, in my freshman year, I would typically juke out and try to get to the outside when I was running the ball," he explains. "Now, I just try to find a hole and run into it."

If a defender is in his way, Robinson doesn't run to the outside, he turns in and challenges his opponents head-on.

The change has worked well for him. Robinson currently has a career rushing total of 427 rushing yards as a Spartan and hopes to expand that total this season.

The senior has already received some good looks from scouts - including one from North Carolina A&T - and hopes that he will have more post-high school opportunities as the season moves on.

His dream college? "Campbell University," he said. "I mean, I will go where I have the best opportunities, but if I could pick one, it would be Campbell because a lot of people I know are there or have been there ..."

Currently Robinson is undecided on what he will study, however, he knows he wants to attend college and work towards his ultimate dream.

"To play professional football for sure," he said. "That has always been my dream and I am going to do my very best to make it."

If he had a choice of who he would want to play for, Robinson says without hesitation, "the Carolina Panthers".

For now, though, Robinson is focusing on his final year in the only school district he has ever known.

"I have thought about leaving," he says thoughtfully, "and I know it is going to be tough, but I am excited about taking that next step in my life's journey."

He continues, "I am going to miss Coach Burley and, really, all my coaches. Of course, I will also miss playing football all my friends (and teammates). We have been playing together since middle school and I know that is something that I will miss."

Now that he has been through three years of high school, what would be the best piece of advice he could give to a freshman?

"I would just tell them to keep their head up," Robinson said. "Keep working hard and never, ever give up on your dreams."

It is something that his grandmother has told him since he was young. "She has always told me to keep putting in the work, never give up and keep pushing. She inspires me."

When he does get free time, which is rare, Robinson said that he doesn't waste it. "If I do get some time here and there, it is just more time for me to work out. Basically, I work out and run as much as I can."

He also takes time to appreciate those who have shown him support over the years. "I just want to thank my grandparents, my dad, my teammates, friends and all of my coaches and teachers. They have always been there for me and it means so much."

* About "Touchdowns Against Cancer" - Every year, 180,000 children are diagnosed with cancer worldwide. Touchdowns Against Cancer is a national program created in partnership between MaxPreps, Pledge It and St. Jude Children's Research Hospital. In support of Childhood Cancer Awareness Month, this national high school football program unifies communities across the country for a common cause: Finding Cures. Saving Children®. Varsity high school football teams and their communities can participate in Touchdowns Against Cancer by pledging a donation for every touchdown their team scores this September. Teams will compete to see whose touchdowns raise the most in the fight against childhood cancer!

ATTENTION COACHES: Have an athlete you want to feature as the Star Athlete of the Week? Send player's name, contact information and why you want them to be considered for the SAOTW, in an e-mail to therealabajones@gmail.com.

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New Directors Bolster SCC Foundation



Moore, Spell, Bonilla and Godwin joining forces for SCC.

The foundation of Sampson Community College is, well, it's Foundation. SCC has welcomed four new directors to its board and all have been eager to get on board and continue moving the college forward through student support, infrastructure and new projects on the drawing board.

The SCC Foundation has welcomed back Chuck Spell, a past President of the Foundation and past Trustee and Foundation Liaison, and an important advocate for the college on several current projects. Also joining the Foundation is Morgan Lee Moore, granddaughter-in-law of Lorraine Moore, who spent years on the board and pioneered many projects that have had a major impact on the college.

Jaime Bonilla, owner of the popular restaurant Mi Finca, has also joined the team, Bonilla earned his GED and Associate Degree from Sampson Community College before completing a Bachelor of Arts at ECU. Rounding out the group is the Rev. Thaddeus Godwin, a County Commissioner and well-known minister who was raised in Sampson County.

The SCC Foundation Board was established in 1987 as the first Foundation in Sampson County. The Foundation's impact this year was significant with more than \$317,000 going to student aid, and program support. In 2017, the Foundation committed to a capital campaign for a signature project, Develop the East, the greenspace community park space along Airport Road. The board is actively engaged in resource development, investment oversight, college advocacy, and partnership building.

The foundation runs four primary fundraising campaigns: Campus Drive, the Sampson Classic Golf tournament; the Phonathon; and Annual Giving. This year, the Foundation awarded more than \$117,000 in scholarship and committed to fund the Sampson Promise, a tuition guarantee program for qualifying high school students.

"This is a very exciting time for the college," says Spell. "The level of energy and motivation is very high among the staff and administration. The facility updates, the new welding building, Develop the East project, campus improvements are making a huge difference in the college and the offerings for the students. The development of the Truck Driver Training location will greatly enhance that program that continues to be a huge success."

Spell brings an industry perspective to SCC. Local industry utilizes many facets of the college, for prospective employees and training. Understanding those needs is vital for the college, so it can support where it is needed in the area. Board member Steve Stefanovich agrees. "It is with open arms that Chuck Spell is joining the Foundation Board," he says. "He brings his leadership skills, and the highest level of integrity. I am very proud of his accomplishments and his agreeing to serve again on the board."

"Chuck has been instrumental in facilitating several workforce training initiatives for the college as a Foundation Director and as a Trustee," Turlington added. "We are pleased to have him return to the Foundation Board as a voice of industry."

Moore, who is the granddaughter-in law of SCC pioneer Lorraine Moore who recently passed away, says she is hoping to pick up where the elder Moore left off. "I am very excited for the opportunity to serve on the board with so many wonderful people who have made such a huge impact on our community," says Moore. "My hope is that my farming experience will generate new innovative ideas for programs and classes to be instituted to better serve the agricultural community in Sampson County, as it is a vital sector of the economy in Eastern North Carolina. The future of our college is on the right track as we all work to attract local students and have them graduate and stay here as contributing members of our community."

"It is exciting to add new voices and perspectives to the Foundation Board that will help us be more representative of the people we serve," said Lisa Turlington, Executive Director of the Foundation. "Morgan brings a young farming professional's outlook from the southern part of the county, and she continues a long legacy of support of the college by the Moore family."

Bonilla is no stranger to the college or the community. He learned to speak English at SCC before graduating from SCC and opening his own restaurant here called Mi Finca. "I have

been here since I arrived to the United States," says Bonilla. "People not only at the college, but from the entire community have welcomed me and supported me with open arms from the start. Our main objective here is to raise funds to help with several projects. I think I can contribute in being a big part of the solution and helping people. I want to give back."

"As a graduate of Sampson Community College, Jaime is a shining example of beginning here and going anywhere," added Turlington. "As a local businessman and community advocate, his opinion will be valuable to the Foundation work."

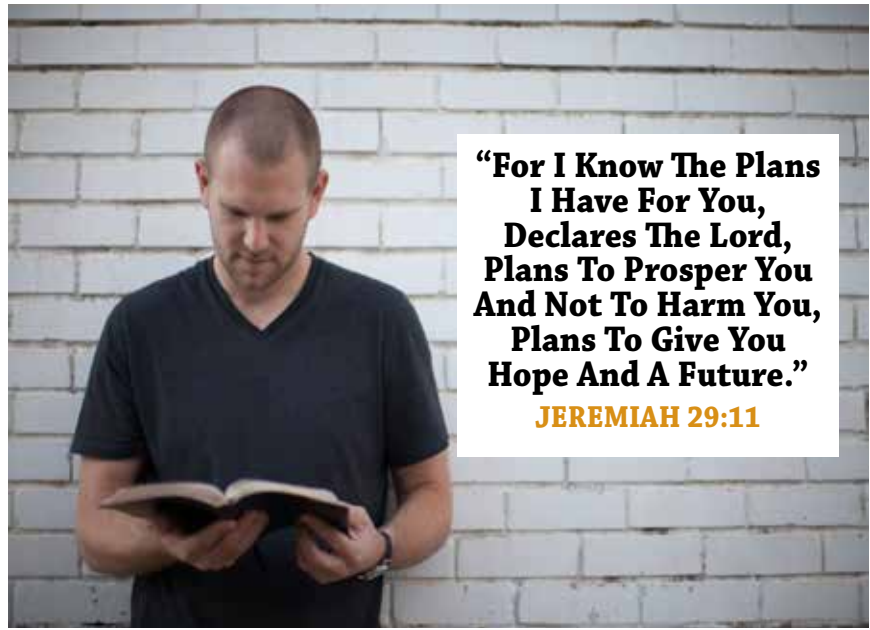
Godwin is popular in many circles in Sampson County having been raised here. "One of the best things people need to hear are the new ideas that come with new faces," says Godwin. "Those on the Board are about helping other folks, not just those in higher education, but also in the development of the City of Clinton. I would love to be a part of helping everyday students achieve their dreams. SCC is growing, and it is beautiful to see. Anything we can do to further the mission of the college and help the community is a good thing and that's why I am excited to be a part of it."

"Rev. Godwin, a lifelong Sampson County resident, a leader of the local faith community, and a county commissioner will add perspective and depth to the board," noted Turlington.

Dr. Paul Viser, also a member of the Board, reconfirms the importance of Godwin as an addition to the Foundation. "He is a native of Clinton with friends and family all over Sampson County," says Viser. "He and Dr. Starling, SCC's President, were in the same graduating class from Clinton High School. When he and his wife, Eloise, returned to Sampson County just over two years ago, they wasted no time forming new relationships and addressing new challenges. These include his public roles as pastor of Lisbon Street Baptist Church and as Sampson County Commissioner. The College is extremely fortunate to have Pastor Godwin sharing with us his energy and passion."

As the new fiscal year is underway for the Foundation, the faces may have changed but the mission and focus are as strong as ever. Several projects are in different stages of completion and in due time, the community will ultimately reap the benefits of these efforts. To donate to the Foundation or for more information, contact Turlington at lturlington@sampsoncc.edu.

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3 points for a square with a pitcher in it.

2 points for a square with glass inside it.

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

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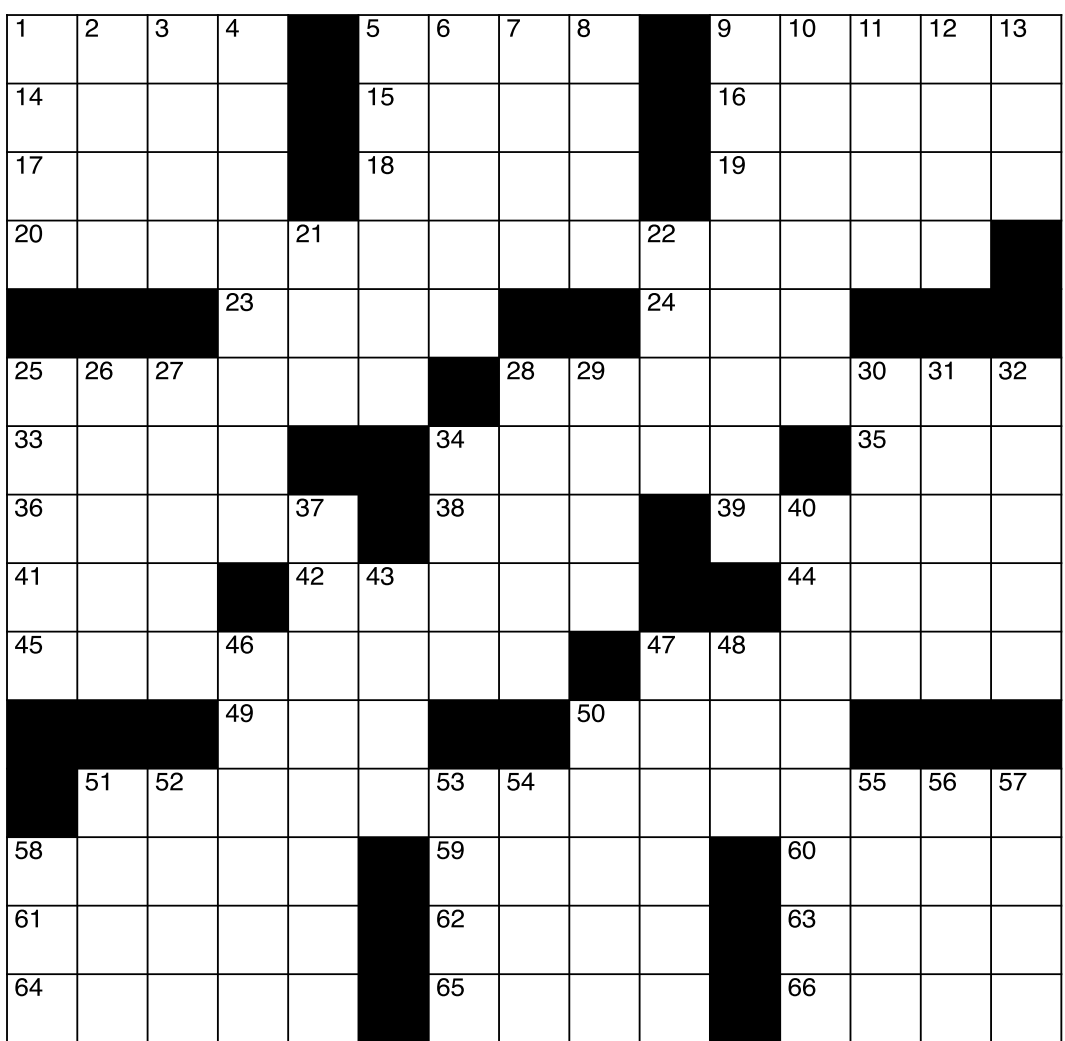
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Crossword Puzzle

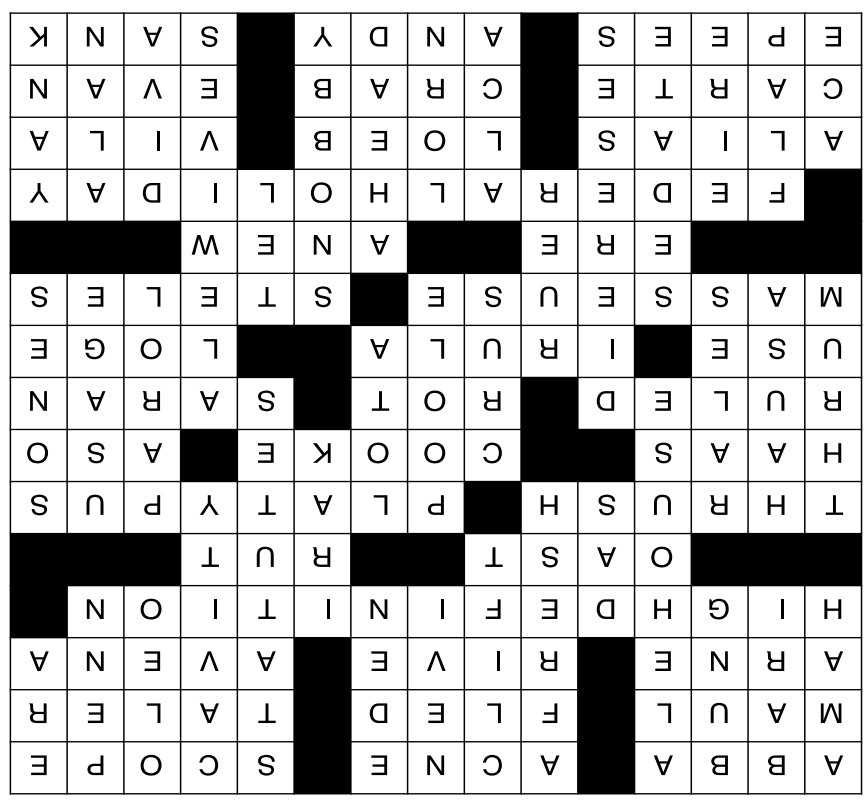


CLUES ACROSS

- 1. Swedish rock group
- 5. Teen skin disorder
- 9. An instrument that magnifies
- 14. Sledgehammer
- 15. Ran away from
- 16. Old European silver coin
- 17. "Rule Britannia" composer
- 18. Rend or tear apart
- 19. Oats genus
- 20. Greater TV resolution
- 23. Kiln
- 24. A furrow in the road
- 25. Family Turdidae
- 28. Duck-billed mammal
- 33. German tennis star Tommy
- 34. "You Send Me" singer Sam
- 35. Volcanic mountain in Japan
- 36. Governed over
- 38. Process of decay
- 39. Clear wrap brand
- 41. Put into service
- 42. Snake catcher tribe of India
- 44. Best section of the mezzanine
- 45. Masseur
- 47. Funereal stone slabs
- 49. Before
- 50. Again
- 51. 1 of 10 official U.S. days off
- 58. Alternate name
- 59. One of Bobby Franks' killers
- 60. Port capital of Vanuatu
- 61. Individual dishes are a la ___
- 62. Shellfish
- 63. Welsh for John
- 64. Fencing swords
- 65. Griffith or Rooney
- 66. Titanic's fate

CLUES DOWN

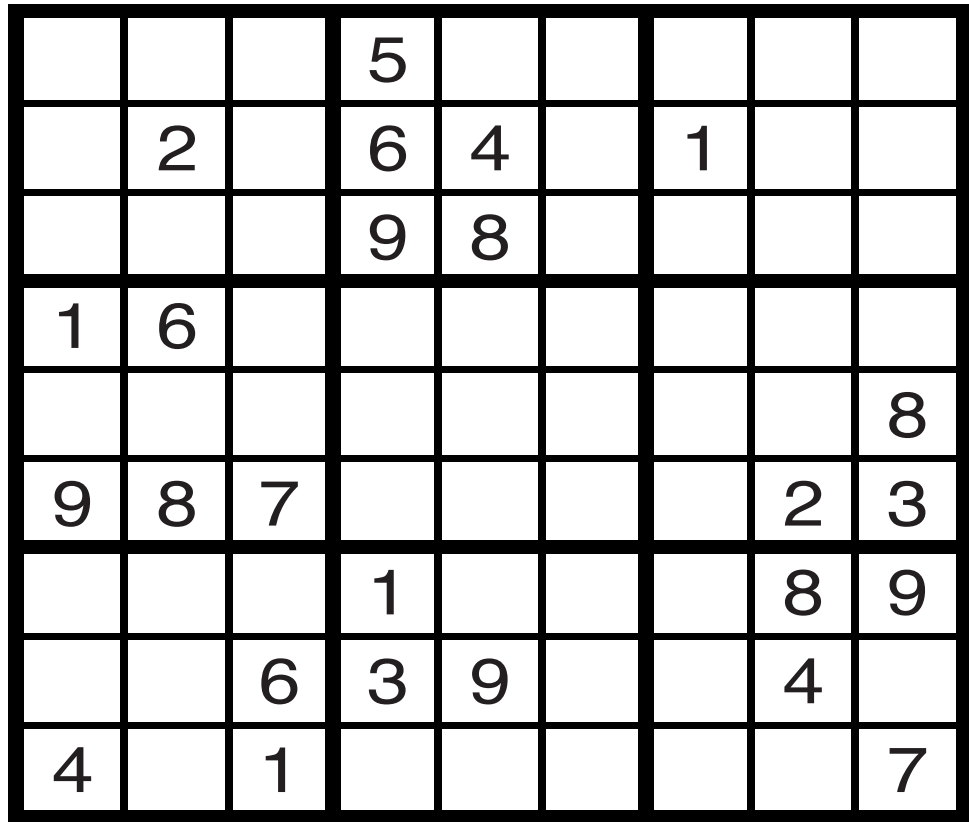
- 1. Far East wet nurse
- 2. Apulian seaport
- 3. Barrel hole stopper
- 4. Tavern where ale is sold
- 5. Anew
- 6. Actor Montgomery
- 7. Pigmented skin moles
- 8. Adam & Eve's garden
- 9. Legislative acts
- 10. Pit
- 11. Butter alternative
- 12. Actor Sean
- 13. A major division of geological time
- 21. Hyrax
- 22. Country of Baghdad (alt. sp.)
- 25. Repetitive strumming
- 26. West Chadic
- 27. Rattling breaths
- 28. Savile Row tailor Henry
- 29. Burbot
- 30. Christmas lantern in the Phillipines
- 31. Utilization
- 32. Sound units
- 34. Leg shank
- 37. Umlauts
- 40. Female owners of #4 down
- 43. One who regrets
- 46. Serenely deliberate
- 47. Stuck up
- 48. Cablegram (abbr.)
- 50. In advance
- 51. Envelope opening closure
- 52. Ireland
- 53. Australian Labradoodle Club of America (abbr.)
- 54. Poetic forsaken
- 55. Female operatic star
- 56. Actor Alda
- 57. An American
- 58. Highest card



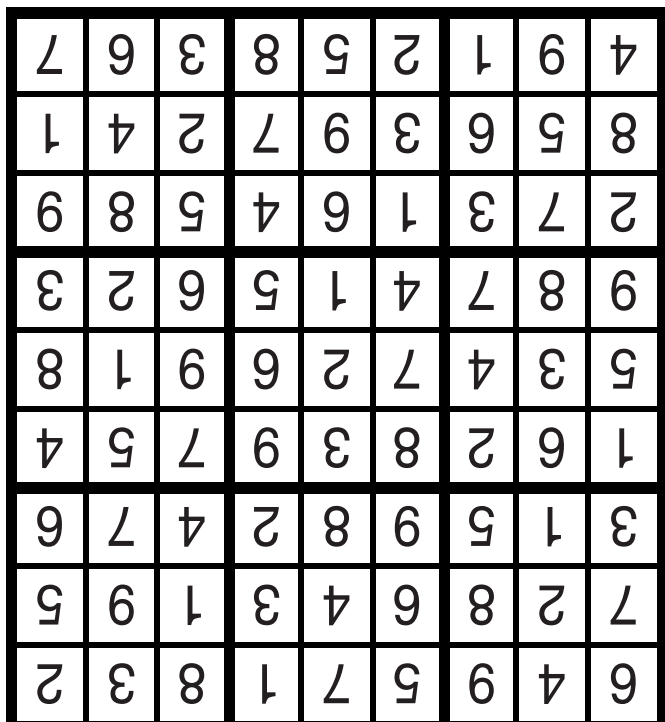
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Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test.



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!

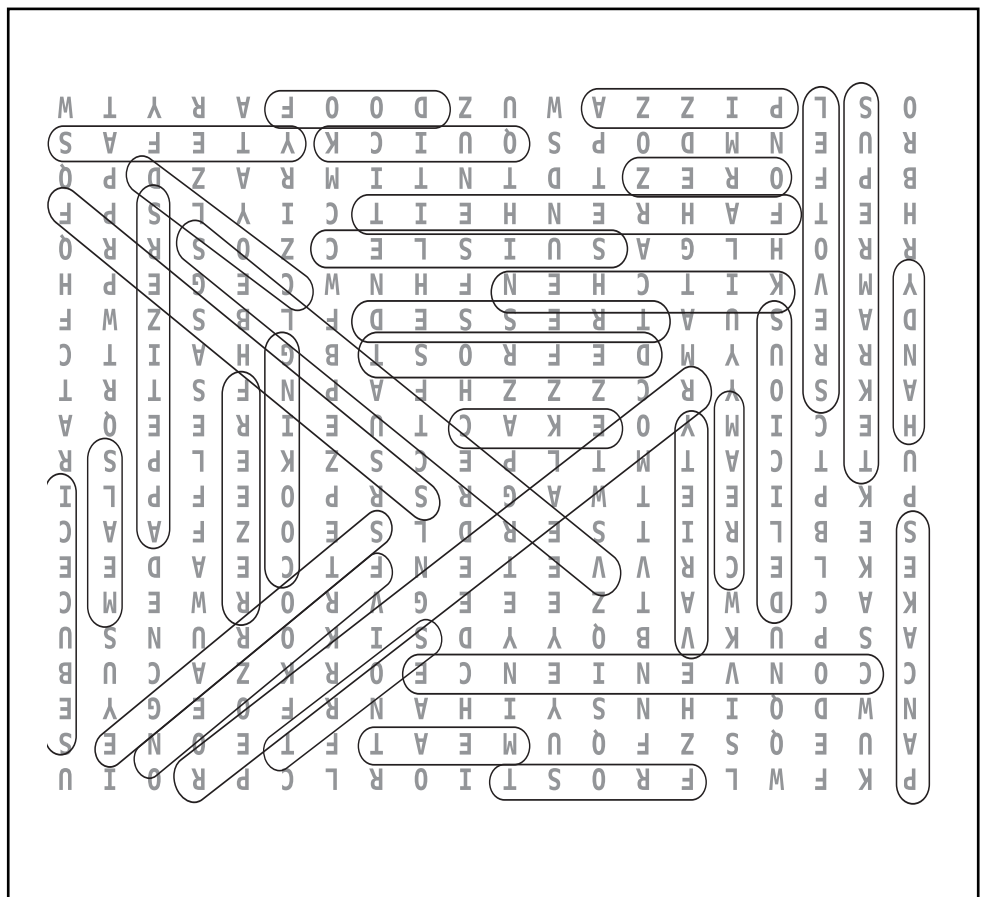


FROZEN FOOD WORD SEARCH

WORDS

P K F W L F R O S T I O R L C P R O I U	APPETIZERS	ICE CUBES
A U E Q S Z F Q U M E A T F T E O N E S	CAKE	KITCHEN
N W D Q I H N S Y I H A N R F O E G Y E	CELSIUS	LEFTOVERS
C C O N V E N I E N C E O R K Z A C U B	COLD	MEALS
A S P U K V B Q Y Y D S I K O R U N S U	CONVENIENCE	MEAT
K A C D W A T Z E E E G V R O R W E M C	COOKING	PANCAKES
E K L E C R V V E T E N F T C E A D E E	CREAM	PIZZA
S E B L R I T S E R D L S E O Z F A A C	DEFROST	QUICK
P K P I E E T W A G R S R P O E F P L I	DELICIOUS	REFRIGERATOR
U T T C A T M T L P E C S Z K E L P S R	DESSERT	SAFETY
H E C I M Y O E K A C T U E I R E E Q A	FAHRENHEIT	SORT
A K S O Y R C Z Z Z H F A P N F S T R T	FOOD	STORAGE
N R R U Y M D E F R O S T B G H A I T C	FREEZER	SUPERMARKET
D A E S U A T R E S S E D F L B S Z W F	FRESHNESS	VARIETY
Y M V K I T C H E N F H N W C E G E P H	FROST	VEGETABLES
R R O H L G A S U I S L E C Z O S R R Q	FROZEN	WAFFLES
H E T F A H R E N H E I T C I Y L S P F	HANDY	ZERO
B P F O R E Z T D T N T I M R A Z D P Q		
R U E N M D O P S Q U I C K Y T E F A S		
O S L P I Z Z A W U Z D O O F A R Y T W		

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.



IN THE NEWS

HIGH-FAT, CARBS BAD FOR BRAIN

Having a high-fat, high-carbohydrate diet has long been associated with obesity, but it could also affect your brain, according to researchers. In a recent study, researchers at Yale University found that high-fat diets can bring about neurological changes in the brain.

Studying how the consumption of a high-fat diet stimulates hypothalamic inflammation, researchers found that these diets contribute to irregularities in the hypothalamus region of the brain, which regulates body weight homeostasis and metabolism. The study showed that inflammation occurs in the hypothalamus as early as three days after consuming a high-fat diet.



NUMBER TO KNOW

29 MILLION

At least 29 million Americans take low-dose aspirin every day to help prevent a heart attack or stroke, according to the Harvard Medical School.



LIVING HEALTHY

WHAT TO EAT BEFORE RUNNING

According to nutrition experts at Easter Oregon University, before running 3 to 4 miles (or less), you don't need a pre-run meal, just drink eight ounces of water or low-calorie sports drink. Before a run of more than 4 miles, eat 50 to 60 grams complex carbs 1 1/2 hours prior. Before a tempo workout, have a carb-rich meal the night before.

— More Content Now



Joe Camel was forced out of ads, so why is Juul allowed on TV?

By Michelle Andrews
Kaiser Health News

Why does e-cigarette maker Juul advertise its product on TV when cigarette ads are banned? The short answer: Because it can.

For nearly 50 years, cigarette advertising has been banned from TV and radio. But electronic cigarettes — those battery-operated devices that often resemble oversized USB drives with flavored nicotine “pods” that clip in on the end — aren't addressed in the law.

Since launching its product in 2015, Juul Labs, based in San Francisco, has taken the e-cigarette market by storm and now accounts for roughly 75% of e-cigarette sales at convenience stores and mass retail outlets. Until recently, TV ads haven't played a role in Juul's marketing, which relied primarily on social media.

But this year, the company launched a \$10 million TV advertising campaign, “Make the Switch,” that it said was aimed at helping adults find a healthier alternative to smoking cigarettes. The campaign also features print and radio ads.

Many public health advocates are skeptical of the

“When you say that a product is for an adult, the message is not ‘Don't use,’ it's ‘Use these products and you'll appear to be adult or mature.’”

Bonnie Halpern-Felsher, Stanford University School of Medicine

company's repeated assertions that adult smokers are its target audience. When the company launched its sleek e-cigarette four years ago, it relied on social media outlets such as Facebook, Instagram and Twitter to promote its product in ads that, especially at the beginning, featured playful, partying 20-somethings.

As the product caught on, young people helped spread the word to other young people using hashtags like #juul. Social media influencers who posted content praising Juul amplified the message.

“There's overwhelming evidence that the behavior of Juul contributed to the product being sold to youth,” said Dr. Robert Jackler, a professor and the principal investigator at Stanford Research Into the Impact of Tobacco Advertising at the university's medical school.

Juul said it is not targeting children and teens and supports efforts to limit tobacco products to people under age 21.

“We recognize that youth

use of vapor products is a problem that requires an effective and appropriate response from industry and regulatory bodies,” said Ted Kwong, a Juul Labs spokesman. “We strongly support restrictions on social media marketing of vapor products.”

Are they safer?

E-cigarettes, also called vapes, were introduced in the United States in the mid-2000s. Some early versions resembled actual cigarettes. Juul's product can be plugged into a USB port to recharge and fits inconspicuously into the palm, often frustrating parents and teachers seeking to stop teens from using it.

E-cigarettes don't produce tar, in which most of the cancer-causing and other harmful chemicals from tobacco smoke are found. But both products contain nicotine, which is highly addictive and can harm the developing brains of adolescents.

In addition, the vapor that people inhale when

the liquid nicotine in e-cigarettes is heated may contain cancer-causing chemicals, heavy metals and other dangerous substances.

Nevertheless, e-cigarettes are often touted as a healthier alternative to cigarette smoking, and that's the premise of Juul's “Make the Switch” campaign. The testimonial ads feature adults describing the positive changes in their lives after they gave up smoking cigarettes to use Juul.

“We want adult smokers to hear directly from former adult smokers that Juul Labs provides a true alternative to combustible cigarettes and is showing unprecedented success, with studies showing 40 to 56 percent of adult smokers fully switching within 90 days of use,” said Kwong.

Current law

Although adolescents may be more likely to see ads in social media than traditional broadcast and print ads, the Juul TV ads probably have an impact on them, said Bonnie Halpern-Felsher, a professor of pediatrics at Stanford University School of Medicine who developed a tobacco prevention toolkit for teachers.

“When you say that a product is for an adult, the message is not ‘Don't use,’ it's ‘Use these products and you'll appear to be adult or mature,’” Halpern-Felsher said.

Anti-smoking advocates would like to see the same marketing limits applied to e-cigarettes that apply to so-called combustible cigarettes, including banning them from advertising on TV and radio.

They would also like to see the changes that were put in place under the Master Settlement Agreement in 1998 between the largest cigarette manufacturers and the attorneys general of 46 states applied to e-cigarettes. The states had sued the cigarette makers to recover their costs for treating sick and dying smokers. Among other things, the agreement banned most transit and billboard advertising of cigarettes, branded merchandise, free product samples and sponsorships of events, such as concerts and sporting events.

E-cigarette makers, such as Juul, have used some of those advertising methods over the years.

TODAY'S WORKOUT

Pilates swimmer move works entire backside

By Marlo Alleva
More Content Now

We can find fitness in any position, whether it's sitting, standing or lying on the floor. And many exercises are emulating other physical movements to create a simulation of or practice for the real thing.

In any case, you know your restrictions and limitations, and everything can be modified.

Our move today is a Pilates swimmer. You will need a flat surface and a yoga mat for this exercise.

You will be working your whole backside, from your shoulders to your toes. (Back, glutes, hamstrings and calves.)

Begin this exercise by lying flat on your stomach



Marlo demonstrates a Pilates swimmer. [ERNST PETERS/THE LEDGER]

on your mat, on the floor. Extend both arms straight out in front of you, and extend both legs straight behind you. Focus on elongating the body from wall to wall.

Now, rolling your shoulders back and down and keeping your neck neutral tighten the core, squeeze the glutes to lift your legs slightly off the floor, with pointed toes.

This move is called a

swimming exercise for obvious reasons. Imagine yourself moving your arms and legs in a pool of water.

Proceed to start lifting and lowering your arms and legs at the same time, as if you were paddling yourself along in the pool.

This motion will be very small — as you lift one arm and one leg, you will lower the opposite arm and leg. And continue alternating side to side.

Keeping your core very strong and solid, you can speed this movement up to a quicker pace for added intensity. Or keep it slow and feel each and every muscle tightening and toning with every paddle.

Continue this swimming motion for a determined amount of time, at least 20 to 30 seconds. Take a small break, then continue on for at least three sets.

You will find this exercise in many Pilates and yoga-style classes. But this move is also great added into any floor routine that you choose.

Marlo Alleva, a group fitness coordinator at Fontaine-Gills YMCA in Lakeland, Florida, can be reached at faluvzpa@msn.com.

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NASCAR THIS WEEK

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

SPEED FREAKS

A few questions we had to ask ourselves

Who's your first four out of the playoffs?

GODSPEAK: William Byron, Alex Bowman, Aric Almirola and Ryan Blaney. They don't have enough safety-net playoff points.

KEN'S CALL: Alex Bowman, William Byron, Ryan Newman and Aric Almirola. But Kurt Busch might sneak into the exit portal.

Will Jimmie ever make the playoffs again?

GODSPEAK: Yes, "Seven Time" will return to the post-season in what could be next year's farewell tour.

KEN'S CALL: I say he sneaks into next year's playoffs, but I think his contending days are over.

FEUD OF THE WEEK

BRAD KESELOWSKI VS.

INDY: Keselowski was not happy that his No. 2 Ford was stuck on a pile of tires, which served as an inside-wall safety barrier, after crashing out during the 400. **GODWIN KELLY'S TAKE:** You will hear about this more from "Kez," but for now he said, "This track really was part of the safety revolution about 15-20 years ago, and I think it is time for another."

GODWIN'S PICKS FOR LAS VEGAS

WINNER: Kyle Busch
REST OF TOP 5: Kyle Larson, Erik Jones, Aric Almirola, Brad Keselowski
FIRST ONE OUT: Corey LaJoie
DARK HORSE: Jimmie Johnson

DON'T BE SURPRISED IF: Kyle, the regular-season champion, takes the playoffs by storm.

MOTOR MOUTHS PODCAST

The podfathers slip into playoff mode. See if you notice the difference!

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LAS VEGAS

THREE THINGS TO WATCH



The 16 drivers in the NASCAR Cup Series playoffs gather for a group photo at Indianapolis. [AP/DARRON CUMMINGS]

1. Playoff drivers

Kyle Busch will take 45 playoff points into the first round of the postseason, which means he is almost guaranteed to make it into the second round. On the other end of the line, Clint Bowyer and Ryan Newman took the final two playoff berths. "We are doing the right things and putting ourselves in the right situations to capitalize on other people's mishaps instead of being the one that makes the mishap," Bowyer said.

2. Out, not down

For the first time since NASCAR introduced a playoff format to the Cup Series in 2004, Jimmie Johnson will not be competing in postseason play. He missed the cut at Indianapolis. But fear not, No. 48 Chevy fans, JJ is not giving

up. "Sure we wanted it to continue on, but the goal is to win a race," Johnson said. "This team is getting stronger each and every week ... we're ready to roll."

3. Worth noting

Chad Knaus, who was Johnson's crew chief from 2002-18, got his driver, William Byron, into the NASCAR playoffs. Johnson and Byron are teammates at Hendrick Motorsports, which put three drivers into postseason play — Chase Elliott and Alex Bowman join Byron. The top three drivers in the playoff standings wheel Joe Gibbs Racing Toyotas. The next three are Ford drivers, while the next three are from the Chevrolet camp.

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

INDIANAPOLIS

THREE THINGS WE LEARNED

1. Harvick peak

Kevin Harvick looks like his No. 4 Ford is peaking at just the right time. Harvick has three regular-season wins, and they all happened since the July 21 race at New Hampshire. He now marches into the 10-race playoffs with 28 playoff points as a foundation for a title run.



One-year-old Piper Harvick looks on as her father, Kevin Harvick, kisses the yard of bricks on the finish line after winning the Brickyard 400 at Indianapolis. [AP/AJ MAST]

2. The champ

Even though Kyle Busch watched the final laps of the Brickyard 400 from the garage — his motor blew up on Lap 90 — he was crowned regular-season Cup champion. "It would be nice to be headed into the playoffs with a little momentum on our side," he said. "That's not the case."

for the final playoff berth. Newman finished eighth, Suarez 11th. "We just stuck our nose to the grindstone and the No. 41 got himself in a pickle there and we were able to hold him off," Newman said.

3. No problem

In the closing laps of the Brickyard 400, Ryan Newman battled Daniel Suarez

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

QUESTIONS & ATTITUDE

Compelling questions ... and maybe a few actual answers

Rethinking your pecking order?

Gee, you think? For the longest time, you basically knew the eventual champ would be a Gibbs or Penske driver. Then the Penske drivers (Joey Logano, Brad Keselowski) began treading water, so it was simply a Gibbs intramural affair. And just when we had it figured out again, the old warhorse comes galloping into the fray.

Can Harvick do it?

He has three wins in the past seven races, with only one clunker in there (a forgivable 39th at Bristol). With Martin Truex Jr. slightly limping into the playoffs, right now the momentum is owned by Kevin Harvick and Denny Hamlin, but Kyle Busch gets a mulligan for the Brickyard and will obviously be a player. And by the way, did you notice that Joey Logano resurfaced at Indy with a runner-up? Interesting timing.

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

NASCAR CUP STANDINGS

1. Kyle Busch	2045
2. Denny Hamlin	2030
3. Martin Truex Jr.	2029
4. Joey Logano	2028
4. Kevin Harvick	2028
6. Brad Keselowski	2024
7. Chase Elliott	2018
8. Kurt Busch	2011
9. Kyle Larson	2005
9. Alex Bowman	2005
9. Erik Jones	2005
12. Ryan Blaney	2004
13. William Byron	2001
13. Aric Almirola	2001
15. Clint Bowyer	2000
15. Ryan Newman	2000
17. Daniel Suarez	648
18. Jimmie Johnson	609
19. Paul Menard	575
20. Chris Buescher	554

WHAT'S ON TAP

(All times Eastern)

CUP SERIES: South Point 400
SITE: Las Vegas Motor Speedway (1.5-mile oval)
SCHEDULE: Sunday, race (NBC Sports Network, coverage begins at 6:30 p.m., green flag, 7 p.m.)

XFINITY: Rhino Pro 300
SITE: Las Vegas Motor Speedway
SCHEDULE: Saturday, race (NBCSN, 7:30 p.m.)

GANDER OUTDOORS TRUCKS: World of Westgate 200
SITE: Las Vegas Motor Speedway
TV SCHEDULE: Friday, race (Fox Sports 1, 9 p.m.)



KEN WILLIS' TOP 10 NASCAR DRIVER RANKINGS

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