



Have you seen this missing Wayne County teen?

PAGE 3A

The Wilson Times

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Stabbing leads to attempted murder charge

By Olivia Neeley
olivia@wilsontimes.com
252-265-7879



Bridgers

of Wilson suffering from a stabbing wound to his neck, according to Sgt.

A Wilson man faces an attempted murder charge after police say he stabbed another man in the neck.

At 4:49 a.m. July 15, police responded to the 500 block of Nash Street

in reference to a stabbing. When they arrived, officers found 68-year-old John Whibby

Steve Stroud. He was taken to Wilson Medical Center for treatment.

After an investigation, police arrested 45-year-old Tryone E. Bridgers in connection to the incident on July 20. Bridgers, of 806 Davie St., is charged with attempted first-degree murder and assault

with a deadly weapon with intent to kill inflicting serious injury.

Bridgers was jailed under a \$250,000 secured bond.

State records show Bridgers was released from prison in 2002 after serving a 1-year, 4-month sentence when his proba-

tion on selling Schedule II drugs, felony breaking and entering and larceny from the person convictions from 2002 was revoked. He also served time on a probation revocation for a 1995 common-law robbery conviction.

Bridgers also faces a

pending felony charge of intimidating a witness, according to Wilson County District Court records.

Police ask anyone with information regarding this case to contact them at the Wilson Police Department at 252-399-2323 or Crime Stoppers at 252-243-2255.

Tobacco tour rolls into town



Vick Family Farms hosted the 2018 Tobacco Tour held by North Carolina State University Monday afternoon. Drew C. Wilson | Times

Vick Family Farms hosts visiting researchers, academics and growers

By Drew C. Wilson
dwilson@wilsontimes.com
252-265-7818

Vick Family Farms hosted the kickoff of the 2018 North Carolina State University Tobacco Tour on Monday.

More than 100 area farmers, researchers and agribusiness people looked at new technologies that could be implemented in the production process during the annual event held by N.C. State and the North Carolina Cooperative Extension.

"It is important to have this research and the science and technology on the farm so that we can improve our efficiency and increase our profit margin at the end of the day," said Linwood Vick, general farm manager at Vick Family Farms. "We have been working with the university for a long time and we give up a little bit of our time and some of our

assets to work with the college and we feel like it's worthwhile."

Under a large shelter lined with tobacco curing barns, attendees heard about ways to make the curing process more efficient.

"We have a heat recovery unit that exchanges the hot air entrance in the back of the barn. It's to reduce our energy consumption and our energy costs with the heat reduction.

We have a turning vane in one barn that helps move air to the front of the barn faster and reduces our electricity costs," Vick said. "We are seeing some differences. Once we gather all of the data, we will know the cost-effectiveness of all the differences."

Grant Ellington, N.C. Cooperative Extension specialist in biological and agricultural engineering, said the heat recovery system has been tested at Vick Family Farms and other state farms since 2014.

"What we have seen here at the Vick Family Farms is we are saving about 13 percent on LP gas use," Ellington said. "This is the first year with the turning vane, so we are really in the preliminary

stages of collecting data."

Attendees also heard about Vick Family Farms' participation in a project to use sensors on drones to detect nutrient disorders in tobacco.

Norman Harrell, director of the North Carolina Cooperative Extension office in Wilson County, said the event was an opportunity to examine tobacco-farming research.

"It gives a chance for researchers, extension agents, industry people and farmers a chance to get together to talk about the crop and the current research that's going on," Harrell said.

"Vick Family Farms has been a gracious host for us. They are working with multiple on-farm tests. That takes time and requires them to slow down a little bit. They view it as beneficial because they can learn from it," Harrell said. "Today, they are always open on their farm to welcoming guests in and it is just a great place to kick this tour off."

Vick said he was pleased to see the turnout.

"It's good to have everybody here.

See **TOBACCO**, Page 2A

Downtown hits high notes with area artists

MAIN STREET



MINUTE

Brie Handgraaf

After two years on Goldsboro Street, The Singers Studio is working on a major upgrade of the renovation of a new location a block away.

Owner Elizabeth Winstead has been teaching for nearly three decades, but in 2016, she decided to move classes out of her home and into a dedicated space in historic downtown Wilson. In conjunction with acting classes taught by her son,

David, business flourished and had the studio bursting at the seams.

"In the current space, we can only do one thing at a time," Winstead said. "I need to expand to have multiple teachers. I can't do performances in there because it is just too small."

She'd had her eyes open for a downtown building to buy and remodel, but it was hard to find one that didn't need a massive makeover. Eventually she toured 134 Tarboro St. and fell in love, making an offer and purchasing it from Tom Fyle this spring. The building has 4,500 square-foot spread between two full floors and a mezzanine level, with the initial remodel focused on turning the front of the first floor into a performance space with teaching suites toward the back along with office space and storage on the mezzanine.

"The third floor is pretty amazing, but I probably won't finish it right away because I don't have enough money," she said. "It is a pretty intensive project, but the space is amazing."

She said she hopes to transform the former apartment into a rehearsal space on the top floor within the next year, but the rest of the remodel is slated to be complete within a month.

"It is very expensive," she said. "If you're going to do something like this, you're going to spend a lot of money and you have to be prepared for that."

Winstead said she's optimistic the new space will open the door to expanding upon the more than 40 kids, teenagers and adults currently getting lessons at The Singers Studio. For more information, visit www.thesingersstudio.com/.

See **DOWNTOWN**, Page 2A

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8A AID FOR FARMERS: USDA announces \$12 billion in funding for farmers affected by retaliatory tariffs in mounting trade war.

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Forecast predicts heavy rains for coast

NAGS HEAD— At least 6 inches of rain has fallen on North Carolina's Outer Banks since the weekend, and forecasters predict the barrier islands are in for more of a drenching this week.

Dare County Emergency

Management Director Drew Pearson told The Virginian-Pilot of Norfolk U.S. 158, N.C. 12 and several side roads have standing water in several places in Currituck and Dare counties.

Currituck County Emergency Management Di-

rector Mary Beth Newns said N.C. 12 has flooded in places in Corolla but remains passable. A few low-riding vehicles have stalled in flooded spots such as Carova Beach north of Corolla.

—The Associated Press

Tobacco: 'Always something to learn'

continued from page 1A

There's a good exchange of ideas," Vick said. "We get to hear what the university is doing, but then it's good to socialize with some of the other farmers and talk about what they are doing on their farms. Maybe we can use some of those here and exchange ideas."

Jerome Vick, the farming family's patriarch who also serves in a public relations capacity, said helping gather information from research is a good thing.

"It's how you learn," Vick said. "If people hadn't shared information with me, I wouldn't know anything. It's just the way tobacco farmers work."

That point was not lost on Frank Scott, a 24-year-old eighth-generation farmer from Kenly.

"As fast as the tobacco industry changes and all of the things that go around it change, if we're not going forward, then we're going backwards," Scott said.

Jerome Vick remembers Scott's great-grandfather, Exum Scott, as being the same way.

"This boy's great-granddaddy was one of the best



Vick

I have ever seen at learning about new curing techniques and sharing that with his neighbors," Vick said. "He would take right off during barning tobacco and drive 100 miles to see a new barn working. That was Exum Scott."

Scott remembered a recent comment Linwood Vick made that he took to heart.

"We were talking on the phone the other day," Scott said. "I was frustrated about something that wasn't working out like I wanted it to and he said 'Frank, what's a lawyer do? A lawyer practices law.' He said 'What's a doctor do?'"

"Well, I guess a doctor practices medicine," and he said 'Right, I practice farming. There's always something to learn every day.'"

"If you think about it, it's the oldest occupation in the world and we still haven't got it figured out, but we're working on it," Scott said.

Bill Collins, 87, a retired agronomy extension specialist with 60 years in the industry, said information

sessions like the Tobacco Tour help farmers stay competitive in the world market.

"We learn new things in order to compete," Collins said. "It's these types of fine things that keeps us in business."

"The Vick people are very much community-organized. They want to do something and give something back," Collins said. "There is no way we could pay for the barns to do this and all that's there. We bring the brains on what to do this and some small equipment, but the Vicks put up everything else. So that is a tremendous cost savings. All we do is public, so all of what we find is communicated to other growers. Most farms now have the computers and they have educated people and they are able to transmit this to them quickly for quick adoption."

"It goes back to staying in the business and Vick Farm is a prime example of this."

Other stops on the two-day tobacco tour included Rob Glover Farm in Bailey, the Upper Coastal Plain Research Station near Rocky Mount and the Oxford Tobacco Research Station in Oxford.

Downtown: Workforce retention a priority

continued from page 1A

town was not even an option she considered.

"I have always felt strongly that the center for all things art is in the downtown area," she said. "I think we're definitely seeing a resurgence with art studios and performance art businesses in downtown."

"There is a lot going on and as someone who has been in this community for many years, I believe in what we're doing downtown and if you believe in something, you put your money where you mouth is."

Just down the block at 106 Tarboro St., a new art business is in the works. Kim Joy, who moved to Wilson nearly a year ago, is planning about a month worth of remodeling to transform the former Encouraging Word Ministry church into a workspace, classroom and shop specializing in stained glass and jewelry.

"I'm amazed to see how much downtown has grown since I moved here in November," Joy said. "I came through Wilson about five years ago en route from visiting my daughters in Florida and the difference between then and now is phenomenal."

The 57-year-old Virginia transplant has been a stained glass artist since the early 1980s and expanded to jewelry to incorporate the leftover glass after the millennium. And she's been teaching both for decades, so classes are an essential part to her business plan for Art Happens on Tarboro.

"Why Art Happens on

Tarboro? I love stained glass and jewelry making and I love sharing the art with others through teaching," she said. "By moving to historic downtown Wilson, I would be able to do both and open up the store to offer more classes like sewing, photography, mixed media, repurposed art, knitting, crochet and the list goes on."

Joy said she hopes to have a grand opening celebration once construction is complete with information available at www.facebook.com/arthappensontarboro/ once the details are complete. For more information on Joy's art, visit www.kimsjoy.com/.

WORKFORCE DEVELOPMENT

Members of the Wilson Economic Development Council met Tuesday morning with workforce development and retention among the topics discussed.

"I think the talent war is going to be the single most important issue for the next decade," said Executive Director Jennifer Lantz. "And that is not just for Wilson, but everywhere across the world, and the communities that figure out ways to rise in that are going to be the communities that prosper regardless of size."

Lantz discussed a variety of efforts in the initial stages to ensure Wilsonians are prepared for jobs within the community as well as keep folks living and working in Wilson.

"When I say I know of 1,000 open jobs, that is just between the indus-

tries and BB&T," she said. "These guys are struggling to find qualified workers, but we have to be smart about this because if Apple or Amazon comes to Raleigh, what salaries are they going to pay and who are they going to pull out of our community? We have got to have a long-term strategy with everyone from the public and private sectors on board."

EXTRA! EXTRA!

The Comfort Suites has been undergoing a "Move to Modern" makeover inside the communal areas with the resurfacing of the parking lot and an exterior paint job slated with the first phase slated to be complete by the end of August.

"It is great knowing the ease when surrounding oneself with great team members," said General Manager Dennis Johnson. "This was certainly a team effort and one that involved everyone's efforts on a daily basis." Starting in May, crews have been hard at work and staff has worked to minimize the impact on guests. The next phase is slated to be done by the end of 2019 with renovations to the guest rooms.

"We would like to thank all of our guests for their patience and understanding during this process, especially with all the noise, dust and debris, but most importantly the inconvenience," Johnson said.

Got an idea for news to include in next week's Main Street Minute? Don't hesitate to reach out to me at 252-265-7821 or bhandgraaf@wilsontimes.com.

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CEO/Chairman: Morgan Dickerman 252-265-7802
Publisher: Keven Zepezauer 252-265-7812
Advertising Marketing Director: Shana Hoover 252-265-7858
Editor: Corey Friedman 252-265-7813

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Deputies seek 15-year-old Wayne County runaway

From staff reports

GOLDSBORO — Authorities are seeking the public's help to find a 15-year-old girl who ran away from her aunt's rural Wayne County home last weekend.

Deputies say 15-year-old Ashanti Dyzare Harper left her aunt's home on Antioch Church Road outside Golds-



Harper

boro through a bedroom window around 2 a.m. Sunday. She took personal items, including a cellphone without voice service that had wireless internet access, and clothing in a bag, according to the Wayne County

Sheriff's Office.

Harper was communicating with an unknown teenage boy or young man she reportedly met through the smartphone photography-sharing app Instagram, family members told investigators. No relatives or friends have heard from her since Sunday and her Instagram and Snapchat accounts

have been closed or restricted, deputies said.

Harper is a military dependent who has previously lived in Fayetteville and in New Jersey. She was staying with her aunt for the summer and had been at the Wayne County home for about three weeks.

Deputies say Harper was last seen wearing a pink coat and

dark pants. She is described as 4 feet, 10 inches tall and weighing about 110 pounds. She has a light complexion with black hair extensions.

Anyone with information on Ashanti Harper's whereabouts is asked to call local law enforcement or call the Wayne County Sheriff's Office at 919-731-1480.

COMMUNITY BRIEFS

Middlesex board meets today

MIDDLESEX — The town Board of Commissioners will hold a special meeting at 7 p.m. Wednesday, July 25 at Town Hall, 10232 S. Nash St., to discuss two grant proposals and hold a closed session for a personnel matter involving town police.

The board will consider a U.S. Department of Agriculture grant proposal for the purchase of three new police cars and a new public works truck and adopt a resolution to approve a formal application for a \$1.5 million Middlesex Corporate Centre infrastructure grant from the N.C. Department of Commerce. The town has received advance approval for the grant through the commerce department's Rural ReadySites program.

Commissioners will also consider the hiring of a full-time public works maintenance worker and hold a closed session for the Middlesex Police Department personnel matter, according to a notice from Town Clerk Gloria Vinson.

Neighborhood cookout set Thursday

A neighborhood cookout to introduce Nil'yana's Community Garden at 514 Singletary St. will be held 1 p.m. Thursday, July 26. For

more information or to purchase tickets, call Johnnie Edwards at 252-679-6465.

Ministry plans chicken plate sale

Freedom Ministries will have a barbecue chicken plate sale 11 a.m. Saturday, July 28 at 2305 Redwood Drive. Plates are \$8 each, will include chicken, two vegetables, roll and dessert and will be available until sold out. All proceeds will benefit the agency's outreach ministry.

For more information or to place an order, call Joyce Battle at 252-315-3421. All orders must be placed by Wednesday, July 25.

Nash Dems plan precinct meeting

BAILEY — The Nash County Democratic Party will hold an organizational meeting for the Stanhope precinct from 5-7 p.m. Thursday, July 26 at Chubby's Pizza, 9675 N.C. 581 South. Members will elect the precinct chair and discuss get-out-the-vote efforts.

NAACP education leader to speak

NAACP state education chairman Mark Jewell will speak at 6 p.m. Thursday, Aug. 2 at Jackson Chapel First Missionary Baptist Church, 571 Nash St. SE.

Back-to-school kickoff rescheduled

BAILEY — A back-to-school kickoff party is scheduled from 1-5 p.m. Saturday, Aug. 4 at the Bailey-Middlesex Recreational Park, 8104 Stoney Hill Church Road, featuring bounce houses, face-painting, soccer, kickball, water balloon fights, a dunk tank, free pizza, chips and drinks and backpacks given away to the first 200 children in attendance.

The event had been planned for July 23 but was postponed due to weather. For more information, call 252-299-1328.

Church plans Relay for Life yard sale

NASHVILLE — Sandy Cross United Methodist Church's Fruit of the Spirit team will have a yard sale from 7 a.m. to noon Saturday, Aug. 4 to support Relay for Life. The church is located at 3725 Sandy Cross Road.

Lamm Park to host worship night

Various local churches will come together for a night of worship 6 - 8 p.m. Saturday, Aug. 4 at Lamm Park, 1149 Stantonsburg Circle SE.

Dietitians to lead grocery store tour

Registration is open for the Food Lion grocery store tour scheduled for 10 a.m. Tuesday, Aug. 14. Wilson Medical Center dietitians

will lead the tour. Registration is required and limited. Call 252-399-8478 to register.

Backpack drive continues through Aug. 15

STANTONSBURG — Nonprofit group The Father In Me is collecting backpacks and school supplies through Wednesday, Aug. 15 at the Stantonsburg Police Department, 114 E. Commercial Ave., for its Operation 500 back-

to-school giveaway. The agency plans to distribute 500 filled backpacks, 250 in Wilson County and 250 in Wayne County, to students returning to area schools. For more information, visit www.thefatherinme.org.

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Japan's declutter queen Marie Kondo expands her empire

By Leanne Italie
The Associated Press

NEW YORK — People often ask Japanese tidying queen Marie Kondo what containers they need to achieve her brand of organizational success. They expect her to "reveal some hitherto secret storage weapon," she explains in her popular book.

Instead, she advised when "The Life-Changing Magic of Tidying Up" was first published in Japanese in 2011, "You can solve your storage problems with things you already have in the house."

But Kondo's thinking has evolved as she's leveraged her massive, global fan base to expand her empire. She's now got an upcoming Netflix show, a fledgling corps of consultants working around the world to help her fans declutter their homes, and, on Tuesday, she's launched her first product line: six-piece sets of beautiful, sturdy paper boxes for \$89 a pop.

In a recent appearance in Manhattan to announce the show and merchandise line, Kondo said she thinks lovely storage options will spark the life-changing joy she wrote about in her book, which has sold more than 10 million copies in 40-plus countries. She also hopes the boxes will motivate more people to actually complete all the steps in her laborious KonMari



Marie Kondo poses for a picture July 11 during a media event in New York. AP

Method of sorting, tossing and putting things away in their right and righteous locations.

The new storage sets are the shape and size of shoe boxes. (Her book had recommended using real shoe boxes for organizing.) Smaller boxes in the set are akin to iPhone boxes (another reuse hack she recommends). All are intended to be of service on shelves or in drawers (the sets are called Hikidashi, which means "drawer" in Japanese) to hold such things as sunglasses, handbags, papers, socks, undergarments and T-shirts, the latter three lovingly folded in the flat, KonMari-sanctioned way so they stand upright.

"I'm probably the only person in the world who makes such an official occasion to introduce empty boxes," the soft-spoken mother of two recently told a small gathering

of journalists through a translator as she unveiled the containers. "These are meant to enhance your experience of the KonMari Method."

The boxes will also enhance her bottom line. Since Kondo unleashed the best-selling "Life-Changing Magic," including an English translation in 2014, she's published three other books, earned a spot on Time magazine's 2015 list of 100 most influential people and given birth to two girls, now 3 and nearly 2.

She has given birth to a new business as well: consultants certified by her and sent forth into homes in 23 countries, from Europe and the Americas to Australia and the Middle East. As for her new show, Netflix ordered an initial eight episodes of her series of home consultations but will say little else on the record.

NC SHIP Opens New Office In Wilson County To Assist Seniors

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DURING THE ANNUAL OPEN ENROLLMENT PERIOD (OCTOBER 15th THRU DECEMBER 7th), APPOINTMENTS ARE AVAILABLE MONDAY THRU THURSDAY. IF YOU HAVE MEDICARE RELATED QUESTIONS OR IF YOU WISH TO SCHEDULE AN APPOINTMENT, CALL 252-243-1257.

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Man sues state over troopers' role in videotaped April 3 beating

By Jonathan Drew
The Associated Press

RALEIGH — A North Carolina man sued the state Tuesday over a videotaped beating that led to assault charges against two state troopers and a deputy.

Kyron Hinton argues the actions of the troopers showed negligence by their employer, the De-

partment of Public Safety, according to his legal action filed with the state Industrial Commission. The judicial body hears civil cases against state agencies.

While Hinton's complaint seeks unspecified damages, an accompanying affidavit says his medical bills and emotional distress have amounted to \$1 million.

Dashboard camera video from the April 3 altercation shows Hinton standing in a road, moaning, as officers surround him. A canine handler approaches and orders him to the ground. When Hinton doesn't comply, the officer releases the dog, which lunges and gets a mouthful of Hinton's clothing. The canine handler then pulls him down, the video shows, and at least one other officer can be seen punching him while others hold his legs trying to subdue him.

Hinton's lawyers wrote of that encounter that "severe mental and emotional distress is a natural and foreseeable consequence of the type of extreme and outrageous conduct engaged in" by the troopers.

The legal filing said Hinton was kicked in the side and hit in the head with a trooper's flashlight so many times that it became covered in his blood.

Hinton has said that he suffered an eye injury during the arrest that required surgery and he has scars from being bitten by

a law enforcement dog. He initially faced charges including disorderly conduct, but they were later dropped.

A Highway Patrol spokesman declined to comment Tuesday on the lawsuit, which was first reported by WTVD-TV.

Wake County Master Deputy Cameron Broadwell, the dog handler, was charged with two counts of felony assault in an indictment alleging that he hit Hinton with his hands and attacked him with the dog.

Troopers Michael G. Blake and Tabithia L. Davis were charged with one count each of felony assault in an indictment accusing them of hitting Hinton.

Broadwell's attorneys have previously argued that Hinton was acting in a threatening manner, appeared intoxicated and refused to comply with commands from officers.

Lawyers for the troopers didn't immediately respond to messages left seeking comment after work hours.

OBITUARIES

Quoncella Marie Jones

ROCKY MOUNT — Quoncella Marie Jones, 65, died Monday, July 23, 2018. Arrangements are by Carrons Funeral Home, Wilson.

Jimmie D. Wells

Jimmie D. Wells, 64, of Wilson, died Tuesday, July 24, 2018. Arrangements are by Carrons Funeral Home.

David Lee Chapman

Feb. 21, 1938 — July 24, 2018

PINETOPS — David Lee Chapman, 80, died Tuesday, July 24, 2018. Arrangements are by Carlisle Funeral Home, Tarboro.

THE WILSON TIMES publishes brief death notices at no charge. Full obituaries are published on a paid basis. The obituary deadline is 4 p.m. the day before the obituary is to be published. Contact Lori Parrish at 252-265-7850 with questions.

LOTTERY RESULTS

Monday, July 23

Carolina Pick 3
Daytime—5-2-0

Carolina Pick 3
Evening—1-3-5

Carolina Pick 4
Daytime—2-5-6-9

Carolina Pick 4
Evening—8-9-4-0

Carolina Cash 5
01-21-22-34-41

TODAY IN HISTORY

1960: Greensboro Woolworth's dropped its segregation policy

Today is Wednesday, July 25, the 206th day of 2018. There are 159 days left in the year.

Today's Highlight in History:

On July 25, 1994, Israeli Prime Minister Yitzhak Rabin and Jordan's King Hussein (hoo-SAYN) signed a declaration at the White House ending their countries' 46-year-old formal state of war.

On this date:

In 1866, Ulysses S. Grant was named General of the Army of the United States, the first officer to hold the rank.

In 1917, Nikon Corp. had its beginnings with the merger of three optical manufacturers in Japan.

In 1943, Benito Mussolini was dismissed as premier of Italy by King Victor Emmanuel III, and placed under arrest. (However, Mussolini was later rescued by the Nazis, and reasserted his authority.)

In 1946, the United States detonated an atomic bomb near Bikini Atoll in the Pacific in the first underwater test of the device.

In 1952, Puerto Rico became a self-governing commonwealth of the United States.

In 1956, the Italian liner SS Andrea Doria collided with the Swedish passenger ship Stockholm off the New England coast late at night and began sinking; 51 people — 46 from the Andrea Doria, five from the Stockholm — were killed. (The Andrea Doria capsized and sank the following morning.)

In 1960, a Woolworth's store in Greensboro, North Carolina, that had been the scene of a sit-in protest against its whites-only lunch counter dropped its segregation policy.

In 1961, in a televised address on the Berlin Crisis, President John F. Kennedy announced a series of steps aimed at bolstering the military in the face of Soviet demands that Western powers withdraw from the German city's western sector.

In 1972, the notorious Tuskegee syphilis experiment came to light as The Associated Press reported that for the previous four decades, the U.S. Public Health Service, in conjunction with the Tuskegee Institute in Alabama, had been allowing poor, rural black male patients with syphilis to go without treatment, even allowing them to die, as a way of studying the disease.

In 1984, Soviet cosmonaut Svetlana Savitskaya became the first woman to walk in space as she carried out more than three hours of experiments outside the orbiting space station Salyut 7.

In 2000, a New York-bound Air France Concorde crashed outside Paris shortly after takeoff, killing all 109 people on board and four people on the ground; it was the first-ever crash of the supersonic jet.

In 2002, Zacarias Moussaoui declared he was guilty of conspiracy in the September 11 attacks, then dramatically withdrew his plea at his arraignment in Alexandria, Va.

Ten years ago: An oxygen tank exploded aboard a Qantas Boeing 747-400, ripping a hole in the fuselage and forcing an emergency landing in the Philippines. President George W. Bush signed an executive order expanding sanctions against individuals and organizations in Zimbabwe associated with the regime of President Robert Mugabe. Computer science professor Randy Pausch, whose "last lecture" about facing terminal cancer became an Internet sensation and a best-selling book, died in Chesapeake, Va. at age 47. The Federal Communications Commission formally approved Sirius Satellite Radio Inc.'s \$3.3 billion buyout of rival XM Satellite Radio Holdings Inc. California became the first state to ban trans fats from restaurant food.

Five years ago: Pope Francis, dubbed the "slum pope" for his work with the poor, received a rapturous welcome from one of Rio de Janeiro's most violent shantytowns and demanded the world's wealthy end the injustices that had left the poor on the margins of society.

One year ago: A bitterly-divided Senate voted to move forward with Republican legislation to repeal and replace "Obamacare." Sen. John McCain, returning to the Capitol for the first time since he was diagnosed with brain cancer, cast a decisive "yes" vote. (Three days later, McCain joined with two other Republican senators and Democrats in defeating the repeal effort.) House Majority Whip Steve Scalise, who was critically wounded in a shooting at a baseball practice on June 14, was released from a Washington hospital.

Today's Birthdays: Actress Barbara Harris is 83. Folk-pop singer-musician Bruce Woodley (The Seekers) is 76. Rock musician Jim McCarty (The Yardbirds) is 75. Rock musician Verdine White (Earth, Wind & Fire) is 67. Singer-musician Jem Finer (The Pogues) is 63. Model-actress Iman is 63. Cartoonist Ray Billingsley ("Curtis") is 61. Rock musician Thurston Moore (Sonic Youth) is 60. Celebrity chef/TV personality Geoffrey Zakarian is 59. Actress-singer Bobbie Eakes is 57. Actress Katherine Kelly Lang is 57. Actress Ileana Douglas is 53. Country singer Marty Brown is 53. Actor Matt LeBlanc is 51. Actress Wendy Raquel Robinson is 51. Rock musician Paavo Lotjonen (PAH'-woh LAHT'-joh-nehn) (Apocalyptica) is 50. Actor D.B. Woodside is 49. Actress Miriam Shor is 47. Actor David Denman is 45. Actor Jay R. Ferguson is 44. Actor James Lafferty is 33. Actress Shantel VanSanten is 33. Actor Michael Welch is 31. Actress Linsey (cq) Godfrey is 30. Classical singer Faryl Smith is 23. Actress Meg Donnelly (TV: "American Housewife") is 17. Actor Pierce Gagnon is 13.

Suspect arrested in Oakland train station stabbings

By Lorin Eleni Gill and Olga R. Rodriguez
The Associated Press

OAKLAND, Calif. — The hunt for a man police say killed an 18-year-old woman in an unprovoked knife attack in the San Francisco Bay Area ended where it began: In a train station.

John Cowell, 27, a recently paroled robber with a violent history, was peacefully arrested on an Antioch-bound train Monday night about 12 miles (19 kilometers) from the Oakland station where investigators believe he killed Nia Wilson and wounded her sister Sunday night.

"This is the first step to achieving justice for Nia and her family," Bay Area Rapid Transit Police Chief Carlos Rojas told reporters.

A phone call from a train rider led police to stop and search a Richmond-bound train at the MacArthur Station in Oakland but Cowell wasn't aboard, Rojas said. "About 10 minutes later after we got the call, another patron told us the subject got on an Antioch-bound train," Rojas said.

That train was stopped at the Pleasant Hill station in Walnut Park, northeast of Oakland. Cowell was on board and was arrested without incident. It wasn't immediately known if Cowell had a lawyer.

Asked how a wanted man could have gotten back into the BART system, Rojas said he didn't immediately know but said the public transportation system is "porous" and large.

Rojas said police officers were on duty at the MacArthur station where the attack took place but wasn't sure it could have been prevented because of the suddenness of the unprovoked and possibly random attack.

In a "prison-style attack," Nia Wilson was stabbed twice in the neck and then her sister was attacked before fleeing by an assailant who apparently removed his pants and sweatshirt to evade capture, Rojas said. The knife believed to have been used in the attack was found at a nearby construction site.

Letifah Wilson, 26, said that she, Nia and a third sister had been returning from a family outing when they were "blindsided by a maniac."

"He didn't know us, we didn't know him," Wilson said.

"I looked back and he was wiping off his knife and stood at the stairs and just looked. From then on, I was caring for my sister," she told ABC7 News on Monday, speaking outside a family member's home with a bandage on her neck.

The women's father, Ansar Muhammad, said one of his daughters called him, crying hysterically, and told him to get to the MacArthur station.

"It's nothing imaginable, seeing your child on the BART platform with a yellow tarp over her body," Muhammad said Monday evening. "That is an image I'll never forget for the rest of my life. So I want justice. All I want is justice."

Surveillance video on the train and at the station's platform showed Cowell had been riding the same car as the sisters Sunday, but they did not interact, Rojas said.


A motive for the attack remained unclear. Rojas said Cowell hasn't been connected to any radical or white supremacist groups, although Rojas added: "We are going to explore all options and all possibilities."

The victims were black and Cowell is white.

Monday night, Oakland City Council member Lynette McElhaney said she had spoken to the district attorney and was told that Cowell will be arraigned Wednesday and the office hasn't ruled out charging him with a hate crime.

Oakland Mayor Libby Schaaf issued a statement acknowledging that there currently was no evidence that the attack was racially motivated but "the fact that his victims were both young African American women stirs deep pain and palpable fear in all of us who acknowledge the reality that our country still suffers from a tragic and deeply racist history."

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Officials raid 3 casinos run by unrecognized tribe

LAURINBURG— Authorities arrested 26 people in raids on three casinos they say were illegally operated by the Tuscarora Indian Nation of North Carolina, which lacks federal or state recognition as a Native American tribe.

The North Carolina State Bureau of Investigation says members of the group were making threats of war against law enforcement and operating illegal casinos, marijuana grows and an unlicensed police force.

Alcohol Law Enforce-

ment head Terrance Merriweather says neighbors complained and the group “openly expressed beliefs that neither the laws of North Carolina nor the United States applied to them.”

Authorities also confiscated vehicles, drugs, money, weapons and more than 200 gambling machines on Monday.

There was no answer Tuesday at home or office listings for the organization’s leader, Kendall Locklear, who was among those arrested.

— The Associated Press

Pet of the Week

Okra, who just turned 1 year old this month, is The Wilson Times’ Jana Lake State Farm adoptable pet of the week. Okra’s a neutered male who has all his shots. He is a lovebug who enjoys lounging in his cat bed, chasing cat toys and following his owner around the house. Okra is available for adoption through Able Cat Adoptions. The agency can be reached via email at southerland@myglnc.com or through its Facebook page. Each Wednesday, the Times will feature an adoptable pet from a local animal rescue group through the support of Jana Lake State Farm.



GOP steps in on ballot language for amendments, candidate

By Gary D. Robertson
The Associated Press

RALEIGH — The North Carolina legislature returned to business Tuesday so Republicans could wrest the seemingly ordinary work of adding titles to proposed constitutional amendments on November ballots out of the hands of a state panel controlled by Democrats.

But GOP legislators, who called themselves back for a special session, also decided to intervene in this fall’s only state Supreme Court race, where a candidate’s late party-switch appeared to hurt the GOP incumbent’s chances to win. Democrats complained about the interference in both matters while tens of thousands of tax dollars were spent to hold the session. Gov. Roy Cooper could veto the bills.

The two pieces of legislation — one that passed the General Assembly and another expected to do so later Tuesday — accentuated high stakes in an election year despite its lack of marquee statewide races.

Republicans are seeking to dampen the Democrats’ energized efforts to end the GOP’s veto-proof majorities in the legislature. Six constitutional amendments could boost conservative voter turnout in November, and some amendments, if approved, would erode some of Cooper’s powers and enshrine voter ID in the North Carolina Constitution. Democrats also are aiming to extend their recently-obtained 4-3 majority on the state’s highest court, which sometimes rules on the legality of the General Assembly’s laws.

The Republicans reconvened less than four weeks after the General Assembly wrapped up this year’s work session because they said they couldn’t trust Democratic elected officials on a panel to affix impartial short titles to each of the amendments.

It’s a turnaround from just 2016, when Republicans passed a law directing the three-member amendments commission to create such captions that briefly explain referendum questions. The commission is now comprised of Secretary of State Elaine Marshall and Attorney General Josh Stein, both Democrats, and the Legislative Building’s top administrator, Republican Paul Coble.

One finalized bill would remove that power from the commission and simply attach a header to each amendment with a vanilla title of “constitutional amendment,” followed by the content of each question the legislature agreed to in June.

“What we tried to do with this is simply provide a nonpolitical caption,” said Rep. David Lewis, a Harnett County Republican and chief bill sponsor. “I mean, you can’t get any more nonpolitical or plain than just saying a ‘constitutional amendment.’ That’s all this bill does.”

But Democrats and their allies said Republicans are trying to block public input on the titles by the commission and to hide what the amendments would actually do by taking over the title of creating the “captions.” The commission, led by Marshall more than 20 years, has proven it can do the job with integrity, said Rep. Deb Butler, a New Hanover County Democrat.

“This sort of circumvention of process undermines the public’s confidence in government, and I for one find it truly shameful,” Butler said before the House approved the title measure 67-36. The Senate later approved the measure 27-14.

The other Republican bill advanced Tuesday appears to address the situation of Supreme Court candidate Chris Anglin, who was a registered Democrat until becoming a Republican just a few weeks before filing to run. He joined GOP Associate Justice Barbara Jackson and Democrat Anita Earls on the ballot.

All judicial candidates will have their party affiliations on the ballot during a year in which lawmakers decided there would be no judicial primaries. Jackson and Anglin could splinter the GOP vote, opening the door for Earls to win. Anglin has rejected GOP accusations that he changed his affiliation to help Earls, saying he’s running as a “constitutional Republican.”

The Senate measure would leave Anglin’s or any other candidate’s affiliation blank if the candidate changed voter registration less than 90 days before the candidate filed.

Senate Majority Leader

Harry Brown of Onslow County said the bill would put in place the 90-day deadline for party affiliation changes required of other candidates. Democrats expected the retroactive measure would be challenged in court.

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Pennies From Angels founders honored

County Manager Denise Stinagle, center, presents Order of the Long Leaf Pine certificates to Helen Harwood and Cliff Harwood Jr. on July 14. Gov. Roy Cooper recognized the Harwoods for the volunteer services they have provided to local cancer patients since 1983. The couple started nonprofit organization Pennies From Angels in 1993 to assist cancer patients and their families with food, clothing, transportation and other necessities. Awarded by the governor, the Order of the Long Leaf Pine is among the state’s most prestigious individual awards. Contributed Photo

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Opinion

The Wilson Times

MORE THAN A NEWSPAPER — A COMMUNITY INSTITUTION SINCE 1896

Keven Zepezauer PRESIDENT AND PUBLISHER
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THOUGHT FOR TODAY

Jesus said, "You didn't choose me, but I chose you and appointed you so that you could go and produce fruit." (John 15:16)

PRAYER: Dear God, help us to step beyond our routines to do your will so that we can shine your light to the world. Amen.

IN OUR OPINION

In Tuscarora raids, state denies Native Americans' identity

Authorities were doing their job when they raided the Tuscarora Nation's unlicensed casinos. They stretched the truth, however, when they described the Tuscarora as a "sovereign citizen group."

In a Monday news release, the State Bureau of Investigation and N.C. Alcohol Law Enforcement Branch used a label associated with tax protesters, con artists and conspiracy theorists to describe a Native American tribe that is not formally recognized as such by the state or federal government.

First, the facts: ALE agents raided three casinos operating near Maxton, Pembroke and Red Springs in rural Robeson County, arresting 26 people and seizing more than 200 gambling machines along with cash, cars, guns and marijuana. The crackdown followed a year-long investigation.

Now, the spin: Officials made no mention of the group's identity as an Indian tribe or the fact that the Tuscarora Nation of North Carolina is a nonprofit organization registered with the N.C. Department of the Secretary of State.

A news release on SBI letterhead identifies defendants as "sovereign nation members" and "members of a sovereign citizen group." That calls to mind the folks who file phony liens on others' property and try to duck taxes, fines and penalties by relying on discredited legal fallacies.

"Sovereign citizens are anti-government extremists who believe that even though they physically reside in this country, they are separate or 'sovereign' from the United States," the FBI says on its website. "As a result, they believe they don't have to answer to any government authority, including courts, taxing entities, motor vehicle departments or law enforcement."

We grant that there's likely some overlap — perhaps some individual Tuscarora members subscribe to such myths, or maybe casino operators sought to assert tribal sovereignty despite not belonging to a recognized tribe. But denying the Tuscarora their Native identity is a grave sin of omission at best and a cynical smear campaign at worst.

Members trace their heritage to the Tuscarora Nation of the early 1700s, which East Carolina University history professor Larry Tise described as "the biggest, most powerful Indian group in North Carolina at that time." The Tuscarora people were scattered following a war with European settlers that ended in 1715.

A contingent resettled in New York and established a federally recognized Indian tribe also called the Tuscarora Nation. The North Carolina group claims a common ancestry, but its members have not bothered with the cumbersome, politicized process of tribal enrollment.

"We just want to be people and live as a people and to end this struggle over the rights of our lands, the remains of our ancestors and to be allowed to be who we are," Timothy Jacobs told The Wilson Times for a March 2014 story about the effort to reclaim Fort Nooherooka, the site of a bloody 1713 battle between Tuscarora and settlers situated in modern-day Greene County.

The federal Indian Gaming Regulatory Act of 1988 recognizes tribal sovereignty on Native American reservations, which allows enrolled tribes to operate casinos in states that forbid private gambling. Because the Tuscarora Nation of North Carolina is not recognized, it has no legal ability to operate a casino. Yet First Nations people are likely to engender understanding and empathy from the public regardless of their tribe's federal status.

"The sad thing about this is white Americans did this," Tise told the Times in 2014. "We created reservations and created giant ghettos where these Indians could live. It's a very sad history."

We're no great fans of creating victimless crimes and wonder whether these illegal casinos harmed a single soul who couldn't seek recourse through the courts, but we acknowledge that the law is the law. Robeson County sheriff's deputies, ALE and SBI agents and federal authorities who executed the raids couldn't turn a blind eye. The gambling parlors had to be shuttered. The arrests had to be made.

In announcing those arrests, however, state officials should have provided context.

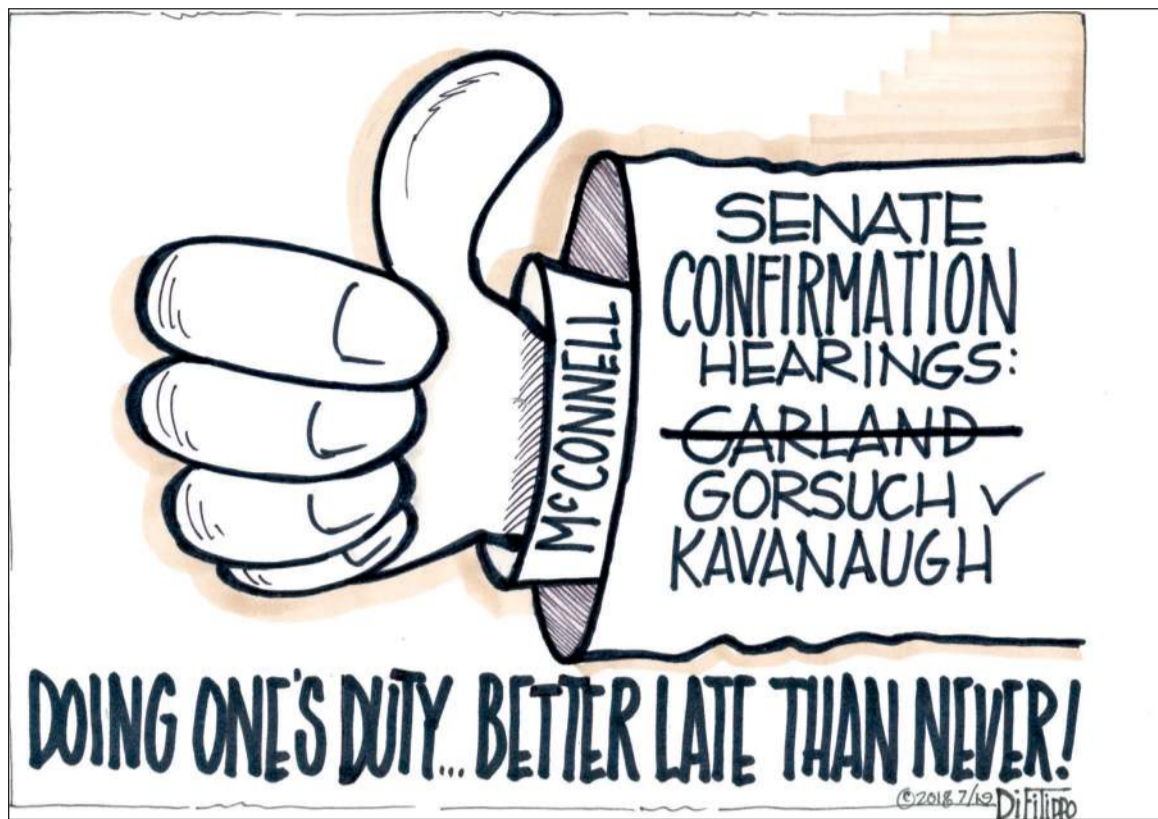
The Tuscarora Nation operates a tribal government and says on its website that it has a summer camp and meal program for its children. While sovereignty is reserved for federally recognized tribes, other Native American groups lacking that distinction, including the nearby Lumbee, have quasi-governmental bodies.

In today's America, gender identity can be established by personal declaration, but it literally takes an act of Congress for an Indian to be called an Indian. What's wrong with this picture?

Tell us what's on your mind

The Wilson Times welcomes opinions from readers on topics of public interest. Letters that promote a commercial product, contain either libelous material, personal attacks on individuals or vulgar language, and those addressed to a third party, will not be published. Consumer complaints and letters containing unverifiable factual claims are ineligible for publication. Letters should be no more than 350 words, must be signed and should include the writer's address. A telephone number, which will not be published, should be included for verification purposes. Letters selected for publication may be edited and all letters become property of The Wilson Times.

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LETTERS

Vote against Democratic obstructionism in November

Where has the golden rule gone? Where is the respect for others been hidden? Will we ever smile at strangers again or help them? Will we ever have factual news again, without political bias? Can we ever eliminate crime by severe punishment, not country club prisons?

Can we ever be united again, with a common goal to make our lives better, safer, having more jobs, lower taxes and fewer people who are homeless and poor?

Who prevents helping American citizens by obstruction, hate rhetoric, lies, fake news, inciting racial divisions, higher taxes, supporting illegals, voter fraud, inciting attacking conservatives and Trump supporters, open borders, criminal sanctuaries, law enforcement attacks, coverups of FBI/Department of Justice seditionists, congressional sexual harassment coverups, the illegal uranium sale coverup, perjury, the fake Steele dossier, bribes and kickbacks?

Democrats!

They are opposed to everything that will help Americans! They want economic growth to stop; they want fewer jobs, more taxes and more regulations so they can control you, your money and your life.

November is your chance to have your say. Your choice of how you live — better or worse.

Even though there will be voter fraud, the dead will vote, illegals will vote, machines will vote liberal — by mistake? — and voters will be bused to several states.

Democrats will bus voters to the polls, but are unable to bus anyone to get a voter ID? Just more obstruction.

So you think about your future, your family's future, your safety, your taxes and your job.

Just vote for your life!

Ashley E. Robbins Jr.
ELM CITY

Butterfield's comment on Kavanaugh betrays bias

Recently, Rep. G.K. Butterfield responded to President Trump's nomination of Brett Kavanaugh to the U.S. Supreme Court by saying, "In nominating Brett Kavanaugh, President Trump has selected someone with views well outside the mainstream."

I find Mr. Butterfield's comment presumptive, arrogant and just a little annoying. Here's why:

First, the congressman did not give any examples of Judge Kavanaugh's views he is objecting to. Maybe he's bothered by the judge's position on the existence or non-existence of the Abominable Snowman. Or, does the congressman chortle at Judge Kavanaugh's viewpoint regarding the best flavor of ice cream? Ridiculous examples, I know, but you get the point.

Second, and this is more to the point, Mr. Butterfield has inferred that his own left-leaning social progressive views really reflect

those of the majority of U.S. citizens. No doubt Judge Kavanaugh does not share the congressman's position on a wide variety of social, economic and political topics. However, by what measurement has the congressman determined that his views represent the mainstream of America? They certainly don't reflect mine, and based upon much of what I read and hear, they don't represent the average American in Topeka, Grand Rapids, Boise, Houston or Atlanta.

I don't think "the mainstream" includes folks like Maxine Waters, Nancy Pelosi or Joy Behar. Congressman Butterfield is supposed to be representing Wilson, North Carolina, not San Francisco or Hollywood.

I suspect Congressman Butterfield is unable — more likely unwilling — to specify those non-mainstream views he thinks Judge Kavanaugh holds. Is he able to produce survey data from a wide variety of people across the political, ethnic, geographic and socioeconomic spectrum who agree with him? I doubt it. It's much easier to make an accusation than it is to actually prove it.

The congressman's real agenda is to keep a jurist from being seated who views his primary responsibility as the interpretation of the Constitution as it was written. Rather, Mr. Butterfield, in my opinion, wants an activist judge who is more likely to circumvent the legislative branch and try to create new laws from the bench.

Brian Grawburg
WILSON

Calling letter-writers fascists crosses the line

Re: "It's Dems, not Trump, flirting with fascism," by Ray Shamlin, July 19:

I do not call Donald Trump fascist because of his "views." Nor is he just anyone. He is president of the United States and leader of the Republican Party, a small core of whom, unfortunately, appear to be in the early stages of a "brown-shirts" rebellion.

Trump is fascist because he is the author of despotism, acts of violence against our democracy and Constitution, several of which I named in my letter. There are more. His complete disregard for the rule of law is another.

In no way, given Shamlin's brief association with me, and my complete lack of activity against our constitutional form of government, should he be given the opportunity to call me, or anyone else writing a letter to the editor about this President, fascist.

Newspapers encourage civil dialogue by protecting private people from these kinds of absurd tit-for-tat attacks. It just ends up discouraging writer input, particularly if people think they could become personal targets. You get a small, recurring letter-writing pool who people easily dismiss.

Shamlin could have rebutted my letter without making personal characterizations. Several of your conservative regulars do, by arguing the talking points, not by making personal statements.

It's unfortunate that many people cannot formulate a thoughtful letter without a personal opponent these days, but there we are.

Newspapers routinely reject letters that are merely paper fights, just as they reserve the right to clean up bad language.

The News & Observer and other papers are very clear about about this policy.

A professional policy of not accepting egregious personal characterizations about private individuals in letters to the editor is just not that difficult to oversee.

Deborah A. Baro
WILSON

Stop hog farms from spraying noxious No. 2

Chinese-owned Smithfield Foods operates huge hog farms in North Carolina and collects all that pig poop in open-air ponds. Do the company's farmers turn it into lawn fertilizer like the city of Milwaukee when it produces milorgonite? Hint: it rhymes with "No."

They don't need to because they can just spray it in the air — and away it goes with the wind. And they don't need to worry about the neighbors getting sick because there's a limit to what they can claim in damages thanks to the North Carolina legislature.

Even Lt. Gov. Dan Ffrest held a rally recently in eastern North Carolina to defend the right of Smithfield to spray that poop all over the place. So imagine your neighbors disconnecting their toilets from the sewer system — why pay all those fees? — and just collecting it in their backyard and spraying it around.

Kinda gross, no? So why should Smithfield be able to do it?

John Balla
RALEIGH

Consider NATO's friends, foes carefully

In the wake of recent events, here are words to think on:

"This is what NATO has given us: the longest period of general peace that Europe has enjoyed since the days of the Roman Empire. Our citizens have experienced these years not only as ones of security but also of prosperity and social progress. Protected by this Alliance — the most successful in history — they face the future not with fear but with confidence." — Manfred Werner, secretary general of NATO, March 12, 2001.

"NATO is the most important military alliance in world history." — Mitch McConnell, July 21, 2016, during the Republican National Convention, responding to comments by then-candidate Trump.

"NATO's brutal military alliance has become the most perfidious instrument of repression known in the history of humankind." — Fidel Castro, Oct. 26, 2011, in Counterpunch, a left-wing publication.

Roger Bullard
WILSON

Commentary

"There is a middle ground between capitalism and socialism which many say best describes the modern U.S. economy. It's called the 'mixed system' or 'mixed economy.'" MICHAEL WALDEN

A new capitalism vs. socialism debate?



MICHAEL WALDEN

I took my first college economics course in 1969. One topic was about alternative ways a country can organize its economy. Since my wife will tell you one of my passions is organization — for example, I have to have my books and folders all at right angles on my desk — this was likely the subject that most “hooked” me on economics.

Indeed, how a country organizes its economic transactions is one of the key decisions a nation must make, and this decision may be up for debate in our country. Although the U.S. has long been considered primarily a “capitalist” country, recent polls show more young people under 30 favor socialism.

So what exactly is capitalism and socialism, and what are their pluses and minuses? Capitalism — also known as the free-market or “laissez faire” (pardon my French) — means the economy is organized around the private ownership of resources and the unregulated and free interaction of resource owners in economic relationships. Businesses decide what to make and sell based on their perceptions of what people want. A business’ objective is for the earnings from sales to exceed costs, resulting in a profit. Some individuals freely invest in businesses and become owners, while other individuals agree to work for businesses as employees.

One key to capitalism is the determination of prices through the interaction of supply (production) and demand (buying). Prices change as costs change, but they also change as the popularity of the product changes. More people wanting to buy a product will increase its price, while fewer people interested in purchasing a product will decrease its price.

Another aspect of capitalism is competition. Workers compete for jobs and incomes, and businesses compete for raw materials and workers, and for sales. Workers who have more scarce and more valuable skills to companies are paid more, while those with less productive capabilities earn less.

Supporters of capitalism say its focus on profits encourages efficiency and reduces waste. Backers also argue the system motivates individuals to work hard and acquire a needed skill because those efforts lead to better income. Businesses in a competitive capitalist system will be fast to implement new technologies and products to accommodate quick-changing markets. Fans of capitalism say all these benefits lead to higher standards of living.

In some ways, socialism has developed to address the perceived downsides of capitalism. In particular, one of the common complaints about capitalism is the result of unequal outcomes. Workers will not earn the same. Instead, those who contribute more to the company because they have better talents, training or decision-making will earn more. Likewise, profit rates will vary across businesses, and downsizing and perhaps even closure of weak businesses looms as a constant threat.

At its core, socialism means economic decisions are transferred out of private hands (individuals, companies) to public hands — usually meaning government. Social Security is a good example. A public body (Congress) created the program, government enforces collecting taxes to fund the program, and formulas deter-

mine how much each person receives upon retiring. Individuals have no say over how much they pay or how much they get — except indirectly through their elected officials. Many other programs like Medicare, Medicaid and food stamps can be considered similar social programs.

However, socialism can be taken further — and has been in some countries. Control of private companies can be transferred from shareholders, boards of directors and CEOs to government appointees or representatives of labor unions.

Rather than prices — including wages — being set in the marketplace through supply and demand, they can be directly set and controlled by government officials and agencies.

The philosophy of socialism is that, while capitalism and private decision-making do great things, that system doesn't see the bigger picture because it's focused mainly on one objective — profits. So to consider more than profits, supporters of socialism want to add forms of public decision-making to the economy.

There is a middle ground between capitalism and socialism which many say best describes the modern U.S. economy. It's called the “mixed system” or “mixed economy.”

Here, economic decisions are still mainly lodged with individuals and businesses. Companies and corporations are controlled by proprietors, partners, shareholders, private directors and CEOs. Prices are primarily freely set in the marketplace.

But the government is involved to provide for and protect individuals.

Examples include the social safety for low-income households, Social Security and Medicare for retirees, financial support of education, rules about conduct in competition and approvals for pharmaceuticals.

Of course, people can argue about the levels and forms of support in these programs, and they do.

For example, there's a debate now about whether various poverty programs should be collapsed into simple income grants.

The big question is whether we essentially want private decision-making but with a government support system for some of the downsides of those decisions, or do we want a system of expanded public decision-making in more aspects of our lives?

It's a question that's intrigued me for 50 years, and one that we collectively decide in almost every election.

Mike Walden is a William Neal Reynolds distinguished professor and extension economist in the Department of Agricultural and Resource Economics at North Carolina State University who teaches and writes on personal finance, economic outlook and public policy.

Indeed, how a country organizes its economic transactions is one of the key decisions a nation must make, and this decision may be up for debate in our country. Although the U.S. has long been considered primarily a “capitalist” country, recent polls show more young people under 30 favor socialism.



Bennett a driving force behind campaigns of Sanford, Hunt



D.G. MARTIN

In 1965, Terry Sanford left the governor's office and moved down Fayetteville Street from the Capitol into law offices in the

BB&T Building. Political insiders started referring to that structure as the Bert Bennett and Terry Building.

When Bert Bennett died last week in Winston-Salem at 97, old-timers remembered how his vigorous, organized and decisive leadership in the gubernatorial campaigns of Terry Sanford and Jim Hunt was crucial to the success those men achieved.

Ironically, Bennett's death came only a few days after the passing of Tom Ellis, the key adviser and organizer for the late Sen. Jesse Helms, the stalwart adversary of Sanford and Hunt.

Writing about Ellis in “Jim Hunt: A Biography,” Gary Pearce paid Tom Ellis the greatest compliment while describing how Ellis directed Ronald Reagan's 1976 winning North Carolina presidential primary campaign. He explained, “Ellis was Jesse Helms's Bert Bennett.”

In November 1959, Terry Sanford was preparing to announce his candidacy for governor. He had already recruited heavy hitters like Hargrove “Skipper” Bowles to raise campaign funds. When Sanford first called on the successful and wealthy businessman living in a mansion

looking over a Greensboro country club golf course, he worried that Bowles might be a Republican.

But now, Bowles had already raised a bundle of money for Sanford and was hosting the meeting to introduce Sanford's choice for his campaign manager.

As Howard Covington and Marion Ellis wrote in their biography, “Terry Sanford: Politics, Progress and Outrageous Ambitions,” “The newcomer at that meeting was Bert Bennett a tall, lean businessman from Winston-Salem who had just resigned as Forsyth County party chairman to sign on as Terry's campaign manager. Some of those present had known Bennett at Chapel Hill, where he had been student body president. Others knew him as a political leader closely aligned with the conservative interests that dominated the party organization in Winston-Salem, home of Wachovia Bank & Trust Co. and R.J. Reynolds Tobacco Co. Terry had chosen him for those reasons and others, and believed Bennett would add balance to the organization. It was the beginning of a political alliance that would shape North Carolina politics for the next twenty years.”

As Rob Christensen explained last week in the Raleigh News & Observer, “Bennett was not particularly ideological and was more conservative than Sanford. But he shared Sanford's sense of wanting to move North Carolina forward and his love of the political game.”

There was one critical thing

that Bennett wanted from Sanford. According to Covington and Ellis, Bennett remembered, “The only thing I asked him was: did he want it bad enough?”

It was the same question Bennett asked every candidate who sought his support, including Jim Hunt. If the candidate did not have fire in the belly, Bennett was not interested.

But Bennett also had a wry sense of humor. In his book on the 1960 campaign, “Triumph of Good Will: How Terry Sanford Beat a Champion of Segregation and Reshaped the South,” John Drescher tells about the first time Sanford publicly admitted that the money for his proposed educational improvements would come from taxes.

Walking out of the meeting, he told Bennett that it was remarkable that the audience had applauded. Bennett laughed, “Yes, but I wouldn't be too sure. They thought you said you'd get the money from Texas.”

Bennett identified Hunt early on. In Gary Pearce's biography of Hunt, one chapter is titled “Bert Bennett's Boy.” He writes, “It was Bennett who decided that Hunt had what it took to be governor, and that the old Sanford group should get behind him.”

Last week, lots of Democrats were wishing somebody like the tough, businesslike Bert Bennett would get the old group behind the party's candidates this fall.

D.G. Martin hosts “North Carolina Bookwatch,” which airs Thursdays at 5 p.m. and Sundays at 11 a.m. on UNC-TV.

How the First Amendment saved the Second



THOMAS L. KNAPP

“It's impossible to effectively outlaw guns,” I wrote in 2015, “without also outlawing writing, speaking and thinking about guns.”

I was referring to a U.S. State Department censorship order requiring Cody Wilson and Defense Distributed to remove 3-D printing files for the plastic “Liberator” pistol from the internet.

With the help of the Second Amendment Foundation, Wilson and his firm sued against the order. With the help of the First Amendment, they won.

The U.S. government realized it had a losing case and settled. Effective Aug. 1, America goes back to having a free press vis a vis guns.

A free press plus rapidly proliferating DIY production technology equals the final nail in the coffin of “gun control” as a practical notion. Not that it ever really was

one, what with more than 250 million guns already in the hands of more than 100 million Americans. But now it's no longer just a lopsided contest, it's a done deal.

“Gun control” is over. Wilson hasn't been idle while awaiting his big win. He's gone from plans for 3-D gun printing in plastic to offering a consumer-priced CNC milling machine — the Ghost Gunner — with software that can turn a block of metal into the frame of an AR-15 rifle or a .45-caliber semi-automatic pistol right in anyone's home workshop.

No serial number. No permit. No background check. That's that. We're done here.

As the clock runs forward, it's now also going to run backward. Because 3-D printers and CNC mills will make whatever they're programmed to make, consider the National Firearms Act of 1934 repealed.

If there aren't already CAD files out there telling home milling machinery how to turn out machine guns and silencers, there soon will be.

You don't have to like it.

That's how it is whether you like it or not.

For decades, “gun control” advocates have, from behind the sturdy shield of the First Amendment, agitated for willful misinterpretation of, or even repeal of, the Second. They still have that shield, as well they should.

What they no longer have is any plausible case that they can get their way.

So, are “gun control” advocates ready for a ceasefire? Are they willing to start discussing real ways of achieving their supposed goal — reducing violence in American society — instead of continuing to pursue their lost cause?

I doubt it. Lost causes are both more fun and more profitable than getting serious. But let's hope.

Thomas L. Knapp (Twitter: @thomaslknapp) is director and senior news analyst at the William Lloyd Garrison Center for Libertarian Advocacy Journalism (thegarrisoncenter.org). He lives and works in north central Florida.

US announces billions to help farmers hurt by Trump tariffs

By Ken Thomas and Paul Wiseman
The Associated Press

WASHINGTON — The government announced a \$12 billion plan Tuesday to assist farmers who have been hurt by President Donald Trump's trade disputes with China and other trading partners.

The plan focuses on Midwest soybean producers and others targeted by retaliatory measures.

The Agriculture Department said the proposal would include direct assistance for farmers, purchases of excess crops and trade promotion activities aimed at building new ex-

port markets. Officials said the plan would not require congressional approval and would come through the Commodity Credit Corporation, a wing of the department that addresses agricultural prices.

"This is a short-term solution that will give President Trump and his administration the time to work on long-term trade deals," said Agriculture Secretary Sonny Perdue.

Officials said the direct payments could help producers of soybeans, which have been hit hard by the Trump tariffs, along with sorghum, corn, wheat, cotton, dairy and farmers raising hogs. The food pur-

chased from farmers would include some types of fruit, nuts, rice, legumes, dairy, beef and pork, officials said.

In Kansas City, meanwhile, Trump told a veterans' convention that he was trying to renegotiate trade agreements that he said have hurt American workers, and he asked for patience ahead of key talks.

"We're making tremendous progress. They're all coming. They don't want to have those tariffs put on them," Trump told the Veterans of Foreign Wars national convention. "We're opening up markets. You watch what's going to happen. Just be a little patient."

Agriculture officials said the payments couldn't be calculated until after harvests come in. Brad Karman, the USDA's assistant deputy administrator for farm programs, noted that the wheat harvest is already in, so wheat farmers could get payments sooner than other growers.

But officials said soybeans were likely to be the largest sector affected by the programs.

Trump declared earlier Tuesday that "Tariffs are the greatest!" and threatened to impose additional penalties on U.S. trading partners as he prepared for negotiations with European officials at the White

House.

Tariffs are taxes on imports. They are meant to protect domestic businesses and put foreign competitors at a disadvantage. But the taxes also exact a toll on U.S. businesses and consumers, which pay more for imported products.

The Trump administration has slapped tariffs on \$34 billion in Chinese goods in a dispute over Beijing's high-tech industrial policies. China has retaliated with duties on soybeans and pork, affecting Midwest farmers in a region of the country that supported the president in his 2016 campaign.

Trump has threatened to

place penalty taxes on up to \$500 billion in products imported from China, a move that would dramatically ratchet up the stakes in the trade dispute involving the globe's biggest economies.

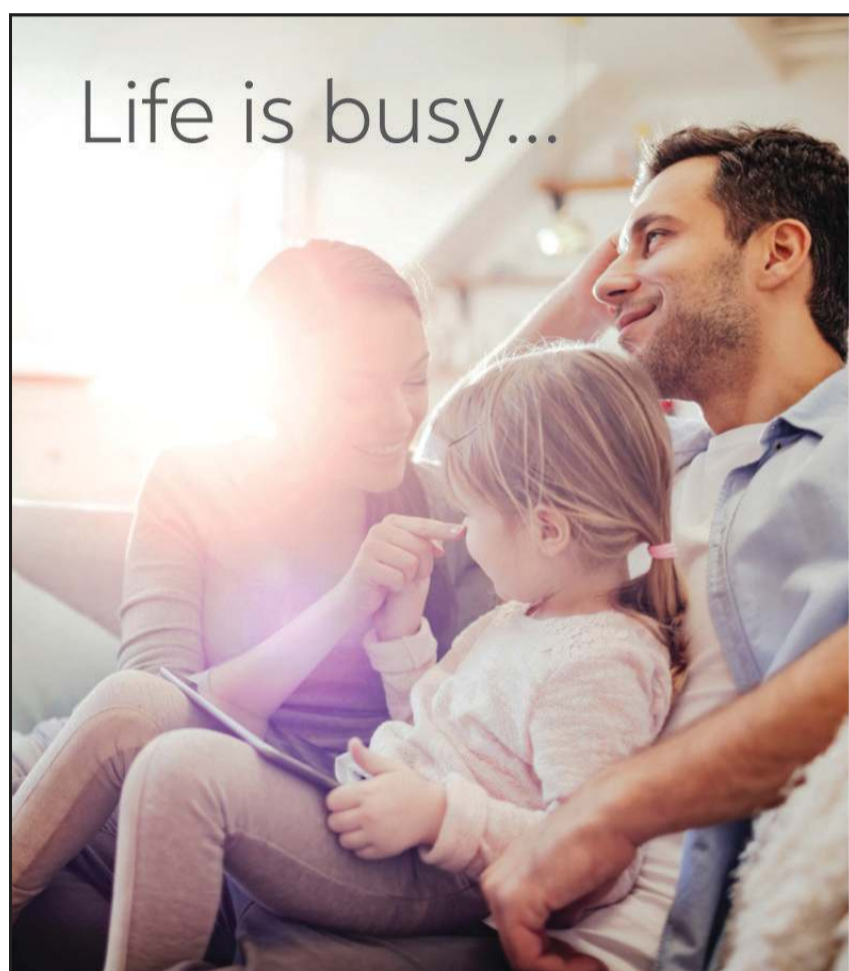
Sen. Charles Grassley, R-Iowa, said the administration's move was "encouraging for the short term. What farmers in Iowa and throughout rural America need in the long term are markets and opportunity, not government handouts."

Indeed, the plan magnified objections among many Republicans that the tariffs amount to taxes on American consumers. House Speaker Paul Ryan of Wisconsin said lawmakers are making the case to Trump that tariffs are "not the way to go."

Sen. Bob Corker, R-Tenn., said the administration "finally seems to understand that the Trump-Pence tariffs are hurting the American people. These tariffs are a massive tax increase on American consumers and businesses, and instead of offering welfare to farmers to solve a problem they themselves created, the administration should reverse course and end this incoherent policy."

Before departing for Kansas City, Trump tweeted that any U.S. trade partner needs to either negotiate a "fair deal, or it gets hit with Tariffs. It's as simple as that."

The rhetoric came as the president has engaged in hard-line trade negotiations with China, Canada and European nations, seeking to revise trade deals he says have undermined the nation's manufacturing base and led to a wave of job losses in recent decades.



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Corner of Nash St. & North Bruton St.
291-6100

FIVE-DAY FORECAST FOR WILSON

TODAY	TONIGHT	THURSDAY	FRIDAY	SATURDAY	SUNDAY
84	71	87 72	90 72	89 72	88 71
Heavier showers and t-storms	A t-storm early; mostly cloudy	Mostly cloudy with a t-storm	A thunderstorm in spots	Mostly cloudy, t-storms; humid	Mostly cloudy, t-storms; humid

ALMANAC

Statistics through 4 p.m. yesterday

Temperatures

High	81°
Low	71°
Normal high	89°
Normal low	68°
Last year's high	90°
Last year's low	71°

Precipitation

24 hours ending 4 p.m. yest.	0.53"
Month to date	2.94"
Normal month to date	3.52"
Year to date	21.82"
Normal year to date	25.15"
Last year to date	30.33"

Humidity

8 a.m. today	96%
Noon today	88%
4 p.m. today	91%

SUN AND MOON

Sunrise today	6:14 a.m.
Sunset tonight	8:22 p.m.
Moonrise today	6:54 p.m.
Moonset today	4:18 a.m.

MOON PHASES

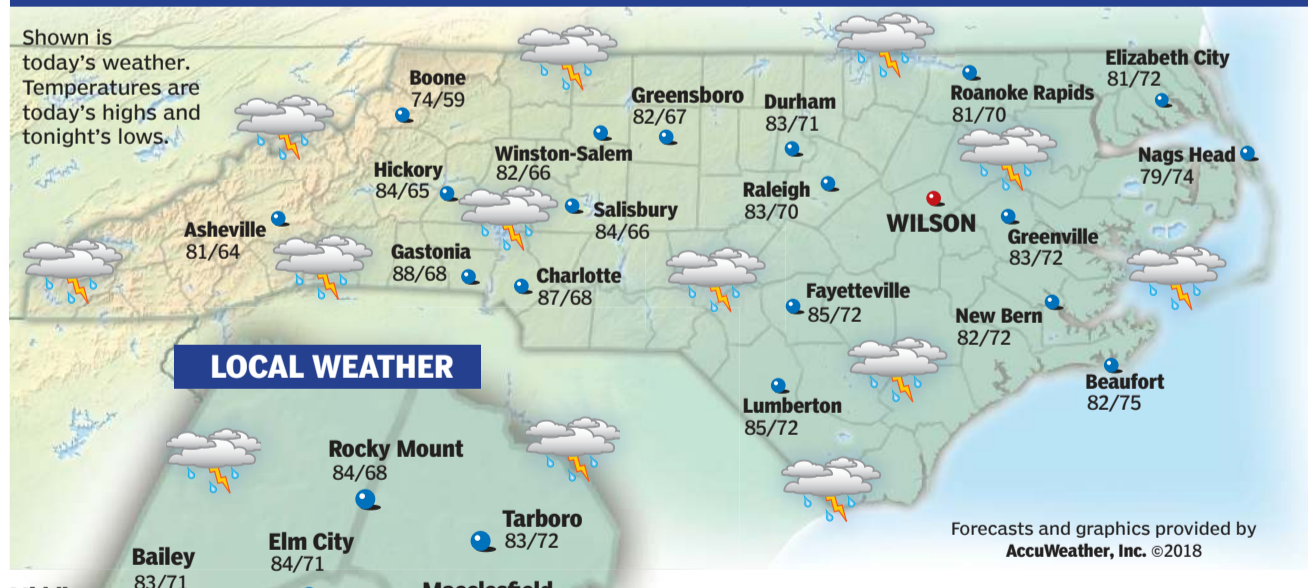
Full	Last
July 27	Aug 4
New	First
Aug 11	Aug 18

LAKE LEVELS (IN FEET)

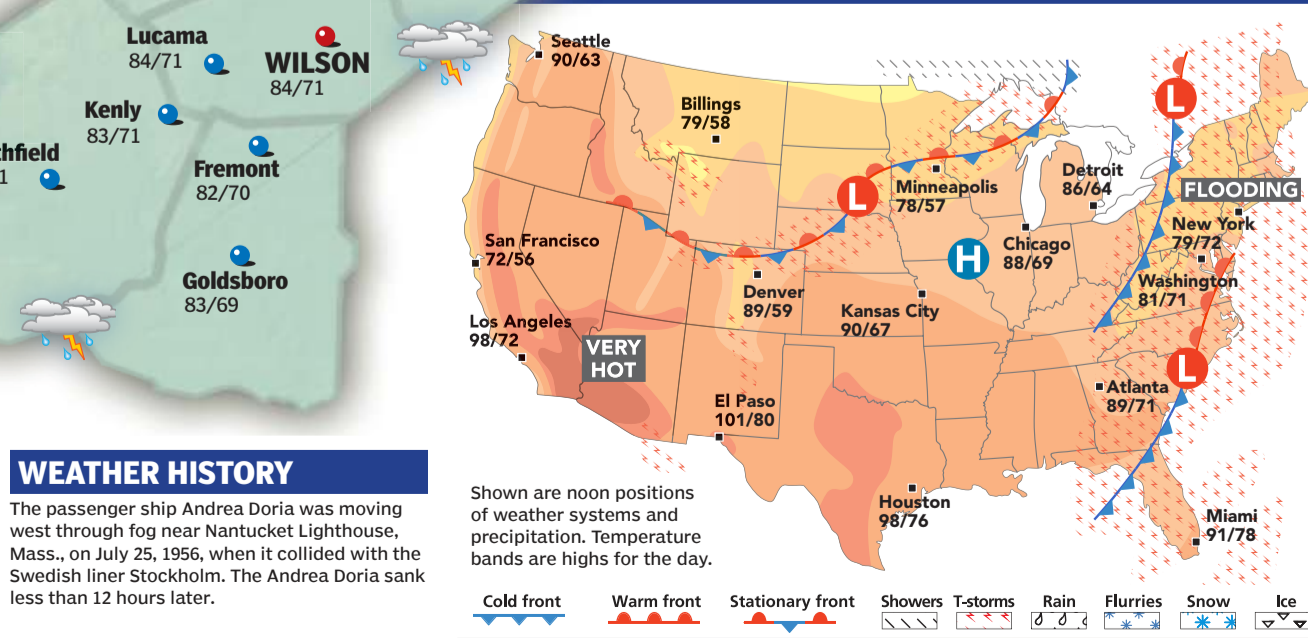
Data from 7 a.m. yesterday

Lake	Level	Full Pool	24 hr. Chg.
Buckhorn	146.35	148.0	+0.08
Falls of Neuse	250.47	264.0	+0.05
Gaston	199.78	203.0	+0.10
Jordan	214.54	216.0	-0.01
Kerr	300.29	300.0	+0.02
Mackintosh	551.08	551.5	+0.08
Norman	97.53	100.0	+0.08

STATE WEATHER



NATIONAL WEATHER



WEATHER HISTORY

The passenger ship Andrea Doria was moving west through fog near Nantucket Lighthouse, Mass., on July 25, 1956, when it collided with the Swedish liner Stockholm. The Andrea Doria sank less than 12 hours later.

HEALTH INDICES

AccuWeather.com Asthma Index™

4 Moderate

The AccuWeather.com Asthma Index combines the effects of current air quality, pollen counts, wind, temperature, dew point, barometric pressure and changes from past weather conditions to provide a scale showing the overall probability and severity of an asthma attack.

0-2 Low, 3-4 Moderate, 5-6 High, 7-8 V. High, 9-10 Extreme

Arthritis Index™

5 High

The Arthritis Index is an index that combines all of the weather factors that may affect arthritis sufferers and summarizes the most likely severity of weather-related arthritis pain in one easy-to-understand scale, from Low to Extreme.

0-2 Low, 3-4 Moderate, 5-6 High, 7-8 V. High, 9-10 Extreme

OUTDOOR INDICES

AccuWeather.com UV Index™

3 Moderate

The higher the AccuWeather.com UV Index number, the greater the need for eye and skin protection.

0-2 Low, 3-5 Moderate, 6-7 High, 8-10 V. High, 11+ Extreme

Comfort Index™

5 Good

Comfort Index™ takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

10-9 Excellent, 8-7 V. Good, 6-5 Good, 4-3 Fair, 2-0 Poor

Tee Time Index™

1 Poor

The AccuWeather.com Tee Time Index combines information about all the weather factors that influence how comfortable it will be on the golf course.

10-9 Excellent, 8-7 V. Good, 6-5 Good, 4-3 Fair, 2-0 Poor

Sports



Los Angeles Rams running back Todd Gurley walks off the field after practice at training camp, June 13, in Thousand Oaks, Calif. The former Tarboro High star agreed to a \$60M deal, the team announced Tuesday. AP

Pay day!

Gurley gets \$60M contract extension from Rams

By Greg Beacham
AP Sports Writer

IRVINE, Calif. — Todd Gurley was the key to the Los Angeles Rams' offensive transformation last season, and the Rams have rewarded their star running back with a game-changing contract.

The NFL's offensive player of the year, a 2012 Tarboro High graduate, agreed to a four-year, \$60 million contract extension through 2023 with the Rams on Tuesday.

A person with knowledge of the deal, speaking on condition of anonymity because the terms weren't publicly announced, confirmed to The Associated Press that Gurley's contract extension contains \$45 million in guaranteed money, a \$20 million signing bonus and the NFL's largest average annual value for a running back contract. ESPN first reported the terms.

General manager Les Snead said the Rams wanted "to get ahead of the curve" by signing Gurley two years before his rookie contract expires. They've also set a new benchmark for running back salaries to secure a cornerstone of a team with Super Bowl aspirations.

"He's a big part of who we are and where we're

See **GURLEY**, Page 3B

Meltdown in 9th inning sinks Tobs

By Tom Ham
hammer@wilsontimes.com | 265-7819

From superb to shock — in the span of one inning.

After a near-flawless performance in the form of a 5-0 lead through eight innings, the Wilson Tobs were unable to stop Edenton's ninth-inning assault until it was too late to avoid a 6-5 Coastal Plain League summer collegiate baseball loss in Fleming Stadium on Tuesday night.

The final-inning meltdown resulted in sweet redemption for Steamers right fielder Bryson Worrell, a product of

Hunt High and a rising sophomore at East Carolina University, who has struggled against the Tobs this summer.

With a single to the opposite (left) field, Worrell drove in the tying run and then scored the game-winner on a wild pitch. The at-bat resulted in his only success in five trips to the plate and left him 5-for-31 against Wilson this season.

"They have kind of had my number this season," Worrell admitted. "But it feels good to come back and win like that when they had the game pretty well wrapped up."

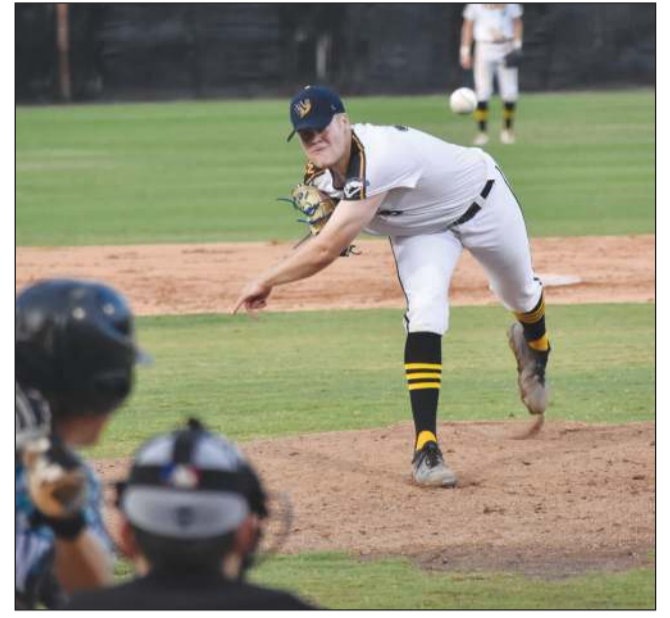
Instead, Wilson, the North Division leader, fell

to 12-5 in the second half and to 22-19 overall. The Tobs' lead against second-place Peninsula dipped to 2 ½ games. The Steamers, now 6-5 against Wilson this season, improved to 7-10 in the second half and to 19-24 overall.

Edenton is matched against Peninsula on Wednesday night, while the Tobs are off. Wilson then welcomes Peninsula on Thursday evening at 7 in Fleming Stadium.

Through eight innings, Wilson starter Tyler Grauer, a left-hander, and relievers Waylen Ergle, Cody Smith and Danny Cody stymied the Steam-

See **TOBS**, Page 2B



Wilson Tobs starting pitcher Tyler Grauer throws a fourth-inning pitch to an Edenton Steamers batter in Tuesday's game at Fleming Stadium. Grauer threw five scoreless innings with 10 strikeouts before exiting but the Tobs blew a 5-0 lead in the top of the ninth inning and lost 6-5. Paul Durham | Times

Welcome home, sailor!

U.S. Navy reservist has surprise reunion with his kids before Tobs game Tuesday

By Paul Durham
paul@wilsontimes.com | 265-7808 | Twitter: @PDsports

Craig DeMattia took a quick second to compose himself after catching the ceremonial first pitches before the Wilson Tobs' home game Tuesday evening at Fleming Stadium.

The 45-year-old Wilson resident hadn't worn a baseball uniform in more than three decades and his knees were a little suspect after decades of serving in the U.S. Navy. However, the Master Chief Petty Officer serving in the U.S. Navy Reserve was shaking because of who was waiting on the mound for him — his 8-year-old son, Jack, and 6-year-old daughter, Eillen — after throwing the first pitches. The youngsters hadn't seen him in more than a year and had no idea the guy in the Tobs uniform and catcher's mask was their father.

"It was actually harder to stand up once I got up, but it wasn't because of my bad knees. It was because I was shaking so bad," DeMattia admitted later.

Once they realized they could believe their eyes, Jack and Eillen rushed towards their father for a long-awaited hug.

"It was a very big surprise!"

See **REUNION**, Page 2B



Master Chief Petty Officer Craig DeMattia of the U.S. Navy Reserve, left, walks off the field at Fleming Stadium with his kids, Eillen and Jack, after he surprised them by coming home early after spending the last 14 months deployed off the Horn of Africa. DeMattia caught the ceremonial first pitches thrown by Eillen and Jack prior to the Tobs' game against the Edenton Steamers before revealing himself to his children, who were stunned and excited. Paul Durham | Times

Nicholson resigns after 2 years as Barton track, cross-country coach

From staff reports

After a two-year stint at the helm of the cross-country and track programs at Barton College, David Nicholson resigned as head coach of both programs Tuesday.

Nicholson was responsible for leading both Bulldog indoor track programs to their best finishes at the Conference Carolinas Championships in program history, a third-place finish for the men in 2017-18 and a fourth-place women's showing in 2016-17.

Last season, Nicholson, who arrived from American International College in Springfield, Mass., directed the men to a third-place finish in the 2018 Conference Carolinas Championship, which tied the program's

best showing since reviving the program in 2012.

Individually, junior Larry Russell finished third at the 2018 NCAA Division II Outdoor Track and Field Championships in the long jump. Nicholson's tenure produced a combined 56 all-conference performances and 43 all-region. Barton track teams had four men's and women's Field Most Valuable Performer awards at the season-ending championship meet to go along with a quartet of All-American designations.

In cross-country, Nicholson's teams reached their high-water mark with a sixth-place women's finish in 2016 at the Conference Carolinas championship meet. The men's squad duplicated a fifth-place finish in both seasons.

"Barton College is appreciative



Barton College men's and women's track and field head coach David Nicholson, right, talks with All-American jumper Larry Russell during the 2018 Raleigh Relays. Nicholson, who also coached the men's and women's cross-country teams, announced his resignation Tuesday, July 24. Benny Benton | Barton College

of Coach Nicholson's contributions and wishes him well," Barton athletic director Todd

Wilkinson said. "The search for a new head coach will begin immediately. I am confident that

Barton College and the quality of the program in place will attract highly qualified candidates."

2018 Wilson Tobs						
Week of JULY 23-29						
MON	TUE	WED	THU	FRI	SAT	SUN
Peninsula Pilots 7:05 p.m.	Edenton Steamers 7 p.m.		Martinsville Mustangs 7 p.m.	Peninsula Pilots 7:05 p.m.	Martinsville Mustangs 7:15 p.m.	

• Home games in gray

2018 Carolina Mudcats						
Week of JULY 23-29						
MON	TUE	WED	THU	FRI	SAT	SUN
Lynchburg Hillcats 6:30 p.m.	Myrtle Beach Pelicans 7 p.m.	Myrtle Beach Pelicans 11 a.m.	Myrtle Beach Pelicans 7 p.m.	Potomac Nationals 7:05 p.m.	Potomac Nationals 6:35 p.m.	Potomac Nationals 1:05 p.m.

• Home games in gray *Includes completion of suspended game from July 12

TODAY'S TV SPORTS

Schedule subject to change and/or blackouts

Wednesday, July 25

TODAY'S HIGHLIGHTS

MLB BASEBALL
7 p.m.— The red-hot Red Sox, owners of the best record in the American League visit the AL-worst Orioles at Baltimore's Camden Yards. (ESPN)

SOCCER
11 p.m.— The International Champions Cup pits Premier League champion Manchester City against Italian superpower AC Milan of Serie A in Carson, Calif. (ESPN)

ALSO ON
CYCLING
9:30 a.m.— Tour de France, Stage 17, from Bagnères-de-Luchon to Saint-Lary-Soulan, France (NBCSN)

HORSE RACING
4 p.m.— Saratoga Live, Honorable Miss Handicap, at Saratoga Springs, N.Y. (FS2)

MLB BASEBALL
12:30 p.m.— Regional coverage. L.A. Dodgers at Philadelphia OR N.Y. Yankees at Tampa Bay (noon) (MLB)
3:30 p.m.— Regional coverage, Arizona at Chicago Cubs OR Washington at Milwaukee (games joined in progress) (MLB)
5 p.m.— Minnesota at Toronto (joined in progress) (MLB)
10 p.m.— Regional coverage, Chicago White Sox at L.A. Angels OR Houston

at Colorado (joined in progress) (MLB)

SOCCER
7 p.m.— International Champions Cup, Juventus vs. Bayern Munich, at Philadelphia (ESPN)
7:55 p.m.— International Champions Cup, Borussia Dortmund vs. Benfica, at Pittsburgh (ESPN)
8 p.m.— International Champions Cup, Manchester City vs. Liverpool, at East Rutherford, N.J. (ESPN2)
10 p.m.— International Champions Cup, AS Roma vs. Tottenham Hotspur, at San Diego (ESPN2)

SWIMMING
11 p.m.— U.S. National Championships, at Irvine, Calif. (Same-day tape) (NBCSN)

MLB

Standings

By The Associated Press
All Times EDT

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	71	31	.696	—
New York	64	35	.646	5½
Tampa Bay	51	50	.505	19½
Toronto	46	54	.460	24
Baltimore	28	73	.277	42½
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	54	46	.540	—
Minnesota	46	53	.465	7½
Detroit	43	59	.422	12
Chicago	35	64	.354	18½
Kansas City	30	69	.303	23½
WEST DIVISION				
	W	L	Pct	GB
Houston	66	36	.647	—
Seattle	60	40	.600	5
Oakland	58	43	.574	7½
Los Angeles	50	51	.495	15½
Texas	42	59	.416	23½

Minnesota at Boston, 7:10 p.m.
Oakland at Texas, 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	55	44	.556	—
Atlanta	54	44	.551	½
Washington	49	50	.495	6
Miami	49	59	.427	13
New York	41	57	.418	13½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	58	41	.586	—
Milwaukee	57	45	.559	2½
Pittsburgh	53	49	.520	6½
St. Louis	50	50	.500	8½
Cincinnati	44	56	.440	14½
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	56	44	.560	—
Arizona	55	46	.545	1½
Colorado	53	46	.535	2½
San Francisco	51	50	.505	5½
San Diego	42	62	.404	16

Monday's Games
L.A. Dodgers 7, Philadelphia 6
Atlanta 12, Miami 1
Cincinnati 2, St. Louis 1
Pittsburgh 7, Cleveland 0, 6 innings
San Diego 3, N.Y. Mets 2
Arizona 7, Chicago Cubs 1
Milwaukee 6, Washington 1

Tuesday's Games
Miami 9, Atlanta 3
N.Y. Mets 6, San Diego 3
Pittsburgh 9, Cleveland 4
L.A. Dodgers at Philadelphia, 7:05 p.m.
St. Louis at Cincinnati, 7:10 p.m.
Arizona at Chicago Cubs, 8:05 p.m.
Washington at Milwaukee, 8:10 p.m.
Houston at Colorado, 8:40 p.m.
San Francisco at Seattle, 10:10 p.m.

Wednesday's Games
San Diego (Richard 7-9) at N.Y. Mets (Oswalt 0-2), 12:10 p.m.
L.A. Dodgers (Buehler 4-2) at Philadelphia (Arrieta 7-6), 12:35 p.m.
St. Louis (Flaherty 4-4) at Cincinnati (Romero 5-8), 12:35 p.m.
Pittsburgh (Taillon 7-7) at Cleveland (Bauer 8-6), 1:10 p.m.
Washington (Roark 3-12) at Milwaukee (Peralta 4-1), 2:10 p.m.
Arizona (Ray 3-2) at Chicago Cubs (Lester 12-3), 2:20 p.m.
San Francisco (TBD) at Seattle (Leake 8-6), 4:10 p.m.
Houston (Morton 11-2) at Colorado (Gray 8-7), 8:40 p.m.

Thursday's Games
Arizona at Chicago Cubs, 2:20 p.m.
N.Y. Mets at Pittsburgh, 7:05 p.m.
Philadelphia at Cincinnati, 7:10 p.m.
Washington at Miami, 7:10 p.m.
L.A. Dodgers at Atlanta, 7:35 p.m.
Milwaukee at San Francisco, 10:15 p.m.

Monday's Games
Boston 5, Baltimore 3
Minnesota 8, Toronto 3
Pittsburgh 7, Cleveland 0, 6 innings
Tampa Bay 7, N.Y. Yankees 6
Oakland 15, Texas 3
Detroit 5, Kansas City 4
Chicago White Sox 5, L.A. Angels 3

Tuesday's Games
Minnesota 5, Toronto 0
N.Y. Yankees 4, Tampa Bay 0
Pittsburgh 9, Cleveland 4
Boston at Baltimore, 7:05 p.m.
Oakland at Texas, 8:05 p.m.
Detroit at Kansas City, 8:15 p.m.
Chicago at Colorado, 8:40 p.m.
Chicago White Sox at L.A. Angels, 10:07 p.m.
San Francisco at Seattle, 10:10 p.m.

Wednesday's Games
N.Y. Yankees (Cessa 1-1) at Tampa Bay (Eovaldi 3-4), 12:10 p.m.
Pittsburgh (Taillon 7-7) at Cleveland (Bauer 8-6), 1:10 p.m.
Detroit (Boyd 4-9) at Kansas City (Duffy 6-8), 2:15 p.m.
Minnesota (Santana 0-0) at Toronto (Gaviglio 2-3), 4:07 p.m.
San Francisco (TBD) at Seattle (Leake 8-6), 4:10 p.m.
Boston (Price 11-6) at Baltimore (Bundy 6-9), 7:05 p.m.
Oakland (Jackson 1-2) at Texas (Peréz 2-4), 8:05 p.m.
Houston (Morton 11-2) at Colorado (Gray 8-7), 8:40 p.m.
Chicago White Sox (Shields 4-11) at L.A. Angels (Skaggs 7-6), 10:07 p.m.

Thursday's Games
Chicago White Sox at L.A. Angels, 4:07 p.m.
Kansas City at N.Y. Yankees, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.

MINOR LEAGUE BASEBALL

Carolina League Glance

NORTHERN DIVISION				
	W	L	Pct.	GB
Wilmington (Royals)	20	11	.645	—
Lynchburg (Indians)	17	15	.531	3½
Salem (Red Sox)	16	16	.500	4½
Potomac (Nationals)	13	17	.433	6½
Frederick (Orioles)	11	22	.333	10
SOUTHERN DIVISION				
	W	L	Pct.	GB
W-S (White Sox)	21	11	.656	—
Buies Creek (Astros)	20	12	.625	1
Carolina (Brewers)	17	14	.548	3½
Myrtle Beach (Cubs)	13	19	.406	8
Down East (Rangers)	11	22	.333	10½

Tuesday's Games
Carolina 5, Myrtle Beach 4

Myrtle Beach at Carolina, Game 2, TBD
Myrtle Beach 2, Carolina 0
Wilmington 8, Salem 6
Frederick 4, Winston Salem 3
Down East 5, Lynchburg 4
Buies Creek at Potomac, p.p.d.

Wednesday's Games
Frederick at Winston Salem, 11 a.m.
Myrtle Beach at Carolina, 11 a.m.
Salem at Wilmington, 11:05 a.m.
Lynchburg at Down East, 12:05 p.m.
Buies Creek at Potomac, 4:30 p.m.

Thursday's Games
Salem at Wilmington, 6:35 p.m.
Frederick at Winston Salem, 7 p.m.
Lynchburg at Down East, 7 p.m.
Myrtle Beach at Carolina, 7 p.m.
Buies Creek at Potomac, 7:05 p.m.

WNBA

Standings

EASTERN CONFERENCE				
	W	L	Pct	GB
Atlanta	15	9	.625	—
Washington	14	11	.560	1½
Connecticut	14	12	.538	2
Chicago	8	17	.320	7½
New York	8	18	.280	8½
Indiana	3	23	.115	13
WESTERN CONFERENCE				
	W	L	Pct	GB
Seattle	19	7	.731	—
Los Angeles	15	10	.600	3½
Minnesota	15	10	.600	3½

Phoenix 15 10 .600 3½
Dallas 14 11 .560 4½
Las Vegas 12 13 .480 6½

Monday's Games
No games scheduled

Tuesday's Games
Connecticut 94, Washington 68
Seattle 92, Indiana 72
Minnesota 85, New York 82
Atlanta at Los Angeles, 10:30 p.m.

Wednesday's Games
Chicago at Phoenix, 3:30 p.m.

Thursday's Games
No games scheduled

GOLF

World Golf Ranking

Through July 22		USA	9.45
1. Dustin Johnson	USA	8.87	
2. Justin Rose	ENG	8.83	
3. Justin Thomas	USA	8.83	
4. Brooks Koepka	USA	8.83	
5. Jon Rahm	ESP	7.37	
6. Francesco Molinari	ITA	7.34	
7. Rory McIlroy	NIR	7.29	
8. Jordan Spieth	USA	7.28	
9. Rickie Fowler	USA	6.73	
10. Jason Day	AUS	6.35	
11. Tommy Fleetwood	ENG	5.99	
12. Alex Noren	SWE	5.53	
13. Patrick Reed	USA	5.48	

14. Bubba Watson	USA	5.40
15. Paul Casey	ENG	5.35
16. Hideki Matsuyama	JPN	4.92
17. Henrik Stenson	SWE	4.76
18. Xander Schauffele	USA	4.54
19. Marc Leishman	AUS	4.54
20. Sergio Garcia	ESP	4.34
21. Webb Simpson	USA	4.30
22. Phil Mickelson	USA	4.27
23. Bryson DeChambeau	USA	4.14
24. Tyrrell Hatton	ENG	3.94
25. Kevin Kisner	USA	3.83
26. Matt Kuchar	USA	3.70
27. Patrick Cantlay	USA	3.68
28. Tony Finau	USA	3.57
29. Rafael Cabrera Bello	ESP	3.56

Reunion: DeMattia on duty for last 14 months

continued from page 1B

Jack said. "I didn't know it was him until he came over."

Eillen just grinned and assured, "I was really excited!"

The surprise reunion was put together by DeMattia's wife, Nell.

"One of our favorite pastimes in Wilson is going to Tobs games!" she said.

So she contacted Tobs general manager Mike Bell to see if they could pull it off and Bell was more than happy to make it happen.

Craig DeMattia actually arrived home in Wilson on Saturday but was "hiding out" at the home of Cliff and Lisa Lewin. Cliff Lewin is the pastor of the church the DeMattias attend, Wilson Praise and Worship. As part of the ruse, Jack and Eillen were told they had won a "first-pitch contest."

The DeMattias were surrounded by friends and family, including Craig's parents, Bill and Brenda DeMattia, who came from their home in Pensacola, Florida, and Nell's brother, Joe Prickett and his daughters Caroline and Cammy, who live in Marietta, Georgia.

The DeMattias moved to Wilson in 2005, five years after Craig was discharged honorably from



Master Chief Petty Officer Craig DeMattia of the U.S. Navy Reserve stands for the national anthem with his wife, Nell, and their children, Jack and Eillen, prior to the Wilson Tobs' game Tuesday at Fleming Stadium. DeMattia caught the ceremonial first pitches thrown by his kids, who were unaware their dad was home after 14 months overseas. Paul Durham | Times

active duty. He began his career in the Navy in 1994, serving on board the USS South Carolina,

a nuclear cruiser based in Norfolk, Virginia. The son of a retired Master Chief, Craig joined the U.S. Naval Reserves immediately after leaving active duty. He was deployed in support of Operation Enduring Freedom in 2011. He was promoted to Chief Petty Officer in 2012, Senior Chief Petty Officer in 2015 and to Master Chief in 2018. DeMattia left Wilson in May 2017 for duty off the Horn of Africa.

DeMattia, who looked at home in a Tobs uniform, assured that he was excited to not be wearing his Navy uniform for the time being.

"It feels good to be out of the uniform and in some shorts and not in some 125-degree heat," he said.

For now, he's home for a while.

"I can do something in between if I want to, but for now I'll just go back to drilling as a reservist and maybe deploy in a couple more years," he said.

DeMattia looks forward to life at home. Eillen will be in second grade at Greenfield School this year and Jack is home-schooled. Nell DeMattia works for Fiserv, a financial services company, while Craig, when he's at home, is "supposed to be a stay-at-home dad," Nell said with a laugh. Now he is again.

Fike announces fall sports tryout schedule

From staff reports

Fike High athletic director Tom Nelson announced the starting dates and times for fall sports tryouts. Nelson also reminded that all prospective student-athletes will need an updated physical form on file as well as an emergency contact form, concussion form and eli-

gibility consent form filled out and signed by the student and a parent.

The Fike tryout schedule is as follows:

- Varsity and junior varsity football: Monday, July 30, 8-11 a.m.
- Varsity and J.V. boys soccer: Monday, July 30, 6-7 p.m. (bring cleats and tennis shoes)
- Varsity and J.V. Volleyball: Monday, July 30, 6-8 p.m. in gym
- Girls tennis: Monday, July 30, 3-5 p.m.
- Cross-country: Wednesday, Aug. 1, 4:30 p.m. (meet at picnic shelter at Gillette Park)
- Girls golf: Thursday, Aug. 16, 3:30 p.m. at Willow Springs Country Club

Tobs: Worrell singles in tying run, scores winner

continued from page 1B

ers on no runs and five hits with 13 strikeouts. Through five innings, Grauer overpowered Edenton hitters with 10 strikeouts.

"He was very good," Tobs head coach Bryan Hill acknowledged of Grauer, who was lifted after five innings. "But with the shortened (six innings) game Monday night and being off Wednesday, we needed to get some guys some pen work."

But the move did not work out well in the ninth.

Left-hander Jared Gallagher failed to retire any of the five batters he faced. Edenton first baseman Ben Whetstone, third baseman Rich Giupo and catcher T.J. Wegmon each doubled. Shortstop Anthony Warneke and second baseman Tyler Jones each singled.

Right-hander Ryan Troutman followed Gallagher, and the Steamers' assault continued with Worrell's single that knotted the score at 5-5, designated hitter Zane Harris' single and a two-out wild pitch



Wilson Tobs first baseman Ben Faso tries to make a sliding catch on a foul ball as Edenton players scatter off their bench in the top of the fifth inning of Tuesday's game at Fleming Stadium. Faso couldn't come up with the catch as the Tobs lost 6-5. Paul Durham | Times

that enabled Worrell to trot home with the game-winner.

"That was kind of rare," Worrell described Edenton's six-run ninth. "You don't see that every day." "We were dead, but started that rally, got everybody behind us and kept battling at the plate."

Of his at-bat, Worrell said: "I was just trying to stay within the ball, go with the pitch and get the ball in the air and get a sac-

rifice fly."

Edenton reliever R.D. Lutze, who notched his second save, retired the Tobs in order in the bottom of the ninth.

"One of those things," Wilson's Hill reacted.

"That's baseball. We looked good all night; we just had a tough go in the ninth. We're not going to let one inning ruin everything. It was still a well-played game." Edenton starter Ben

Anderson turned in a solid seven innings, but allowed an unearned run in the second and first baseman Ben Faso's two-run home run in the seventh. Faso also drove in the first run with a sacrifice fly.

The Tobs nicked left-handed Steamers reliever Stromborg for two runs in the eighth. Second baseman J.T. Stone doubled and center fielder Brenton Doyle and left fielder Caleb Dean each singled.

COASTAL PLAIN LEAGUE GLANCE

Second-half standings

NORTH DIVISION				
Team	W	L	Pct.	GB
TOBS	12	5	.706	—
x-Peninsula	9	7	.563	2½
Martinsville	7	10	.412	4
Edenton	7	10	.412	5
SOUTH DIVISION				
Team	W	L	Pct.	GB
x-Savannah	11	4	.733	—
Macon	7	8	.467	4
Lexington Co.	7	9	.438	4½
Florence	4	12	.250	7½



Cleveland Cavaliers center Kevin Love gets a hand to the face from Golden State Warriors forward Kevin Durant during the first half of Game 3 of the NBA Finals on Wednesday, June 6, in Cleveland. AP

Cavaliers sign Kevin Love to 4-year, \$120M extension

By Tom Withers
AP Sports Writer

INDEPENDENCE, Ohio — Kevin Love signed his new contract and proudly put on a hard hat.

The Cleveland Cavaliers will rebuild around him.

The All-Star forward made a long-term commitment to the franchise on Tuesday by signing a four-year, \$120 million extension with the Cavaliers, who believe Love can help them stay competitive following LeBron James' departure.

The 29-year-old Love, who was nearly traded twice by Cleveland, signed the extension in front of dozens of construction workers inside Quicken Loans Arena, the team's downtown home, which is undergoing a \$140 million renovation not unlike the makeover taking place with the four-time defending Eastern Conference champions.

The symbolic moment wasn't lost on Love, who came to Cleveland four years ago to join James and Kyrie Irving and form the Cavs' "Big 3."

It's now his team.

"I look back, everything happens for a reason," Love said. "My best friend from back home said, 'It always works out.' This is where I wanted to be. I've said that all along. There were some tough times where potentially I would have been traded and my name came up in rumors every few months. But hopefully that ends now."

Love didn't know when he arrived at the arena that he would be meeting with carpenters, electricians, plumbers and team employees to celebrate his signing. General manager Koby Altman wanted to surprise him.

Moments after signing, Love took a selfie with the workers and posted it on Instagram.

"It wasn't even my idea, but I thought it was great," Love said. "I had all the people behind me. It's almost like, to me it's not a rebuild, because we have talent, we have championship-caliber guys, and we have young and fresh guys that are going to be willing to learn and come along in this league."

"I think guys putting on their hard hats and coming to work every day — that has to be the identity to our team, and I think we have guys that are cut from that cloth and are going to be willing to go out there and prove themselves."

Love will make \$24.1 million next season before the extension begins, making his contract worth \$145 million over five years. Love waived his option for 2019-20 and there are no other options or trade clauses within the new deal.

Oliver set for college finale with Houston

By Ralph D. Russo
AP College Football Writer

NEWPORT, R.I. — Ed Oliver has been on a three-year plan since he first arrived at Houston: Dominate college football for three seasons, and then jump to the NFL.

After two seasons, Oliver is right on schedule, so there was no reason to hide what was obvious to anyone who has ever watched him play.

Oliver announced in the spring that after this, his junior season, he will enter the NFL draft. Most prospects wait until the season is over before making their intentions public. Even ones like, Oliver, who have a chance to be an early first-rounder. Oli-

ver said he is not trying to get ahead of himself. Just the opposite.

With that out of the way, all his focus can be on what he needs to do to help the Cougars win an American Athletic Conference championship in 2018.

"If they're talking about something they're going to talk about how I played. The TFLs (tackles for loss) I had this week or my opponent this week," Oliver said before digging into some lobster at the American's annual clambake in Newport. "I didn't want to talk about, 'Are you going to leave or stay?' I feel like y'all deserve that out of me. Y'all deserve honesty out of me. I feel like that's what I gave them."

Revis retires, signs 1-day deal with Jets

By Dennis Waszak Jr.
AP Sports Writer

FLORHAM PARK, N.J. — Darrelle Revis officially shut down his dominant playing career by signing one final contract.

The seven-time Pro Bowl cornerback who routinely frustrated opposing receivers with his blanket-like coverage officially retired Tuesday as a member of the New York Jets — the team with which Revis spent eight of his 11 NFL seasons.

The 33-year-old Revis inked a one-day deal with the Jets at a ceremonial news conference at the team's facility after he announced last Thursday on social media that he was done playing.

Former teammates, including D'Brickshaw Ferguson, and several current players attended, along with owner Christopher Johnson, general manager Mike Maccagnan and coach Todd Bowles.

"It's been amazing," Revis said of his career. "My work ethic and my study habits I feel propelled me to strive to be one of the greatest. It took a lot of work, week in and week out, to prepare and play at the highest level and covering some of the toughest receivers in the world."

He was known for his uncanny ability to shut down receivers and the nickname "Revis Island" grew in popularity as receivers were routinely left "stranded" without being much of a factor in games because of the cornerback's airtight coverage.

In a clever nod to the nickname, the Jets set up a makeshift "island" outside of the facility's main entrance, complete with sand dunes and three small palm trees and had Revis pose in front of it for photos.

The team also issued green lapel pins that read "REVIS ISLAND" at the top with the Jets logo on the bottom and Revis' familiar No. 24 featured in the middle in front of a small island.

"As I look at it now and as I take some time to really assess what I've done and what really happened, it's amazing, it's amazing," Revis said. "You leave a legacy behind that players can follow, they can mimic and they can study your film, too."

Revis also gained notoriety for his business savvy at the bargaining table and made more than \$120 million during his career.



Former New York Jets cornerback Darrelle Revis speaks during a news conference officially announcing his retirement from NFL football on Tuesday in Florham Park, N.J. Revis leaves behind an 11-season career that included four All-Pro selections and a Super Bowl win with the New England Patriots. AP

He had several contract squabbles during his time with the Jets after being the No. 14 overall pick in 2007 out of Pittsburgh, including a lengthy holdout that was documented on HBO's "Hard Knocks" in 2010. Led by then-agents Jon Feinsod and Neil Schwartz, mother Diana Gilbert and uncle Sean Gilbert, a former NFL defensive tackle, Team Revis was a force to be reckoned with.

After contentious contract negotiations in 2013, Revis was dealt to Tampa Bay for first- and fourth-round draft picks.

He was a member of the Buccaneers for just one season before being released and signing with New England as a free agent — and winning the Super Bowl with the Jets' biggest rival.

Revis became a free agent again, and returned home to the Jets by signing a five-year, \$70 million contract, including \$39 million guaranteed in 2015. After a solid first season back, Revis struggled with injuries and consistency in 2016 and was released. He finished up his career by playing in five games for Kansas City last season.

"I would've loved to play my whole career here and wear the green and white until I actually retired," Revis said. "Things happen. Team acquisitions come in and there's a different direction a team may want to go. You know, it happens. It really does, and that's kind of how I can sum that up."

Revis finished with 29 career interceptions, and returned three for touchdowns, including one for 100 yards against Miami in 2011. He was a four-time first-team All-Pro

selection, including in what was his most dominant season in 2009, when he was beaten out by Charles Woodson for Defensive Player of the Year honors.

That was a rare time Revis lost out to anyone in his prime, especially that season. Randy Moss — whom Revis acknowledged was the toughest he ever covered — Terrell Owens, Chad Ochocinco, Andre Johnson and Reggie Wayne all struggled against the Jets star.

"His dominance at the cornerback position is legendary," Christopher Johnson said of Revis. "Forget giving up the catch. We were all shocked when quarterbacks would dare to attempt a pass in his direction."

Revis wouldn't reveal specifically on what the future holds for him, but acknowledged that staying around the game in some capacity is likely — perhaps in a coaching role somewhere.

"It's a love, it's a passion for me," Revis said of football. "I'm surely going to miss it. ... I'll weigh my options and see."

A trip to Canton, Ohio, and induction into the Pro Football Hall of Fame could also be on the agenda in the next five years or so.

"I accomplished a lot in my career and the assignments that I had to face during my career takes a lot of toll on your body, week in and week out," Revis said of why he chose to retire now. "Every day my purpose was not to just be the best at my position, but to be the best player on the field. That was my motivation."

"I came out to practice and tried to set a tone, and game day, I tried to set a tone."

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COLLEGE FOOTBALL BRIEFS

BC's Dillon voted ACC preseason POY

By The Associated Press

GREENSBORO — Boston College running back AJ Dillon is the Atlantic Coast Conference preseason player of the year.

In voting results released Tuesday, Dillon received 45 of 148 votes from media members at last week's media days to edge Clemson defensive tackle Christian Wilkins, who had 42.

Dillon rushed for 1,589 yards last season, the second-most by any freshman in ACC history. He was joined by Florida State's Cam Akers in the backfield of the preseason all-conference team.

League favorite Clemson placed eight players on the preseason team, including all four of its defensive linemen. Tigers offensive tackle Mitch Hyatt appeared on a conference-best 130 ballots.

UCF picked to repeat as AAC champ

NEWPORT, R.I. — Central Florida has been picked to repeat as American Athletic Conference champions as a follow-up to its undefeated 2017 season.

The AAC announced the results of its preseason media poll Tuesday before media day and UCF received 19 of a possible 30 votes to win the league

title. Memphis drew seven votes as conference champion and was the clear favorite to win the West Division.

South Florida, picked to finish second in the East behind UCF, received three overall first-place votes and Houston had one.

UCF went 13-0 last season, beating Auburn in the Peach Bowl. The school proclaimed the Knights the national champions. This season they bring back star quarterback McKenzie Milton and much of a high-scoring offense, but have a new coach in Josh Heupel.

Meyer: Smith's firing best thing

CHICAGO — Ohio State coach Urban Meyer has a saying he uses with his program: Event + Response = Outcome.

The outcome this time was the dismissal of a longtime assistant.

Meyer is facing questions about his relationship with former receivers coach Zach Smith, who was fired Monday after an Ohio court granted a domestic violence protection order to his ex-wife last week.

Smith, the grandson of former Ohio State coach Earle Bruce, was charged in May with misdemeanor criminal trespass.



Tiger Woods walks onto the 18th green during the final round of the 147th British Open Golf in Carnoustie, Scotland on Sunday. AP

Tiger Woods good enough to win a major, just like everyone else

By Doug Ferguson
AP Golf Writer

CARNOUSTIE, Scotland — The British Open bustled with excitement as the occasion began to unfold, with mobile phones zooming in to capture the moment from the best angle available.

This wasn't on the golf course. It was in the media center.

The subject was a large, yellow leaderboard at the front of the room that showed Tiger Woods alone at the top in the final round. Some journalists at Carnoustie had never witnessed Woods win a major. Those who had wondered if they would ever see it again.

It didn't last.

Woods stumbled with a double bogey on No. 11. He dropped another shot on the next hole. Just like that, he had eight players ahead of him, three more than he had to climb past when he teed off Sunday.

Maybe next time, and that's not far away.

The PGA Championship starts Aug. 9 at Belle River in St. Louis, where Woods has played once in a practice round ahead of the American Express Championship. Woods was on the course with Mark Calcavecchia on Sept. 11, 2001, when he was notified of the terrorist attacks. The tournament was canceled the next day.

Can he win another ma-

ajor? No one should doubt him now.

He still has to show it, however, and what Sunday at Carnoustie made clear is that it will take more than his mere presence on the leaderboard.

It felt like the Woods of old when he took the lead and the other contenders started an inexplicable slide. Jordan Spieth took a risk from the rough on the par-5 sixth, found the one place he couldn't miss and made double bogey. Xander Schauffele topped a shot out of the rough, blew the next one over the seventh green and made double bogey. These things happen at Carnoustie.

They happened to Woods, too.

He might be Tiger Woods, but at the moment, he's just like everybody else. The longtime PGA Tour slogan is, "These guys are good," and so is Woods.

Missing is the intimidation factor until he wins again, and then wins some more.

"For a while, I thought Tiger was going to win," Rory McIlroy said. "My mindset was, 'Go and spoil the party here.'"

McIlroy was not among seven players who had a share of the lead in the final round. He was too busy catching up. But he's been part of this scene already this year, and it didn't rattle him. That was at Bay Hill, where Woods made birdie on the 13th hole to get

within one shot of the lead.

Hear that, Rory?

"It wasn't the birdie, it was actually when he was walking from the 13th green to the 14th tee," McIlroy said. "There was a Tiger chant, and then I had to back off my putt and let that calm down and go and hit. So you know it's there, but I don't feel like it affected me in any way."

Apparently not. He wound up winning by three shots. Woods hit a tee shot out-of-bounds on the 16th hole and tied for fifth. Woods made his first birdie Sunday at Carnoustie on No. 4, and Spieth could hear the roar as he walked down the third fairway.

An hour later, he noticed Woods in the lead, but only by accident. Spieth wanted to avoid looking at leaderboards, and he slipped on No. 8. He walked over to his caddie, Michael Greller, and said, "Damn it, I looked at the board, dude."

"He's like, 'He hasn't been in this position in 10 years, and you've been here how many times in the last three years?' He was throwing it back at me," Spieth said.

Spieth has had at least a share of the lead after any round in the majors 16 times dating to the 2014 Masters. The last time Woods was atop the leaderboard after a round in the majors was in the 2012 PGA Championship. Spieth was starting his sophomore year at Texas.

Darlington upgrades finishing

By Pete Iacobelli
AP Sports Writer

DARLINGTON, S.C. — It's the final stage for Darlington Raceway's improvement project.

Workers toss plastic seats to each other to attach to framework laid into the redone Tyler Tower Grandstand. Solar-power lights line the backstretch once night falls to keep the 16-hour work days going. And cranes haul equipment skyward to finish the track's \$7 million renovation in time for an August reopening and NASCAR's Southern 500 on Sept. 2.

"I don't think there's any cushion for lost time, now," Darlington president Kerry Tharp said Tuesday. "Every day is valuable."

Darlington vice president of track operations Dennis Adcock said the project that began in February about three-quarters finished. The goal, track spokesman Dennis Worden said, is to have things about 95 percent done by Aug. 14 when South Carolina Gov. Henry McMaster and reigning Xfinity Series champion Elliott Sadler will be among those on hand to open the redone facility.

Right now, though, there's plenty of work left to do.

Piles of material fill parking lots where concessions and race vehicles will be stationed in five weeks' time. Drills whirr and backup warning tones blare throughout the track "Too Tough To Tame."

The control tower atop the Tyler stands where broadcasters, NASCAR officials and team spotters stay during the race has been rebuilt. Workers have altered the slope of the stands and added new, wider individual seats (with cup holders) culled from International Speedway Corp. tracks in Daytona, Kansas and Richmond to improve the sightlines for patrons.

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Gurley: Second in NFL with 1,305 yards in 2017

continued from page 1B

going," Snead said. "It's not only Todd, but a lot of guys we want to make Rams for a long time and be part of our core."

Gurley isn't due to report to training camp at UC Irvine until Wednesday. His first public reaction was to post a black-and-white Instagram photo of himself with a broad smile and the caption: "Amazing..."

Gurley was a league standout in his third NFL season while playing in first-year coach Sean McVay's explosive offense. He finished second in the NFL with 1,305 yards rushing and 13 touchdowns while catching 64 passes for 788 yards and six more TDs.

"What a special player he is," McVay said. "I think last year's production isn't really a (complete) reflection of the value he provides, because he did such a great job, but he's so much more than that to our team — the way that he works in protection, the way that he competes, and the way that rubs off on his teammates."

Along with being a handsome reward for a burgeoning NFL star, Gurley's deal sets a new standard in the market for ball-carriers such as Dallas' Ezekiel Elliott and Arizona's David Johnson — and for Pittsburgh's Le'Veon Bell after he plays out this season on the franchise tag.

Bell, who received public support from Gurley during his contentious recent negotiations with the Steelers, returned the love on Twitter, along with an additional comment about his own failure to get a big contract in Pittsburgh: "lol and ppl

thought I was trippin'?"

Gurley was the offensive rookie of the year in 2015 for the Rams, rewarding their gamble on him with the 10th overall pick. He overcame a torn knee ligament in his final season with the Georgia Bulldogs to rush for 1,106 yards with St. Louis.

Gurley struggled as part of the NFL's worst offense during the Rams' relocation season in 2016, with his yards-per-carry average dropping from 4.8 to 3.2.

That average shot right back up to 4.7 last season while he starred for the NFC West champions behind a stout offensive line that had the same starters for 15 consecutive weeks. Gurley likely would have won the NFL rushing title if McVay hadn't rested him for the Rams' regular-season finale ahead of their playoff loss to Atlanta.

Gurley has also grown swiftly as a receiver in his three seasons, increasing his catches from 21 as a rookie to 43 and then 64 last season.

Gurley's contributions to the Rams last season drew praise from Eric Dickerson, the most popular player in Los Angeles Rams history for his 1980s exploits as a record-setting running back. Steven Jackson, the Rams' franchise rushing leader, also hailed Gurley's contract Tuesday on Twitter.

"Great to see Les Snead and the @RamsNFL front office prioritize the running game!" Jackson tweeted. "To not only draft (Gurley) early, but now lock him into a long-term deal to ensure he continues to thrive as a Ram is huge!"

The Rams haven't been shy about securing several key pieces of their

talented roster during this offseason, which began with the high-profile additions of Ndamukong Suh and cornerbacks Marcus Peters and Aqib Talib. Last week, Los Angeles signed receiver Brandin Cooks to a five-year, \$80 million extension before he catches his first pass with the Rams.

But an even bigger issue still looms for Los Angeles: defensive tackle Aaron Donald still doesn't have a new contract two days before the first practice of training camp.

Donald, the NFL's defensive player of the year, and the Rams have been working on a long-term extension since early last year. The powerhouse lineman is seeking a game-changing contract that would make him one of the NFL's highest-paid players, but hasn't yet been successful.

Donald skipped all of training camp last year in a holdout, and he missed all of the Rams' offseason activities this spring.

Snead and McVay acknowledged Donald might not report to training camp Wednesday, but they weren't sure about his plans. Snead is still in active negotiations with Donald's representatives at CAA Sports.

"I do know we've still got time to get something done," Snead said. Donald is under contract for this season for nearly \$6.9 million in the fifth year of his rookie contract.

"We're simultaneously working to make Aaron a Ram a long time," Snead said. "That's the goal. Aaron is a big part of who we are, where we want to go, but the details and all that, we're going to continue the course of keeping them in-house."

In wake of shooting, gun ownership under debate in Toronto

By Tamara Lush and Rob Gillies

The Associated Press

TORONTO — Of all the things people in Toronto are horrified by in the aftermath of the shooting that killed two people and injured 13, this stands out: The man responsible had a handgun.

To mass shooting-weary America — where there are about 300 million guns of all kinds — possession of a handgun might seem commonplace.

But in Toronto, the very idea that someone would have a handgun, much less take it out in public and fire it, is nearly incomprehensible. Now, the City Council is considering a motion urging the federal and provincial government to ban the sale of handguns and handgun ammunition in Canada's largest city.

"If anything, what's happened in the United States is what not to do," said City Councilman Joe Cressy, who was expected to propose the idea of banning handguns and ammunition on Tuesday.

Agreed Toronto Mayor John Tory: "Why does anyone in this city need to have a gun at all?"

It's unclear how the shooter in Sunday's tragedy obtained his gun.

And officials haven't discovered a motive for why 29-year-old Faisal Hussain

targeted diners enjoying a warm summer night at restaurants and cafes in Toronto's popular Greektown neighborhood, killing a 10-year-old girl and 18-year-old woman. His parents said he had suffered from severe mental illness his entire life.

Cressy acknowledged that banning handguns isn't the only thing Toronto should do to combat gun violence, which is on the rise in the city. Crime prevention programs, helping those released from prison find jobs, mentoring kids and diversion programs are all initiatives that should be beefed up, along with meeting people's mental health needs, he said.

Even before Sunday's shooting, city leaders were concerned about an uptick in gun violence that had prompted the Toronto police to deploy dozens of additional officers over the weekend. The city has seen 23 gun homicides so far this year, compared to 16 fatal shootings in the first half of 2017.

Canada overhauled its laws after the country's worst mass shooting in 1989, when gunman Marc Lepine killed 14 women and himself at Montreal's Ecole Polytechnique college. It's now illegal to possess an unregistered handgun or any kind of rapid-fire weapon. Canada also requires training, a

personal risk assessment, two references, spousal notification and criminal record checks to obtain a permit.

Canadians have long taken comfort in the peacefulness of their communities and are nervous about anything that might indicate they are moving closer to their American counterparts.

"There isn't a handgun culture here," said Toronto resident Alison MacLean, shaking her head and wearing a T-shirt with symbols of a peace sign, a heart and a moose. "Handguns aren't part of the common discourse."

Before 2012, about 75 percent of illegal firearms in Canada were trafficked from the United States. By 2017, however, about half originated from domestic sources, putting an end to the idea that most of Canada's illegal guns come from across the border, said Det. Rob Di Danieli of the Toronto police guns and gangs unit.

Legal Canadian gun owners are selling their weapons illegally, he said.

The allure of a quick sell at a high profit margin is one reason legal owners might sell their guns. One man sold 47 guns and made over \$100,000 in a five-month period, Di Danieli said.

"They go get their license for the purpose of becoming a firearms

trafficker," he said. "A lot of people are so ready to blame the big bad Americans, but we had our own little problem here."

A big difference between Canada and the U.S. is the

Second Amendment of the U.S. Constitution, which grants Americans the right to bear arms. In Canada, gun ownership is not enshrined in the constitution. "Canadians, unlike

Americans, do not have a constitutional right to bear arms," Canada's high court said in a 1993 decision that upheld a ban on convertible semi-automatic weapons.

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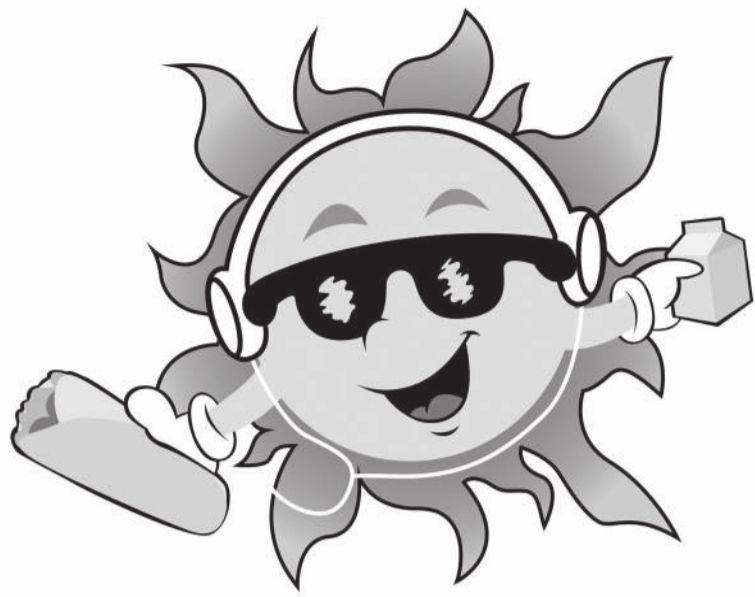
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Some Benefits Of Growing Older



Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives. Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population — persons 65 years or older — numbered 46.2 million in 2014 (the latest year for which data is available). Statistics Canada reports that, in July 2015, estimates indicated that there

were more persons aged 65 years and older in Canada than children aged 0 to 14 years for the first time in the country's history. Nearly one in six Canadians (16.1%) was at least 65 years old. With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

- Higher self-esteem: The insecurities of youth give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.
- Financial perks: Seniors are entitled to discounts on meals, museum entry fees, movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation sites for just \$10 in person (\$20 online or via mail).
- Reasoning and problem-solving skills: Brain scans reveal that older adults are more likely to use both hemispheres of their brains simultaneously — something called bilateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.
- Less stress: As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them. Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.

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Maintaining a normal weight is good for the health of your body, and a new study suggests that it is also good for your brain. The study of 6,400 adults ages 39 to 63 revealed a link between being overweight or obese and cognitive impairment. The greater the body mass index (BMI), the higher the risk of impaired cognitive function. Overweight participants who also had metabolic conditions such as diabetes, high blood pressure or high cholesterol also showed a faster rate of decline over time. A healthy diet and regular physical exercise can help in achieving a healthy weight.

Make Time For Yourself

Caregivers need to take time for themselves. The American Council On Exercise recommends the following. Try to spend time each day doing something you enjoy. Eat a healthy, balanced diet, drink plenty of water and get regular exercise. Schedule regular date nights or outings with friends. Be sure to laugh every day. Get outdoors and enjoy nature. Treat yourself to a massage, which can help release hormones that improve mood. Keep a gratitude journal; write down a few things each day for which you are thankful.

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RATHER BE COOKING (WITH KIDS)

Gotta have cookies in your repertoire



Sora Batts measures out cookie dough for her yummy chocolate chip cookies. Lisa Boykin Batts | Times



LISA BOYKIN BATTES

I was so glad when Sora decided to make chocolate chip cookies for our last summer food column

together.

We all love chocolate chip cookies at my house, so I was eager to oblige and be her taste-tester — a coveted job at my house!

Sora and I flipped through several of our cookbooks, looking for the perfect recipe to try. I didn't want a cookie that I'd feel guilty eating or serving, so we turned to *Cooking Light* and found a kid-friendly recipe on the internet.

These chocolate chip cookies have just one stick of butter, not two, a big plus in my book. We put a stick of butter on the kitchen counter to soften one morning and waited until after swim lessons and lunch to make our afternoon snack.

Sora, who is 9, is getting more familiar with where I keep things in the kitchen and pantry, so we had no trouble getting our recipe ingredients together. We also moved my stand mixer from its spot in the corner of the kitchen counter to a convenient place to work.

I purchased my first stand mixer earlier this year, and I'm loving it. Sora is loving it too and has learned how nice it is to let the mixer combine sugar and butter hands-free, for instance, while she mea-

sures the next ingredients.

This recipe is very basic, and Sora had most of the skills she needed to make the cookies. The one thing we worked on was separating the eggs for the two egg whites we needed. I did the first one and showed her how I crack the egg, keeping the two halves close together. Then I move my hands back and forth, keeping the yolk inside the shell and letting the whites escape to a bowl. I explained to Sora that it would be OK for this recipe if some of the yolk got mixed in with the whites. But I also told her there were other recipes, such as meringues, where we would not want a speck of the yolk.

Sora did the second egg and was very successful in separating it.

Once again, Sora was very precise making this

Chocolate chip cookies

These yummy cookies are such a nice size and so easy to make.

2 ¼ cups all-purpose flour (about 10 ounces)	1 cup packed brown sugar	2 large egg whites
1 teaspoon baking soda	¾ cup granulated sugar	¾ cup semisweet chocolate chips
¼ teaspoon salt	½ cup butter, softened	Cooking spray
	1 teaspoon vanilla extract	

Preheat oven to 350 degrees.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda and salt, stirring with a whisk.

Combine sugars and butter in a large bowl; beat with a mixer at medium speed until well blended. Add vanilla and egg whites; beat 1 minute. Add flour mixture and chips; beat until blended.

Drop dough by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 350 degrees for 10 to 12 minutes or until lightly browned. Cool on pans for 2 minutes. Remove from pans; cool completely on wire racks.

Cooking Light

recipe. She carefully formed the 4 dozen cookies, using a cookie scoop and her hands. We talked about looking at each

cookie and making sure they were basically all the same size so they would cook evenly. Sora was surprised it

only took 10 minutes or so for these cookies to bake. In no time, we were having delicious warm cookies and cold milk for a snack!

Salmon, avocado and grapefruit make a bright dinner salad

By America's Test Kitchen

Peppery watercress balances the sweetness of the grapefruit and the richness of the avocado and salmon in this light, bright dinner salad.

If you buy bunched watercress, be sure to wash it thoroughly. You'll also need to trim the tough stems. It's fine to leave some thinner stems near the leaves intact.

Starting the salmon on a preheated baking sheet creates an initial blast of heat that firms up the exterior. The fish then gently cooks through in a low oven.

The doneness notes below are for farmed salmon; if you're using leaner wild-caught salmon, cook it until the center of the fillet registers 120 F for best results.

Salmon, avocado, grapefruit and watercress salad

2 (8-ounce) skin-on salmon fillets	Salt and pepper	1 teaspoon white wine vinegar	4 ounces (4 cups) watercress
3 tablespoons plus 1 teaspoon extra-virgin olive oil	2 grapefruits	1 teaspoon Dijon mustard	1 avocado
	1 small shallot	¼ cup skinned hazelnuts	Fresh mint

Adjust oven rack to lowest position, place aluminum foil-lined rimmed baking sheet on rack, and heat oven to 500 F. Pat salmon dry with paper towels, rub with 1 teaspoon oil, and season with salt and pepper.

Once oven reaches 500 F, reduce oven temperature to 275 F. Remove sheet from oven and carefully place salmon, skin side down, on hot sheet. Roast until center is still translucent when checked with tip of paring knife and registers 125 F (for medium-rare), 9 to 13 minutes. Let salmon cool on sheet to room temperature, about 20 minutes.

While salmon cools, cut away peel and pith from grapefruits. Holding fruit over bowl, use paring knife to slice between membranes to release segments. Measure out 2 tablespoons grapefruit juice and transfer to separate bowl.

Mince shallot. Whisk vinegar, mustard, shallot, and ½ teaspoon salt into grapefruit juice. Whisking constantly, slowly drizzle in remaining 3 tablespoons oil until incorporated.

Toast hazelnuts in 10-inch skillet over medium heat, shaking pan occasionally, until golden and fragrant, 3 to 5 minutes; transfer to small bowl to cool, then chop cooled nuts. Tear watercress into bite-size pieces. Halve avocado, remove pit, and cut into ¼-inch-thick slices. Coarsely chop ¼ cup mint.

Arrange watercress in even layer on platter. Using two forks, flake salmon into large 2-inch pieces. Arrange salmon pieces, grapefruit segments, and avocado on top of watercress. Drizzle dressing over top, then sprinkle with mint and hazelnuts. Serve.

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Public Notices

ADMINISTRATION NOTICE TO CREDITORS

The undersigned having qualified as Executor of the estate of **Angelia Galloway Reeder**, deceased, does hereby notify anyone having claims against the Deceased to present the same to the undersigned on or before **October 12, 2018**, said date being at least three months from the date of the publication or the same will be pleaded in bar of their recovery. All persons indebted to said Estate, please make immediate payment. This the 11th day of July, 2018
Joshua Watson Bissette
EXECUTOR
7461 Stalbridge Road
Sims, NC 27880
7:11,18,25;8:1/2018

NOTICE OF SALE

Under and by virtue of an Order of the Clerk of Superior Court of Wilson County, North Carolina, made and entered on the 2nd day of July, 2018 in the action entitled "Amanda G. Bramble, Administrator for the Estate of Cornelia Tillery, Petitioner vs. Betty Francis et al., Respondents" (File No.: 18-SP-6), the undersigned Commissioner will on July 31, 2018 offer for sale and sell for cash, to the last and highest bidder at public auction, at the door of the Wilson County Courthouse in Wilson at 11:00 a.m. the real property known as the former property of Cornelia Tillery located at 7671 Bakertown Road, Wilson, North Carolina (Parcel ID No. 3772177769.000) and more particularly described in Book 1206, Page 752 of the Wilson County Public Registry. The subject property is sold subject to all liens, deeds of trust, rights of way, easements, utility easements, and any other encumbrances of record, if any, in the Wilson County Public Registry.

The property being offered pursuant to this Notice of Sale is being offered for sale, transfer and conveyance **AS IS, WHERE IS**. Neither the Commissioner, Administrator of the Estate of Cornelia Tillery nor the Estate of Cornelia Tillery make any representation or warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, or at or relating to the property being offered for sale and any and all responsibilities or liabilities arising out of or in any way relating to any such condition are expressly disclaimed. The property is being sold subject to, and the last and high bidder shall be responsible for, all deed recording costs, excise stamps, current and delinquent ad valorem property taxes, special assessments, and all local improvement assessments, including but not limited to drainage district taxes, all of which must be paid at closing. A deposit of five percent (5%) of the bid amount or \$750.00, whichever shall be greater, shall be required at the time of the sale in cash or certified funds. This the 2nd day of July, 2018.
Amanda G. Bramble, Commissioner
Bramble & Bramble, PA
P.O. Box 2006
Washington, NC 27889
(252) 948-1397
7:18,25/2018

ADMINISTRATION NOTICE TO CREDITORS

The undersigned having qualified as Executrix of the estate of **Hortense O. Ford**, deceased, does hereby notify anyone having claims against the Deceased to present the same to the undersigned on or before **October 24, 2018**, said date being at least three months from the date of the publication or the same will be pleaded in bar of their recovery. All persons indebted to said Estate, please make immediate payment. This the 24th day of July, 2018
Sue F. Champion
EXECUTRIX
121 Southall Court
Rocky Mount, NC 27804
7:25;8:1,8,15/2018

NOTICE OF ADMINISTRATION STATE OF NORTH CAROLINA COUNTY OF WILSON

The undersigned Administrator of the Estate of **Jodie Baker, Sr.** gives notice that all claims against said decedent are to be presented to the undersigned on or before **October 25, 2018** or this notice will be pleaded in bar of their recovery. All persons indebted to said estate, please make immediate payment. This notice is given pursuant to the provisions of G.S. 28A-14-1. This the 25th day of July 2018
Jason R. Page,
Administrator
Post Office Box 1724
Wilson, NC 27894
7:25;8:1,8,15/2018

ADMINISTRATION NOTICE TO CREDITORS

The undersigned having qualified as Executor of the estate of **Linda Ray Edwards**, deceased, does hereby notify anyone having claims against the Deceased to present the same to the undersigned on or before **October 5, 2018**, said date being at least three months from the date of the publication or the same will be pleaded in bar

Public Notices

of their recovery. All persons indebted to said Estate, please make immediate payment. This the 4th day of July, 2018.
Charles E. Barnes
Executor
117 Pine Street
Camden, NC 27921
7:4,11,18,25/2018

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- 16 Dinosaur trapper
- 18 Language suffix
- 19 Unyielding
- 21 Fumble blindly
- 25 What eavesdroppers get
- 29 Poster
- 31 Lounged around
- 33 Boy wizard Harry

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- 1 Matador's foe
- 2 Fabric sample
- 3 Free ticket
- 4 Sault — Marie
- 5 College stat
- 6 Nerve network
- 7 "Rag Mop" brothers
- 8 Cut back
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- 10 Close kin
- 11 — spumante
- 12 Antennae

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Answer: After specializing in miniature sculptures, Willard Wigan made a — **SMALL FORTUNE**

Answer to Previous Puzzle

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DOORBELL	TAUT									
	FAX	FIERCE								
CHESS	PBS	LED								
OIL	SWEATS									
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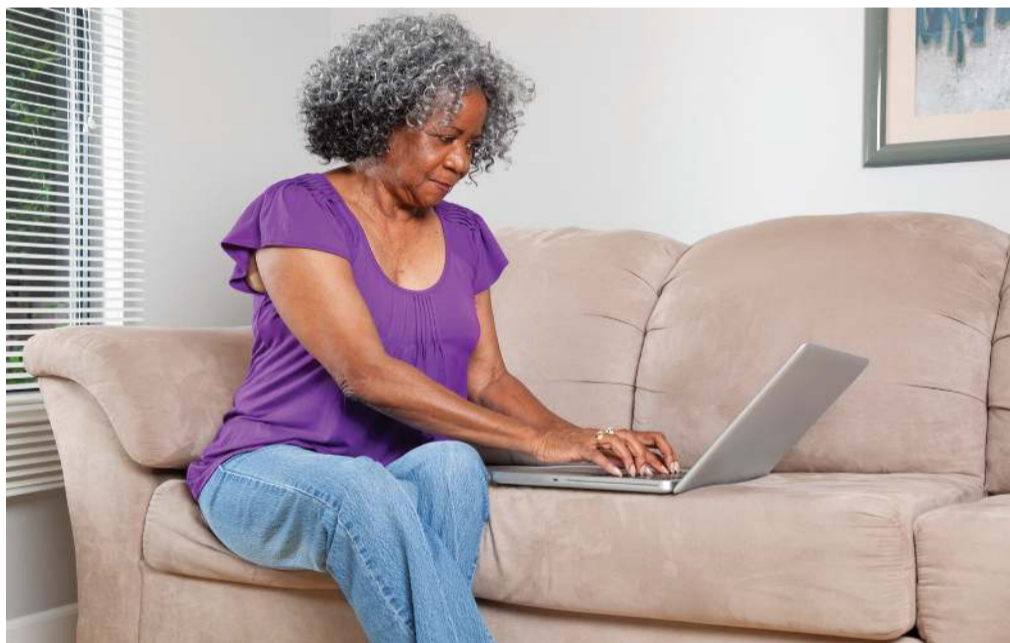
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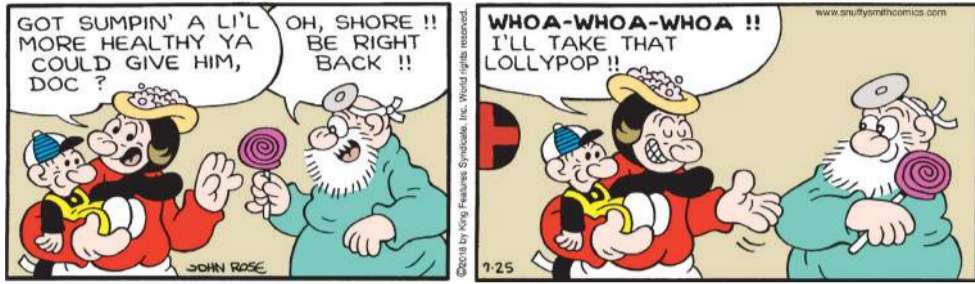
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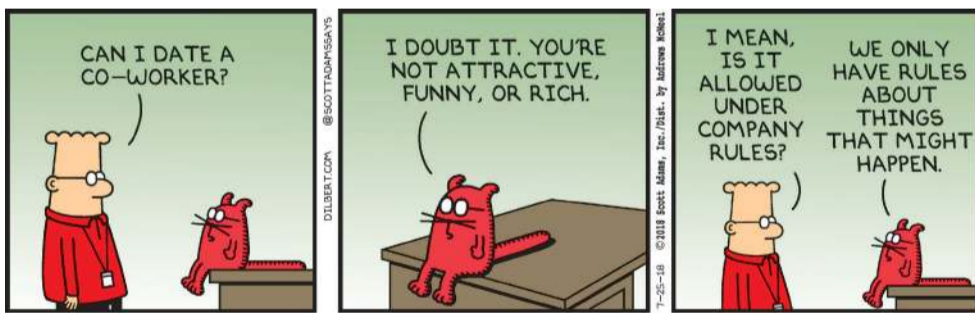
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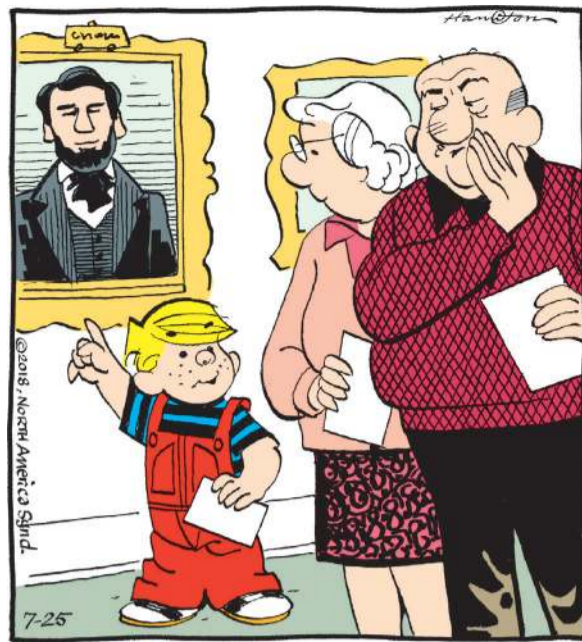
HI & LOIS



FOR BETTER OR WORSE



DENNIS THE MENACE



THE FAMILY CIRCUS



THE LOCKHORNS



HOROSCOPE EUGENIA LAST

ARIES (March 21-April 19): You'll need stamina and patience when dealing with colleagues and authority figures. Listen carefully, but don't make hasty decisions without doing your homework. Acting on a premature assumption will be costly emotionally, financially or legally. Slow down and think matters through. ★★

TAURUS (April 20-May 20): You'll be enticed by change but reluctant to make a mistake. The stress that goes along with uncertainty can lead to anger if you are too quick or too late. Look at the big picture and do what's realistic. ★★★★★

GEMINI (May 21-June 20): Ask an expert, learn all you can and consider every angle before you make a move. Verify what you hear before you do anything. Ulterior motives are apparent if someone can benefit by swaying your opinion. Do what feels right. ★★

CANCER (June 21-July 22): Your imagination will serve you well when you are faced with challenges that can alter your reputation or position. Coming up with alternative means and methods to help move forward will pay off. A positive change is heading your way. ★★

LEO (July 23-Aug. 22): Living in the moment can be fun, but before you let your carefree attitude take over, consider the consequences. Stick to a budget and pay close attention to what your associates are doing. Protect your reputation and your property. ★★

VIRGO (Aug. 23-Sept. 22): Don't look for a reason why not to do something when you should be embracing what life has to offer. Change can be exactly what's needed to motivate you to try something new. A modification to your lifestyle will be revitalizing. ★★★★★

LIBRA (Sept. 23-Oct. 22): Size up what others are doing, and take care of your own interests. Put your energy and thought into reaching your goals instead of worrying about what others think or do. An emotional incident will turn in your favor. ★★

SCORPIO (Oct. 23-Nov. 21): Don't challenge someone else when it's you who needs to be challenged in order to take stock and get moving in a positive direction. Let your intuition lead to bigger and better opportunities. Pour your energy into achievement, not anger. ★★

SAGITTARIUS (Nov. 22-Dec. 21): Walk away if you think someone is using you. Saying no will send a message that will help you avoid being stuck with responsibilities that don't belong to you. Take action when it comes to personal finances and protecting your assets. ★★

CAPRICORN (Dec. 22-Jan. 19): Discipline will pay off. If you want something, pursue it and don't get up until you get what you want. Your persistence will pay off, giving you a better chance to do your own thing. Make special plans with someone you love. ★★

AQUARIUS (Jan. 20-Feb. 18): Put your heart and soul into achieving your goal. Refuse to let anyone lead you astray or waste your time with lofty ideas or excessive partying. Keep your mind clear, and focus on what you are trying to accomplish. ★★

PISCES (Feb. 19-March 20): Make room for something new. Don't let an opportunity get away from you. Call in favors or discuss possible changes that will give you free rein to explore your options. A partnership will change the way you move forward. ★★

ZIGGY



STEVE BECKER CONTRACT BRIDGE

Testing an assumption

West dealer.
North-South vulnerable.
NORTH
♠ 9 6 4 3
♥ A Q 5 4 3 2
♦ 6
♣ 6 5

WEST
♠ 2
♥ J 10 8
♦ A K Q 5
♣ K 10 9 4 2

EAST
♠ Q 8 5
♥ 6
♦ 9 8 7 3 2
♣ A Q 7 3

SOUTH
♠ A K J 10 7
♥ K 9 7
♦ J 10 4
♣ J 8

The bidding:
West 1♦ Pass
North 3♣ Pass
East 2♦ Pass
South 2♣ Pass

Dble
Opening lead — King of diamonds.

This hand occurred in a duplicate pairs tournament and illustrates an important principle in that form of the game.

North elected to sacrifice against five diamonds, hoping South would go down one (doubled) for a loss of 200 points and thus prevent East-West from scoring 400 points for making five diamonds. The idea was good, and should have been rewarded, but South mis-guessed the trump situation and wound up down two — minus 500 for a poor score.

West led a diamond and shifted to a low club. East took the ace and returned a club to West's king. West then exited with the jack of hearts.

Declarer had lost three tricks and now had to make the rest to avoid going down two. He won the heart with the king, cashed the ace of spades, ruffed a diamond in dummy, then led a spade on which East followed low. The question now was whether to finesse or play for the queen to fall. After considerable thought, South played the king and so went down two.

It is true that declarer is better off in the long run to play for the queen to drop rather than finesse when he is missing Q-x-x of a suit. However, this was a special case where declarer should have finessed.

South's assumption, at the critical point, that West started with Q-x is not valid because it means that West could not have made five diamonds, since he would have had to lose two spades and a heart. This in turn meant that a score of minus 200 when East-West would not have made their contract would yield a poor result.

Declarer must therefore assume that the spades are divided 3-1 in order to justify the sacrifice bid. The only way he can get a good score for minus 200 is if the finesse wins because West started with a singleton spade and therefore would have made five diamonds.

Tomorrow: Precautionary measure.
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					3		
		3	7	2			
4				5		9	
2		1			5		
	5			6			
4	1	6					
			6	8			3
3	8	5		7	9		
	2		1				

SUDOKU TIME!

(suh-Doe-koo) is a Japanese puzzle based on logic, reasoning, and patience. To solve Sudoku, just fill in each 3x3 subgrid with a digit 1-9; some digits are already given. Every column, row and subgrid must contain the digits 1-9 only once. Now get your pencils ready and give it a try! You'll see why it's so addicting!

4	9	8	8	1	6	7	7	5
1	2	6	7	4	9	8	9	8
8	5	7	8	9	2	7	6	1
8	8	2	6	7	5	7	9	4
6	4	1	4	6	2	8	3	7
9	6	7	5	7	1	8	2	8
7	9	1	5	6	8	5	4	2
4	9	2	7	3	7	3	8	6
2	8	3	8	1	6	7	4	9

Photo of naked stepsister no longer laughing matter



DEAR ABBY

DEAR ABBY: I don't like my stepsister, and when she stays with us, I'm forced to share a room with her. The last time she was here I got so mad at her I pretended to send a text message on my cell and secretly took a picture of her as she got out of the shower. I knew it was wrong, but it seemed funny at the time.

I sent it to my boyfriend because he doesn't like her either, even though he thinks she has a "hot body." I thought it would be a joke just between us, but he sent it to some of his friends, and now it's making the rounds. Luckily, she goes to a different school, so nobody has

recognized her, but I'm scared someone will. I'd give anything to take back what I did. What should I do? — *Scared Stepsister*
Dear Scared Stepsister: You should be scared. What you did was shameful and dangerous. Not only was it an invasion of privacy, it is also a crime — distribution of a pornographic image of a minor. Now that photo is on the internet, you will not be able to take it back.

Pray that no one in your family finds out, or you may be grounded, like, forever, and your boyfriend will be history. If the news does get back to your family, prepare yourself for a punishment like no other.

DEAR ABBY: I have been married for 20 years and recently had an affair with a woman I'll call "Susan" I care very much about. My

marriage was already in the final stages of failure by the time we met.

Over the last two weeks, I stayed at Susan's house on the nights I worked. Two days ago, without telling me, she went to talk to my wife to "get her side of the story." She believed everything my wife said and broke up with me. Susan has now blocked my phone number and told me to leave her alone.

Is it worth trying to reach out to her? Susan knew when I met her that I was married and continued seeing me. I told her the wife and I were separating but living in the same house until the lease ends. She thinks I lied to her, which I never did. I was always honest with her. What do you think happened? — *Dumped In California*

Dear Dumped: It appears that your side of the story

wasn't enough for Susan. She identified with whatever she was told and accepted it lock, stock and barrel. Because she wasn't mature enough to discuss it with you, she decided to cut and run instead.

Lesson for you: Move out before you start dating again. It's not going to be forever — just until the lease ends.

DEAR ABBY: My desk is situated right outside my boss's office. Her elderly father is in failing health, and while I'm not unsympathetic, each day for 30 to 40 minutes she takes personal phone calls with his daytime caregiver. The calls are always on her speakerphone with her office door wide open. I'm in a cubicle, so I have no door to close. Is there a polite way to encourage her to rectify this? — *Not*

Deaf In Seattle

Dear Not Deaf: Yes. As tactfully as you can, ask your boss if she would mind if YOU close her door for the duration of those conversations because they distract you from doing your work.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com

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Recent study suggests dark chocolate can have positive impact on mood and memory



ASK THE DOCTORS

DEAR DOCTOR: I have some dark chocolate every day and my (otherwise kind and loving)

husband teases me for believing the news stories that chocolate is good for you. Please tell me that I haven't fallen for a bunch of quack science!

DEAR DOCTOR: We can certainly understand how the idea that chocolate offers health benefits might spark a bit of skepticism. After all, when we hear about so-called superfoods, it's foods like kale, fish oil or green tea that tend to top the list. The idea that something as delicious as chocolate might be anything more than an indulgence takes a bit of getting used to. And yet you're right — a number of studies have linked chocolate with a range of positive outcomes. The results

of recent research suggest that chocolate improves memory and brain function, lowers blood pressure and cholesterol, can boost immunity and has a positive effect on mood.

But before you unwrap a chocolate bar in celebration, there's an important caveat. It's only dark chocolate that confers these positive effects. That is, chocolate with a minimum cacao concentration of 70 percent. That's because cacao is rich in chemical substances known as flavanols, which have potent antioxidant properties. Studies have shown that flavanols have a positive effect on connections between brain cells, offer protection from toxins and can shield the body from some of the damaging effects of inflammation.

The catch here is that in its pure state, cacao is relentlessly bitter. It's the sugar and fat that get added during manufacturing that give chocolate its sweetness and silky-smooth feel. For many people, the high levels of cacao needed for choco-

late to become potentially beneficial render it unpalatable. If you're a lover of dark chocolate, though, you're in luck.

The results of two recent studies regarding dark chocolate, which were presented at the Experimental Biology 2018 annual meeting last April, back up many of the existing health claims about dark chocolate. (They also give you some recent data to use the next time you get teased for your chocolate-loving ways.) Researchers from Loma Linda University examined the brain scans of study participants before and after they ate 48 grams — that's 1.7 ounces — of dark chocolate. In the post-chocolate scans, they saw increased activity among certain immune cells in functions like T-cell activation, cellular immune response and in genes involved in neural signaling. That translates to beneficial effects on mood, memory, stress levels and inflammation. As with all studies that have a fairly small sample size, the findings here need fur-

ther investigation to nail down the cause-and-effect of what the researchers saw.

Meanwhile, when you do eat chocolate, be sure to go for 70 percent cacao or higher. Natural chocolate has more flavanols than Dutch process, which uses alkali to neutralize the acid found in cacao. This makes it tastier, but also lowers the flavanol content. And remember that despite all of its potential health benefits, chocolate is also delivering both fat and calories. Be sure to adjust your diet accordingly.

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Are pain patients victims of opioid war?



PEOPLE'S PHARMACY

The opioid crisis has captured headlines and news broadcasts for the past few years. This is hardly

surprising. Far too many people have died from narcotic overdoses.

There is a downside to demonizing these pain medicines, however. Many chronic pain patients have been denied access to drugs like hydrocodone and oxycodone. That's because of pressure from the Centers for Disease Control and Prevention, the Drug Enforcement Administration and insurers to discourage prescribing or dispensing opioids. Many experts believe that over-prescribing is behind opioid misuse and overdose deaths.

The message is that opioids should be used only for acute pain, such as after a serious accident or surgical procedure. Health professionals are being told that prescribing these drugs won't help patients in chronic pain. But most patients are not being offered alternatives.

The Food and Drug Administration held hearings this month, and patients in chronic pain voiced their

frustrations. Many complained that the medications that helped them function previously are now being withheld, even if they took them precisely as prescribed.

One patient who testified at the FDA hearings was a disabled registered nurse with cervical scoliosis and ruptured disks that cause unremitting pain. She has been treated for a decade, going to the pain clinic each month and seeing her primary care physician every three months. Although she never was identified as a problem patient, she is now unable to access the pain medicine that allows her to function.

Millions of patients are in a similar predicament. The decision by the Centers for Medicare and Medicaid Services not to cover opioids above a given dose next year might make the problem worse. We have heard from hundreds of people who are desperate as a result of these restrictions. One person wrote: "I have more than I can handle just typing right now. The pain meds don't make it so I can walk. At times, I even try not to drink anything for fear that I might have to go to the bathroom.

"If the restrictions get even tighter, I won't be able to tolerate it. I only tolerate it now so I don't leave my golden retriever alone. He's the reason I haven't killed myself already."

Another man wrote: "I had back fusion surgery involving multiple vertebrae. It left me worse than before. I've been on [opioid] pain meds for five years, with a drug test every month, and I have never caused any problems.

"Now the doctors are cutting my meds so much that my quality of life is zero. It was bad enough before. I am considering suicide and I wonder if that is what they want."

Even cancer patients are not immune to the increasing restrictions: "My father attempted suicide last week because the director of his pain clinic abruptly cut all his pain meds. He suffers irreversible chronic cancer pain!" Not every person in chronic pain is considering suicide. But they all deserve compassionate treatment to alleviate their agony.

Opioids have been used for more than 5,000 years. They are powerful analgesics. Until drug companies develop more effective and safer alternatives, decision makers need to recognize that people with intractable pain deserve relief. For some, that will require opioids.

Keeping illicit fentanyl and its derivatives out of the country might be a more productive way to control the opioid epidemic that is killing people.

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 Do you need to ask people to repeat things? **YES NO**
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