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THE ROBESONIAN

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Saturday, March 28, 2026 • Issue 23, Volume 157

robsonian.com

A Fresh Perspective

Local NEWS

\$1.50

Cummings asks NC Supreme Court to halt lower court's order in '23 Pembroke mayoral race

Heidi Perez-Moreno
Border Belt Independent

PEMBROKE — Pembroke Mayor Gregory Cummings wants the state Supreme Court to suspend a lower court's ruling that said he did not have enough evidence to show irregularities in the 2023 election.

Cummings filed the order with the state's highest court on Tuesday.

Cummings, who has served as mayor of the Robeson County town since 2015, sued the North Carolina Board of Elections and his opponent, Allen Dial, after the municipal election in 2023. Results showed that Dial won by 19 votes, but Cummings alleged that some unlicensed people who cast ballots were ineligible to vote. The state elections



Cummings

Dial

board ruled against Cummings in Sept. 2024, as did a trial judge last year. Cummings appealed again, and the N.C. Court of Appeals ruled against him earlier this month.

Cummings has remained in office while the case winds through the courts. His appeal to the Supreme Court says Dial could be sworn into office any day now unless the justices issue a stay; Dial would serve out the remainder of the term, which ends in 2027.

Dial told the Border Belt Independent that the courts have spoken and he deserves to be mayor.

"I won the case in 2023, and he's just been appealing, appealing, appealing every time," Dial said. "I've been to court four times and I've won all those four times, so you would think there would be a transition."

Cummings did not respond to requests for comment for this story.

Cummings and Dial have been competing for the mayoral seat for more

than a decade. The state ordered an election redo in 2016 after Cummings raised concerns about voter irregularities and fraud. Dial then questioned the redo results, but election officials dismissed his protest.

In court filings, Cummings alleged that 16 ineligible voters, some of whom were unhoused and

See MAYOR | 7A

Public hearing set on Duke Energy's rate hike proposal

Chris Stiles
The Robesonian

LUMBERTON — The N.C. Utilities Commission will hold a public hearing at 7 p.m. Tuesday at the Robeson County Courthouse regarding a pending rate increase application by Duke Energy.

The proposed rate increase would result in a net increase in basic utility rates of \$401 million over a period of two years, split among Duke Energy's approximately 1.6 million statewide customers.

According to N.C. Utilities Commission documents, a typical residential customer using 1,000 kilowatt-hours per month of electricity would see an increase of approximately \$28.06 per month in the first year of the rate increase, and an additional increase of \$6.59 in the second year.

Documents state

that in the event the Commission does not approve Duke Energy's rate proposal, a typical customer using 1,000 kilowatt-hours will see an increase of approximately \$23.58 per month under existing rate components.

Tuesday's hearing is one of five regional hearings that will be held over the next two weeks across the state. A virtual hearing is also scheduled for Wednesday. The public is invited to attend, and residential customers may sign up to comment.

According to the Commission, Duke Energy's reasons for requesting a rate increase include:

— Capital-intensive investments necessary to ensure long-term reliability, operational flexibility and resource adequacy, such as targeted investments in

See DUKE | 7A



A portion of Second Street, including the downtown section shown here, would be improved for pedestrian access and safety under a project proposed by the N.C. Department of Transportation. Photo courtesy of NCDOT

Public updated on 2nd street project

Downtown renovation plan accepts comments through April 10

Victoria Sanderson
The Robesonian

LUMBERTON — The North Carolina Department of Transportation (NCDOT) held a public hearing regarding the upcoming changes to a two-mile stretch of road through downtown Lumberton on Thursday. The changes will span

along Second Street, which is N.C. Highway 72, from Roberts Avenue east to MLK Drive and are focused on increasing pedestrian safety and accessibility, according to NCDOT Communications Officer Andrew Barksdale.

"This project is not about widening the road," Barksdale said. "We're

not knocking down any businesses; this project is really about adding more sidewalks, pedestrian signals and crosswalks."

Several pedestrian islands will also be built at key points along the road to ensure safer pedestrian crossings, including a full blockage of the turn from McNeill Street onto East Fifth Street toward Second Street, eliminating a dangerous merge point. Residents will need to adjust their routes to use the

North Rozier Street connection to commute on NC-72 once construction begins in the area.

Public comments will continue to be accepted and considered in the road's construction until April 10. Comments can be submitted via email at 2ndstreet-improvements-robeson@publicinput.com or by calling 984-205-6615 and entering project code 11303.

Contact Victoria Sanderson at vsanderson@robsonian.com.

State funding to support RCISO's SAFE Program

Staff report

LUMBERTON — The Robeson County Sheriff's Office was awarded a portion of \$1.5 million in state funding which will help provide funding for the Substance Abuse Freedom & Education

Program (SAFE) Program.

"The SAFE Program has been very beneficial in providing support to our residents who are combating addiction," Sheriff Burnis Wilkins said. "We



Wilkins

are blessed and appreciative to receive the funding to continue our mission on helping as many people as possible."

The N.C. Department of Health and Human Services (NCD-

HHS) and the N.C. Harm Reduction Coalition (NCHRC) announced the awards on Tuesday as part of an expansion of Law Enforcement Assisted Diversion (LEAD) programs; these

See SAFE | 7A



TODAY'S FORECAST

Windy and cooler with increasing amounts of sun, High 60, Low 34

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Obituaries: 2
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B SPORTS
Classifieds: 3, 4

C LIFESTYLES
Comics: 3
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OBITUARIES

ANNIE BEAL



Annie Beal, age 80, passed peacefully, surrounded by five of her grandchildren on Tuesday, March 24, 2026, at her home in Lumberton. She was born in Little River, S.C. on Nov. 29, 1945. Following high school, she happily married her husband, Larry Beal in 1968. Their marriage lasted 51 years until his passing in 2019. During her early years

of motherhood, she worked several positions in management.

Annie is survived by her three children: Larry Allen Beal, Jr. (Tia) of Whiteville, Troy Wayne Beal (Lisa) of Dwight, Ill., and Curtis Chandler Beal (Missy) of Lumberton; seven grandchildren: Brittany Bell Kinlaw (Jeremy), Megan Michelle Freeman, Tori Asye Bruton, Tyler Wayne Beal (Kal), Curtis Chandler Beal, Jr., Carrington Jeané Beal and Chasity Beal Reaves (Noah); five great-grandchildren: Tanner Nolan Kinlaw, Tenley Mae Kinlaw, Scarlet O'Hara Bruton, Sawyer Knox Reaves and Scarlett Grey Reaves; and two sisters, Linda and Alice.

The family will receive friends and loved ones on Saturday, March 28, 2026, from 2 p.m. and 4 p.m. at Floyd Mortuary & Crematory, Inc., 809 East Fifth Street in Lumberton.

Online condolences can be made by visiting: www.FloydMortuary.net.

Man arrested after arson at Walgreens

Staff report

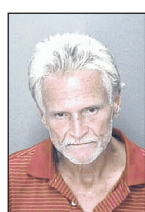
LUMBERTON — A man was charged with arson after an incident at the Walgreens on Fayetteville Road in Lumberton on Wednesday.

At approximately 7:10 p.m., officers with the Lumberton Police Department responded to a reported fire at the rear of the store, located at 3003 Fayetteville Road.

Upon arrival, officers observed a storage area attached to the rear exterior wall of the building fully engulfed in flames. The Lumberton Fire Department responded to the scene and extinguished the fire before it was able to spread to the interior of the building. Damage caused by the fire was minor and contained to the storage area and the exterior wall.

A witness reported observing the individual responsible for starting the fire and provided a

description to officers. Based on that information, officers quickly located the suspect a short distance from the business and took him into custody without incident.



Bass

The suspect was identified as 58-year-old Malcolm Christopher Bass of Roseboro, which is in Sampson County. Bass has been charged with first-degree arson.

Bass is currently being held in the Robeson County Detention Center under no bond for the first-degree arson charge.

In addition, he was ordered held for 30 days for contempt of court and was served with an outstanding order for arrest, for which he received a \$5,000 secured bond.

This incident remains under investigation. Anyone with additional information is encouraged to contact the Lumberton Police Department at 910-671-3845.

2 charged with concealment/failure to report death

Staff report

PARKTON — Robeson County Sheriff's Office investigators have charged a man in connection to a body that was located in a vehicle. Another suspect remains at large.

On March 13, deputies and investigators responded to the area of Dogwood Trails Road, outside of Parkton, in reference to a deceased male located inside a vehicle. The individual was identified as Zachary David Johnson, 36, of Fayetteville, formerly of Vancouver, Washington. The preliminary findings from the Medical Examiner's Office indicate that Johnson's death does not appear to be the result of a homicide and toxicology results remain pending at this time.



Image courtesy of RCSO

As a result of the investigation, Scott Vaughan, 45, of Raeford, has been charged with concealment/failure to report death. Vaughan received a \$5,000 secured bond and was in the custody of the Robeson County Detention Center for unrelated offenses at the time of his arrest.

Robin C. Smith, 40, of Fayetteville, is currently

being sought by investigators in connection to the concealment of Johnson's death. Smith is charged with concealment/failure to report death.

This investigation is ongoing. Anyone with information regarding the whereabouts of Robin C. Smith is urged to contact the Robeson County Sheriff's Office at 910-671-3100.

"Under our system of justice, every person is presumed to be innocent unless proven guilty in a court of law," a social media post by RCSO states. "The information contained in this post is not intended to be an expression of opinion regarding guilt. The views and opinions expressed by private citizens who may comment on this post are not adopted by and do not reflect the official policy or position of this law enforcement agency."

"The Sheriff's Office does not issue or determine bond amounts," the post also said. "This is done through a judicial official, such as a judge or magistrate, as per N.C. General Statute 15A-532. Many factors are considered when determining bond amounts."

RCSO refers Fairmont baseball hazing case to SBI

Staff report

FAIRMONT — The Robeson County Sheriff's Office has referred a recent hazing investigation involving members of the Fairmont High School baseball team to the North Carolina State Bureau of Investigation (SBI).

On Monday, Feb. 23, the Robeson County Sheriff's Office Special

Victims Unit initiated an investigation into allegations of hazing involving team members. The reported incident occurred on a Public Schools of Robeson County activity bus following a game against Seventy-First High School.

During the course of the investigation, investigators determined that the incident began in

Cumberland County and continued into Robeson County.

On Monday, investigators met with District Attorney Matthew Scott and staff from the Robeson County District Attorney's Office to review the facts and evidence of the case.

Investigators and the District Attorney's staff also met with administrators from the Public Schools

of Robeson County to provide an update on the investigation.

Following these meetings, the decision was made to transfer the case to the North Carolina State Bureau of Investigation due to jurisdictional concerns.

RCSO's Special Victims Unit will continue to assist with the investigation as needed.

RCSO, Fayetteville PD investigating human remains found near St. Pauls

Staff report

ST. PAULS — Robeson County Sheriff's Office and Fayetteville Police Department Investigators are actively conducting a joint investigation after remains were found on an abandoned lot.

On Thursday, Robeson County Sheriff's Office deputies responded to the 100 block of Blanks Road,

west of St. Pauls, in reference to the locating of skeletal remains. The Fayetteville Police Department Missing Person and Homicide Divisions were contacted based on evidence and information obtained by investigators.

The remains will be sent to the N.C. Medical Examiner's Office for the purpose of identification and cause of death.

The case is being investigated by the Robeson County Sheriff's Office and Fayetteville Police Department.

Anyone with information about the case is asked to contact the Fayetteville Police Department at 910-433-1529, Crime Stoppers at 910-483-8477 or the Robeson County Sheriff's Office at 910-671-3100.

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Scam alert: Fake 'notice of default' circulating

Staff report

ROBESON COUNTY — The Robeson County

Sheriff's Office has been made aware of a fraudulent "Notice of Default" being distributed across

the county and state this week.

This document is not legitimate and is an

attempt to scare individuals into making payments through a QR code. Do not scan the code or provide any personal or financial information. Discard this document immediately.

The faux notice says that it is a "final and urgent warning" regarding a traffic violation, and that "immediate payment is required" to prevent further consequences. It document is formatted in such a way to appear as if it is coming from the State of North Carolina's District Court Division. It also lists a court hearing date and time.

THE ROBESONIAN

Champion Media (USPS 467-40)
910-739-4322
 Publishes every Wednesday and Saturday eEdition and in print.
 If you have a newspaper delivery concern please call weekdays 8:30 a.m. to 5 p.m. Prices are subject to change at any time.

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2175 N Roberts Ave., Lumberton, NC 28358
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POSTMASTER: Send address changes to The Robesonian, 2175 N. Roberts Ave., Lumberton, NC 28358-1028

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22 1 pm to 5 pm	23	24	25	26	27 5:30 to 8:30	28 11 am to 8:30 pm
29 1 pm to 5 pm	30	31	1 5:30 to 8:30	2 5:30 to 8:30	3 5:30 to 8:30	4 11 am to 8:30 pm
5 Easter	HAPPY EASTER					

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N.C. COOPERATIVE EXTENSION

4-H embryology and 4-H butterfly projects

LUMBERTON — This spring, youth across Robeson County are getting a front-row seat to one of nature's greatest lessons on how life begins, grows and transforms through hands-on programs offered by 4-H.

Through the 4-H Embryology and 4-H Butterfly projects, students are not just learning science from a textbook; they are witnessing it unfold in real time. These engaging, interactive experiences bring classroom concepts to life while sparking curiosity and excitement among participants of all ages.

In the 4-H Embryology program, youth observe the development of chicks from eggs over a 21-day period. With incubators set up in classrooms, participants take on the responsibility of monitoring temperature, humidity and egg rotation to ensure proper con-

ditions for growth. As the days pass, students explore the stages of embryo development, gaining a deeper understanding of biology and the importance of proper animal care. The experience reaches its peak when the chicks begin to hatch, providing youth with a lasting, hands-on connection to agriculture and the life sciences. For many students, this moment is both exciting and unforgettable.

Alongside the chick hatching project, the 4-H Butterfly program introduces youth to the fascinating transformation of caterpillars into butterflies. Students care for live caterpillars as they eat, grow, form chrysalises and eventually emerge as butterflies. Watching this complete metamorphosis firsthand

encourages patience and responsibility while fostering an appreciation for the natural world. Releasing the butterflies at the end of the project often becomes a meaningful and memorable experience for participants.

These programs give young people the opportunity to see science come alive. It is one thing to read about life cycles, but it's completely different to watch it happen right in front of you.

Both programs support science education while also encouraging essential life skills such as responsibility, observation, and critical thinking. Students are actively engaged in the learning process, asking questions, making predictions and reflecting on what they observe each day. For many partici-

pants, this is their first experience caring for living creatures and understanding the role humans play in supporting healthy environments.

The projects are made possible through the partnership of local schools, dedicated volunteers, and North Carolina Cooperative Extension, which continues to provide valuable educational opportunities for youth throughout the county.

As chicks hatch and butterflies take flight, Robeson County youth are gaining more than just knowledge; they are building curiosity, confidence and a lifelong appreciation for the world around them.

For more information, contact Jade McNeill, Extension 4-H Youth Development Program assistant, at 910-671-3276, by email at jade_mcneill@ncsu.edu, or visit the Extension's website at <http://robeson.ces.ncsu.edu/>.



Jade McNeill
N.C. Cooperative Extension



The PSRC Early College Battle of the Books team earned first place at the regional competition and will advance to the state competition.

Photos courtesy of PSRC

Vision Zero holds second meeting of 2026

Victoria Sanderson
The Robesonian

LUMBERTON — The Robeson County Vision Zero team held its quarterly meeting on Thursday morning.

The Vision Zero project is a long-standing effort to reduce traffic deaths and injuries in Robeson County as close to zero as possible.

Lee Jernigan, the District 6 Engineer for the North Carolina Department of Transportation (NCDOT), said that construction of a new roundabout on NC-71 is anticipated to begin in May, replacing the current all-way stop, and is expected to be complete by the end of the year.

Additionally, the Fayetteville Road widening project, spanning 1.3 miles from East 22nd Street north to Farringdom Street, is expected to begin construction in the spring of this year and finish by summer 2030.

Reverend Ray Beale shared the success of the Keys to Life program, which is currently making its way to each high school in the county to encourage kids not to drink and drive. Beale also said she has seen success with the Prom Pledge program, where high school students choose a responsible adult to call on the night of prom or any other event that may have alcohol and pledge to contact them if they are in need, alongside a pledge to be the responsible adult themselves for another child when they are out of high school.

Additionally, Road Safety Project Coordinator Elyse Keefe said the last \$1 billion of the \$5 billion investment the county received in 2022 will become available this year to continue road safety improvements.

Contact Victoria Sanderson at vsanderson@robesonian.com.

PSRC Early College wins regional Battle of the Book competition, advances to states

Jessica Sealey
For The Robesonian

LUMBERTON — PSRC Early College High School has earned first place at the High School Regional Competition for Battle of the Books, securing a spot in the upcoming state competition.

"We are incredibly proud of our scholars for this remarkable accomplishment," said ECHS Principal Andrew Davis. "Their commitment to reading, collaboration, and academic excellence truly sets them apart. This achievement is a testament to their hard work and the support of

our dedicated staff. We are excited to see them represent our school and county at the state level."

The team's outstanding performance at the regional level reflects their dedication, teamwork, and strong commitment to academic excellence. Their achievement highlights the hard work of both students and staff who have supported their preparation.

PSRC Early College will compete at the State High School Battle of the Books on April 24 in Statesville. The competition brings together top-performing teams from across the state to

test their knowledge of selected literary works.

"I am proud to see our students moving on to represent PSRC and Sandhills Regional 4 to compete during the state Battle of the Books Competition," said PSRC Media Supervisor Cindi Humphrey.

PSRC proudly celebrates this accomplishment and looks forward to supporting the team as they represent their region at the state level.

St. Pauls Middle School earns third place

St. Pauls Middle School achieved an impressive third-place finish at the

Regional Battle of the Books competition held Thursday at Pinecrest High School.

The team demonstrated strong reading comprehension, teamwork and dedication throughout the event.

"We are proud of the students' accomplishment and the way they represented Robeson County with excellence," said PSRC Chief Communications Officer Jessica Sealey.

Jessica Sealey is the PSRC chief communications officer. Reach her by email at jessica.sealey@robeson.k12.nc.us.



The St. Pauls Middle School Battle of the Books team earned third place at the regional competition.

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Editorial

4A Saturday, March 28, 2026

The Robesonian

HIS VIEW

Thank you, Senator Berger

North Carolina experienced two political earthquakes in March. The first, on March 3, revealed that North Carolina's most powerful politician, Phil Berger trailed in his primary reelection. Polls had teased such an upset was possible, but few believed Berger would lose.

Recounts determined that Sam Page's 23-vote margin held. The second quake shook the state Tuesday — Sen. Berger announced he would concede the election and congratulate Sheriff Page.

It couldn't have been easy for Berger. The same district that had elected and reelected him for years turned on him. Give Berger credit and thanks for upholding the finest of North Carolina election traditions, where losers graciously accept defeat.

Berger could have fought, but he knew that prolonged appeals rarely result in the outcome being overturned. He may have lost but he wasn't a sore loser.

Some place the blame for the loss on Berger's attempts to locate a gambling casino in Rockingham County. It was a boneheaded move for the most powerful politician in our state. Berger became a pawn for big money gambling interests lining his campaign coffers without taking the time to consult with his constituents to find out how they felt.

But the casino issue was really just a straw horse for the real reason he lost. Phil had gotten, as my mother was fond of saying, "too big for his britches." Voters believed he had stayed too long, no longer represented their best interests and wanted a change.

The Senator still has work to do. The short session of the General Assembly meets next month and lawmakers are under intense pressure to finally get a state budget passed. With elections coming in November, Republicans have been getting an earful from voters about their failure to do their jobs.

Berger's insistence that the legislature carry out more personal income tax cuts has been a stumbling block to budget passage. The House balked because of consensus revenue projections predicting a financial cliff if revenues are cut further from the budget. Berger disagreed with that forecast. But just this week the forecast was updated, giving a somewhat cloudy estimation of coming revenues. Regardless whose data you accept, the budget needs passing, and Berger doesn't need the distraction of his election hanging over lawmakers as they make decisions.

It is far too soon to give a full accounting of Phil Berger's legacy. It will no doubt come soon, but we went back to notes, scripts from our previous TV shows and even sought help from The Google in trying to point out some highlights of Berger's leadership.

Without question the biggest accomplishment was stabilizing accountability in state finances, even getting voters to approve a constitutional amendment requiring local and state budgets be balanced at the end of each fiscal year. State spending was reined in and revenue surpluses became common; the "rainy day fund" has grown to billions of dollars.

Berger and Republicans never met a tax they didn't want to cut. In 2011, when Republicans took control of state government the joint personal income tax rate was a flat \$1,700 plus 15 percent of everything over \$17,000. Today that rate is 3.99% and corporate income taxes have been cut to almost zero.

The second most prevalent topic of the Berger era was power — who had it, who should have it and how to control it. Unquestionably, his leadership will be marked for the further accumulation of legislative power and the diminishment of power for the governor, especially in making key appointments. Lawmakers also tightened controls over local governments, including telling our 100 sheriffs they had to cooperate with ICE. Authority to conduct abortions was limited.

Under Berger's leadership the legislature passed HB2, the "bathroom bill" that brought scorn and embarrassment to our state. It finally went away. After refusing for years, Berger finally agreed to allow Medicaid expansion in our state in 2023, giving 600,000 citizens health insurance.

Lawmakers delved deeply into politics, taking control of the State Board of Elections from the governor, declaring that all judicial candidates must list their political party affiliation, and Republicans took gerrymandering to an art form, making it highly difficult for Democrats to compete competitively in congressional and legislative elections.

But the most lasting change under Berger's leadership involved education. Early on, he and lawmakers overhauled the UNC Board of Governors, turning it into a partisan political mouthpiece. They did away with DEI. Phil led the Senate in the school-choice movement that essentially just gave up on traditional public schools, not only encouraging more charter schools but in instituting "Opportunity Scholarships," aka vouchers, to children to attend private schools. In September that funding will amount to \$675 million.

The Phil Berger era comes to a close in January. Regardless of whether you applauded or condemned his leadership he gave a quarter century to service in our state and deserves its thanks.

Tom Campbell is a Hall of Fame North Carolina broadcaster and columnist who has covered North Carolina public policy issues since 1965. Contact him at tomcamp@carolinabroadcasting.com.



THEY SAID IT

"I was a little hesitant to join, Mister Speaker, because some of our foes have been in USET. But a lot of our friends, the Catawba, the Shinnecock, the Mashpee Wampanoag, they have come to me and said 'hey, we want you in USET, we need you in USET, we want you to be at the table in USET.' So I want to thank you guys for stepping forward and making sure we will be a member of USET in just a couple of months as they formally recognize us as the next tribe to be joining."

— Lumbee Tribal Chairman John Lowery after Tribal Council voted to join the United Southern and Eastern Tribes (USET), an organization of federally recognized Native American tribes across the southern and eastern U.S.

"This gives teenagers who would normally go into adult traffic court an opportunity to keep their record clean by going through teen traffic court. I hope that the students learn to be better drivers and what it takes to be responsible on the road. Phones and other distractions are what cause fatalities and accidents."

— Von Locklear, founder of the new Teen Traffic Court program in Robeson County

"Recently the spotlight has been refocused, and now it squarely is on a group of young ladies, who through determination, talent, skill, teamwork and desire, and great coaching, have advanced themselves to the tip of the spear. They have become champions,

not just on the court but through their actions within their community and through the halls of their school."

— Fairmont Mayor Charles Kemp, recognizing the Fairmont High School girls basketball team after its 4A East Regional championship and state runner-up finish

"Unfortunately, this case is yet another example of a pattern we continue to see; drugs playing a major role in violent crime within our county. The destruction caused by illegal narcotics continues to impact families and communities across Robeson County, and we will not let up in our efforts to combat it."

— Robeson County Sheriff Burnis Wilkins after a triple homicide last weekend near Prospect

HIS VIEW

Carolina Way goes down when shot does not

The Carolina Way (Aug. 3, 1961 – March 24, 2026) RIP

When Henri Veesaar's 4-foot semi-hook shot rimmed out of the basket instead of into it with a couple of seconds left in the game against VCU, ensuring UNC's basketball team would make a round of 64 exit for the second straight year, Coach Hubert Davis' tenure as head basketball coach was over, and all that remained was making that departure more difficult and messier than it needed to be.

Davis was fired five days later, ending his UNC coaching career with a 125-54 record (.698 win percentage), an average of 25 wins a season, a national runner-up finish in 2022, a No. 1 seed in 2024 and an ACC Coach of the Year honor, and two epic wins over Coach K, a resume that typically secures a raise and extension, but at UNC does not reach the "standard." There were plenty of inexplicable losses, which can be blamed on whatever you choose — poor coaching, an inability to navigate the chaos of the NIL and portal, roster construction, injuries, or the ball rimming out instead of in.

This was the make-or-break season for Davis, and things were looking like the good 'ole days as UNC secured wins over other Blue Bloods such as Kansas, Kentucky and Duke, doing so with freshman sensation Caleb Wilson, who brought skill and joy into the mix, and some pundits figured this team could approach 30 wins and make a run at the Final Four. That all went poof when Wilson broke one hand, then the other thumb, and became a head cheerleader; although the Tar Heels kept it together with duct tape for a while, it was obvious the team was not built for March, rearranging what was at stake against VCU.

With the loss to VCU, which rallied from 19 points down with 14 minutes to go as UNC players, not Davis, suddenly could not make a layup, free throw, or inbound the ball, the Hubert-haters had what they needed, a reason to pull the plug. Know this as well: The decision-makers at UNC, facing a PR nightmare of having to fire a favorite son, had a gun to their head, with boosters with money that shouts threatening to bleed the program dry if Davis remained, ensuring future failure.

Davis refused to resign, and the UNC fanbase is now split into two groups: This is anecdotal, but my eye tells me those who want change tend to be younger and less likely to have attended UNC, and Hubert supporters more like me, older, an alum, hav-

ing become intimate while in Chapel Hill with The Carolina Way.

The Carolina Way, birthed on Aug. 3, 1961, with Dean Smith's hiring, went down with Hubert Davis on Tuesday. What gave us all those years of glory is now seen as an impediment, with those longing for a return to past glory unwilling to acknowledge how it was constructed.

Here is a refresher for those with memories dimmed from the years:

When Frank McGuire resigned as UNC's coach in 1961, Chancellor William Aycock, with the program reeling from a point-shaving scandal, hired Smith and charged him with this: Winning games was secondary to running a clean program.

In the spring of 1965, Smith's fourth season, the Heels were a model of mediocrity, students hung Smith in effigy, and the team rallied with nine wins in its last 11 games. Following the next season, Smith's five-year record was 56-47, a win percentage of 54%, and if social media and deep-pocketed boosters whose donations came with strings had existed, Dean Smith would be a forgettable footnote in UNC basketball history.

But three straight Final Four appearances followed, a standard was established, and expectations remain even in a changed landscape where UNC's brand no longer rules, and what Smith valued, getting a degree, playing by the rules, roster continuity, no longer exist.

In those 65 years since Smith's hiring, UNC has kept the coaches all under Dean's dome, assistants or former players, Bill Guthridge, Matt Doherty, Roy Williams, and Davis. That ends soon, as the Tar Heels will empty the bank, hire an established coach with a proven record who will be understerred that an alumnus with 25 wins a season was just shown the back door.

It could be, sadly, what is best for the program if winning games is what matters most. But do not argue this: Dean Smith is spinning in his grave, The Carolina Way now being buried beside him. Anyone who argues otherwise is either ignorant or oblivious, although both could also be true.

All the Hubert-haters who have hurled insults at him for five years, weary of the water-cooler ribbing, can again say without fear of consequence that Hubert is a nice guy, great Tar Heel, and ran a clean program in the image of his mentor Dean Smith.

Finally, something to unite us.

Reach Donnie Douglas by email at ddouglas521@hotmail.com.



Donnie Douglas
Contributing columnist

SUNDAY SCHOOL

Sitting with the events of Holy Week

This weekend marks the beginning of Holy Week for Christians around the world. It is the final week in the season of Lent, a season that serves to prepare adherents' hearts and minds for the depths of Jesus' betrayal, arrest, crucifixion and glorious resurrection. Holy Week is the practices and remembrances associated with the events that Jesus experienced in the final days leading up to His death. Holy Week begins with Palm Sunday, where the story of Jesus entering Jerusalem on a donkey to a glorious reception is recounted (Matthew 21:1-11; Mark 11:1-11; Luke 19:29-40; John 12:12-19). In many traditions, this day is also known as Passion Sunday, where the entirety of Jesus' final acts and suffering leading up to His public execution are remembered through the reading of these detailed events from scripture. The word "passion" is derived from the Greek word "pathos" and the Latin word "passio" which means suffering. Both also connote the idea of an "experience", in particular one that induces suffering or misfortune.



Rev. Joshua K. Owens
Contributing columnist

After a full Sunday, we head into Holy Monday and Tuesday, where Jesus is said

to have famously "cleansed the Temple" in the Synoptic Gospels (Matthew 21:12-17; Mark 11:15-18, Luke 19:45-47), and offers many teachings (Matthew 21:18-26:13; John 12:20-50). Holy Wednesday is where the week begins to take a dark turn, as this day records one of Jesus' closest friends, Judas Iscariot, choosing to betray him for 30 pieces of silver (Matthew 26:14-16; Mark 14:10-11; Luke 22:1-6).

Thursday of Holy Week is known as Maundy Thursday (Matthew 26:17-46; Mark 14:12-42; Luke 22:7-46; John 13:1-17:26). "Maundy" comes from the Latin word mandatum, which means "commandment." This reverse to the word used in John 13 when Jesus provides the "new command" to his disciples to "Love one another. As I have loved you, so you must love one another" (John 13:34). It was on Thursday that Christ had gathered with His disciples to celebrate the Jewish festival of Passover. At the traditional Passover celebratory meal that night, Jesus would have what we call today the Last Supper, the final meal with his disciples before his arrest and crucifixion.

Later that evening after this communal meal, Jesus, along with his disciples, heads into the Garden of Gethsemane. It is here that the Lord prays throughout the night, doing so in a manner that causes him to "sweat drops of blood." It is here that we see Jesus offer a beautiful prayer for his disciples and the world (John 17), but we also see him exhibiting the most human of characteristics. First, his acknowledgement that he wished there was another way (Matthew 26:39), but also his frustration with His friends that they couldn't stay awake while He was praying (vv. 40-41). Such a mixture of emotions for someone who is literally feeling the weight of the world on His shoulders at this moment.

Then that evening turns into the next day as Jesus is eventually arrested on what becomes known as Good Friday (Matthew 26:47-27:66; Mark 14:43-15:47; Luke 22:47-23:56; John 18:1-19:42). On the very eventful Good Friday, Christ is hauled before several different authorities — first the Jewish religious leaders of the Sanhedrin before going on to see Pontius Pilate the Roman governor. After receiving a sentence of death in a sham proceeding, Jesus is crucified alongside two criminals. When his prolonged agony finally ends, His body is laid in a nearby tomb.

Good Friday is the most solemn of all remembrance days for Christians because it is the day we remember the greatest sacrifice ever: Jesus of Nazareth chose to willingly lay down His life for the good of all of humanity. Many might look at this story and ask, "What, if anything, is 'good' about someone being executed?" It is in the act Jesus chose to do that we find the very reason why this day is so "good." In the selfless and sad act of willingly sacrificing Himself, Jesus was performing the necessary action to overcome death and the punishment of sin. While terribly tragic, this sacrificial death is good because of the greatness that it brings to all those who willingly accept the salvation that it provides.

Finally, there is Holy Saturday, when the gospels are silent on what occurs. Jesus's corpse lay in a tomb. The disciples are likely scared and hiding for fear they are next. Other followers are shocked, unsure of what comes next. This also would have been the Sabbath for these Jewish people, so their actions would have already been limited. However, some faithfully proactive women set about doing the needed work of anointing the Lord's body either before the Sabbath (Matthew 23:56) or after it (Mark 16:1), depending on which gospel perspective you read. Those involved in the events of Holy Week thought this was the end. The Jewish religious leaders felt it was the end of the threat to their supremacy. For Rome, it was the end of the threat to their empire. The disciples thought it was the end of their opportunity to flip the script on their oppressors. For the other followers of Jesus, they thought it was the squashing of the long-awaited dreams for the Messiah. Yet what seemed like the end was merely just the beginning of the next great act in the story of God's work in and for the world.

While we may want to rush to what comes with the dawn of that Sunday morning, we aren't there yet. For many of us today, there is a rush to head towards Resurrection Sunday. This is easy to do because we don't want to mess with the "bad stuff," we want to get to the celebratory parts. If you are a regular Sunday worshipper, the only parts of the story you might hear are the Hosannas of Palm Sunday and the Hallelujahs of Easter Sunday, but there is so much that happens between those two Sundays.

Those days of Holy Week are important days, days when the depth of what Jesus accomplishes is truly realized because of all that he endures on behalf of humanity. It is where His love is on display. It is what happens in these intermediate days that something truly holy occurs. So, as we begin this holiest of weeks, may we not avoid what Christ has done, but let's spend some intentional time with those events. Not just the cross, but all that our Savior endured so that his love, mercy and grace would overcome the evils of death and sin. Don't worry, Sunday is coming, but we must take in all of what Christ has done.

But praise be to God, Sunday is coming. Resurrection is near.

Rev. Joshua K. Owens serves as the Senior Pastor of First Baptist Church in historic downtown Lumberton. He can be reached by email at joshowens@fbclumbertonnc.org.

CHURCH OF THE WEEK



Bethel International Ministries
 — Address: 1308 Linkhaw Road, Lumberton
 — Pastor: Rev. Walter Wardlaw Jr.
 — Phone: 910-536-1244
 — Service schedule: Sunday, morning worship, 10 a.m.; Wednesday, Bible study (via Facebook live), 7 p.m.; Saturday, Noon Day Prayer, noon to 1 p.m.
 — Denomination: Non-denominational
 — Congregation: 50

— Established: Nov. 2016
 — Favorite scripture: Romans 8:9
 "But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his."

The Church Of The Week feature is a free service of The Robesonian. If you would like your church featured, contact David Kennard at dkennard@robesonian.com.

CHURCH CALENDAR

UPCOMING
"O Praise His Name," Kingdom Place, March 29: The Kingdom Place Praise Team will present its Easter musical "O Praise His Name" Sunday, March 29, in the 9:00 a.m. and 10:30 a.m. Celebration Worship Services. Kingdom Place is located at 2610 East Fifth Street in Lumberton.

ONGOING
Antioch Presbyterian Church, 6583 Red Springs Road, Red Springs. For more information, call 910-843-4398.

Berea Baptist Church, at 120 N. Odum St. in Pembroke, holds a regular grief share meeting at 6 p.m. each Wednesday. Griefshare is a 13-week support ministry for those grieving the death of a loved one. To register visit online at www.griefshare.org.

Bethany Christian Fellowship, at 307 S. Jones St. in Pembroke, holds Sunday School at 10 a.m. and Sunday morning worship service at 11 a.m. Bible study is at 7 p.m. on Wednesdays. Rev. Charles P. Locklear is the pastor.

Beulah Baptist Church, 6516 Beulah Church Road, Lumberton.

The Church of Jesus Christ of Latter-day Saints at 4901 Independence Dr., Lumberton. Sacrament Meeting begins at 10 a.m., followed by Priesthood, Relief Society, Young Men/Young Women and Primary classes. This week's "Come Follow Me" lesson is "No Weapon That Is Formed against You Shall Prosper" from Doctrine and Covenants 71-75. Find details at https://www.churchofjesuschrist.org/.

Cornerstone Community Church, at 702 Dunn Road in Lumberton, holds Sunday School at 10 a.m., Sunday worship at 11 a.m., evangelistic service every first and third Sunday at 6 p.m.; and children and youth meet every Wednesday at 7 p.m. Roosevelt Scott is the senior pastor.

Crown of Life Outreach Ministries, at 114 W. Blue St. Pauls, meets each Sunday for prayer at 10 a.m., Sunday School at 10:30 a.m. and morning worship at 11 a.m. Every Saturday there is prayer at noon. There is Monday

Bible study at 7 p.m. Pastor Kenneth R. McAllister is the church pastor. For information, call 910-316-5712 or 910-774-6376.

Deeper Truth Deliverance Center, at 6154 Wire Grass Road in Orrum, meets for Sunday school 10-11 a.m., and Morning Worship at 11:30 a.m. Bible Study is Thursdays at 7:30 p.m. Rev. Cycachee Scott is the pastor.

Expanding the Vision of Kingdom Ministries, at 101 Industrial Drive in Fairmont, meets Sunday for Christian Living Class at 10 a.m., and for Morning Worship at 11:30 a.m. Bible Study is held on Tuesdays at 6 p.m. Apostle Marcia Lassiter is the pastor. The phone number is 910-280-0509.

Greater McKoy's Chapel Inc., at 284 Center Road in Dublin, holds Sunday School at 10 a.m., and morning worship at 11 a.m. Sundays. Pastoral Sundays are second, third and fourth Sundays; and Deacon and Deaconess Day or Ministers and Christian Women's Day are on first Sunday. YPCW is at 6 p.m. and Bible Study at 7 p.m. on Wednesdays. Dr. Delora A. LeSane is the pastor.

Outreach Family Fellowship, 136 Pee Dee Church Road, Dillon. Service begin at 9 a.m. Dress in your casual wear and come worship with us. Dinner will be served after the service. Pastors will be Apostle Michael E. Goings and Overseer Dr. Louise Goings.

Pentecostal United Holy Church, 2300 Gavintown Road, Lumberton. Elder Raymond Pearson, and special music by the Men's Choir. Everyone is invited. Bishop Russell Rogers, Pastor. For more information, call 910-734-6173.

Power in Prayer Ministry, a conference line prayer ministry, takes place on Saturday mornings from 6:15 to 6:30 a.m. at any location by phone. Call 605-475-4120 to join in (ID number - 3390591#). The prayer leader is Sister Shelia Caviness-Branyon. Email a prayer request to powerinword@aol.com.

Refuge Christian Center, at 111 S. Railroad St. in Rowland, holds Sunday School at 10 a.m.;

Sunday Worship Service at 11 a.m.; Wednesday Prayer at 6 p.m. and Bible Study at 7 p.m. Rev. S. Lomax Bryant is the pastor.

Shiloh Tabernacle in Shannon, 10410 Shannon Road, Shannon, sponsors a free meal and free food bank and clothes giveaway including sanitary needs 4-6 p.m. every Thursday. The nondenominational church is open to everyone with no appointment needed, the church is sponsored in part by Waccamaw Chapel Food Pantry. Call 910 359 8030 for more information.

Smyrna Baptist Church, at 8003 N.C. 211 East, Lumberton, meets for Sunday School at 9:45 a.m., and worship service at 11 a.m. Morning Bible Study is at 11 a.m. on Wednesdays as well as evening service is 7:30 p.m. Rev. Carl Pevia is the church pastor. For more information call 910-733-2592, 910- 774-0707.

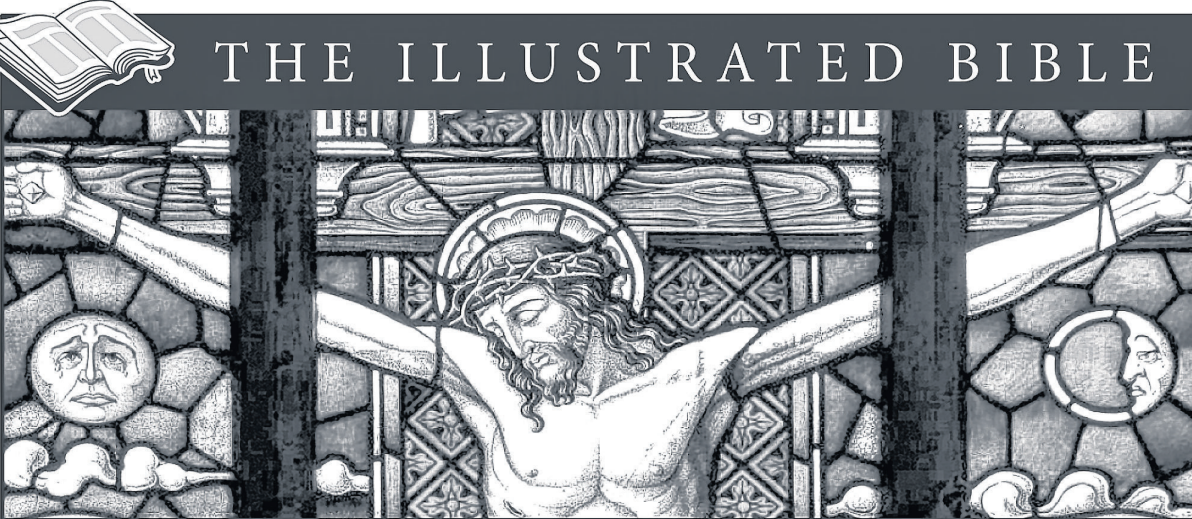
St. Joseph Miracle Revival Center at 4657 Daniel McLeod Road, Red Springs, Saturday Morning Prayer will begin at 9 a.m. followed by Seminars at 10 a.m. Saturday afternoon will begin at 1:30 p.m.. Sunday School will begin at 10 a.m. followed by Sunday Morning Service at 11 a.m.

St. Marks Lutheran Church, 202 West 24th St., Lumberton; 910-739-2329, stmarksinc.org. Sunday School meets at 9:30 a.m. on Sundays, Worship Service is at 10:30 p.m. Sundays. Fellowship begins at 11:30 a.m.

Tabernacle Baptist Church, on N.C. 711 in Pembroke, holds Sunday Worship Service at 9:45 a.m.; Sunday School at 11 a.m.; and Wednesday Bible Study, and Children and Youth Night at 7 p.m. The Rev. Randy Freeman is the pastor.

The Fairmont Ministerial Alliance meets every third Saturday of the month at Jonesville Baptist Church at 327 Mill Branch Road, Fairmont. Breakfast is at 8:30 a.m. The meeting starts at 9 a.m. New members are welcome. Dr. Martine Spencer is the president.

For your church event to be included in the Church Calendar, send it to Editor Chris Stiles at cstiles@robesonian.com.



THE ILLUSTRATED BIBLE

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

✠ 1 John 4:10 ✠

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PSRC's Graham completes NCSSA Aspiring Superintendents Program

Jessica Sealey
For The Robesonian

The Public Schools of Robeson County has announced that Amanda Graham, PSRC's Relay/Leverage Leadership Principal Coach Supervisor, is among distinguished school and district leaders across the state who recently graduated from the 10th cohort of the North Carolina School Superintendents' Association (NCSSA) Aspiring Superintendents Program.

The North Carolina Aspiring Superintendents' Program is a customized leadership development program targeting selected district leaders who have demonstrated outstanding success in their administrative roles and who aspire to the superintendency in North Carolina.

"The North Carolina School Superintendents' Association (NCSSA) program was a transformative experience, marking a significant milestone in my professional journey. The program,



Photo courtesy of PSRC
PSRC Relay/Leverage Leadership Principal Coach Supervisor Amanda Graham, left, recently completed the North Carolina School Superintendents' Association (NCSSA) Aspiring Superintendents Program.

which spanned from October through March 2026, was designed to cultivate the next generation of visionary educational leaders, and I am proud to have successfully completed it," Graham said.

"My participation in the NCSSA program has equipped me with the

strategic vision, leadership skills, and network necessary to drive meaningful change. I am deeply appreciative of the NCSSA and its leadership, particularly Jack Hoke, Executive Director, for their unwavering commitment to school leadership development. I look forward to applying these

newly acquired skills to serve the students and staff of the Public Schools of Robeson County," Graham added.

Graham's experience included several immersive and informative leadership development sessions as well as an Executive Coaching component by a superintendent.

Freddie Williamson, Superintendent of the Public Schools of Robeson County, shared congratulatory remarks for Graham's participation and completion of the program.

"On behalf of the Public Schools of Robeson County, I would like to congratulate Mrs. Graham on her completion of the North Carolina School Superintendents' Association Aspiring Superintendents Program. Her dedication and commitment to professional growth and development are exemplary. I know she will use what she has learned to enhance our school district through her leadership," Williamson said.

Offered through the North Carolina School Superintendents' Association and the North Carolina Alliance for School Leadership Development, the Aspiring Superintendents' Program seeks to prepare future superintendents by enhancing their technical skills, including skills necessary for the superintendency,

along with 21st century contemporary personal leadership and development skills.

"The program is designed to support the growth, expansion and enhancement of school and district leaders in the leadership positions they currently occupy while providing high-quality professional development to increase their knowledge base about the skills and dispositions needed by future superintendents," said Jack Hoke, executive director of the North Carolina School Superintendents' Association.

Reflecting on Graham's participation, Hoke said, "Mrs. Graham developed a strong network of district leaders to consult with, and she contributed to the discussions on emerging issues, innovative practices and challenges occurring in the Public Schools of Robeson County."

Jessica Sealey is the PSRC chief communications officer. Reach her by email at jessica.sealey@robeson.k12.nc.us.

The next treatment for Alzheimer's disease could come out of UNCP

Bahr leads school's Alzheimer's Disease Research Lab

Morgan Casey
Border Belt Independent

PEMBROKE — Ben Bahr, an internationally recognized researcher of neurodegenerative disorders, had two job offers in 2009: one from the University of Hawaii and another from The University of North Carolina at Pembroke.

When he picked the latter, a lot of people asked why. "I get more work done at this type of school," Bahr told them.

UNC Pembroke is not an R1 university, a designation from the Carnegie Classification of Institutions of Higher Education for schools that focus heavily on research. Bahr said he previously worked at the University of Connecticut, an R1 school, where he had "many hats to wear."

With fewer administrative responsibilities, Bahr knew he could focus more on his passion—developing new drugs to treat neurodegenerative disorders like Alzheimer's. UNC Pembroke gave him an empty lab at its Biotechnology Research and Training Center.

Today, Bahr's Alzheimer's Disease Research Lab is developing what he hopes will be low-cost pharmaceuticals for patients with Alzheimer's disease. He says a promising ingredient in that treatment is American ginseng.

Bahr and his team took slices of rats' brains and aged them in a refrigerator for 18 to 20 days before treating them with the herb. They suspected that the ginseng would trigger a specific enzyme that helps clear a brain pathway of the built-up proteins believed to cause Alzheimer's and similar neurodegenerative disorders.

They were right, according to a peer-reviewed research paper that Bahr co-authored. The findings were published in the December issue of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*.

Other researchers have also said the herb can improve cognition for people with impaired memories. Scientists who conducted a study in Korea between 2010 and 2016 found that people older than 60 who consumed any type of ginseng for at least five years had a lower incidence rate of dementia, according to a 2018 research article in the peer-reviewed journal *Alzheimer's Research & Therapy*.

The findings support Bahr's theory that combining a natural product found in a healthy diet, like ginseng, and a specific molecule that targets Alzheimer's could slow the disease's progression. He hopes his patented treatment method will produce a pill to combat the disease. Ultimately, he wants a drug

company to invest in the product and get approval from the U.S. Food and Drug Administration.

NCInnovation, a state-funded nonprofit that helps public universities commercialize promising research, gave Bahr's lab a two-year, \$1.1 million grant last May. He plans to use the money to send a handful of molecules to a company that will test them on mice that are genetically altered to have symptoms of Alzheimer's disease. The company will determine which molecule works best at slowing the disease, Bahr said.

"We're at the very early stages," he said, "but we're excited."

NCInnovation, a state-funded nonprofit that helps public universities commercialize promising research, gave Bahr's lab a two-year, \$1.1 million grant last May. Bahr said he hopes to get the second year of funding this summer despite questions about the future of NCInnovation.

North Carolina still doesn't have a budget, but both the House and Senate proposals would claw back \$500 million and redirect it to hurricane recovery efforts.

Thinking outside the box

Bahr grew up in California and knew he wanted to go into research. He enrolled at the University of California, Santa Barbara as an undergraduate and landed a spot in a lab researching Alzheimer's and other brain diseases.

Bahr found drug development the most fascinating. He stayed at Santa Barbara to earn his doctoral degree in chemistry and then joined UC Irvine's Center for the Neurobiology of Learning and Memory as an associate researcher and lecturer. He became an associate professor of pharmaceutical sciences at the University of Connecticut in the late 1990s, staying at the school for over a decade before joining UNC Pembroke.

Scientists have gained a better understanding of Alzheimer's disease over the decades. But Bahr said the development of treatments has been slow because Alzheimer's is "the most complicated disease known."

Last year, the drug company Johnson & Johnson ended a study of an injectable treatment after it failed to slow the disease's progress in a statistically significant way. Novo Nordisk wanted to know if GLP-1 weight-loss drugs could, but clinical trials showed they did not have an impact.

An estimated 7.2 million Americans 65 and older are living with Alzheimer's, including 210,500 North Carolinians, according to the Alzheimer's



Photo courtesy of UNCP
Ben Bahr leads the Alzheimer's Disease Research Lab at UNC Pembroke.

Association. The number of U.S. adults developing various forms of dementia is expected to increase by 1 million each year by 2060, according to a study published in the peer-reviewed journal *Nature Medicine*.

Bahr said it's possible that his treatment could also work for Parkinson's disease, which involves a buildup of proteins in the same brain pathway. About 500,000 Americans are living with Parkinson's, according to the National Institute of Neurological Disorders and Stroke, a number expected to double by 2040.

Currently, the only drugs that slow the progression of Alzheimer's are delivered intravenously, meaning patients have to go to clinics for treatment. He said the treatment he is developing can be taken orally.

"We're trying to think outside the box," Bahr said. "What about a combination therapy, combining natural products with a small molecule?"

The biggest hurdle is still money. That's why Bahr hopes a drug company will get on board to help cover the costs of testing, paperwork, and federal requirements.

"For a small campus like UNCP, it's incredibly difficult," Bahr said.

Unlike most research universities, UNC Pembroke doesn't have a technology transfer office to help Bahr commercialize his findings. Bahr said he tries hard to convince the school's administrators that it is their "social responsibility to people with neurological disorders."

"Half my job is just working on my university to take this seriously," Bahr said.

Helping the next generation

Despite the challenges, UNC Pembroke has increased its focus on health care. Last year, the university welcomed its first class in a Master of Healthcare Administration program. The first students in its Doctor of Nursing Practice

program graduated in December, and the school plans to open the state's only optometry program at a public university in 2027.

When senior biology major Natalie Pacheco transferred from UNC Wilmington last year, she was surprised to learn about Pembroke's Alzheimer's research lab. She signed up to be a research assistant.

Pacheco, 25, is from Johnston County. She said Bahr renewed her passion for science after she lost interest in academics during the pandemic.

"He's like somebody's dad," she said. "He's really pushing you along because he wants you to succeed. He wants you to find what you like to do. He wants you to do good."

Bahr makes the work fun, Pacheco said. Sometimes he breaks down complicated laboratory procedures into steps as if he were making brownies.

Bahr's lab lost its financial support for undergraduate research assistants briefly last year when the National Institutes of Health canceled the Undergraduate Research Training Initiative for Student Enhancement grant. The program aims to increase the diversity of undergraduates who go on to pursue graduate and doctoral degrees in research-focused biomedicine programs.

Almost as suddenly as the grant was revoked, it was reinstated last month, Bahr said.

An NIH spokesperson told the Border Belt Independent that it "cannot comment on the status of individual grant applications or deliberations," but that the agency "remains committed to supporting rigorous, evidence-based research that advances the health of all Americans."

Women and people of color have long been underrepresented in STEM fields, according to the U.S. National Science Foundation. As a Latina researcher and daughter of immigrants, Pacheco said she's thankful to have the opportunity at UNC Pembroke.

"We're not from this prestigious place," Pacheco said. "This is a community that's underrepresented, but there are great people here who can do great things."

For Bahr, the funding means he can support more research assistants and keep pushing toward treatments for neurodegenerative disorders.

"Everything we learn about the brain doing Alzheimer's research helps other diseases and even our quality of life," Bahr said. "So there's lots to be learning."

Morgan Casey covers health care in southeastern North Carolina for The Assembly Network. She is a Report for America corps member and holds a master's degree in investigative journalism from Arizona State University.

Teen empowerment tea comes to Lumberton

Victoria Sanderson
The Robesonian

LUMBERTON — The nonprofit Teens to Queens is hosting its second annual Tea Around Town event for high school girls on April 3.

The Tea Around Town event is an afternoon of tea, conversations and

activities focused on developing a strong sense of self-worth, confidence, leadership and sisterhood, according to founder Candace Riddick.

“There’s a lot of negativity in society around women competing with each other,” Riddick said. “I think that it happens when young girls are surrounded by negative talk, so I said, ‘let’s have a

round table full of positive tea.”

Alongside the tea party, attendees will also hear from four women who will be honored for their success at the event and will give short talks encouraging the girls to be the best women they can be.

The attendees will also take part in an etiquette class focused on introduc-

tions, polite conversation, table manners and respectful communication, all important skills they can use in any situation in life.

“I want to show the girls that women can do great things when we work together,” Riddick said.

Contact Victoria Sanderson at vsanderson@robesonian.com.

Remote control airplane Fly-In to be held April 25

Staff report

LUMBERTON — Remote control airplane hobbyist are invited to Mt. Elim Remote Control Airplane and Boat Club,

located at 13799 NC Hwy 72 East in Lumberton for its semi-annual Family Fun Fly in fundraiser on Saturday, April 25 from 9 a.m. to 4 p.m. The event

will include local area pilots showing off their amazing flying skills as well as a hot chicken plate sale for \$10 cash at noon, raffle ticket 50/50

drawings for prizes. Auction to follow. Covered picnic tables available.

Pilots meeting is 9 a.m. with a flying fee of \$20. Fly what you bring and

must provide a current AMA license (Academy of Model Aeronautics). This is a sanctioned event #19513.

Tent and camper spaces

however must be reserved in advance.

Contact Don Valentine at 910-887-5056 or by email at donpaul.val@gmail.com.

SAFE

From page 1A

programs are an effort to connect people experiencing addiction with support services and help to reduce repeat crime, a press release said.

“We can’t arrest our way out of addiction. We need treatment and recovery services so that people can get well, follow the law, and contribute to their communities,” said Gov. Josh Stein. “That’s exactly what Fayetteville and Cumberland County have done for many years, using opioid settlement funds to grow their LEAD program, which has long been a model for the rest of the state. Today’s \$1.5 million investment represents a meaningful step forward in keeping people healthy and safe

by expanding LEAD in 6 more communities.”

RCSO was one of seven agencies which earned a portion of the \$1.5 million award.

“LEAD recognizes that substance use challenges are public health issues with public safety consequences,” said NCDHHS Secretary Dev Sangvai. “What we are launching today is a system that allows communities to respond better and more efficiently to people with substance use and mental health needs. This is exactly what integrated care looks like.”

RCSO began the SAFE Program in 2023 as a follow-up to a previous LEAD program after funding for that program ceased. The SAFE Program includes two full-time officers who are trained in assisting those seeking help with



Stein

addiction, RCSO says, and works in collaboration with the Robeson County Drug Courts and the Robeson County District Attorney’s Office.

RCSO says the three biggest obstacles for addicts seeking immediate treatment is the lack of knowledge, money and transportation.

The Robeson Sheriff’s Charitable Foundation 501(c)(3), is a nonprofit organization within the sheriff’s office that began funding the former LEADS Program when funding ended for it in June of 2023, RCSO said. With the exception of this grant funding mentioned, the SAFE Program is funded through donations.

NCHRC will serve as the lead coordinating and implementation partner in North Carolina,

providing centralized project management, technical assistance, and oversight to participating counties. NCHRC will support site readiness, workforce development, cross-system coordination, data reporting, and implementation while facilitating partnerships with law enforcement, behavioral health systems, and community providers to ensure consistent, high-quality diversion practices and long-term sustainability.

NCDHHS is committed to supporting people in the justice system by expanding services for reentry, diversion, and capacity restoration while advancing access to high-quality mental health care. This work is critical in efforts to build a mental health system that works for everyone and ensure healthy and safe communities for all North Carolinians.

Mayor

From page 1A

staying on Dial’s property, cast ballots in the 2023 election. He also alleged that Dial helped the people register to vote and that Dial’s daughters notarized 19 affidavits from voters who said they had been staying on the property for more than 30 days.

The ruling from a three-judge panel of the N.C. Court of Appeals said Cummings “failed to show that more than one contested voter did not reside in the Town

of Pembroke; thus, there were no irregularities so extensive that they tainted the results of the entire election and cast doubt on its fairness.”

Pembroke Town Manager Tyler Thomas said he has not received any updates or guidance from the state since the appeals court published its ruling.

“We don’t have many answers ourselves,” Thomas said in an email to the Border Belt Independent.

Heidi Perez-Moreno covers education and more at the Border Belt Independent. She is a graduate of UNC-Chapel Hill and previously worked at The Washington Post.

THIS WAY TO YOUR NEXT CAR

Buy or Sell in the Classifieds Automotive Classified Ads

Duke

From page 1A

transmission, distribution and grid programs.

— Investments required to ensure compliance with environmental laws, rules and regulations, such as costs associated with ash basin closures.

— Supply-side investments for the maintenance, improvement and addition of its diversified resource portfolio.

Electric bills have reportedly risen 22% statewide since 2020.

N.C. Attorney General Jeff Jackson said in December his office was “intervening” in the Duke Energy proposal “to make sure we find the right balance between investing in our energy infrastructure and protecting North Carolina’s wallets.” Gov. Josh Stein has praised the attorney general’s actions, and stated that he is against the rate hike.

“I am pleased that the North Carolina Department of Justice is fighting for the people of North Carolina,” said Stein.

“Duke Energy’s proposed rate hike is simply too high and comes as the

company is also retreating on more affordable clean energy. At a time when families are struggling to make ends meet, we should be doing everything we can to make life more affordable, not less. I will continue to fight on behalf of every North Carolinian to lower costs and grow the economy.”

Stein created the state’s Energy Policy Task Force last August, intended to help keep energy bills down while helping providers work to meet energy requirements.

Editor Chris Stiles can be reached at 910-416-5847 or by email at cstiles@robesonian.com.

TSA workers might get paid Monday, but their worries and airport woes could linger for longer

Mae Anderson & Josh Funk
Associated Press

NEW YORK — Transportation Security Administration officers could get their first full paychecks in more than six weeks as early as Monday after President Donald Trump signed an executive order on Friday instructing the Homeland Security secretary to pay them immediately.

But travel experts and labor leaders said the mammoth security lines at some U.S. airports would not disappear overnight and could linger into next week or longer while TSA workers wait for their back pay, airports assess their staffing and Congress remains at odds over funding the Department of Homeland Security.

“Until checks are actually in hands, we might still see some of these staffing issues,” Eric Rosen, director of travel content for The Points Guy, a travel information website. “But (the executive order) is a bit of good news, I think, for both TSA officers as well as the flying public. And hopefully, the money starts flowing quickly and people can get back to work.”

School districts and colleges across the country have upcoming spring breaks, and travel also picks up around holidays like Passover and Easter.

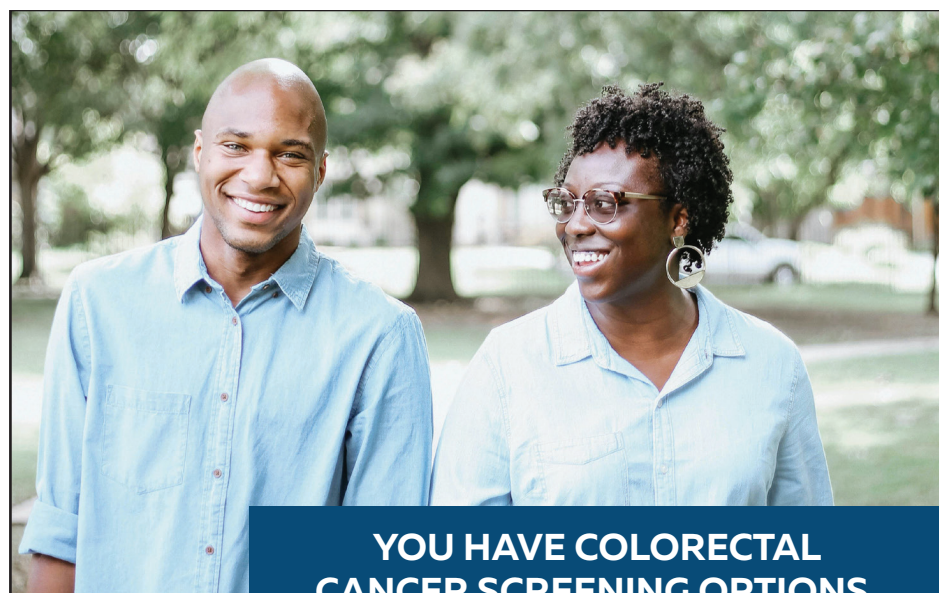
Waiting for paychecks

TSA personnel have worked without pay since Feb. 14, when Department of Homeland Security lapsed due to

a dispute in Congress over federal immigration operations.

As the record-long partial government shutdown went on, some of the officers who screen passengers and bags called out of scheduled shifts; several thousand missing work on a given day was enough to cause hourslong wait times and closed express lanes at airports in Houston, Atlanta, New Orleans, New York and elsewhere.

Trump signed the executive order after House Republicans rejected a bill passed by the Senate early Friday that would have funded the TSA, the U.S. Coast Guard and the Federal Emergency Management Agency but not Immigration and Customs Enforcement and Border Patrol.



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A PUBLICATION OF THE LUMBERTON AREA CHAMBER OF COMMERCE

News & Bulletin

CHAMBER GOLF CLASSIC MAY 14TH AT PINE CREST GOLF CLUB



2025 2nd place team Commissioner Tom Taylor's Team



2025 Third place winners-First Bank Team

The 32nd Annual Chamber Golf Classic will tee off at Pine Crest Golf Club on Thursday, May 14th. This year's event begins at 11am with a catered lunch by Outback Steakhouse, beverages by Pepsi Bottling Ventures, LLC and Healy Wholesale Company, Inc. Hole-in-one prize is sponsored by Peterson Chrysler Jeep Dodge Ram of Lumberton. Captain's choice play begins with a shotgun start at noon. **Entry fee is \$75.00** per golfer which includes One Mulligan, One Ladies Tee, and lunch. Also included in the package are the cart, green fees, gift bag and beverages. Suzanne Abbott is this year's Golf Tournament Chair. Suzanne is the owner of Abbott Insurance Services, LLC. The finance committee members are Suzanne Abbott, Crystal Collins, Rose & Alan Avant, Linda Branch, Monica Herring, Erika Nolley and Cindy Kern. We hope to see you there!

THE LUMBERTON AREA CHAMBER OF COMMERCE 2026 BOARD OF DIRECTORS

- | | | | |
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BYRD'S COMPUTER SERVICE JOINS LUMBERTON CHAMBER

Byrd's Computer Service is excited to announce that it has joined the Lumberton Area Chamber of Commerce. Owned and operated by Ethan Byrd, who was born and raised in Lumberton, the company provides IT support and technology services for businesses of all sizes, as well as residential clients, in Lumberton and the surrounding areas.

Ethan founded Byrd's Computer Service to offer dependable, honest technology assistance to the community he calls home. An Eagle Scout and recipient of the Order of the Arrow Founder's Award with Troop 86 before it was disbanded, he carries the principles of integrity, preparedness, and service into the way he runs his business. **With over 17 years of experience** in IT support and systems management, the company focuses on computer repair, network setup and troubleshooting, cybersecurity protection, managed IT services, cloud solutions, and ongoing support tailored to each client.

Byrd's Computer Service operates as a remote and on-site service provider, giving clients the option of receiving assistance at their home or workplace. This approach helps businesses reduce downtime and gives individuals convenient access to professional support when they need it.

As a new Chamber member, Ethan looks forward to connecting with other local businesses, supporting community growth, and participating in local events. Byrd's Computer Service is committed to helping organizations stay secure, efficient, and connected in today's technology-driven environment.

For more information, please contact Byrd's Computer Service at (910) 316-1674 or email Support@ByrdsComputerService.com

LUMBERTON CHAMBER AMBASSADORS MEETING

Meet the Team



The Ambassadors at the March meeting. They are the public relations arm of the Lumberton chamber.

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Mark Morse, Chamber Chairman raced in the Rumba and won his age Division. Way to go Mark!

12 likes, 3 comments

Search by name, bib number, town, etc...

These are Preliminary Results

Place	Bib	Name	Gender	City	State	Clock Time	Pace	Age	Division Place	Division
15	45	Mark Morse	M	Hope Mills	NC	49:14.30	0:00	47	1	M40-49
18	39	Brandon McCormick	M	Fayetteville	NC	50:30.39	0:00	41	2	M40-49
22	19	Marvin Jr Orlino	M	Lumberton	NC	52:19.56	0:00	40	3	M40-49
45	71	Caine Winters	M	Fayetteville	NC	1:10:08.98	0:00	49	4	M40-49
51	7	Tom Adams	M	Fayetteville	NC	1:13:48.86	0:00	49	5	M40-49
54	67	Michael Seifert	M	Laurel Hill	NC	1:13:55.49	0:00	41	6	M40-49
59	16	Michael Martin	M	Lumberton	NC	1:20:59.25	0:00	46	7	M40-49
67	37	Benjamin Santana	M	Raeford	NC	1:37:04.51	0:00	40	8	M40-49

Students of Excellence

The Students of Excellence attended the March Lumberton Area Chamber of Commerce Board of Directors meeting and luncheon. Pictured 1 to 7 are Sandra Oliver-Education Chair for the Chamber, Deborah Stone and Heather Williams -Lumberton Senior High School Counselors, Jasmine King- 12th grade Lumberton Senior High School, Fabiola Baeza Navarrete-11th Grade Early College, Hannah Inman-12th grade Early College, Megan Goins- Early College Counselor and Mark Morse, Chamber Chairman. Not pictured is Laiken Wilcox-12th grade Lumberton Senior High School.

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4/27	Finding Your Customers (Online)	6:00pm
4/28	Writing A Business Plan That Works (Online)	12:00pm
5/12	Dynamite Marketing On A Firecracker Budget(Online)	6:30pm
5/14	Bookkeeping Made Easy (Online)	6:00pm
5/19	Marketing For Success (Online)	2:00pm
5/26	How To Price Your Product Or Service (Online)	10:00am

For More Information Contact Debbie Bruce
Phone 910-272-3631
Email dbruce@robeson.edu

Lumberton Area Chamber of Commerce Golf Classic

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Byrd named UNCP's next athletic director



Chris Stiles | The Robesonian

Scott Byrd speaks during a press conference introducing him as UNC Pembroke's next athletic director held Thursday in Pembroke.

Chris Stiles
The Robesonian

PEMBROKE — Scott Byrd isn't running away from Charlotte after 16 years in the 49ers athletic department, he says. He's running to something.

He's running to UNC Pembroke, which announced Thursday that Byrd will be the school's next athletic director.

"UNCP is (trending upward)," Byrd said. "It's not just in athletics, though. Academically, there's record enrollment, and certain programs, we're trending in the right direction. So when you look at these opportunities, and I have, but I've never left Charlotte. ... A lot of these positions come open when things aren't going well; rarely do they come open when they're going so well. So really, step one is don't screw anything up. And step two

is, let's figure out, how do we take it to the next level."

Byrd will become the school's 11th athletic director, replacing Dick Christy, who is transitioning to a role in the Chancellor's Office as vice chief of staff after 13 years leading Braves athletics.

"Scott is way more prepared for this job than I was in 2013; he has a much broader breadth of experience," Christy said. "He's being humble, but he's the right guy. He knows what he's doing."

Byrd's will begin his duties at UNCP on June 15. But he was introduced Thursday to a standing-room-only crowd in a large meeting room on campus, following remarks from Jess Boerma, the school's chief of staff who chaired the search committee, and Chancellor Robin Cummings.

"What stood out most throughout this search was not just his

experience, but to me it was his maturity," Cummings said. "Scott's approach to life, to what he does in life. Scott understands that athletics is more than about wins and losses, although that's important; it's about student success. It's about these kids who our coaches take, and for a time in their life they mold and they shape them, and they give them what it takes, a foundation for the future."

Byrd was chosen from what Boerma called "an exceptionally strong candidate pool: experienced, diverse and nationally competitive."

Byrd is currently the executive associate athletic director for external affairs at Charlotte, where he's served in various roles in the athletic department over the last 16

See BYRD | 5B

ALL-COUNTY TEAM AND AWARDS



Chris Stiles | The Robesonian

Fairmont's Lyric McNair (00) dribbles as First Flight's Karlee Jester (10) defends during the 4A East Regional championship March 6 in Greenville. McNair was named Robeson County Player of the Year.

Tornadoes dominate All-County team and awards

Jacob Husson
The Robesonian

ROBESON COUNTY — The clock hit zero on another high school girls basketball season and it's time to announce The Robesonian's All-County Team and postseason awards. Here are the best of the best in Robeson County:

Player of the Year

Fairmont's Lyric McNair has been named the Robeson County Player of the Year after averaging 12.9 points, 7.0 rebounds, 4.8 assists and 4.6 steals per game for the 4A state runners-up this season. Leading the Golden Tornadoes (27-3) in scoring is impressive enough, but she was integral to their run to the state championship game.

"It means a lot knowing that I put in so much work and being rewarded for it is a blessing," McNair said.

McNair's 4.6 steals per game were tied for 56th in North Carolina, according to MaxPreps.

"She brought a lot of energy, diversity and was able to do a bit of everything," Fairmont coach Marcus Thompson said.

McNair was named Fairmont's Most Outstanding Player following the state championship game, in which she



Fairmont's Kimiyah Smith (10) and First Flight's Lily Thombrough (24) fight for possession during the 4A East Regional championship March 6 in Greenville. Smith was named Robeson County Defensive Player of the Year.

scored 18 points with six rebounds and five assists, but is using the team's loss as fuel to come back even stronger next season.

"Losing the state championship sticks with me and I just can't wait to get back next season and redeem myself," she said.

McNair scored in double figures in 21 of the Golden Tornadoes' 30 games, with a high of 18 points on four different occasions, including the state championship game. She also recorded a triple-double on Dec. 12 against St. Pauls, with 10 points, 10 rebounds and 11 assists.

Despite being only a sophomore, McNair was viewed as a leader both on and off the court by her teammates and coaches and maximized her talents this season. Her Player of the Year recognition comes after earning Robeson County Underclassman of the Year last season.

"She's a great leader," Thompson said.

On a young roster, whose only senior was Jayda Dial, having a sophomore emerge as a critical leader for Fairmont was essential to the program's continued progression. Time will tell if McNair can continue her upward trajectory as an

upperclassman, but she's off to a phenomenal start.

Defensive Player of the Year

The Golden Tornadoes' Kimiyah Smith was a nightmare to opposing offenses all season and earned the Robeson County Defensive Player of the Year award as a result. She led the team with 11.9 rebounds and 2.4 blocks. She also added 1.9 steals per game, proving her defensive versatility. Additionally, she scored 8.4 points per game.

In addition to leading her team, she was 35th-

See COUNTY | 2B



Jacob Husson | The Robesonian

Lumberton's Jaelyn Hammond bunts during Wednesday's game against Purnell Swett in Lumberton.

Lumberton rallies late to stun Purnell Swett

Jacob Husson
The Robesonian

LUMBERTON — The Lumberton Pirates had their rally caps on during Tuesday's game against Purnell Swett. After facing a five-run deficit in the sixth

inning, they scored six runs in the last two innings to win 9-8 in walkoff fashion.

"I talked to them at the beginning of the game about believing, no matter the situation

See SOFTBALL | 2B



Jacob Husson | The Robesonian

Purnell Swett's Kiley Locklear (16) and Cape Fear's AbbiKate Daughtry (3) battle for possession during Wednesday's game in Pembroke.

Rams shut out by Cape Fear

Jacob Husson
The Robesonian

PEMBROKE — Poor offensive execution cost the Purnell Swett girls soccer team Wednesday, as the Rams lost 1-0 against the Cape Fear Colts. This was the Rams' third straight loss, as they continue to search for solutions on the pitch.

"(Cape Fear) took advantage of their chances and we didn't take advantage of ours," Purnell Swett coach Alaric Strickland said. "That's the game of soccer. You only get so many chances to be able to score and they capitalized and we weren't able to tonight."

After a scoreless first half, Cape Fear (4-5-1, 2-0 Tri-County Conference) scored the game's

lone goal with 25:22 remaining.

"I'm proud of the girls for how hard they fought," Strickland said. "They really made it a match and I'm just proud of that."

After starting the season, 5-0-1, the Rams (5-3-1, 0-1 TCC) are searching for a path back to victory. One glaring issue is the lack of offense lately. With only one goal scored in this three-game skid, the offense is showing cracks that weren't visible after scoring 14 goals in their first six games.

Purnell Swett is now off until Monday when the Rams host Scotland at 6 p.m.

Jacob Husson can be reached at 910-816-1977 or by email at jhusson@robsonian.com.



Fairmont's Aaliyah Duran, center, drives towards the basket past Dillon's Treasure Davis, left, and Khw-Nylahi McKinnon, right, during the Robeson County Shootout girls championship game Dec. 20 in Pembroke.

County

From page 1B

best in rebounds and tied for 61st in blocks in North Carolina, according to MaxPreps.

"(Having Kimiyah) is amazing," Fairmont coach Marcus Thompson said. "Her motor and her competitiveness drive her to execute better than you expect her to."

Alongside McNair and Aaliyah Duran, Smith helped Fairmont to the state championship game. Her defensive excellence was a valuable asset throughout their run this season.

Underclassman of the Year

Another of Fairmont's leaders was sophomore guard Aaliyah Duran, who has been named Robeson County Underclassman of the Year.

Duran averaged 10.9 points, 4.0 assists and 3.8 steals per game this season.

"I think she showed a lot of growth from last year," Thompson said. "I think she's falling into that point guard role, and I feel like her leadership stepped up as well. It points to her work ethic and spending time in the weight room and getting stronger."

Duran scored in double figures 17 times, with a high of 21 points against Scotland on Jan. 5; she also scored 19 points in the Golden Tornadoes' 4A East Regional championship victory over First Flight.

With Duran having two more seasons, Thompson hopes to see continued improvement.

"My hope is that all her stats go up, and if everybody gets better and everybody continues to work, we get better as a team," Thompson said. "So I'm hoping her decision making gets better, and I'm hoping her shot next year looks like it looked at the end of this year."



Photos by Chris Stiles | The Robesonian
Purnell Swett's Kamryn Locklear takes a shot attempt during a Jan. 27 game at Lumberton.

Most Improved Player

Purnell Swett's Kamryn Locklear made a massive jump this season, playing well enough to earn recognition as Robeson County's Most Improved Player. After averaging 5.5 points, 2.4 rebounds, 1.2 assists and 1.1 steals last year, she posted significant improvement in each category, with 10.1 points, 3.4 assists, 3.4 rebounds and 3.5 steals this season.

"(Locklear) made it easy," Purnell Swett coach Amy Lancaster said. "I could lay out a drill and she would take it up immediately. She was my leader in everything."

Locklear's improvement helped the Rams become significantly better. They went from 5-20 last season to 13-11 this year. This included a six-game winning streak early in the season, as Purnell Swett took a massive step forward.

Locklear improved to the point where she led the Rams in several stat categories including points, assists and steals.

Lancaster made it clear why her drastic improvement happened.

"Her ability to work in the offseason and be coachable (earned this award)," she said.

With one year left in her high school career, Locklear has time to build on her success with even more improvement.

Coach of the Year

In a historic, award-winning season for the Fairmont Golden Tornadoes, their coach, Marcus Thompson earned Robeson County Coach of the Year. This comes after a 27-3 season and an incredible playoff run that took them all the way to the 4A state championship game.

"I'm excited about the program," Thompson said. "It's amazing to be coach of the year but this is the best program in Robeson County."

In the last four seasons, the Golden Tornadoes have gone a combined 99-13, culminating in this season's appearance in the title game. Thompson has won Robeson County Coach of the Year honors in each of those four seasons.

This season, Fairmont had a 19-game winning streak that started Nov. 18 against Purnell Swett and didn't end until they lost 53-52 against South Brunswick February 10.

The Golden Tornadoes won five playoff games this season under Thompson's leadership. This championship appearance and another Robeson County Coach of the Year award adds yet another feather to his cap, as his program remains at the top of Robeson County girls basketball.



Thompson

game
Amiyah McLean, Fr., G, Fairmont — 7.6 points, 1.9 steals
Jayda Dial, Sr., W, Fairmont — 6.9 points, 5.4

rebounds, 1.7 assists, 2.1 steals, 1.6 blocks

Charley Whitley, Sr., G, Lumberton — 13.0 points, 4.5 rebounds, 2.5 assists, 2.3 steals

Ava Monroe, Jr., F, Lumberton — 12.5 points, 5.1 rebounds, 2.0 assists, 2.0 steals

Sanaa Lesane, So., G, Lumberton — 9.3 points, 1.5 assists, 2.4 steals

Giselle Leach, So., C, Lumberton — 5.5 points, 8.1 rebounds, 1.0 blocks

Zhari Shipman, Sr., G, St. Pauls — 22.4 points, 4.3 rebounds, 2.3 assists, 3.6 steals

True Ellerbee, Jr., C, Purnell Swett — 8.1 points, 7.6 rebounds

Allaya Locklear, Jr., C, Red Springs — 10.0 points, 7.0 rebounds, 3.0 blocks

Honorable Mention

Fairmont's Laila Grady, Lumberton's Ke'Moni Sealey, Purnell Swett's Nylah Johnson, St. Pauls' Zykendria Cox and Celina Montgomery and Red Springs' Saniyah Sinclair and Cabanna Wilkins earned honorable-mention selections.

The All-County Team and postseason awards are picked by The Robesonian sports staff with input from coaches.

Jacob Husson can be reached at 910-816-1977 or by email at jhusson@robesonian.com.

All-County Team

Kaziyah McLean, Fr., G, Fairmont — 8.4 points, 1.3 steals per

Softball

From page 1B

just to fight, fight, fight and we did that the whole time," Lumberton coach Will Britt said. "We were down, we came back and that's all I can ask for from the girls."

Rallying from down 8-3 took significant focus and determination from Lumberton, making this win more impressive than most.

"I just want to thank the Lord first," Lumberton's Olivia McLamb said. "We fought hard this entire game and it was a good team win."

Jaelyn Hammond was walked to open the seventh inning for Lumberton, which trailed 8-4, before Ava Hanna brought her home with an RBI double, then advanced to third on a groundout.

Singles from Leea Wilkins, Kinsley Martin and Josie Lawson loaded the bases, before Macy Jones hit a double, scoring two runs and tying the game at 8-8.

Thanks to a fielding error, Olivia McLamb drove in the winning run as Lawson scored.

Lumberton's Charleigh Talton had three hits, two RBIs and two runs scored in the contest. Ava Hanna went 2-for-4 with two doubles, two runs scored and an RBI for the Pirates.

Hanna earned the win for Lumberton, not allowing any runs in relief of Norah Johnson.

Purnell Swett's Angel Chavis went 2-for-4 with a run scored and an RBI in the game. Nylah Johnson had a hit, two RBIs and a run scored in the game.

The Rams' Kamryn Locklear allowed four unearned runs in her appearance, while Braci Woods took the loss, despite 6 1/3 innings where she only gave up two earned runs. Three additional unearned runs were allowed on her watch.

Both offenses struggled in the first two innings, as the Pirates and Rams were scoreless heading into the third inning. In the top of the third, Purnell Swett's Kamryn Locklear and Jayla Graham both reached on errors and came around to score, giving the Rams a 2-0 lead.

In the bottom of the third inning, the Pirates' Talton had an RBI double, before Jayla Hunt had one of her own, tying the score at 2-2.

The top of the fourth was quick as Purnell Swett went down 1-2-3. All Lumberton had in the bottom of the inning was a walk for Josie Lawson, failing to bring her home.

The Rams' Graham was walked with two outs in the bottom of the fourth, before Lanna Haggans singled and Angel Chavis hit an RBI single to bring Graham home. Nylah Johnson followed that with a two-RBI triple.

Chloe Chavis continued the offensive explosion with an RBI double, before Braci Woods had an RBI single. Zaylee Hunt grounded out to

end the inning, but Purnell Swett led 7-2 heading into the bottom of the fifth inning.

After a flyout to open the inning, Hanna walked before Talton brought her home with an RBI triple. The next batter grounded into a double-play to end the inning, but Lumberton now only trailed 7-3.

Purnell Swett took an 8-3 lead in the top of the sixth after Locklear singled and eventually came around to score, due to an error.

Lumberton's Wilkins walked to open the bottom of the sixth before, two batters later, Josie Lawson hit an RBI double to make it 8-4 entering the seventh.

The Rams were held scoreless in the top of the seventh, as the Pirates were prepared to battle to the end.

Pirates earn another walkoff win

The Lumberton softball team used a big comeback to win with an McLamb walkoff for the second straight game on Thursday, winning 15-14 over visiting Tri-County Conference foe Cape Fear.

Cape Fear (10-2, 4-2 TCC) led 14-9 after scoring a run in the top of the sixth; Lumberton (7-5, 3-3 TCC) scored five in the bottom of the sixth to tie the score at 14-14 then scored one run in the seventh on McLamb's RBI single.

Cape Fear also scored three runs in the second, two in the third, five in the fourth and three in the fifth. Lumberton scored three in the first, four in the third and two in the fifth before its big finish in the last two frames.

In the Pirates' sixth, Leea Wilkins singled and Londyn Rozier walked. Macy Jones singled to plate Wilkins, then McLamb doubled to score Rozier, and Jaelyn Hammond doubled to drive in Jones and McLamb. After Ava Hanna singled and Charleigh Talton walked to load the bases, Jayla Hunt's sacrifice fly brought home Hammon to tie the game.

In the seventh, Kinsley Martin led off with a single, advanced to second on a wild pitch and took third on a groundout. McLamb's infield single allowed Martin to score the winning run.

Hammond finished with three hits, including a double and a triple, and four RBIs for Lumberton; McLamb also had three hits and four RBIs. Ava Hanna had four hits including a double and three RBIs, Jones had three hits and an RBI, Wilkins had two hits and Hunt had one hit and three RBIs. Norah Johnson was the winning pitcher.

Addie Davis and McKinley Kolasa each had a home run and a double for Cape Fear, with four RBIs for Davis and two for Kolasa. Ashtyn Westbrook had two doubles with an RBI and Chloe Bueing had three hits and an RBI.

Lumberton plays Tuesday at West Brunswick.

Jacob Husson can be reached at 910-816-1977 or by email at jhusson@robesonian.com.

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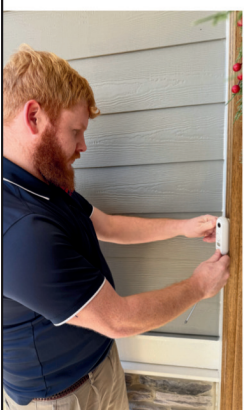


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<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF ETHEL RATHER BULLARD DECEASED File Number 26E000305-770</p> <p>The undersigned having qualified as Executor, of the estate of Ethel Rather Bullard, deceased, late of Robeson County, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 1st day of July, 2026, or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This the 28th day of March, 2026.</p> <p>Ethel Joy Rather Bullard-Moore 66 Southfield Rd. Lumberton, NC 28360</p> <p>3/28 4/4 4/11 4/18 2026</p> <p>Public Hearing for Annexation</p> <p>The Town of St. Pauls has received a voluntary petition to annex Parcel Number 21150403603 located at 500 S Fifth, St. Pauls. The Town Clerk has reviewed the petition for annexation and the metes and bounds legal description is sufficient to call for a public hearing for annexation. The public hearing will be held on March 29, 2026, at 210 W. Broad Street, St. Pauls in the Town Hall. All interested parties are invited to attend.</p> <p>3/21 3/28 2026</p> <p>NORTH CAROLINA</p> <p>ROBESON COUNTY 26 E 254</p> <p>NOTICE TO CREDITORS AND DEBTORS</p> <p>All persons, firms or corporations having claims against Virginia Lytch Batton, deceased, late of Robeson County, North Carolina, are notified to exhibit them to the undersigned on or before June 21, 2026, or be barred from any recovery.</p> <p>All persons indebted to said estate are asked to make immediate payment to the undersigned.</p> <p>This the 21st day of March, 2026.</p> <p>James H. Batton, Executor of the Estate of Virginia Lytch Batton, Deceased, c/o Katherine H. Davis Attorney for the Estate Huggins, Davis & Associates, LLP P.O. Box 1571 Lumberton, NC 28359</p> <p>3/21 3/28 4/4 4/11 2026</p>	<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO DEBTORS AND CREDITORS OF JAMES LESTER JOHNSON, DECEASED Clerk's File 26E000307-770</p> <p>The undersigned having qualified as Executor of the Estate of James Lester Johnson, Deceased, late of Robeson County, North Carolina, this is to notify all persons, firms, and corporations having claims against the estate to present them to the attorney listed below on or before June 30, 2026, or this Notice will be pleaded in bar of their recovery. All persons indebted to the estate will please make immediate payment to the Estate at the office of the attorney listed below. March 28, 2026</p> <p>Jerry Lee Johnson and James Theodore Johnson Executors of the Estate of James Lester Johnson</p> <p>ROBERT E. PRICE ATTORNEY FOR THE ESTATE P. O. BOX 630 LUMBERTON, NC 28359 910-739-8172</p> <p>3/28 4/4 4/11 4/18 2026</p> <p>TOWN OF PEMBROKE NOTICE OF PUBLIC HEARING PROPERTY REZONING</p> <p>Notice is hereby given that the Pembroke Town Council will conduct a public hearing on Monday, April 6, 2026, beginning at 7:00 p.m., at the Pembroke Town Hall, 98 Union Chapel Road, Pembroke, NC, to consider the following item:</p> <p>• Rezoning Request (Z-26-002) – A request submitted by Gregory Bryant (Applicant) on behalf of Four D's Properties, LLC (Owner) to rezone a 3.39-acre portion of a parcel located on Lumbee Bank Drive (Robeson County Tax Parcel ID #934337426900) from R-10, Residential District to C-3, Highway Business District.</p> <p>All interested citizens are encouraged to attend. For additional information, please contact the Town Clerk at (910) 521-9758.</p> <p>3/21 3/28 2026</p> <p>TOWN OF PEMBROKE NOTICE OF PUBLIC HEARING CONDITIONAL REZONING</p> <p>Notice is hereby given that the Pembroke Town Council will conduct a public hearing on Monday, April 6, 2026, beginning at 7:00 p.m., at the Pembroke Town Hall, 98 Union Chapel Road, Pembroke, NC, to consider the following item:</p> <p>• Rezoning Request (Z-26-001) – A request submitted by Jordan Neider (Applicant) on behalf of the estate of Dr. ML Brooks (Owner) to conditionally rezone an approximately 13.5-acre parcel located on Candy Park Road (Robeson County Tax Parcel ID #934363486091) from R-20, Residential District to R-8(CZ), Multiple-Family Dwell District (Conditional Zoning).</p> <p>All interested citizens are encouraged to attend. For additional information, please contact the Town Clerk at (910) 521-9758.</p> <p>3/21 3/28 2026</p>	<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF ALTON CHAVIS DECEASED FILE NUMBER 26 E 000181-770</p> <p>The undersigned having qualified as Executor, of the Estate of ALTON CHAVIS, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 11th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 7th day of MARCH 2026.</p> <p>LYDIA RUTH CHAVIS 1698 BIGGS RD ROWLAND NC 28383</p> <p>3/7 3/14 3/21 3/28 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF BARBARA ANN CHAVIS DECEASED FILE NUMBER 26 E 000306-770</p> <p>The undersigned having qualified as Administrators, of the Estate of BARBARA ANN CHAVIS, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 21st day of MARCH 2026.</p> <p>PAMELA CHAVIS MAYNOR 1528 RUSS RD LUMBERTON NC 28358</p> <p>3/21 3/28 4/4 4/11 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF BARBARA WINCHESTER DECEASED FILE NUMBER 25 E 002124-770</p> <p>The undersigned having qualified as Administrators, of the Estate of BARBARA WINCHESTER, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 18th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 14th day of MARCH 2026.</p> <p>C H R I S T O P H E R WINCHESTER 9841 ROCKFISH RD RAEFORD NC 28376</p> <p>3/14 3/21 3/28 4/4 2026</p>	<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF BOBBY DERRICK MOORE DECEASED FILE NUMBER 25 E 001943-770</p> <p>The undersigned having qualified as Administrators, of the Estate of BOBBY DERRICK MOORE, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 18th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 14th day of MARCH 2026.</p> <p>PEGGY WILLIAMS WALTERS 405 JACKSON ST FAIRMONT NC 28340</p> <p>3/14 3/21 3/28 4/4 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF DAVID STEPHEN BAKER DECEASED FILE NUMBER 26 E 000114-770</p> <p>The undersigned having qualified as Administrators, of the Estate of DAVID STEPHEN BAKER, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 11th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 7th day of MARCH 2026.</p> <p>DAVID WAYNE BAKER 258 BRITT ROAD SAINT PAULS NC 28384</p> <p>3/7 3/14 3/21 3/28 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF SANDRA MCMILLAN TAYLOR AKA SANDRA FAYE TAYLOR DECEASED FILE NUMBER 25 E 001879-770</p> <p>The undersigned having qualified as Administrators, of the Estate of SANDRA MCMILLAN TAYLOR, AKA SANDRA FAYE TAYLOR, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 18th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 14th day of MARCH 2026.</p> <p>TESHIA ROSELL MC MILLAN 8749 GROUSE RUN LANE FAYETTEVILLE NC 28314</p> <p>3/14 3/21 3/28 4/4 2026</p>	<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF DENNIS JAMES SANDERSON DECEASED FILE NUMBER 25 E 002182-770</p> <p>The undersigned, having qualified as Administrator of the Estate of Dennis James Sanderson, deceased, late of Robeson County, North Carolina, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 17th day of JUNE, 2026, or be barred from their recovery.</p> <p>All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This the 14th day of March, 2026.</p> <p>Diane Jones Sanderson Administrator</p> <p>Brian Brooks Hunt & Brooks Post Office Box 999 Pembroke, N.C. 28372 (910) 521-3413 (910) 521-1027 (fax)</p> <p>3/14 3/21 3/28 4/4 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF DON CHAVIS DECEASED FILE NUMBER 22 E 000860-770</p> <p>The undersigned having qualified as Administrators, of the Estate of DON CHAVIS, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 11th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 7th day of MARCH 2026.</p> <p>LINDA JONES 15001 US HWY 71 NORTH SHANNON NC 28386</p> <p>3/7 3/14 3/21 3/28 2026</p>	<p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF EULA ROGERS PERCELL DECEASED FILE NUMBER 26 E 000259-770</p> <p>The undersigned having qualified as Administrators, of the Estate of EULA ROGERS PERCELL, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 21st day of MARCH 2026.</p> <p>BRENDA CAROL ROBINSON 1204 WILLIS AVE LUMBERTON NC 28358</p> <p>3/21 3/28 4/4 4/11 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF HAZEL CARTER DECEASED FILE NUMBER 26 E 000296-770</p> <p>The undersigned having qualified as Administrators, of the Estate of HAZEL CARTER, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This the 21st day of MARCH 2026.</p> <p>KIM C JACOBS 279 LUMBEE AVE LUMBERTON NC 28360</p> <p>3/21 3/28 4/4 4/11 2026</p> <p>STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF JAMES THOMAS BURNS DECEASED FILE NUMBER 26 E 000268-770</p> <p>The undersigned having qualified as Executor, of the Estate of JAMES THOMAS BURNS, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 18th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.</p> <p>This is the 14th day of MARCH 2026.</p> <p>GEORGIANNA F PUGH 307 ANNA ST PEMBROKE NC 28372</p> <p>3/14 3/21 3/28 4/4 2026</p>

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ADVERTISEMENT FOR BIDS

**BATH RENOVATIONS #6085
FAIRMONT HOUSING AUTHORITY
FAIRMONT, NORTH CAROLINA**

Sealed proposals will be received by the FAIRMONT HOUSING AUTHORITY for CAPITAL FUND PROJECT NC 47-50124 and 50125 until 3:00 PM, THURSDAY, APRIL 16, 2026, and immediately thereafter publicly opened and read for the furnishing of labor, material and equipment entering into the Modernization of Project NC 47-1. Scope of work includes, but is not limited to, the following items:

1. Renovations to existing bathrooms, to include new plumbing fixtures, tile, chair rail, accessories, light fixture and exhaust fan. Repair bathroom.
2. All other work as shown on the plans and in the Project Manual.

A Pre-Bid Conference has been scheduled for WEDNESDAY, APRIL 1, 2026 AT 10:00 AM. Meeting will be held at the Fairmont Housing Authority office located at 501 McDaniel Street, Fairmont, NC 28340. A site visit will follow.

Contractors will be able to make on-site visits to see the interior of the apartments on the following additional dates:

- April 7, 8, or 9, 2026 between 10:00 AM – 3:00 PM with advance notice to Maria Floyd, mfloyd@fairmont-housing.com

Questions that arise from the Site Visits are to be directed to the Architect at bids@stognerarchitecture.com.

Complete Bid Documents will be open for inspection in the office of Stogner Architecture (Designer); at the Housing Authority Office; or complete Bid Documents will be available for on-line viewing from the offices of Construct Connect www.constructconnect.com; Dodge Data & Analytics <http://dodgeprojects.construction.com>; The Blue Book www.thebluebook.com; and Construction Journal www.constructionjournal.com.

Complete Bid Documents may be obtained by download from Stogner Architecture, PA. by qualified bidders. For instructions on downloading these documents email bids@stognerarchitecture.com.

Documents may be obtained in printed form from McGee-CADD, 2110 Fort Bragg Road, Suite 100, Fayetteville, NC 28303, Phone (910) 323-9300 and Email mcgee05@mcgee-cadd.com with production costs being paid by the contractor.

All contractors are hereby notified that they must have proper license under the State laws governing their respective trades, whether or not Federal Funding is involved.

Contractors will be responsible to ensure that economic opportunities, to the greatest extent feasible follow Section 3 Requirements 24 CFR Part 135.1 and Section 3 Clause 24 CFR Part 135.38.

The Owner reserves the right to reject any and all bids and to waive informalities.

Maria Floyd, Executive Director
FAIRMONT HOUSING AUTHORITY

Designer: Stogner Architecture, PA
615 E. Broad Avenue
Rockingham, NC 28379
bids@stognerarchitecture.com

**NOTICE OF MEETING OF THE
ROBESON COUNTY BOARD
OF EQUALIZATION AND REVIEW**

Pursuant to N.C.G. S. 105-322 The Robeson County Board of Equalization and Review will meet as required by law.

PURPOSE OF MEETINGS

To hear upon request, any and all citizens who own or control property assessed in Robeson County, with respect to the valuation of such property, or the property of others and to fulfill other duties and responsibilities required by law.

TIME OF MEETINGS

Tuesday April 14th at 9:00 a.m. and Tuesday June 16th at 9:00 a.m. for the purpose of accepting application for appeals. If you wish to appeal your value you will have to contact Tax Administration and file an appeal by June 16th at 9:00 a.m.

PLACE OF MEETINGS

Meetings will be in the Training/Meeting Room 2nd Floor located at the Administration Building, 550 N. Chestnut Street, Lumberton.

In the event it is decided that the Board will adjourn earlier or later than June 16, 2026, notice to that effect will be published.

The schedule for hearing appeals will be posted at the Office of the Tax Administrator and will also be provided to individuals and organizations that have requested notice pursuant to G.S. 143-318.2.

All requests for hearings shall be made in writing to the Board of Equalization and Review or by personal appearance before the Board. Mail written request for hearing to:

Robeson County Tax Administrator's Office
550 N Chestnut Street
Lumberton, North Carolina 28358
(910) 671-3060

Preprinted appeal forms are available in the Tax Administrator's Office

FROM THE FRINGE

Staff report

Locklear records first ace

Brad Locklear made his first hole-in-one while playing Pinecrest Country Club on Sunday, his birthday.

Locklear aced the par-3 12th hole with a 9-iron from 128 yards.

John Haskins Golf Tournament scheduled for April 9

The second annual John Haskins Golf Tournament, to raise money for the UNC Pembroke women's basketball program, will be played on Thursday, April 9 at Pinecrest Country Club.

The tournament is a four-person superball with a 1 p.m. shotgun start. There will be two flights, with prizes in each flight for first and second, and also for closest to the hole on the par 3s and the longest drive.

Entries are \$300 per team or \$75 per individual. The entry fee includes lunch, cart/green fees, one red tee, one

mulligan and range balls.

Sponsorships are also available, ranging from \$100 to \$350.

Checks should be made out to: UNCP Foundation/Women's Basketball. For more info contact John Haskins at 910-734-2476 or jhaskins1958@gmail.com.

Pinecrest Country Club news

John Haskins and Knocky Thorndyke were the championship-flight winners in this week's Pinecrest Senior Shootout with a 64, one stroke over runners-up Johnny Hunt and Tommy Lowry. Larry Piland and Jimmy Dyson won the first flight with a 73, two strokes ahead of Michael Lowry and Ken Clark, who won a scorecard playoff for second place. Closest to the hole winners were Al Wall, John Haskins, Bucky Beasley and Michael Carter.

The next Senior Shootout will be played Thursday with a 9 a.m. shotgun start. The event includes a hot dog lunch and more. Call the pro shop for

more info at 910-738-6541.

Things to do while playing golf that will ensure everyone has a good time: repair ball marks, repair divots, rake sand traps, let faster players thru, get a tee time and be on time.

Food for thought: Getting a tee time will ensure you a place on the course.

A choose-up is played each Monday, Wednesday and Friday with a 1 p.m. tee time.

Fairmont Golf Club news

Byron Beck, Tom Randall, Billy Hoyle and Chris Hill were the winners in this week's Spring Texas Scramble tournament, winning by three strokes over Roy Thompson, Dylan Thompson, Brian Nettles and Jake Greer. The second flight was won by Jeff Tedder, Ronald Hughes, Eddie Tew and Allen Hayes.

Tommy Lowry and James Smith were the winners in this week's Senior Shootout with a one-stroke victory over

Knocky Thorndyke and John Haskins. Ray Lowry and J.D. McGirt were the winners of the second flight with Jeff Dahl and Keith Cox coming in second place. The third flight was won by Tim Moore and Rick Rogers followed by Al Almond and Kirk Hamilton. Jimmy Dyson, Ray Lowry, Greg Dial and Rory McKeithan were closest to the pin winners.

The next Senior Shootout will be played Tuesday with a 10 a.m. shotgun start.

Top scores posted this week include: Bert Thomas with a 69, Robert Clyburn 70, Robert Lawson 70, John Stanley 72, Tommy Davis 72, Mitch Grier 72, Tim Rice 74, Chris Barfield 75, Kevin Davis 76, Mark Madden 76, Jason Rice 76, James Thompson 76, Randy Williamson 76, Gary Wallshock 77, Chris Hawk 78, Butch Lennon 78.

Send all golf news to Chris Stiles at cstiles@robsonian.com.

LEGALS
STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF LINDA SUE BROOKS MARTIN DECEASED FILE NUMBER 25 E 002172-770

The undersigned having qualified as Administrators, of the Estate of LINDA SUE BROOKS MARTIN, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 21st day of MARCH 2026.

JAMES WALTER MARTIN III
208 NORRIS DR
LUMBERTON NC 28358

3/21 3/28 4/4 4/11 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF LIZA BELL TURNER DECEASED FILE NUMBER 26 E 000310-770

The undersigned having qualified as Administrators, of the Estate of LIZA BELL TURNER deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 21st day of MARCH 2026.

DEBRA JEAN HOOKS
55 OAKMOOR LANE
WILLOW SPRING NC 27592

3/21 3/28 4/4 4/11 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF MARGARETTE JACOBS MURRAY AKA MARGARET JACOBS MURRAY DECEASED FILE NUMBER 26 E 000258-770

The undersigned having qualified as Executor, of the Estate of MARGARETTE JACOBS MURRAY, AKA MARGARET JACOBS MURRAY, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 18th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 14th day of MARCH 2026.

DWIGHT MITCHELL MURRAY
241 REO DR
ROWLAND NC 28383

3/14 3/21 3/28 4/4 2026

LEGALS
STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF NELLIE LEWIS LUPO DECEASED FILE NUMBER 25 E 002173-770

The undersigned having qualified as Administrators, of the Estate of NELLIE LEWIS LUPO, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 30th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 28th day of MARCH 2026

CONNIE BARNES
1431 BIRCH DR
SUMMERTON SC 29148

3/28 4/4 4/11 4/18 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF SALLY LOCKLEAR AKA SALLIE LOCKLEAR DECEASED FILE NUMBER 26 E 000163-770

The undersigned having qualified as Administrators, of the Estate of SALLY LOCKLEAR AKA SALLIE LOCKLEAR, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 30th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 28th day of MARCH 2026

CRYSTAL DAWN LOCKLEAR
2715 MARY C ROAD
ST PAULS NC 28384

3/28 4/4 4/11 4/18 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF SHIRLENE HAMMONDS DECEASED FILE NUMBER 26 E 000139-770

The undersigned having qualified as Administrators, of the Estate of SHIRLENE HAMMONDS deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 30th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 28th day of MARCH 2026.

ERIC D HAMMONDS
2698 MT OLIVE CHURCH RD
LUMBERTON NC 28360

3/28 4/4 4/11 4/18 2026

LEGALS
STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF TALMADGE RAY JOHNSON DECEASED FILE NUMBER 25 E 001300-770

The undersigned having qualified as Administrators, of the Estate of TALMADGE RAY JOHNSON, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 1st day of JULY 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 28th day of MARCH 2026

TAMMY JACKSON
718 W BRITT ST
SAINT PAULS NC 28384

3/28 4/4 4/11 4/18 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF TOMMY DORSEY DIAL DECEASED FILE NUMBER: 26 E 000250-770

The undersigned having qualified as Administrators, of the Estate of TOMMY DORSEY DIAL, deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 25th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 21st day of MARCH 2026.

TALMADGE RAY DIAL
2849 HWY 710 N
PEMBROKE NC 28372

3/21 3/28 4/4 4/11 2026

STATE OF NORTH CAROLINA COUNTY OF ROBESON NOTICE TO CREDITORS AND DEBTORS OF VIVIAN HUNT DECEASED FILE NUMBER 22 E 001301-770

The undersigned having qualified as Administrators, of the Estate of VIVIAN HUNT deceased, late of ROBESON COUNTY, this is to notify all persons, firms and corporations having claims against said estate to exhibit them to the undersigned on or before the 30th day of JUNE 2026 or be barred from their recovery. All persons indebted to said estate are asked to please make immediate payment to the undersigned.

This is the 28th day of MARCH 2026.

MARANDA M HUNT
4351 SHANNON ROAD
SHANNON NC 28386

3/28 4/4 4/11 4/18 2026

Help Wanted General
Robeson Community College
Dean of Health Sciences

Robeson Community College is seeking a dynamic and experienced leader to serve as Dean of Health Sciences. This is a unique opportunity to shape the future of healthcare education while leading high-quality academic programs that prepare students for meaningful and in-demand careers in the health sciences field.

For a full listing of requirements, duties, and to apply, visit: www.robeson.edu/hr or contact Human Resources at 910-272-3524.

Closing Date: April 3, 2026

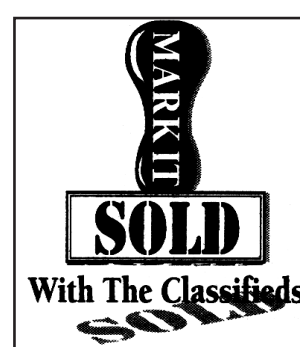
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Special Notices

RE-ADVERTISEMENT: REQUEST FOR PROPOSAL (RFP) FOR NCWORKS CENTER OPERATIONS FOR BLADEN, HOKE, RICHMOND, ROBESON AND SCOTLAND COUNTY

The Lumber River Workforce Development Board is soliciting proposals for the following operations to be funded with Title I (B) of the Workforce Innovation and Opportunity Act (WIOA) for the period of July 1, 2026 through June 30, 2027:

NCWorks Career Center Operations (Bladen, Hoke, Richmond, Robeson & Scotland counties): The primary role is to ensure that services provided through the centers meet the needs of customers (business and job seeker) in an efficient and effective manner. It is critical that one-stop operations are unified with the delivery of WIOA services. In addition, the Operator provides management and oversight of the partnership of agencies that comprises the NCWorks Career Center system.

Questions or requests for RFP packages to be mailed should be directed to Patricia Hammonds (910) 775- 9764 or patricia.hammonds@lrcog.org. Proposal submission deadline will be April 7, 2026 at 12:00 p.m.

Final funding decisions will be made by the Lumber River Workforce Development Board, which reserves the right to consider the most advantageous offers and reject any and all offers. Written notification of operation selection will be provided to each entity submitting a RFP. For more information about Workforce Innovation and Opportunity Act Funded Programs, please reference to www.nccommerce.com.

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Braves baseball rallies to walk off Wingate

Staff report

PEMBROKE — The UNC Pembroke baseball team scored two runs in the bottom of the eighth to tie the game, and then used a walk-off wild pitch in the ninth to take a 10-9 win over No. 15 Wingate in nonconference action Tuesday at Sammy Cox Field.

Branton Jernigan and Morgan Padgett each drove in three runs to pace the offense. Ryan Wells, Taylor Batten and Jarred Lindholm (1-1) combined to blank Wingate over the last four innings, combining for six punchouts.

The Braves (20-9) improved to 55-37 all-time against the Bulldogs (23-8), and have now won 33 of the last 40 matchups against Wingate.

Wingate struck first on first-inning RBI singles

from Tanner McCammon and Jake Courville to take a 2-0 lead.

The Braves answered back in the bottom half as Daniel Stephens led off with a single and eventually came home on Jernigan's RBI single. Padgett drew an RBI hit by pitch to tie the game at 2-2, while Ashton Donathan followed with another hit by pitch to make it 3-2.

Wingate jumped back ahead on a Ben Karpowicz two-run homer to take a 4-3 lead in the third inning.

In the bottom half, Landon Lucas singled and came home on Jernigan's RBI double to tie the game, while Padgett brought home Jernigan with an RBI single to give the Braves a 5-4 lead.

Wingate took the lead in the fourth and extended it to 9-6 on Bowen Powell's two-run double



UNC Pembroke's Jared Lindholm throws a pitch during Tuesday's game against Wingate in Pembroke.

in the sixth.

UNCP cut into the deficit in the seventh as Peyton Young walked, stole second, and came home on Padgett's RBI single to make it 9-7.

J.D. Scarbrough reached on an eighth-inning leadoff single, stole second, and came home on a Wingate error to make it 9-8, while another Wingate error allowed Hayden Davis to

score and tie the game at 9-9.

In the ninth, Donathan reached on a leadoff hit by pitch and advanced 90 feet on Scarbrough's sac bunt coupled with a Wingate error. Stephens singled to left field to load the bases, before Donathan raced home a wild pitch to take the 10-9 win.

Bowen Powell and Jake Courville each had three

hits, and Powell and Ben Karpowicz had three RBIs each, for Wingate.

The Black & Gold was back in action Friday as they welcomed Shorter to town for a Conference Carolinas series. The outcome of the first game was unavailable at press time; the series continues at 1 p.m. Saturday with a doubleheader.

Braves golf finishes 8th at Patsy Rendleman Invitational

Catherine DeSiena carded a 9-over-par score in the final round of action at the Patsy Rendleman Invitational to help the UNC Pembroke golf team finish tied for eighth place on Tuesday afternoon at the Country Club of Salisbury.

DeSiena (25 over) finished in a three-way tie for 15th place and

16 strokes behind Mary-Paige King of Catawba who won the individual tournament. Marta Ortega (32 over) finished in a tie for 25th place, while Maya Fitzgerald (36 over) made a jump on the leaderboard and finished in a tie for 30th place. Ella Woo (39 over) finished in a three-way tie for 34th place, while Melissa Guerra Landa (48 over) rounded out the scoring in in tie for 48th place.

Taylor Black (37 over) who played as an individual, finished the three rounds in a tie for 32nd place.

The Braves will now turn their attention to the Conference Carolinas Tournament set to begin on April 12. The three-day tournament will be played at The Carolina Country Club in Spartanburg, South Carolina.

Byrd

From page 1B

years. That role includes oversight of all external operations, including marketing, strategic communications, ticketing, branding, multimedia rights and digital production. He is also a member of the department's executive leadership team, helping manage key areas within a \$50 million department budget and serving as the sport administrator for men's basketball.

"(Byrd) played a key role in launching a Division-I football program and helping it to transition to the highest level of competition in the FBS, Football Bowl Subdivision," Cummings said. "He understands how to grow a program, not just maintain one, through innovation, through visibility, through vision and through strategic investment. Scott has also set new benchmarks for revenue and fan engagement at UNC Charlotte, strengthening the connection between athletics and the community."

"In the time I've spent with Scott, I've been impressed by his leadership, his authenticity and his ability to build

meaningful relationships," Charlotte athletic director Kevin White said in a statement. "He has a natural way of connecting with people and earning the respect of colleagues across campus, which is critical in today's environment. He's the right leader at the right time and an excellent hire for UNC Pembroke. I'm excited to see the momentum and success he will build under his leadership."

Byrd has also worked in compliance in the athletic departments at N.C. State and Wake Forest, and in financial aid at Central Piedmont Community College. He earned a bachelor's in history from UNC Chapel Hill and a master's in leadership and organizational change from Pfeiffer.

Byrd said that he's felt the weight of UNCP's history while walking across its campus, and is excited to become part of the campus community.

"This institution was born out of a fierce commitment to education and identity," Byrd said. "That Braves spirit isn't just a mascot; it is a legacy of resilience and heritage that belongs to the people of this region, and a diverse student body that calls Pembroke home."

Taking over a program



The four living athletic directors from UNC Pembroke take a group photo after Thursday's press conference introducing Scott Byrd as the school's next athletic director Thursday in Pembroke. Pictured, from left, are Chancellor Robin Cummings, Dan Kenney, Howard Dean, Scott Byrd and Dick Christy.

that has seen consistent success in recent years, Byrd says he will look to build on that success and achieve more.

"Success isn't just a spot on a trophy case," Byrd said. "It's about a culture of championship habits. We will provide our coaches and players with the resources and the relentless support they need to compete for conference titles, and regional titles and, hear me today, national championships."

Joining the program as Christy, who has led the program through that success of recent years, remains actively involved on campus was something that made the job all the more attractive for Byrd, who has previously worked alongside Christy when both were at N.C. State.

"I'm not joking, he's going to be kicking me out of his office quite a bit the first year," Byrd said. "Because the book of things I don't know is pretty long, from the institutional knowledge standpoint and things along those lines. So when I heard this was the transition, it was an attractive thing for me, it really was."

While it is, broadly, relatively unique for an outgoing athletic director to remain in an on-campus role and be so actively available to consult with the incoming athletic director, it's actually been the norm at UNCP, Christy said.

"Since Coach (Howard) Dean we've never had a transition where the AD

you heard Scott say that it's relatively unique. But it's really been the standard here."

Dean was present at Thursday's press conference, and he, Kenney, Christy and Byrd took a photo of the four living UNCP athletic directors, past, present and future.

Byrd comes to UNCP in the midst of an evolving landscape in college athletics, from name, image and likeness (NIL) to the transfer portal and beyond. Navigating that will be one of the key points for Byrd as he assumes his new role in Pembroke.

"I take a very pragmatic approach," Byrd said. "I like to, if we have an opportunity to influence the direction of athletics in a way that takes us to the right spot, I want to

be involved. But I'm also the person who's like, OK, tell me what the rule is, tell me what the directive is, and we'll figure out a way. I'm a problem solver. ... The key is just to be nimble, embrace it and move forward."

Byrd also said that he's seen a strong sense of community at UNCP, and he looks forward to learning more and "tapping into" the community support. This includes a desire to advance the "town, tribe, university" mantra with the relationship between the Town of Pembroke, the Lumbee Tribe and UNCP.

Byrd is married to his wife, Jenny, and they have four children, Matt, Duncan, Everett and Mallory.

Editor Chris Stiles can be reached at 910-416-5847 or by email at cstiles@robesonian.com.



Photos by Jacob Husson | The Robesonian
Scott Byrd, right, receives a jersey from UNC Pembroke Chancellor Robin Cummings, left, during a press conference introducing Byrd as UNC Pembroke's next athletic director held Thursday in Pembroke.

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Lady Braves' Evington, Sinclair earn Academic All-District honors

Staff report

PEMBROKE — Hard work in the classroom and on the court paid dividends for Natalie Evington and Anastasia Sinclair as the duo was named to the College Sports Communicators Academic All-District team on Tuesday.

The announcement marks the fourth consecutive season that the program has had multiple student-athletes honored on the distinguished list. It is the second-straight honor for both Evington and Sinclair.

To be nominated, a student-athlete must start in 66% of the contests or see action in 90% of the total number of games. A student-athlete must have at least a 3.50 cumulative grade point average (on a 4.0 scale) at her current institution. The cumulative grade point average may not be rounded up to 3.50.

A product of Red Springs, Evington saw action in all 28 games logging 18 starts. The junior averaged 9.3 points per game and shot 81.0% from the free-throw line. Evington scored in double-figures in 12 games this season, including a career-high 29 points at Mount Olive. She also broke her own school record for most 3-pointers made in a single game with nine at Mount Olive.

Sinclair played in 21 games tallying 20 starts on the season. A native of Charlotte, Sinclair averaged 8.7 points per game and finished the season with 25 steals. The junior scored in every game she played in, including nine games with double-figure scoring. She had a pair of 20 point games this season scoring a season-best 22 points against Coker, and 20 points at Chowan.



Evington



Sinclair

LATE TUESDAY

Braves softball swept by FMU

Chris Stiles
The Robesonian

PEMBROKE — It was the first inning that made the difference in the first game of Tuesday's doubleheader for the UNC Pembroke softball team, and the last inning of the nightcap. The two games played out quite differently, but with the same outcome: Francis Marion won both, sweeping the Braves to take over first place in the Conference Carolinas East Division.

The Patriots won 6-2 in the doubleheader opener, then came from behind for a 9-4 win in the finale. UNCP (24-12, 11-5 CC) entered the day atop the divisional standings, but No. 19 Francis Marion (28-9, 12-4 CC) passed the Braves with the pair of victories.

Game One

FMU scored four runs in the first inning, with the first coming on a passed ball, the second on a McKenzie Jewell RBI double and the last two on a Paige Strickland two-run triple. UNCP's Alona Hanna doubled in the bottom half of the inning to score Chloe Locklear and Alex Serbio, making it 4-2 at the end of the opening frame, but the Braves wouldn't score again in the contest.

"I would say overall it was more of our situational hitting in the first game," Braves coach Stephanie Graziani said. "We had opportunities for sure, we just couldn't find the timely hit. The defensive errors did not help us whatsoever. ... That's been one of our Achilles heels is just the execution of getting the timely hit with runners on."

The Patriots added single runs in the fourth, on a Mikaela Goss RBI groundout, and the seventh, on a Jenna Walling single to cen-

ter, to extend the lead to 6-2.

But Braves pitcher Summer Bullard (13-6) settled in after first inning, ultimately allowing six runs on nine hits with one strikeout.

"It helped that Summer had a good outing. They're a good-hitting team; you're not going to expect strikeouts and strikeouts, but I thought she did well," Graziani said. "I thought she handled the strike zone well, made those adjustments. That's a good ball team that we just played, so it's always a good challenge."

Walling allowed no earned runs for FMU, with six hits allowed and three strikeouts.

No Braves player had multiple hits in the game; Madalyn White, Jewell and Strickland had two each for FMU, with White and Maddy Golka each scoring twice.

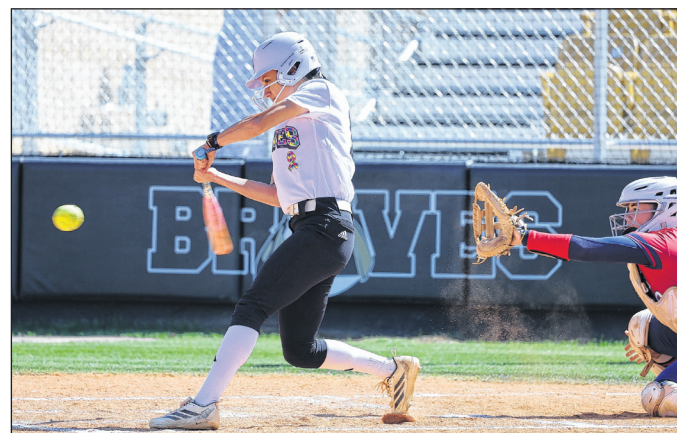
Game Two

The second game was decided late: UNCP took a 4-3 lead after scoring twice in the bottom of the sixth before FMU rebounded with six runs in the seventh to retake the lead at 9-4.

"I think our transition to game two I was very happy with," Graziani said. "We chipped away, we scored little by little, we got the lead, and then we couldn't hold onto it at the end, unfortunately. I do like that we made the adjustments for game two, but at the end we just couldn't hold onto the win."

UNCP's sixth-inning runs came as Emma Wrenn scored on a fielder's choice, with a throwing error allowing Serbio to also score to take the lead.

FMU earned seven hits in the seventh inning, moving the line for six runs to upend the score. A Walling sacrifice fly tied the game at 4-4, then a Jewell single gave FMU a



UNCP Athletics

UNC Pembroke's Alona Hanna puts the ball in play during Wednesday's game against Francis Marion in Pembroke.

5-4 lead; Rylie Webster also singled in a run before a two-RBI double by Paige Strickland made it 8-4 and an RBI single by Kendal Miller stretched the lead to 9-4.

"It came down to us getting three outs and playing good defense," Graziani said. "They'd seen Halona (Sampson) four times at that point, so you toy between pulling or changing up the pitching, if she can hold it down; those are always tough decisions coaches have to make. I think it was just one of those moments where they came through and we couldn't get the three outs."

The Braves went down in order against Walling (19-6) in the ninth, as she completed a day of pitching 14 innings to earn the win in both games. She allowed four unearned runs on four hits with five strikeouts in the nightcap.

Sampson (8-4) was strong through the first six innings for UNCP, ultimately taking the loss after allowing four of the six Patriots runs in the seventh.

FMU led 1-0 in the first, then took a 3-0 lead in the third after RBI hits by Walling and Webster. A Hanna sacrifice fly in the fourth put the Braves on the scoreboard, and they cut the lead

to 3-2 in the fifth when Chloe Locklear went first to third on a passed ball and scored on a fielder's choice.

The Braves were held to four hits, with no player recording more than one. Wrenn and Cirstin Calloway had two each in the doubleheader.

White had two hits and two runs and Strickland had two hits and two RBIs for FMU.

UNCP split a doubleheader with FMU on March 3 in Florence.

UNCP plays Saturday at Mount Olive, looking to rebound and continue the momentum in what has been a strong season to date for the Braves. The team has 16 games left in the regular season, 12 of which will be against conference opponents.

"We've kind of ebb and flowed through the season; we started off really hot, we kind of dialed down a little bit and we're starting to find our groove," Graziani said. "I think the mentality of our girls, they understand where we want to go, what we want to be, and we never want to feel what we felt today again. But I'm very proud of how we're moving this season, and I think we can continue to do some more damage."

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Lifestyles

The Robesonian

Saturday, March 28, 2026 • Section C

THE SKINNY

Puppy love really is the best love

Spring is here and love is in the air. But before you grab your handkerchief or allergy meds, let me clarify what I mean. I'm not talking about romantic infatuation, well, not exactly. I'm literally talking about loving puppies.

Just a couple of weeks ago, my family welcomed a new little fella into our house. We named him Benson, but we call him Benny. He's a cute guy too — part chihuahua and part Corgi, my things.



James Bass
Contributing columnist

We really don't know, or care, we love him just the same. For the handful of you who

read and follow my writing, you might remember that a little over a year ago, I lost one of my best friends, my little dog who unfortunately got killed when he escaped our fenced in yard and found his way into neighborhood traffic. I was very anxious to replace him, but my wife insisted that I remain patient and wait for the right opportunity.

And I did, but it wasn't easy. Frances, from Franny's Friends, one of our local agencies tried to entice me with an adorable dog, but the timing wasn't right. Other friends showed me pictures and told me about puppies they knew about for adoption. But none of them seemed to check off all the boxes.

If you know anything about me, you know that I believe the universe has a way to timing life events just right, and a significant life event fell right into place with a work event. If you came out to Givens Performing Arts Center at UNC Pembroke on March 15 for the show Mutts Gone Nuts, then you were in puppy heaven. It was a fantastic show featuring a cast that included some rescue dogs, trained to perform stunts and tricks. It was truly charming.

For that event, our staff invited representatives from the Robeson County Humane Society, Franny's Friends, and the Robeson County Sheriff Department's Animal Protective Services. As we prepared for the event, I met with representatives from these organizations and quickly learned a lot from them all.

I learned that Robeson County has one of the highest rates of strays, as well as a what Kristin Stowell of the Humane Society called a "shelter

See LOVE | 2C



Lt. Col. Hezzie Green, right, being sworn in during the March 8 change of command ceremony.

Contributed photo | Hezzie Green

Green achieves Lt. Col. rank

Victoria Sanderson
The Robesonian

LUMBERTON — Lumberton-born Hezzie Green achieved the rank of Lieutenant Colonel after over 20 years of service in the Army National Guard on March 8.

Green enlisted in the National Guard in the early 2000's after growing up watching his father serve in the 108th reserve unit in Lumberton.

"I always admired him wearing a uniform," Green said, "and being very disciplined."

Though he always knew he wanted to follow in his father's footsteps, Green didn't let his military ambition stop him from pursuing his creative side as well. Before enlisting, Green began working on his bachelor's degree in animation at the Savannah College of Art and Design (SCAD).

"I took a break (from college)," Green said, "and I enlisted. I started at the very bottom; I was an E1, and went through basic training at Fort Jackson, Florida. And then following that, I did a little bit of active duty with the 824th Quartermaster."

When he returned to his studies after his initial service, Green hoped to use his time in college to work toward a commission through the ROTC unit. However, he ran into a snag: SCAD did not have an ROTC program, but the nearby Georgia Southern University did.

Determined to achieve both goals, Green cross-enrolled in the ROTC program at Georgia Southern.

"I would drive back and forth from SCAD to Armstrong Atlantic," Green said, "which was a satellite campus for Georgia Southern. Doing that tenure allowed me to bring more visibility to SCAD as an opportunity for ROTC cadets."

Green was SCAD's first-ever ROTC graduate, spearheading the school's eventual adoption of an official cross-town partnership with Georgia Southern University for its ROTC students, which now has students finishing the program with each graduating class.

Green also completed his MBA at Florida Inter-

national University with an analytics specialization a few years after completing his bachelor's degree.

For the past 20 years, Green has balanced advancing his military career with his civilian life, where he serves as the North Florida regional manager of visual media operations for CoStar.

"The experience I've gained in the civilian sector directly complements my military leadership," Green said. "The military is very document-heavy. With my visual skills, I can draw something to articulate what the commander's vision is and help envision how to problem solve."

His military experience has also enhanced his civilian job similarly. The leadership skills and confidence the military instilled in him translate well to his role at CoStar. While his life is quite busy, Green attributes his ability to juggle two demanding careers to his roots, watching his parents work to make a difference in their community.



Green



Lt. Col. Hezzie Green, right, being sworn in during the March 8 change of command ceremony.

Contributed photo | Hezzie Green

On March 8, Green was promoted to Lieutenant Colonel and officially assumed command of the 51st Military Police Battalion, which is based in South Carolina. The battalion has a history going back to the Revolutionary War, including participation in the defense of Charleston and Savannah.

"This represents years of commitment, sacrifice, and growth alongside the

soldiers and leaders I've had the privilege to serve with," Green said. "More importantly, it reflects the trust placed in me by our nation and carries an increased responsibility to lead at a higher level, to take care of Soldiers and their families, and to ensure the continued readiness and success of the organization."

Contact Victoria Sanderson at vsanderson@robsonian.com.

Forever Motown, Wizard of Oz on Ice coming to GPAC

Staff report

PEMBROKE — Forever Motown, an all-star celebration of the golden age of R&B, is coming to the Givens Performing Arts Center (GPAC) at UNC Pembroke on April 24 at 7:30 p.m. The show features an all-star live band, including former lead singers of The Temptations, The Spinners and The Marvelettes.

Tickets range from \$39 to \$49 for adults.

G.C. Cameron appeared on The Spinners' first big hit, 1970s "It's a Shame," co-written and produced by Stevie Wonder. Cameron is also known for his rendition of "It's So Hard to Say Goodbye to Yesterday," which was featured on the soundtrack of the 1975 movie Coolie High

and subsequently remade by Boyz II Men in the early '90s. The Spinners were inducted into the Rock & Roll Hall of Fame in 2023.

Glenn Carl Leonard was the first tenor and lead singer of The Temptations from 1975 to 1983, performing on songs like "I'm on Fire," "Go for It," "The Best of Both Worlds," "Open Their Eyes," "Ever Ready Love" and the classic Christmas song "Silent Night" from The Temptations' Give Love at Christmas LP. In 1982, he joined The Temptations Reunion Tour, leaving the following year to enter full-time ministry.

Traci Robinson-Greene has appeared in theatre, film and television, including School Daze, Malcolm X, The Cosby

Show, David Letterman Show and the eight-time Tony-nominated Broadway hit, Sophisticated Ladies. Fulfilling a lifelong dream, she became the lead singer of the Marvelettes in 1991.

For tickets and the full season lineup, visit www.uncp.edu/gpac or call 910-521-6361. Don't forget to check out the Act I Diner's pre-show dinner options for select performances.

Wizard of Oz on Ice
Experience the enchantment of a classic tale brought to life like you've never seen it before with stunning choreography, vibrant costumes and state-of-the-art special effects. Your favorite characters are coming to the Givens Performing Arts Center (GPAC) at UNC Pembroke on April 30 for

The Wizard of Oz on Ice.

The show starts at 7:30 p.m. Tickets range from \$36 to \$45 for adults and \$20 for children. Featuring Olympic gold medalists and Cirque du Soleil skaters, The Wizard of Oz on Ice is a dazzling show for all ages. From the moment the curtain rises, the audience is transported to the whimsical world of Oz. But the magic doesn't stop there — The Wizard of Oz on Ice is an interactive experience, immersing the audience in a jaw-dropping adventure.

Join Dorothy, the Scarecrow, the Tin Man and the Cowardly Lion as they glide across the stage on a magical journey through the Land of Oz. This reimagined show brings L. Frank Baum's timeless tale to

life in an entirely new and exciting way. Whether you're revisiting the story or discovering it for the first time, this is a show that promises to leave you amazed.

From the visionary team behind critically acclaimed ice spectacles like Peter Pan on Ice, Cinderella on Ice and Beauty & The Beast on Ice comes a fresh and exhilarating reimagining of the timeless story. This all-new production promises to astound audiences with exhilarating storytelling, enchanting both the young and the young at heart.

For tickets, visit uncp.edu/gpac or call 910-521-6361.

Don't miss this unforgettable experience that will leave your audiences spellbound. Reserve your seats today.

COMMUNITY CALENDAR

EDITOR'S NOTE: Send your Community Calendar items to Editor Chris Stiles at cstiles@robsonian.com.

Border Belt Horseman Association Event, 9 a.m., March 28:

The Southeastern NC Agricultural Event Center is hosting the Border Belt Horseman Association Show. Our mission is to bring riders of all ages, skill levels, and disciplines together to develop their skill sets and love for these animals. We instill a culture of positive reinforcement and the desire to help each and every rider. Negative Coggins is required.

FIRST Robotics, 10 a.m., March 28: FIRST Robotics has scheduled the exciting competitions again on UNCP's campus!

Lumbee Wild Game Festival, 11 a.m. to 9 p.m., March 28:

Mark your calendar for the Lumbee Tribe of North Carolina's Wild Game Festival coming up on Saturday, March 28, 2026, at the Lumbee Tribe Cultural Center. The day will kick off at 11:00 am with a Wild Game Dinner featuring many of your Lumbee favorites, including quail, deer, duck, fish, rabbit, turkey, bison and much more. From 1 pm to 5 pm, there will be a Community Powwow. Then, in the evening, sit back and relax from 6 pm to 9 pm with a Bonfire and Traditional Social Dancing.

Mardi Gras at the Museum, 10 a.m. to 12:30 p.m., March 28:

Join the fun at Exploration Station for Exhibit play, crafts and a special parade. Member fee is \$7.00, and non-member fee is \$10.00. Children under 12 months are admitted free of charge.

Spring Market Market, 11 a.m. to 7:30 p.m., March 31:

The Spring Market at Campbelton Grove is an exciting place to meet vendors and select those special gifts and items to update your home for the Spring and Summer Seasons. Shop from 11:00 a.m. to 6:00 p.m. You are also invited to Campbelton Grove to enjoy an outdoor painting experience. Paint water lilies by the water! Fresh air, fresh pain, fresh idea, yielding a fresh painting! The class is scheduled from 6:00 p.m. to 7:30 p.m. Enjoy!

In Ya Faith Ministries Easter Egg Hunt, 11 a.m. to 4 p.m., April 4:

The In Ya Faith Ministries nonprofit is hosting an easter egg hunt for the children of Robeson County at Cukaberry Farms in Fairmont. Alongside the egg hunt, the event will have live entertainment, food trucks and various local vendors.

My Time to Shine, 7 p.m., April 11: The very popular and competitive competition, held at the Carolina Civic Center in downtown Lumberton, will feature approximately 20 contestants competing in all categories of talent, from singing and dancing to instrumental and more. The winner of this year's competition will receive a \$1,000 cash prize, with second place receiving \$500 and third place \$250. Additionally, a People's Choice Award will be chosen based on ticket sales for each contestant and donations made during purchase checkout.

Friends of Main Street Presents Tonya Holy Elk, 3 p.m., May 3:

Tonya Holy Elk and her son, Lakoda John will share poetry and music on Sunday, May 3, at 3 p.m. at The Kinship NC, 304 North Elm Street, Lumberton. This is an event of Stories and Sounds Downtown, funded through the NC Arts Council Grassroots funds coming to the Robeson County Arts Council.

ONGOING

Children's Storytime — Lumberton, 10:30-11:00 a.m. on Tuesdays and Fridays, Robeson County Public Library, 101 N. Chestnut St., Lumberton.

Children's Storytime — Pembroke, 10:30-11:30 a.m. on the third Wednesday of the month at the Pembroke Library, 413 Blaine St, Pembroke.

Music, Rhymes, and Storytime, 10:30-11:30 a.m. on the third Thursday of each month, Robeson County Public Library, 101 N. Chestnut St., Lumberton.

Children's Storytime — Red Springs, 10:30-11:30 a.m. on the third Friday of each month at McMillan Memorial Library, Red Springs.

Children's Storytime — Fairmont, 4:30-5:30 p.m., on the fourth Tuesday of each month, at the Hector MacLean Library, 106 S. Main St., Fairmont.

Children's Storytime — St. Pauls, 10:30-11:30 a.m., on the fourth Wednesday at the Annie H McEachern Library, 223 W. Broad St, St Pauls.

Farmers Market: Wednesdays, 3 p.m. to 6 p.m.: On Wednesdays, the Robeson County Farmers Market features vegetables grown in Robeson County and neighboring counties. Local craft vendors are welcome additions to the market, and we encourage you to take the time to get to know them. The market is open every Wednesday from 7 a.m. to noon and on Saturdays through November, or until vendors sell out.

PET OF THE WEEK



Brittany is such a funny girl. She loves sleeping under her blanket. Apply to adopt Brittany on the AnimalsFirst website link located at the top of the Robeson County Animal Shelter's webpage. Visit Brittany at the Robeson County Animal Shelter at 255 Landfill Road in St. Pauls or call 910-865-2200.

Smith wins Beta Nu's Talent Hunt competition

Staff report

LAURINBURG — Shania Smith, of Carthage, a sophomore student at Union Pines High School, was selected as the Talent Hunt winner of Beta Nu Chapter of Omega Psi Phi Fraternity recently at the selection process held at Bright Hopewell Baptist Church in Laurinburg.

Shania Smith was selected on the basis of her performance on the viola. She is an honor student also with a grade point 4.27, and she is a member of the Moore County Orchestra in Pinehurst, and has also been selected for early college program.

Beta Nu Chapter covers Robeson, Scotland, Hoke, and Moore Counties. Montrey McLaurin, ROTC instructor at Lumberton High School is president of the chapter. Omega Psi Phi Fraternity was founded November 17, 1911 on the campus of Howard University in Washington, D.C.



Contributed photo | Omega Psi Phi Shania Smith, center, was selected as the Talent Hunt winner of Beta Nu Chapter of Omega Psi Phi Fraternity. She is pictured with Douglas McMillan, left, and Larkin King, right, of the Beta Nu Chapter; Bishop McDuffie, who was also on the selection committee, is not pictured.

Love

From page 1C

crisis." I found out from Kristin that one of the biggest problems they experience is mismatching pets and owners. Basically, what she meant is that people pick their pets sometimes for the wrong reasons. For example, a puppy may be really adorable, but the breed may be highly energetic, so someone looking for a lapdog might not be making the best fit if they adopt a Jack Russel Terrier.

Lukess Holman, RCSO sergeant in charge of Animal Protective Services shared stories with me about some of the animals they have rescued. We're not just talking about dogs and cats, either. Holman told me owls and hawks are among some of the animals they've helped. He was also informative about

their facility, which has been under the Sheriff's Office's guidance since 2023.

Since then, the shelter has been renovated and now includes a turfed area where families can come out during their business hours and pet and play with the animals there.

I was surprised to learn so much information. Marion Thompson spoke to the Lumberton Rotary Club later that week and shared information about voucher programs, as well as the need for donations of food and pet supplies. Mrs. Thompson was also one of my high school teachers, and she still gives me great advice, and I was excited to tell her that I learned about "fostering."

As it happens, my little Benny came to me through fostering. Adoptions are just that — you fill out some paperwork, and if you meet

all the criteria, you can adopt a pet. Fostering is when families take in an animal and actively seek to find a new home for it. As mentioned before, there is a shelter crisis in our county, so fostering helps relieve a little of that burden.

While volunteering at Rumba on the Lumber, Gayle, one of my neighbors pulled me aside and showed me pictures of cute little Benson, who is just four months old, and full of both energy and love. Admittedly, it was love at first sight for me, but the ones who would make the decision would be my daughters. You know how that goes... once my girls voice their approval, mom is usually a shoo in. My strategy worked.

Gayle brought the little guy down to visit us and within hours, my family unanimously agreed that he should join

our family. I think we made a great decision, even though I get an occasional text from my wife letting me know that "my" puppy wants to play and isn't letting her get her work done. Sorry, I can't help the cuteness factor.

Mutts Gone Nuts provided a perfect opportunity for some of our adoption shelters to meet folks in the community, share information about their programs, and network with others whose mission is rescuing animals. For me, that whole week was a blessing. I learned more about fostering, adoptions, and the needs of our local organizations.

The best part of it all was the puppy love I got to experience, both in my community and in my home.

James Bass is the director of the Givens Performing Arts Center. Reach him at james.bass@uncp.edu.

SUDOKU

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

Fun By The Numbers

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

Level: Advanced

Here's How It Works:

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

PUZZLES & GAMES

CRYPTO FUN

Solve the code to discover words related to the brain. Each number corresponds to a letter. (Hint: 22 = E)

A. 2 16 4 9 14 19 14 8 22
Clue: Related to thinking

B. 24 22 23 15 19 24
Clue: Well-being

C. 12 11 23 14 9
Clue: Center of intellectual activity

D. 9 22 11 8 22 25
Clue: Carry messages

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the brain.

LMATNE

Answer: Mental

GUESS WHO?

I am a singer born in New York on March 28, 1986. I attended school at the Convent of the Sacred Heart. Since releasing my debut album in 2008, I have won multiple Grammy Awards and have been known for my fashion stunts and army of "little monsters." My stage name is a nod to a Queen song.

Answer: Lady Gaga

WORD SCRAMBLE

Rearrange the letters in the word to spell something pertaining to Thanksgiving.

E G B O B L

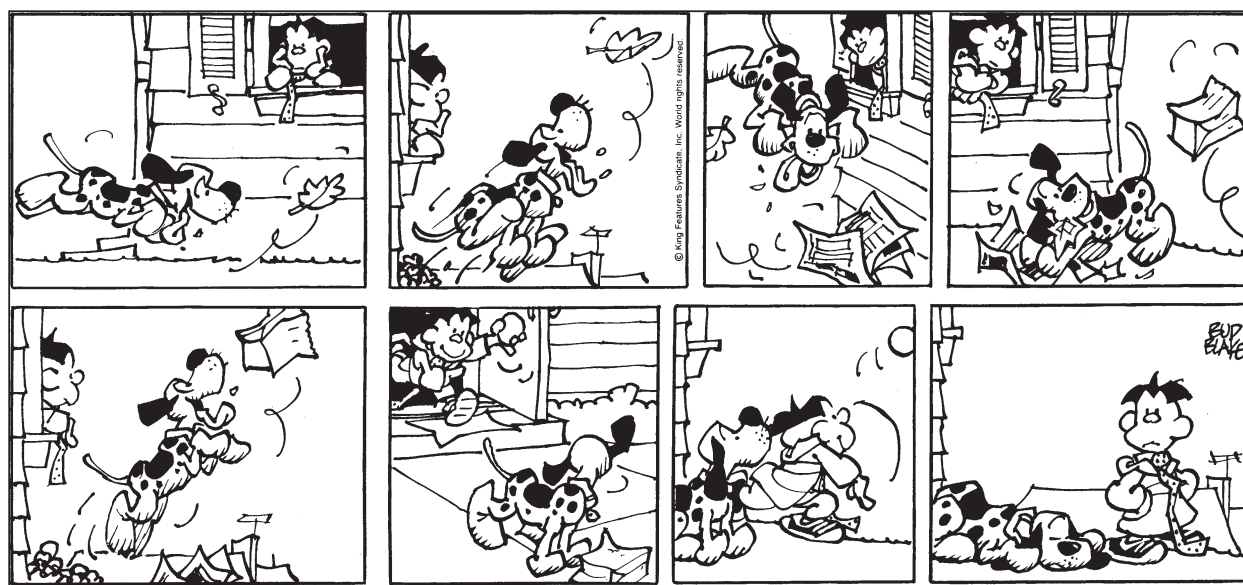
Answer: Gobble

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

SUDOKU ANSWER

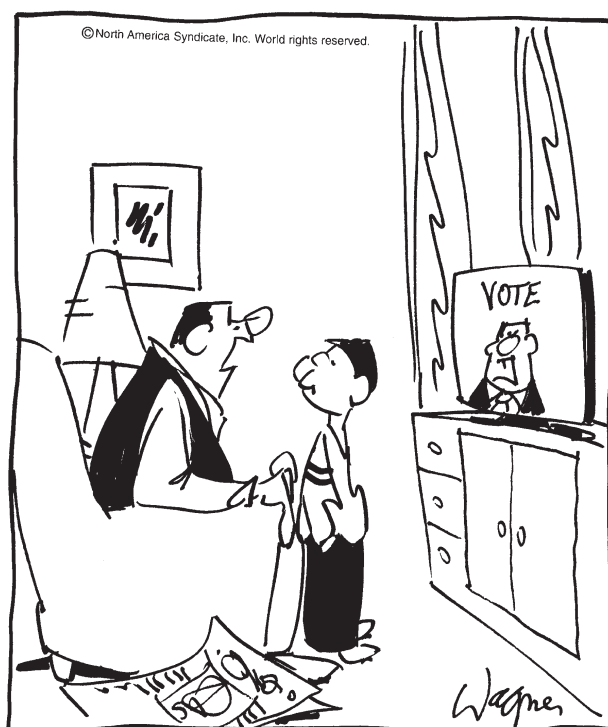
TIGER

By Bud Blake



GRIN AND BEAR IT

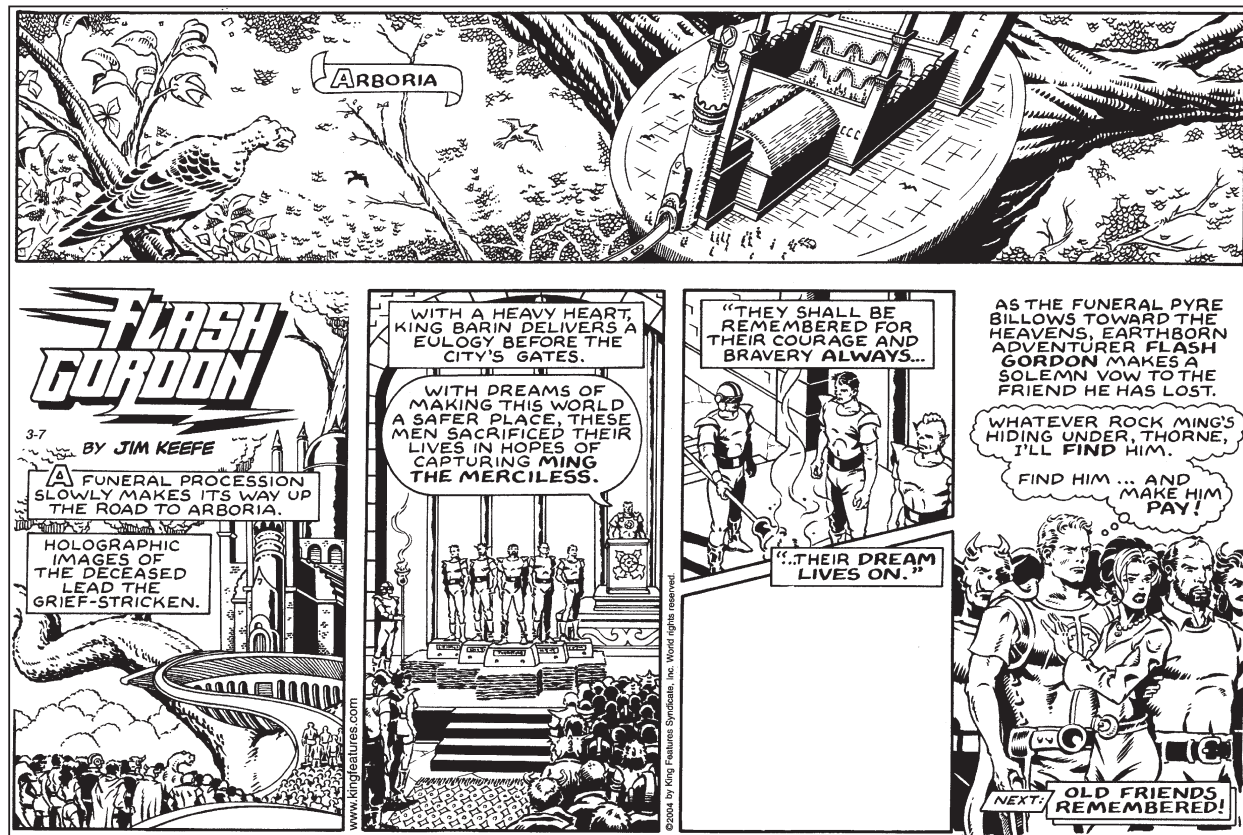
By Wagner



"We have April Fools' Day to tell lies. ... The politicians have the rest of the year."

FLASH GORDON

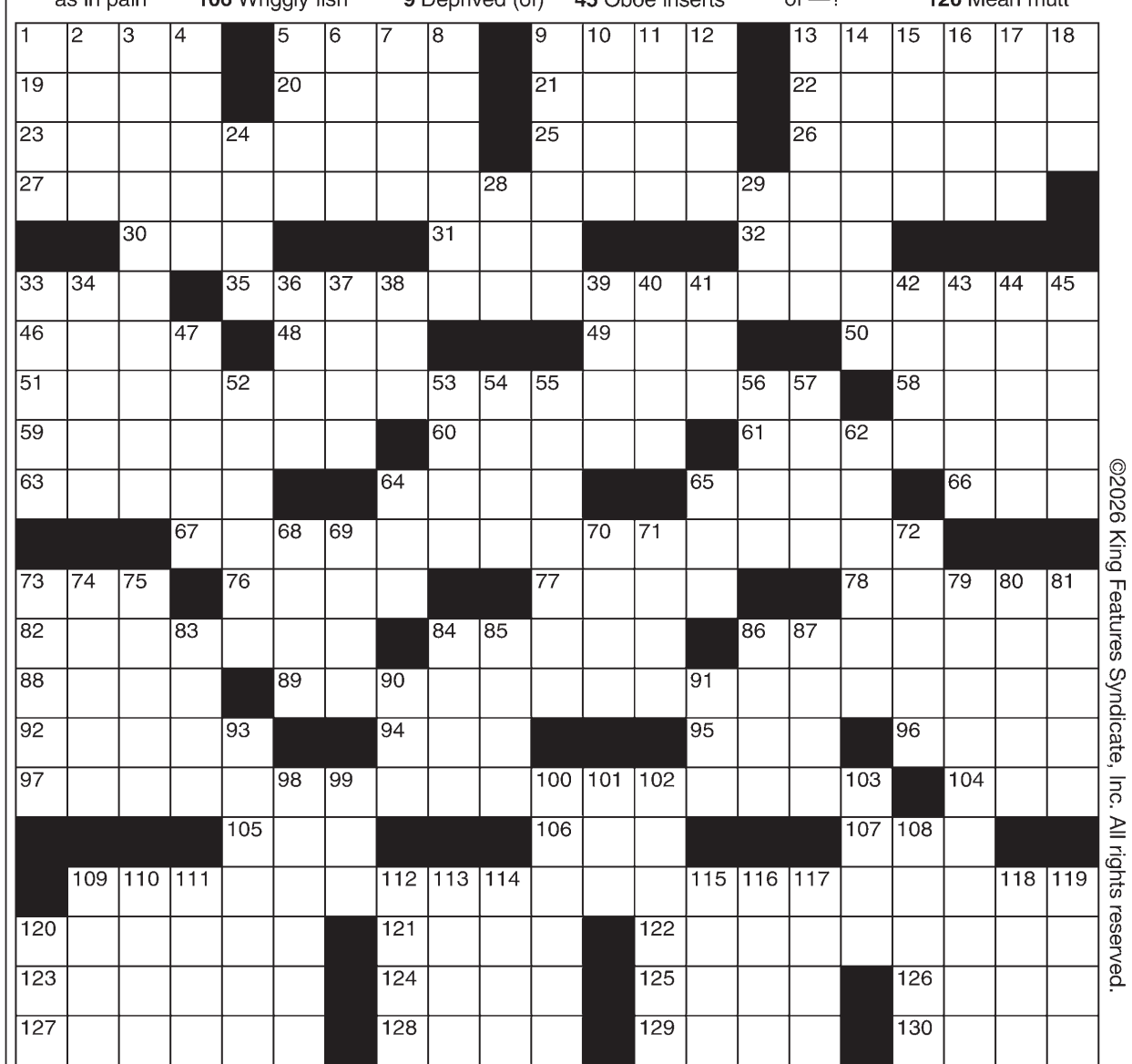
By Jim Keefe



FEAR & KNIGHT crossword puzzle by rj johnson. Includes a grid and a list of words to unscramble.

Super Crossword MEAGER MEAL

- ACROSS: 1 Colon's meaning in analogies, 5 Casino IOU, 9 Honcho, 13 Fruits to bob for, 19 Flow slowly, 20 Jay of jest, 21 Sinful, 22 Artist Monet, 23 Free, 25 - avis (unusual thing), 26 Ottawa's land, 27 Start of a riddle, 30 By means of, 31 Response to a punch, 32 Clunker, 33 State whose cap. is Boise, 35 Riddle, part 2, 46 Touch-me- (explosive plants), 48 Cellphone game, often, 49 - Trapp family, 50 Stable animal, 51 Riddle, part 3, 58 Locality, 59 Squirms, as in pain, 60 Film critic Roger, 61 Propelled a bicycle, 63 Acting prize, 64 Made a run for it, 65 - extra cost, 66 The, in Paris, 67 Riddle, part 4, 73 Pool length, 76 "Jeepers!", 77 Margarine, quaintly, 78 - salts, 82 Vocalist with the 2018 hits "Boo'd Up" and "Trip", 84 Lyric poets, 86 Sweet wine of Portugal, 88 Map out, 89 Riddle, part 5, 92 Gobble down, 94 Big Brit. lexicon, 95 Tooth doctor's org., 96 Auth., unknown, 97 End of the riddle, 104 British verb suffix, 105 Toward a boat's back, 106 Wiggly fish, 107 Klutzy type, 109 Riddle's answer, 120 Regain a conscious state, 121 Challenge, 122 Fitness club machine, 123 Consolidator, 124 Iran's home, 125 "Jeepers!", 126 Around, 127 Go to bed, 128 Comply with, 129 Lone, 130 Novelist Jennifer, DOWN: 1 Caesar's "vidi," translated, 2 "Late Night" host Meyers, 3 Able to read minds, 4 Express a view, 5 Musical staff symbol, 6 One who saves the day, 7 Wild about, 8 Pomeranian, e.g., 9 Deprived (of), 10 Egg-shaped, 11 Assistant on iPhones, 12 Pomeranian, e.g., 13 Accumulate, as interest, 14 Modeling compound for kids, 15 Twinge of guilt, e.g., 16 Oahu feast, 17 Water whirl, 18 Briny body, 24 Sharp remark, 28 Cry of Homer Simpson, 29 Actor Byrnes or fielder Roush, 33 Halved, 34 Entryways, 36 Go very fast, 37 Numbered musical work, 38 FedEx rival, 39 State firmly, 40 Variety, 41 Like most musical works with five sharps, 42 Civil rights figure Parks, 43 Dentist's tool, 44 Lauder of cosmetics, 45 Oboe inserts, 47 Occupy, as a table, 52 Morel or enoki, informally, 53 Narrate, 54 Comply with, 55 City that's home to Tufts University, 56 As far as, 57 Carnival shelter, 62 End of a college's URL, 64 Go very fast, 65 Earlier, 68 Language of Bangkok, 69 Infamous ldi, 70 Ye - Shoppe, 71 Relaxation, 72 Met offering, 73 Cartoon, 74 Islamic God, 75 "Oro y -" (Montana's motto), 79 Representing, 80 Often-twisted cookies, 81 French river or department, 83 "... some kind of -?", 84 Ran in the wash, 85 Q7 or A8 carmaker, 86 Lead-in to care or gap, in health care, 87 Impose - on (illegalize), 90 Gear tooth, 91 Owms, 93 Book of hymns, 98 From the distant past, 99 High degree, 100 Conquer, 101 That gal, 102 A-list groups, 103 Yummy, 108 Apt first name for a general?, 109 Actress Skye, 110 Leave off, 111 - pot (congestion clearer), 112 Cain's father, 113 Flower jar, 114 Lake abutting Ohio, 115 Thus, 116 Close tightly, 117 Lose vibrancy, 118 Spanish pot, 119 - Bator, Mongolia, 120 Mean mutt



MAGIC MAZE WORDS WITH BIRDS. Includes a maze and a list of words to find within it.

GO FIGURE! A grid with arithmetic signs and numbers to solve.

Today's Solutions. A grid showing the answers to the crossword puzzle.

HEALTH FAQ

Understanding blood clots

Rohit Masih, MD & Hiten Patel, MD
UNC Health Southeastern

Venous thromboembolism refers to blood clots that form in the veins. It includes two related conditions: deep vein thrombosis and pulmonary embolism. A deep vein thrombosis occurs when a blood clot forms in a deep vein, usually in the legs. A pulmonary embolism occurs when part of that clot breaks off and travels to the lungs, blocking blood flow. Venous thromboembolism is considered serious because pulmonary embolism can be life-threatening, if not recognized and treated quickly.

How common is venous thromboembolism?

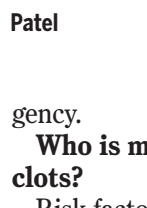
In the United States, it is estimated that up to 900,000 people develop venous thromboembolism each year, and many deaths are related to complications of pulmonary embolism. It is one of the leading causes of preventable deaths in hospitals.



Masih

What are the warning signs of deep vein thrombosis/pulmonary embolism?

Common symptoms include swelling in one leg, leg pain or tenderness, warmth in the affected area and red or discolored skin. Sudden leg swelling or pain should prompt medical evaluation. Symptoms of pulmonary embolism may include sudden shortness of breath, chest pain, rapid heart rate, lightheadedness or fainting and coughing (sometimes with blood). Sudden shortness of breath or chest pain should be treated as a medical emergency.



Patel

Who is most at risk for developing blood clots?

Risk factors include surgery or hospitalization, cancer, pregnancy or the postpartum period, long travel or immobility, hormonal therapy, smoking, obesity, prior history of blood clots or anyone with a condition that predisposes them to hypercoagulability, a state where the blood has a higher propensity to clot.

What steps can people take to reduce the risk of blood clots?

Stay active, move frequently during long travel, stay hydrated, maintain a healthy weight, use compression stockings when recommended and follow medical advice regarding preventive blood thinners in high-risk situations.

How are blood clots diagnosed?

Doctors use symptoms, examination and imaging tests such as ultrasound for deep vein thrombosis and CT for pulmonary embolism. Blood tests and an electrocardiogram may also help aid in the diagnosis.

How are deep vein thrombosis and pulmonary embolism treated?

The main treatment is anticoagulation therapy, commonly known as blood thinners. Treatment typically lasts at least three months, though the duration depends on the underlying cause and patient risk factors.

Why is awareness of venous thromboembolism important?

Awareness saves lives. Recognizing symptoms early and seeking prompt medical care can prevent serious complications and death. Some important things to remember are that leg swelling is not always a blood clot, but sudden one-sided swelling should be evaluated; regular exercise helps reduce clot risk; some blood clots are hereditary; and blood clots can recur. Blood clots are common but often preventable and recognizing symptoms early can save lives.

Rohit Masih, MD, is a cardiology fellow with UNC Health Southeastern. Hiten Patel, MD is an interventional cardiologist and endovascular specialist as well as the program director for UNC Health Southeastern's Cardiovascular Diseases Fellowship Program. In addition to offering services you'd expect from a community healthcare system, UNC Health Southeastern provides a number of specialized services that are unique to our system and not available anywhere else in the region. To schedule an appointment, call our referral line at 984-974-CARE. To learn more, visit UNCHHealthSE.org. To submit questions for consideration for a Frequently Asked Questions article, email unchsoutheasterninfo@unchealth.unc.edu.

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The Clinic at Brisson Drugs to change ownership

Amanda Crabtree
For The Robesonian

ST. PAULS — UNC Health Southeastern, in partnership with UNC Health Medical Group, announce the transition of ownership and management of The Clinic at Brisson Drugs to Brisson Drugs owner Joe Williams, Pharm.D.

“The clinic originally opened in July 2019 as a partnership with UNC Health Southeastern and Brisson Drugs,” said UNC Health Southeastern President and CEO Chris Ellington. “Joe

Williams shares our mutual desire to serve the communities where we live and transitioning this service to local ownership is outstanding. We are pleased that Joe has decided to adopt this service into his existing business model and continue to provide same day healthcare services to the St. Pauls community.”

Williams owns several pharmacy locations throughout the region; however, the

St. Pauls location is the only one that offers a health clinic within the pharmacy.

“This model offers a level of convenience for our patients that we felt was important to continue,” said Williams. “We are excited to partner with Family Nurse Practitioner Matthew Herring as we expand the clinic’s services.

While we will continue to treat minor acute conditions in a convenient, same-day setting similar to an urgent

care, our focus is also shifting toward providing comprehensive primary care. This allows us to offer continuity of care so patients can not only address immediate health concerns, but also establish long-term relationships centered on preventive care and overall wellness.”

The clinic is located at 217 West Broad Street in St. Pauls. To learn more, call 910-241-3078.

Amanda L. Crabtree is the director of marketing & public relations at UNC Health Southeastern. Reach her by email at amanda.crabtree@unchealth.unc.edu.



Williams

Protecting yourself in allergy season

Kenya Hunter
Associated Press

ATLANTA — Allergy season can be miserable for tens of millions of Americans when trees, grass, and other pollens cause runny noses, itchy eyes, coughing and sneezing.

Where you live, what you're allergic to and your lifestyle can make a big difference when it comes to the severity of your allergies. Experts say climate change is leading to longer and more intense allergy seasons, but also point out that treatments for seasonal allergies have become more effective over the last decade.

Here are some tips from experts to keep allergy symptoms at bay — maybe even enough to allow you to enjoy the outdoors.

Here's how to track pollen levels

Pollen trackers can help you decide when to go outside. The American Academy of Allergy Asthma and Immunology tracks levels through a network of counting stations across the U.S. Counts are available at its website and via email.

The first step is to try to avoid pollen altogether

The best and first step to controlling allergies is avoiding exposure. Keep the windows in your car and your home closed, even when it's nice outside.



Jae C. Hong | AP File Photo

Elena Ivanov, visiting from San Jose, Calif., walks across a field covered with blooming poppies near the Antelope Valley California Poppy Reserve in Lancaster, Calif., on March 30, 2022.

If you go outside, wearing long sleeves can keep pollen off your skin to help ward off allergic reactions, said Dr. James Baker, an allergist at the University of Michigan. It also provides some sun protection, he added.

When you get home, change your clothes and shower daily to ensure all the pollen is off of you — including your hair. If you can't wash your hair every day, try covering it when you go outside with a hat or scarf. Don't get in the bed with your outside clothes on, because the pollen will follow.

It's also useful to rinse your eyes and nose with saline to remove any pollen, experts said. And the same masks that got us through the pandemic can protect

you from allergies — though they won't help with eye symptoms.

How to relieve allergy symptoms

Over-the-counter nasal sprays are among the most effective treatments for seasonal allergies, experts said.

But patients often use them incorrectly, irritating parts of the nose, said Dr. Kathleen May, an allergist at Augusta University in Georgia. She suggested angling the nozzle outward toward your ear rather than sticking it straight up your nose.

Over-the-counter allergy pills like Claritin, Allegra and Zyrtec are helpful, but may not be as effective as quickly since they're taken by mouth, experts said.

If your allergy symptoms

are impacting your quality of life, like causing you to lose sleep or loose focus at work or school, it might be time to consider making an appointment with an allergist. There are medications that can train your immune system not to overreact to allergens.

Some remedies for allergy relief that have been circulating on social media or suggested by celebrities — like incorporating local honey into your diet to expose yourself to pollen — have been debunked.

Dr. Shyam Joshi, an allergist at Oregon Health and Science University, said that's because the flowers that bees pollinate typically don't contain the airborne pollen that causes allergy symptoms.

HEALTH FAQ

Screening guidelines: March is Colorectal Cancer Awareness Month

According to the American Cancer Society, colorectal cancer is one of the leading causes of cancer in men and women. Colorectal cancer is preventable and screening can reduce mortality. Screening is the best way to do that. It is very important you know your risk!

Who is at average risk?

- A personal history of colorectal cancer or certain types of polyps
- A family history of colorectal cancer or polyps.
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A confirmed or suspected hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (hereditary non-polyposis colon cancer or HNPCC)
- A personal history of getting radiation to the abdomen (belly) or pelvic area to treat a prior cancer.

Average risk patients can use any of the recommended colorectal tests.

What are screening recommendations if you are

increased or high risk?

People at increased or high risk of colorectal cancer might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests. This includes people with:

- A strong family history of colorectal cancer or certain types of polyps
- A personal history of colorectal cancer or certain types of polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A known family history of a hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC)
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer

Increased or high-risk patients are strongly advised to use colonoscopy for their screening.

What are the tools available for colorectal cancer screening?

- Endoscopy-based test:
 1. Colonoscopy (the whole colon and rectum) every 10 years if negative
 2. Sigmoidoscopy (30-40 inches into colon) every five years if negative
 - Stool-based test:
 1. FIT/FOAG stool Test every year if negative.
 2. DNA/FIT stool test – Cologuard every three years if negative
 - Blood-based test:
 1. Shield test – mainly tests for colorectal cancer
 2. Radiology-based test:
 1. Virtual (CT) colonography every five years
 2. Barium enema every five years
- The capsule colonoscopy is only for patients with incomplete colonoscopy.
- Colonoscopy is recognized as the gold standard. However, getting any of the above tests is better than no test at all. Remember our goal is



Kwadwo Agyei-Gyamfi, MD
UNC Health Southeastern

getting 80% of our community to start screening by the age of 45.

Why do I prefer colonoscopy over the other test?

Colonoscopy is the only procedure that can prevent colon cancer. You would not want to wait to have colorectal cancer before detecting it. If any of the other screening tests are positive, colonoscopy will need to be performed.

What are some recommendations for screening?

1. If you have history of colon polyps or colon cancer, or if you have symptoms, don't get a Cologuard or shield (blood) test.
2. Get your follow-up screening test when it is time.

Remember, colorectal cancer is preventable and can be detected early enough to save your life. Don't be afraid to get screened, which could cause you to wait and develop colorectal cancer. Be proactive.

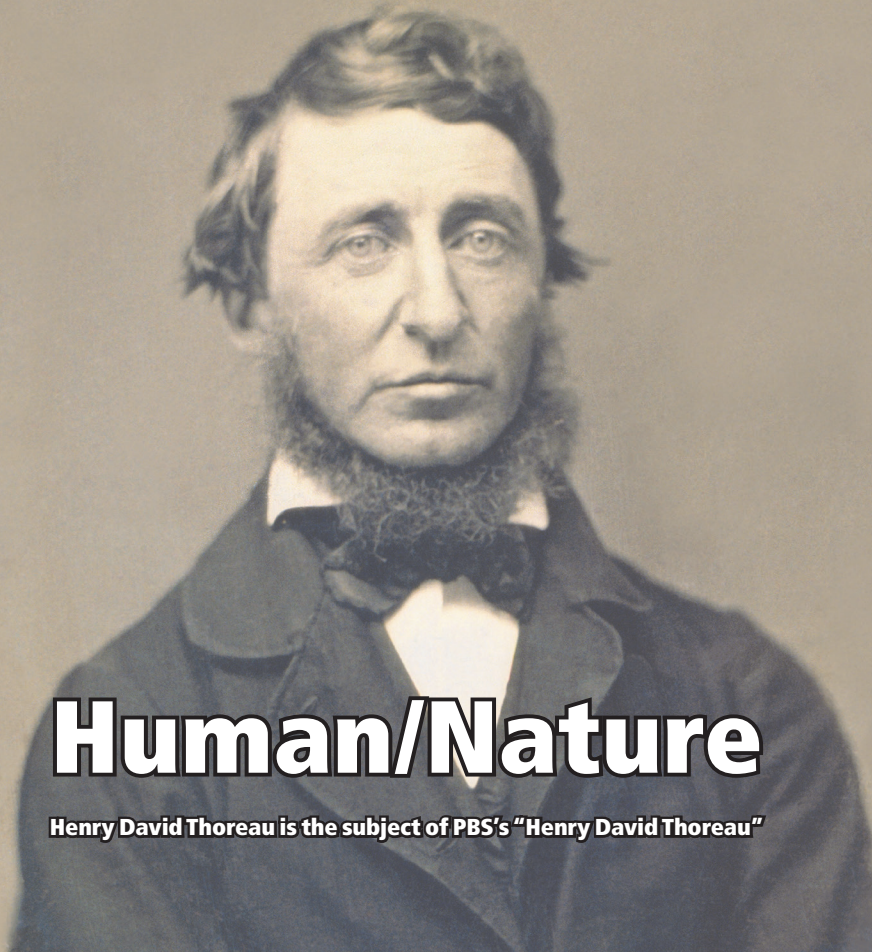
Gastroenterologist Dr. Kwadwo Agyei-Gyamfi is affiliated in private practice with Acme Medical Specialties in Lumberton and is a member of the UNC Health Southeastern Medical Staff.

THE
ROBESONIAN
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Human/Nature

Henry David Thoreau is the subject of PBS's "Henry David Thoreau"

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"Henry David Thoreau," a three-hour, three-part documentary chronicling the life, works and legacy of the eponymous naturalist and essayist, premieres Monday, March 30, on PBS. Completing its first on-air run the following day (March 31), the film promises to "draw ... on a rich collection of archival materials, newly filmed cinematography ... and interviews with scholars, writers and environmentalists" to detail the lasting legacy of the "Walden" and "Civil Disobedience" author.

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A Thoreau history: PBS, Burns release star-studded documentary

By Dana Simpson
TV Media

In 1981, documentarian Ken Burns collaborated with PBS for the first time, creating what would become the Oscar-nominated film "Brooklyn Bridge" about the planning, development and construction of the titular landmark spanning the East River in New York City. Now, more than 45 years later, and with almost as many large-scale PBS projects to his name, Burns and his team of writers, cinematographers and editors (to name a few roles of many) are set to release a retrospective of one of America's most engaging thinkers and activists.

"Henry David Thoreau," a three-hour, three-part documentary chronicling the life, works and legacy of the eponymous naturalist and essayist, premieres Monday, March 30, on PBS. Completing its first on-air run the following day (March 31), the series promises to draw "on a rich collection of archival materials, newly filmed cinematography ... and interviews with scholars, writers and environmentalists" (per PBS) to detail the lasting legacy of the "Walden" and "Civil Disobedience" author.

Narrated by two-time Academy Award winner George Clooney ("Good Night, and Good Luck," 2005) and featuring the voice-acting talents of Oscar nominee Jeff Goldblum ("Wicked: For Good," 2025) as Thoreau and three-time Oscar-winning actress Meryl Streep ("Only Murders in the Building") in four separate roles, "Henry David Thoreau" also calls upon authors Pico Iyer, Kristen Case, J. Drew Lanham, Douglas Brinkley, Clay Jenkinson, Robin Wall Kimmerer, Bill McKibben and Rebecca Solnit, as well as Thoreau Society board member Lois Brown, Prof. Laura Dassow Walls and journalist Michael Pollan to round out the history and impact of the author on modern American society.

"Henry David Thoreau" examines the life and work of the 19th-century writer in the context of antebellum New England and the larger United States, as well as through the universal themes he focused on in his writings: an individual's relationship to the state, how to live an authentic life, our connection to nature and the impact of race on American life," reads the film's description, as provided by PBS.

"Set against the political and social tensions of the mid-19th centu-



George Clooney narrates "Henry David Thoreau"

ry," the description continues, "the film traces Thoreau's journey from his early days in Concord, Massachusetts, to his deep engagement with the moral crises of his time, including industrialization, slavery, war and environmental degradation. Through his essays, journals and landmark works such as 'Walden' and 'Civil Disobedience,' he became an inspiration for generations of writers, thinkers and activists."

And although much of Thoreau's focus in life — and subsequently, in Burns' PBS documentary — was placed on sociopolitical activism and the fair treatment of human beings regardless of one's race or societal status, the essayist also went to great pains to protect the natural world and raise awareness for regarding its impact on human life.

"Thoreau famously retreated into nature not to escape the world but to better understand it," director Erik Ewers said in a PBS press release. "His writing about the wild and nature remains so vibrant because he was acutely aware of how

the surrounding countryside was teetering on the edge of industrialization. He believed strongly that we have a connection to the landscape and nature and must remain grounded to fully experience what it means to be human."

This connection between man

and nature is also further explored in the documentary by way of Thoreau's involvement in the creation of Transcendentalism, which gained popularity in the United States during the 1820s and '30s thanks to his works and that of his good friend and fellow writer Ralph Waldo Em-

erson. The philosophical and social movement served as a reaction to Rationalism and was based in the pantheistic sentiment that divinity is found all around us in nature; a nature to which we, as human beings, are essential.

"I do not prefer one religion or philosophy to another," Thoreau wrote in his journal circa 1850. "I have no sympathy with the bigotry and ignorance which make transient and partial and puerile distinctions between one man's faith or form of faith and another's ... to the philosopher, all sects, all nations, are alike."

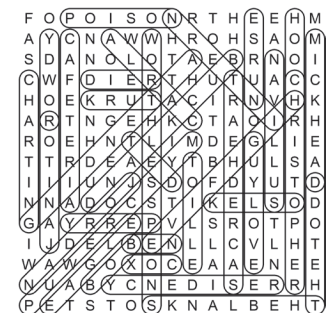
Produced and directed by the Ewers brothers, Erik and Christopher Loren, both of whom worked with Burns on "Unforgivable Blackness: The Rise and Fall of Jack Johnson" (2004) and "The Roosevelts: An Intimate History" (2014), major funding for the PBS film "was provided by The Better Angels Society and its members," as well as the Mansueto Foundation, Tyson Foods, Inc., the Arthur Vining Davis Foundations and Canadian engineer and billionaire Jeff Skoll, among others.

Additional voice acting for the series is provided by Tate Donovan ("Hercules," 1997) as Unitarian

preacher William Ellery Channing and Ted Danson ("The Good Place") as the voice of Emerson.

"Thoreau's insistence that conscience must guide citizenship, and that solitude can be a source of strength, continues to speak directly to our time," Burns told the press for PBS. "He challenged Americans to ask hard questions about who we are and what kind of society we want to build, a challenge that remains as urgent today as it was in his day. But perhaps most importantly he asked us to stop and to pay attention to the world around us."

Don't miss the two-part premiere of "Henry David Thoreau," airing Monday, March 30, on PBS. The film's third and final part airs the following day.

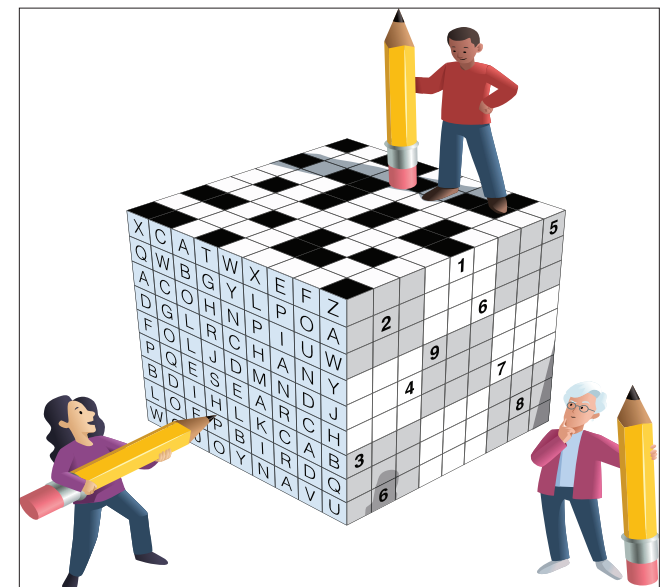


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Community Calendar

Keeping everyone connected!



For complete details...
robesonian.com/calendar
bladenjournal.com/calendar

ROBESON COUNTY

StoryWalk with DKG - Llama Llama and the Bully Goat

Sat, Mar 28, 2026, 8:00am-5:30pm
 Sun, Mar 29, 2026, 8:00am-5:30pm
 Mon, Mar 30, 2026, 8:00am-5:30pm
 Tue, Mar 31, 2026, 8:00am-5:30pm
 Wed, Apr 01, 2026, 8:00am-5:30pm
 Thu, Apr 02, 2026, 8:00am-5:30pm
 Fri, Apr 03, 2026, 8:00am-5:30pm
 Luther Britt Park
 671 Branch Street - off 5th Street
 Lumberton, NC

FIRST Robotics Competition UNC District Event

Sat, Mar 28, 2026
 Sun, Mar 29, 2026
 Jones Health and Physical Education Center -
 UNC Pembroke
 176 University Drive
 Pembroke, NC



98.5 FM Anniversary

Sun, Mar 29, 2026, 3:00pm-9:00pm
 Red Springs Middle School
 302 West 2nd Avenue,
 Red Springs, NC

Holy Week in Lumberton, NC

Mon, Mar 30, 2026, 12:00pm-12:30pm
 Tue, Mar 31, 2026, 12:00pm-12:30pm

Wed, Apr 01, 2026, 12:00pm-12:30pm
 Thu, Apr 02, 2026, 12:00pm-12:30pm
 Fri, Apr 03, 2026, 12:00pm-12:30pm
 1202 N Chestnut Street,
 Lumberton, NC

Lumberton Ukulele Club

Tue Mar 31, 2026, 6:00pm-8:00pm
 Tue, Apr 07, 2026, 6:00pm-8:00pm
 Trinity Episcopal Church Parish Hall
 16 Stephens Lane,
 Lumberton, NC

Children's Storytime

Tue, Mar 31, 2026, 10:30am-11:30am
 Fri, Apr 03, 2026, 10:30am-11:30am
 Tue, Apr 07, 2026, 10:30am-11:30am
 Fri, Apr 10, 2026, 10:30am-11:30am
 Robeson County Public Library
 101 N Chestnut St
 Lumberton, NC



Children's Storytime

Wed, April 01, 10:30am-11:30am
 Wed, Apr 15, 2026 10:30am-11:30am
 Pembroke Library
 413 Blain Street,
 Pembroke, NC

Music, Rhymes, and Storytime

Thu, Apr 02, 10:30am-11:30am
 Thu, Apr 16, 2026, 10:30am-11:30am
 Robeson County Public Library

101 N Chestnut St
 Lumberton, NC

The People's Table Food Community Event

Thursday, April 02, 2026, 11:30am-9:00pm
 Lumbee Regional Development Association
 636 Propsect Road
 Pembroke, NC
 910-521-8602

Bingo Night - 219 Elm

Tuesday, April 07, 2026, 7:00pm-9:30pm
 219 Elm, 219 Elm Street
 Lumberton, NC

Adult Color & Coffee - RCPL

Friday, April 10, 2026, 10:00am-12:00pm
 Robeson County Public Library
 101 N Chestnut St
 Lumberton, NC

BLADEN COUNTY

Allen/Page Wedding

Fri, Mar 28, 2026
 Lu Mil Vineyard
 438 Suggs-Taylor Rd,
 Elizabethtown, NC

Picariello Baby Shower

Sunday, March 29, 2026
 Lu Mil Vineyard
 438 Suggs-Taylor Rd,
 Elizabethtown, NC



Doctors' Day • March 30

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Sports this week

SATURDAY, MARCH 28

6:00 am FDSO Athletes Unlimited Pro Softball Athletes Unlimited Pro Softball. (2h)

8:00 am ESPN2 Cheerleading National Dance Team Championship: Jazz. (1h)

9:00 am ESPN2 Cheerleading National Dance Team Championship: Hip Hop. (1h)

10:00 am ESPN2 Cornhole Kansas City Signature Open. (2h)

12:00 pm WBTW Major League Volleyball All-Star Match. From Addition Financial Arena in Orlando, Fla. (Live) (2h)

ESPN United Football League United Football League. D.C. Defenders at St. Louis Battlehawks. From The Dome at America's Center in Saint Louis, Mo. (Live) (3h)

ESPN2 NWSL Soccer Utah Royals FC at Boston Legacy. From White Stadium in Boston, United States. (Live) (2h)

12:30 pm WTVD WPDE 2026 NCAA Women's Basketball Tournament Regional Semifinal: Teams TBA. (Live) (2h)

1:00 pm WRAL WMBF Gymnastics American Cup: Mixed Team Event. From Henderson, Nev. (1h30)

FDSO Overtime Select Basketball (2h)

GOLF PGA Tour Golf Texas Children's Houston Open, Third Round. From Memorial Park in Houston. (Live) (2h)

USA 2026 World Figure Skating Championships (Live) (4h)

2:00 pm WBTW NWSL Soccer Washington Spirit at Denver Summit. From Empower Field at Mile High in Denver. (Live) (2h)

ESPN2 College Softball Texas A&M at Texas. From Red & Charline McCombs Field in Austin, Texas. (Live) (2h)

3:00 pm WRAL WMBF PGA Tour Golf Texas Children's Houston Open, Third Round. From Memorial Park in Houston. (Live) (3h)

WTVD WPDE 2026 NCAA Women's Basketball Tournament Regional Semifinal: Teams TBA. (Live) (2h)

GOLF PGA Korn Ferry Tour Golf Club Car Championship, Third Round. From Landings Club -- Deer Creek Golf Club in Savannah, Ga. (Live) (2h)

3:30 pm WWMB NASCAR O'Reilly Auto Parts Series NFPA 250. From Martinsville Speedway in Martinsville, Va. (Live) (2h30)

TNT Men's International Soccer Friendlies USA vs. Belgium. From Mercedes-Benz Stadium in Atlanta. (Live) (2h)

4:00 pm WBTW NWSL Soccer Kansas City Current at Portland Thorns FC. From Providence Park in Portland, Ore. (Live) (2h)

WFXB United Football League United Football League. Houston Gamblers at Dallas Renegades. From Toyota Stadium in Frisco, Texas. (Live) (3h)

4:30 pm ESPN2 College Hockey NCAA Tournament, Regional Final: Teams TBA. (Live) (2h30)

5:00 pm ESPN 2026 NCAA Women's Basketball Tournament Regional Semifinal: Teams TBA. (Live) (2h)

GOLF PGA Tour Champions Golf Hoag Classic Newport Beach, Second Round. From Newport Beach Country Club in Newport Beach, Calif. (Live) (2h)

5:30 pm WTVD WPDE NBA Basketball Detroit Pistons at Minnesota Timberwolves. From the Target Center in Minneapolis. (Live) (2h30)

6:00 pm TBS 2026 NCAA Men's Basketball Tournament Regional Final: Teams TBA. (Live) (2h30)

TRUTV 2026 NCAA Men's Basketball Tournament (Live) (2h30)

7:00 pm WFXB MLB Baseball Kansas City Royals at Atlanta Braves. From Truist Park in Atlanta. (Live) (3h)

ESPN2 College Hockey NCAA Tournament, Regional Final: Teams TBA. (Live) (2h30)

GOLF LPGA Tour Golf Ford Championship, Third Round. From Whirlwind Golf Club in Chandler, Ariz. (Live) (2h)

SUNDAY, MARCH 29

6:00 am ESPN2 Cornhole Kansas City Signature Open. (2h)

8:00 am FDSO Athletes Unlimited Pro Lacrosse (2h)

9:00 am ESPN2 Cheerleading National High School Cheerleading Championship: DII. (1h)

10:00 am ESPN2 Cheerleading National High School Cheerleading Championship: DI/II Coed. (1h)

12:00 pm WRAL WMBF 2026 World Athletics Indoor Championships (1h)

ESPN College Softball Oklahoma at LSU. From Tiger Park in Baton Rouge, La. (Live) (2h)

ESPN2 College Baseball Tennessee at Vanderbilt. From Hawkins Field in Nashville, Tenn. (Live) (3h)

1:00 pm WRAL WMBF FIS Cross-Country Skiing World Cup FIS Cross-Country Skiing World Cup. Lake Placid - Men's & Women's 20k Mass Start. (Live) (1h)

WTVD WPDE 2026 NCAA Women's Basketball Tournament Regional Final: Teams TBA. (Live) (2h)

WFXB IndyCar Racing Children's Of Alabama Indy Grand Prix. From Barber

3:30 pm WFXB MotoGP Racing MotoGP Racing. (Live) (1h30)

4:00 pm WWMB PBA Bowling USBC Masters. From Thunderbowl Lanes in Allen Park, Mich. (Live) (2h)

4:30 pm WBTW 2026 NCAA Men's Basketball Tournament Regional Final: Teams TBA. From the United Center in Chicago. (Live) (2h30)

5:00 pm GOLF PGA Tour Champions Golf Hoag Classic Newport Beach, Final Round. From Newport Beach Country Club in Newport Beach, Calif. (Live) (2h)

5:30 pm ESPN College Hockey NCAA Tournament: Quinnipiac vs. Minnesota. Championship. (2h30)

7:00 pm GOLF LPGA Tour Golf Ford Championship, Final Round. From Whirlwind Golf Club in Chandler, Ariz. (Live) (2h)

7:30 pm WRAL WMBF NBA Basketball New York Knicks at Oklahoma City Thunder. From Paycom Center in Oklahoma City. (Live) (2h30)

8:00 pm ESPN United Football League United Football League. Columbus Aviators at Orlando Storm. From Inter&Co Stadium in Orlando, Fla. (Live) (3h)

4:00 am FDSO Athletes Unlimited Pro Softball Athletes Unlimited Pro Softball. (2h)

TUESDAY, MARCH 31

10:00 am FDSO Overtime Select Basketball (2h)

7:00 pm ESPN2 College Baseball Auburn at Georgia Tech. (Live) (3h)

TNT TRUTV Men's International Soccer Friendlies (Live) (2h)

8:00 pm WRAL WMBF NBA Basketball New York Knicks at Houston Rockets. From the Toyota Center in Houston. (Live) (3h)

GOLF Magnolia Dreams: The Story of the 2023 Augusta National Women's Amateur (1h)

8:30 pm FDSO MLB Baseball (3h)

9:00 pm ESPN Boys High School Basketball (2h)

9:30 pm TBS TRUTV MLB Baseball New York Yankees at Seattle Mariners. From T-Mobile Park in Seattle. (Live) (3h)

10:00 pm ESPN2 Banana Ball World Tour Savannah Bananas vs. Indianapolis Clowns. From Angel Stadium of Anaheim in Anaheim, Calif. (2h)

12:00 am GOLF Magnolia Dreams: The Story of the 2023 Augusta National Women's Amateur (1h)

1:00 am TRUTV 2026 NCAA Men's Basketball Tournament (1h30)

2:00 am FDSO Pro Padel League (2h)

WEDNESDAY, APRIL 1

1:30 pm GOLF 2026 Augusta National Women's Amateur First Round. From Augusta National Golf Club in Augusta, Ga. (Live) (2h)

3:00 pm FDSO MLB Baseball (3h)

7:00 pm ESPN2 2026 Women's Basketball Invitation Tournament Championship: Teams TBA. From Charles Koch Arena in Wichita, Kan. (Live) (2h)

7:30 pm ESPN NBA Basketball Atlanta Hawks at Orlando Magic. From Kia Center in Orlando, Fla. (Live) (2h35)

8:00 pm USA League One Volleyball LOVB Houston at LOVB Nebraska. From Baxter Arena in Omaha, Neb. (Live) (2h)

9:00 pm TNT TRUTV NHL Hockey St. Louis Blues at Los Angeles Kings. From Crypto.com Arena in Los Angeles. (Live) (3h)

10:05 pm ESPN NBA Basketball San Antonio Spurs at Golden State Warriors. From Chase Center in San Francisco. (Live) (2h30)

12:30 am TRUTV 2026 NCAA Men's Basketball Tournament (1h30)

2:00 am ESPN2 NBA Basketball Atlanta Hawks at Orlando Magic. From Kia Center in Orlando, Fla. (2h)

THURSDAY, APRIL 2

10:00 am ESPN2 Boys High School Basketball Nationals: Opening Round. (Live) (1h30)

12:00 pm ESPN2 Boys High School Basketball Nationals: Opening Round. (Live) (1h30)

1:30 pm GOLF 2026 Augusta National Women's Amateur Second Round. From Augusta National Golf Club in Augusta, Ga. (Live) (2h)

2:00 pm ESPN2 Boys High School Basketball Nationals: Quarterfinals. (Live) (1h30)

4:00 pm ESPN2 Boys High School Basketball Nationals: Quarterfinals. (Live) (1h30)

GOLF PGA Tour Golf Valero Texas Open, First Round. From TPC San Antonio in San Antonio. (Live) (3h)

7:00 pm WRAL NHL Hockey Columbus Blue Jackets at Carolina Hurricanes. From Lenovo Center in Raleigh, N.C. (Live) (3h)

ESPN 2026 NIT Basketball Tournament First Semifinal: Teams TBA. From Hinkle Fieldhouse in Indianapolis. (Live) (2h)

ESPN2 College Baseball Teams TBA. (Live) (3h)

GOLF LPGA Tour Golf Aramco Championship, First Round. From Shadow Creek in Las Vegas. (Live) (3h)

9:30 pm ESPN 2026 NIT Basketball Tournament Second Semifinal: Teams TBA. From Hinkle Fieldhouse in Indianapolis. (Live) (2h)

2:00 am FDSO Athletes Unlimited Pro Softball Athletes Unlimited Pro Softball. (2h)

4:00 am FDSO Overtime Select Basketball (2h)

FRIDAY, APRIL 3

7:00 am FDSO Pro Padel League (2h)

10:00 am ESPN2 Boys High School Basketball Nationals: Semifinals. (Live) (1h30)

12:00 pm ESPN2 Boys High School Basketball Nationals: Semifinals. (Live) (1h30)

2:00 pm ESPN2 Boys High School Basketball Nationals: Semifinals. (Live) (1h30)

4:00 pm ESPN2 Boys High School Basketball Nationals: Semifinals. (Live) (1h30)

GOLF PGA Tour Golf Valero Texas Open, Second Round. From TPC San Antonio in San Antonio. (Live) (3h)

4:30 pm FDSO Athletes Unlimited Pro Lacrosse (2h)

7:00 pm ESPN ESPN2 2026 NCAA Women's Basketball Tournament First Semifinal: Teams TBA. From Mortgage Matchup Center in Phoenix. (Live) (2h)

GOLF LPGA Tour Golf Aramco Championship, Second Round. From Shadow Creek in Las Vegas. (Live) (3h)

8:00 pm WFXB United Football League United Football League. D.C. Defenders at Columbus Aviators. From Historic Crew Stadium in Columbus, Ohio. (Live) (3h)

9:30 pm ESPN ESPN2 2026 NCAA Women's Basketball Tournament Second Semifinal: Teams TBA. From Mortgage Matchup Center in Phoenix. (Live) (2h)

TRUTV 2026 NCAA Men's Basketball Tournament (1h30)

11:00 pm TRUTV 2026 NCAA Men's Basketball Tournament (1h30)

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7:30 pm ESPN 2026 NCAA Women's Basketball Tournament Regional Semifinal: Teams TBA. (Live) (2h)

8:00 pm WRAL WMBF 2026 World Figure Skating Championships (2h)

WTVD WPDE NHL Hockey Philadelphia Flyers at Detroit Red Wings. From Little Caesars Arena in Detroit, Mich. (Live) (3h)

8:30 pm WUVU Fútbol masculino amistosos internacionales México vs. Portugal. Cobertura del partido amistoso internacional. (Live) (2h30)

TBS 2026 NCAA Men's Basketball Tournament Regional Final: Teams TBA. (Live) (2h30)

TRUTV 2026 NCAA Men's Basketball Tournament (Live) (2h30)

10:00 pm ESPN2 Professional Fighters League Professional Fighters League. Pittsburgh. From UPMC Events Center in Moon, Pa. (Live) (2h)

11:00 pm FDSO Athletes Unlimited Pro Softball Athletes Unlimited Pro Softball. (2h)

2:30 am GOLF DP World Tour Golf DP World Tour Golf. Hero Indian Open, Final Round. From DLF Golf & Country Club in New Delhi. (Live) (5h)

Motorsports Park in Birmingham, Ala. (Live) (2h30)

GOLF PGA Tour Golf Texas Children's Houston Open, Final Round. From Memorial Park in Houston. (Live) (2h)

1:30 pm FDSO MLB Baseball (3h)

2:00 pm WRAL WMBF The Snow League Snowboard & Freeski Halfpipe. From Laax, Switzerland. (1h)

WBTW 2026 NCAA Men's Basketball Tournament Regional Final: Teams TBA. From Capital One Arena in Washington, D.C. (Live) (2h30)

ESPN College Softball Texas A&M at Texas. From Red & Charline McCombs Field in Austin, Texas. (Live) (2h)

3:00 pm WRAL WMBF PGA Tour Golf Texas Children's Houston Open, Final Round. From Memorial Park in Houston. (Live) (3h)

WTVD WPDE 2026 NCAA Women's Basketball Tournament Regional Final: Teams TBA. (Live) (2h)

ESPN2 College Hockey NCAA Tournament, Regional Final: Teams TBA. (Live) (2h30)

GOLF PGA Korn Ferry Tour Golf Club Car Championship, Final Round. From Landings Club -- Deer Creek Golf Club in Savannah, Ga. (Live) (2h)

ESPN2 College Baseball West Virginia at Arizona State. (Live) (3h)

10:00 pm WRAL WMBF NBA Basketball Golden State Warriors at Denver Nuggets. From Ball Arena in Denver. (Live) (2h30)

MONDAY, MARCH 30

6:00 am FDSO Overtime Select Basketball (2h)

8:00 am FDSO Athletes Unlimited Pro Softball Athletes Unlimited Pro Softball. (2h)

6:00 pm FDSO Overtime Select Basketball (2h)

7:00 pm ESPN 2026 NCAA Women's Basketball Tournament Regional Final: Teams TBA. (Live) (2h)

TRUTV 2026 NCAA Men's Basketball Tournament (Live) (1h30)

7:30 pm ESPN2 Boys High School Basketball Jamfest. (Live) (1h30)

8:30 pm FDSO MLB Baseball (3h)

TRUTV 2026 NCAA Men's Basketball Tournament (Live) (1h30)

9:00 pm ESPN 2026 NCAA Women's Basketball Tournament Regional Final: Teams TBA. (Live) (2h)

12:00 am FDSO Pro Padel League (2h)

Saturday Best Bets

Captain Horatio Hornblower

TCM 3:45 pm

Naval hero Horatio Hornblower (Gregory Peck) saves the life of Lady Barbara Wellesley (Virginia Mayo) and finds himself falling for a woman he cannot have in this dramatized retelling of author C.S. Forester's epic adventure. Denis O'Dea also stars.

NWSL Soccer

WBTW 4:00 pm

What do the Kansas City Current and the Portland Thorns have in common? They'll both be in Oregon this Saturday night. The teams meet on the field of Providence Park, where Kansas City defeated the Thorns last August in a 2-0 win.



Roy Wood Jr. hosts "Have I Got News for You"

NHL Hockey

WTVD WPDE 8:00 pm

Spring may have started, but there's still plenty of time left before the hockey season is over. With a little less than a month left to go in the 2026 regular season, the Philadelphia Flyers face off against the Detroit Red Wings at Little Caesars Arena.

Have I Got News For You

CNN 9:00 pm

Roy Wood Jr., Amber Ruffin and Michael Ian Black deliver info on everything from presidential politics to current events and other disasters through games, trivia and witty panels in this season finale. They'll leave a lasting impression on the news.

SATURDAY EVENING, MARCH 28, 2026

	TW	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
5	WRAL	5	3:00 PGA Tour Golf			News	NBC News	Tar Heel	Education	2026 World Figure Skating Championships (CC)				SNL Lizzo (N)		WRAL News	SNL
9	WMBF	9	3:00 PGA Tour Golf			News (N)	NBC News	Paid Prog.	Paid Prog.	2026 World Figure Skating Championships (CC)				SNL Lizzo (N)		News at 11	SNL
11	WTVD	11	3:00 NCAA W. Basketball	NBA (N)	NBA Basketball	Detroit Pistons at Minnesota Timberwolves (L) (N)				NHL Hockey Philadelphia Flyers at Detroit Red Wings (L) (N) (CC)						News (N)	News Extra
13	WBTW	13	NWSL Kansas City Current at Portland Thorns FC (L) (N)	News (N)	CBS-News	Wheel	Tee Time			Tracker "Eurydice" (CC)	CIA "Directed Energy" (CC)			48 Hours (N) (CC)		News (N)	Jeopardy!
15	WPDE	10	3:00 NCAA W. Basketball	NBA (N)	NBA Basketball	Detroit Pistons at Minnesota Timberwolves (L) (N)				NHL Hockey Philadelphia Flyers at Detroit Red Wings (L) (N) (CC)						News 15 (N)	:35 Attkisson
21	WWMB	3	3:30 NASCAR O'Reilly NFPA 250 (L) (N) (CC)			Last Man	Last Man	Family Feud	Family Feud	I Am Jackie O (N) (CC)				World's	Family Feud	The Rookie (N)	
31	WUNU	12	Old House	Old House	Outdoor	N.C. Wknd	Margaret "Castaway"	Father Brown		Midsomer Murders (CC)	Midsomer Murders (CC)			Death in Paradise (CC)		Shaped by	Stage (CC)
40	WUVC	4	Dosis con Mich (N)	Lo tomas o lo dejas (N)	Contigo en	Noticiero (N)	Piensa rápido VIP (N)			Fútbol (N)	Fútbol masculino México vs. Portugal (L) (N)					Contigo en	Noticiero (N)
43	WFXB	2	UFL United Football League	Houston Gamblers at Dallas Renegades (L) (N)				MLB Baseball	Kansas City Royals at Atlanta Braves (L) (N) (CC)					Fox News	Queen City	99 to Beat	
62	WFPX	8	3:00 *** In Too Deep	*** Deep Blue Sea '99	Thomas Jane. (CC)			*** War (2007, Action)	Jason Statham, Jet Li. (CC)				*** Transporter 3 '08, Act	Natalya Rudakova, Jason Statham.			
A&E	21	Storage	Storage	Storage	Storage	Storage Wars		Storage Wars		Storage Wars (N)	Storage Wars (N)			Duck Dynasty (N)		K9 PD- Jim	K9 PD- Jim
AMC	41	2:00 **** Goodfellas	*** Jack Reacher (2012, Action)	Rosamund Pike, Tom Cruise. (CC)				*** The Italian Job '03	Charlize Theron, Mark Wahlberg. (CC)	*** My Cousin Vinny	Joe Pesci.						
ANPL	64	Dr. Jeff: RMV	Dr. Jeff "Care for Bear"	Dr. Jeff: RMV				Dr. Jeff "The Road Home"	Dr. Jeff "A Brave Pit Bull"	Dr. Jeff "Close to Home"	Dr. Dee: Alaska Vet			Dr. Dee "Farm Frenzy"			
BET	37	Neighbor	Neighbor	Neighbor	*** Losing Isaiah '95, Drama	Halle Berry, Jessica Lange. (CC)		*** Tyler Perry's Madea Goes to Jail '09, Com	Derek Luke, Tyler Perry. (CC)					*** Tyler Perry's Meet the ...			
CMT	48	2:30 To Be Announced	To Be Announced					*** Miss Congeniality '00	Michael Caine, Sandra Bullock. (CC)					To Be Announced			
CNBC	53	American Greed	American Greed	American Greed				American Greed	American Greed					Greed "Burned by Greed"		American Greed	
CNN	26	The Arena: Saturday	CNN Newsroom (N) (CC)	CNN Newsroom (N) (CC)	CNN Newsroom (N) (CC)			Real Time With (N) (CC)	Have I Got (SF) (N) (CC)					CNN Special Program		Real Time With (CC)	
COMC	34	The Office	The Office	The Office	*** Just Go With It '11, Rom	Jennifer Aniston, Adam Sandler.		*** The Wedding Singer '98	Adam Sandler.	*** Just Go With It '11	Adam Sandler.						
CSPAN	56	1:00 Washington This Week	Capitol Hill hearings, speeches from policy makers and political coverage from around the country. (CC)											Public Affairs Events			
DISC	42	Expedition Unknown	Expedition Unknown	Expedition X				Bigfoot Took Her		Bigfoot "Speed Freaks"				Bigfoot Took Her		Expedition X	
DISN	57	:10 Big City	:35 Big City	Big City	Big City	Big City	*** Coco '17	Anthony Gonzalez.	:50 Phineas	:15 Phineas	:45 Kiff (CC)			:10 Kiff (CC)	:35 Kiff (CC)	Ladybug	Ladybug
E!	39	*** Puss in Boots: The Last Wish		*** The Super Mario Bros. Movie	Chris Pratt. (P)			*** The Super Mario Bros. Movie	Chris Pratt.	*** The Croods: A New Age '20	Nicolas Cage.						
ESPN	31	Peyton's	Peyton's	NCAA Bsk. Regional Semifinal: Teams TBA (L) (N)				NCAA (N)	NCAA Bsk. Regional Semifinal: Teams TBA (L) (N)					SportsCenter (L) (N) (CC)		SportsCenter (L) (N) (CC)	
ESPN2	32	SEC Inside	Hockey NCAA Tournament, Regional Final: Teams TBA (L) (N)					Hockey NCAA Tournament, Regional Final: Teams TBA (L) (N)						ESPN Films		PFL Professional Fighters League Pittsburgh (L) (N)	
FDSO	38	Warehouse Games	Warehouse Games	Warehouse Games	Warehouse Games	Warehouse Games		The Icons	FIBA	United Fight Alliance	United Fight Alliance (N)			AU Pro Softball			
FNC	44	Fox Report (L) (N) (CC)	Weekend (L) (N)	Weekend (L) (N)	Weekend (L) (N)	Weekend (L) (N)		Life, Liberty (L) (N)		View- Lara Tru. (L) (N)				Saturday Night (L) (N)		Gutfeld!	
FOOD	66	Diners	Diners	Diners	Diners	Diners		Diners	Diners	Diners	Diners			Diners	Diners	Diners	Diners
FREE	18	Movie	:45 **** Ralph Breaks the Internet '18	John C. Reilly. (CC)	:20 **** Monsters, Inc. '01	John Goodman. (CC)		:25 **** Monsters University '13	Billy Crystal. (CC)								
FX	67	3:00 *** Ghostbusters: Afterlife	*** Ghostbusters: Frozen Empire '24	Paul Rudd. (CC)				*** Jumanji: Welcome to the Jungle '17	Dwayne Johnson.	*** Jumanji: The Next Level							
GOLF	45	3:00 PGA Korn Ferry Tour	PGA Tour Champions Golf					LPGA Golf Ford Championship, Third Round (L) (N)		Golf Central (N) (CC)				PGA Tour Golf			
HALL	62	* The Royal We '25	Mallory Jansen. (CC)	* The Reluctant Royal '25	Andrew W. Walker.	* A Royal Setting '26	Jen Lilley. (P) (CC)	* Sweeter Than Chocolate '23	Eloise Mumford.					Hunters (N)	Hunters (N)	Hunters	Hunters
HGTV	65	Renovation Aloha	Wild Vac.	Wild Vac.	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters			Hunters (N)	Hunters (N)	Hunters	Hunters
HIST	51	The UnXplained	The UnXplained	The UnXplained	The UnXplained	The UnXplained		The UnXplained		The UnXplained				:05 The UnXplained	:05 The UnXplained		
LIFE	25	* The Man in the Guesthouse	Ignacyo Matynia.	* The Neighbor in the Window	Jamie-Lynn Sigler.	* The Man in the Window '26	Teri Polo. (P)	:05 * Secrets of a Marine's Wife	Sadie Calvano.					* Danger Below Deck '22	Katherine McNamara.		
LMN	46	* Vacation Home Nightmare '23	Aubrey Reynolds.	* Hidden Murder Island '23	Andrea Bogart. (CC)	* Spring Break Nightmare '23	Kristi Murdock. (CC)	* Danger Below Deck '22	Katherine McNamara.					The Rachel (CC)		The 11th Hour With (CC)	
MSNBC	43	The Beat: Weekend (N)	PoliticsNation (L) (N) (CC)	The Weekend: Primetime (L) (N) (CC)				Crooked on MS NOW (N)									
MTV	36	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	*** Top Gun (1986, Action)	Kelly McGillis, Tom Cruise. (CC)	*** We're the Millers '13	Jason Sudeikis, Jennifer Aniston.						
NEWSN	16	NewsNation Live (L) (N)	NewsNation Live (L) (N)	NewsNation Live (L) (N)				Batya (N) (CC)		NewsNation Prime (L) (N)	NewsNation Prime (L) (N)			NewsNation Prime (L) (N)	Batya (CC)		
NGEO	70	To Catch a Smuggler	Catch.. "Popped for Pills"	..Smuggler "Hot Drugs"	To Catch a Smuggler	Catch.. "The Coke Eater"	To Catch a Smuggler	Catch.. "Freeway Meth"	To Catch a Smuggler								
NICK	29	Movie	SpongeBob	SpongeBob	SpongeBob	SpongeBob		Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)			Big Bang	Big Bang	Big Bang	Big Bang
NICKJ	71	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol	*** PAW Patrol: The Movie '21	Iain Armitage.	PAW Patrol	PAW Patrol			PAW Patrol	PAW Patrol	PAW Patrol	PAW Patrol
OXY	171	Buried in the Backyard	Buried in the Backyard	Buried "2000 lb Secret"	Buried in the Backyard	The Backyard (N)		Dirty Rotten Scandals (N)		Killing Versace (CC)				Buried in the Backyard			
PARMT	27	12:00 To Be Announced	Programming to be announced.														
SYFY	55	*** The Equalizer (2014, Action)	Marton Csokas, Denzel Washington. (CC)	*** The Equalizer 2 '18	Pedro Pascal, Denzel Washington. (CC)	*** Gladiator (2000, History)	Joaquin Phoenix, Russell Crowe.										
TBN	68	Turning Point (CC)	Graham	Graham	Cellular Health (CC)	Love	Your Move	Gaither Gospel Hour (N)	The Story	Vinia: Er	Rosenberg	M. Youssef		Gaither Gospel Hour			
TBS	24	To Be Announced	NCAA Tip Off (CC)	NCAA M. Basketball Regional Final: Teams TBA (L) (N) (CC)				NCAA M. Basketball Regional Final: Teams TBA (L) (N) (CC)						Madness	4.7 Sec. (N)		
TCM	54	3:45 **** Captain Horatio Hornblower		*** Passage to Marseille	Humphrey Bogart.	*** Them! '54	James Whitmore. (CC)	*** Rodan '57	Yumi Shirakawa, Kenji Sahara. (CC)								
TLC	23	Unexpected	Unexpected	Unexpected	Unexpected	Unexpected		7 Little Johnstons	7 Little Johnstons					Unexpected			
TNT	28	3:30 Friendlies USA vs. Belgium (L) (N)	Postgame	* Big Daddy '99	Adam Sandler.	All Elite Wrestling: Collision (N) (CC)		* Big Daddy '99	Adam Sandler.								
TOON	69	3:15 * Scooby-Doo! WW...	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Rick Morty	Rick Morty	Rick Morty
TRUTV	40	3:30 NCAA (N)	NCAA Tip Off (L) (N) (CC)	2026 NCAA Men's Basketball Tournament (L) (N)				2026 NCAA Men's Basketball Tournament (L) (N)						Madness (N)	Movie		
TVLAND	47	Roseanne	Roseanne	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld			Seinfeld	Seinfeld	Seinfeld	Seinfeld
USA	30	1:00 Fig. Skate (L) (N)	Chicago Fire	Chicago Fire	Chicago Fire	Chicago Fire		Chicago Fire		Chicago "A Closer Eye"	Chicago Fire			Chicago Fire		Chicago Fire	
WE	61	NCIS "Light Sleeper" (CC)	NCIS "Head Case" (CC)	NCIS "Family Secret" (CC)	NCIS "Ravenous" (CC)	NCIS "Bait" (CC)		NCIS "Iced" (CC)		NCIS "Untouchable" (CC)				NCIS "Bloodbath" (CC)			

Take 5

Model on a wall	One's inner self, to Jung	Ice pack's effect	Himalayan region	"Project Runway" subject
				Imitates a hot dog
				Arctic inhabitants
				Neighborhood naysayer
				Flat-topped flower cluster
				Command after copy, on a computer

Use the clues above and beside the grid to fill in the squares.

Solution on page 19

© TV Media

In a pinch: Gated community robberies continue in new 'Your Friends & Neighbors'

By Sarah Passingham
TV Media

Living a life of luxury is, for some, only maintained by a delicately balanced trail of dominoes. When the pieces start to fall, it can take creative measures to try to keep the game alive.

A new season of the streaming drama "Your Friends & Neighbors" premieres Friday, April 3, on Apple TV, starring Jon Hamm ("Fargo") as Andrew "Coop" Cooper, who, after losing his job as a hedge fund manager and finding himself in non-solicit limbo, resorts to stealing valuables from his wealthy neighbors in suburban New York. To keep up appearances, Coop uses the money he gets pawning his friends' watches and paintings to fund his lifestyle of gated community living and country club leisure.

The first episode of the new sea-

son will be available to stream on premiere day, with the rest of the season's 10 episodes dropping weekly each Friday until the season finale on Friday, June 5.

It's not like things were going particularly well for Coop before he was fired from Bailey Russell Capital Management. He was divorced from his therapist wife, Mel (Amanda Peet, "Fatal Attraction"), who left him for his best friend, former NBA player Nick Brandes (Mark Tallman, "First Wives Club"). A consuming career in finance had left Coop with a distant, at best, relationship with his two teenage children, Tori (Isabel Gravitt, "The Watcher") and Hunter (Donovan Colan, "Theater Camp," 2023).

What made Coop ultimately lose his standing among his social circle was being arrested for and later proven innocent of a murder. Coop's legitimate criminality remains under

the radar like he's got a guardian angel looking over him, and by last season's finale, he'd managed to repair some of the broken pieces of his family. "For the first time in a while, the future seemed promising," Coop narrates in the upcoming season's official trailer, before a new neighbor moves in.

This season, there is a new hot shot in town, and it doesn't take him very long to pin Coop's deal. Owen Ashe (James Marsden, "Jury Duty") rolls into Westmont in an electric blue McLaren and throws a lavish party for himself to toast his arrival. Though they may not seem to have much in common at the moment, as the new neighbor flaunts his wealth while Coop claws tooth and nail to keep his own, their paths fortuitously cross.

For one, they both prefer to go by their nickname. "My friends just call me Ashe," Owen Ashe insists in the



Eunice Bae and Amanda Peet in "Your Friends & Neighbors"

trailer, making the rounds at his welcome soiree. Once the party is over, the jig is up pretty quickly for Coop as Ashe tells him that he's figured out just how "complicated" Coop really is.

Over a swanky restaurant reservation in the trailer, Ashe lays it out for Coop, who is surprised to hear that this relative stranger isn't about to turn him in after learning about his looting business. "I like a guy who colors outside the lines. I deal with a lot of dangerous people. You can help me out, or you can get arrested," Ashe drives a hard bargain.

Returning alongside Hamm, Peet, Tallman, Gravitt and Colan are Olivia Munn ("The Rook") as Coop's former on-and-off romantic partner, Sam Levitt; Hoon Lee ("Warrior") as Coop's business manager, Barney Choi; Lena Hall ("Snowpiercer") as Coop's live-in musician sister, Ali; Aimee Carrero ("The Consultant") as housekeeper and Coop's thieving co-conspirator, Elena; and Eunice

Bae ("Lioness") as Barney's wife, Grace.

Hamm executive produces the series with Connie Tavel ("Judging Amy"), Craig Gillespie ("Physical"), Jamie Rosengard ("The Last Thing He Told Me"), Lori Keith Douglas ("Dear Edward") and Stephanie Laing ("Palm Royale"). Laing directed six of this season's 10 episodes. "Your Friends & Neighbors" was created by Jonathan Tropper ("Ban-shnee") and has already been renewed for a third season before the release of the show's sophomore season.

Liberating valuables from rich people who rarely even notice they've gone missing seems like a relatively victimless crime — you can give Coop that — and he starts off his pilfering spree as a solo task. It's easy for him to be invited in, case out what's up for the taking and walk out with it. However, like any thief whose eyes are bigger than their ability to execute, Coop's

choice of high-value items prove difficult to flip. Luck is on his side when pawnbroker Lu Varga (Randy Danson, "The Last Temptation of Christ," 1988) easily pieces together what Coop's up to but chooses to join him and help connect him with buyers.

Again, Coop is held up by Elena in the act of lifting Nick's championship ring, but she also opts to become part of Coop's organization for a cut of his earnings. Now Ashe is muscling his way into Coop's hustle.

Hamm spoke to Esquire about the dynamic between Coop and Ashe, saying, "It's like Coop getting a best friend and a frenemy and a boyfriend and all of these things at once." He continued, "It's filling several voids in his life, whether he wants them to be filled or not."

Lock up your diamonds and tune in to the new season of "Your Friends & Neighbors," premiering Friday, April 3, on Apple TV.

Stars on screen

Feeling 'Puzzled': NBC taps Wayans Jr. to lead crime drama pilot

By Michelle Rose
TV Media

Feeling 'Puzzled': NBC's mini revival of the traditional pilot season continues, and the network has tapped Damon Wayans Jr. ("Raid the Cage") to lead one of its potential new dramas, should the project be ordered to series later on.

"Puzzled" is the name of the TV pilot in question, and it is a crime drama — something that won't come as a surprise if you're a fan of Danielle Trussoni's 2024 novel "The Puzzle Master," which serves as the source material.

The story centers on once-promising college athlete Mike Brink (Wayans). According to the official logline, after escaping a tragic fire, Mike is transformed by a traumatic brain injury "that gives him the unique ability to see the world in an unexpected way and helps him solve crimes with local police." Mike has developed acquired savant syndrome, which helps him in his efforts to make a living by betting on sports, but it also gives him exceptional puzzle-solving skills and pattern recognition — skills that could make a big difference in a case.

Molly Griggs ("The Residence") is set to star alongside Wayans, playing the part of Atlanta Police Department detective Quinn Abbott, who won't shy away from correcting someone when she knows they're wrong. They both join Christina Elmore ("The Girls on the Bus"), whose character Angela is a mother of three who runs the Atlanta PD's major crimes section — "two roles she's cursed to love in equal measure," according to the official character description.

Joey Falco, the former "Charmed" showrunner (specifically, the 2018-2022 reboot), is writing the pilot and

executive producing "Puzzled" alongside Jordan Cerf ("Judgement") of Linden Entertainment. Trussoni will also pick up a producing credit on this project, which is being produced by Universal Television.

Wishing on a star: Tinker Bell, the pocket-size dust-sprinkling fairy from "Peter Pan," is poised to finally get her big moment in the spotlight — as a main character, not as a supporting one.

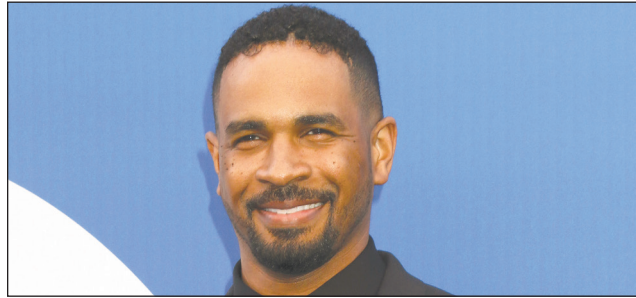
According to Deadline, Disney+ is working on a drama series titled "Tink," which would feature an updated version of the character originally created by author J.M. Barrie.

The character was popularized by Disney's 1953 animated "Peter Pan" movie — in fact, she became so popular after the movie release, she came to be regarded as Disney's unofficial mascot. (Don't worry, Mickey Mouse, you're still the official mascot.)

Since then, she has appeared in many movies and series, but if "Tink" succeeds in taking flight (we'll just have to think "lovely, wonderful thoughts"), it would represent the character's first shot at headlining her very own live-action project.

A live-action film had been in the works as early as 2010, when "Tink" was envisioned as a romantic comedy starring Elizabeth Banks ("Charlie's Angels," 2019). It didn't come to be; neither did an action film starring Reese Witherspoon ("The Morning Show"), which was announced in 2015 and retooled in 2021.

According to Variety, "Tink" is now considered a "high-priority project," with "Friday Night Lights" duo Liz Heldens and Bridget Carpenter now attached as writers and executive producers alongside Gary



Damon Wayans Jr. to star in "Puzzled"

Marsh ("Wizards Beyond Waverly Place"), former head of Disney Branded Television.

Newly wed: They played husband and wife in the CBS series "Madam Secretary." Now, a year after saying "I do" to each other in real life, Tim Daly and Tea Leoni are officially "Newlyweds" — that's the title of an NBC comedy pilot that features the pair in lead roles.

Described as a "later-in-life love story," "Newlyweds" tells the story of a free-spirited woman and a but-toned-up professor, who marry after a whirlwind courtship.

It's not exactly a case of art imitating life: longtime partners Daly and Leoni met on the set of "Madam Secretary," but got married just last year. In a December interview with LifeMinute, Daly humorously explained the timeline: "Well, I actually asked Tea to marry me, I think, about nine years ago, and she said, 'Yes, let's just wait a minute.' Then nine years later, she asked me and I was like, 'Yeah, I al-

ready asked!' So anyway, we got it done."

"Newlyweds" marks Leoni's first multi-camera comedy since her '90s sitcom "The Naked Truth," and according to Deadline, her involvement cleared the way for production to begin, since the pilot order was initially cast-contingent.

With Leoni already on board, Daly then joined the cast as Tony, a recently divorced man who enjoys a more quiet, stay-at-home lifestyle. Tony is so taken with Jeannie's (Leoni) beauty and spirit after accidentally running into her at a valet stand; they soon wind up having dinner together. He quickly realizes life with Jeannie is anything but conventional or predictable — "but he also knows he'd rather change his ways than live without her" (per the logline).

It's worth noting that this marks Daly's return to NBC after starring in the network's airport-themed sitcom "Wings," which enjoyed an eight-season run between 1990 and 1997.

TV Search

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BEST of the Best 2024

▶ STREAMING THIS WEEK



Rory McIlroy stars in "Rory McIlroy: The Masters Wait"

By Kimberly Tremblay
TV Media

WHAT'S NEW ON PRIME VIDEO

"Rory McIlroy: The Masters Wait" (2026)

From director Drea Cooper ("Flint Town") and producers Zoe Morrison ("They Call Me Magic") and T.J. Martin ("Tina," 2021), "Rory McIlroy: The Masters Wait" premieres Monday, March 30, on Prime Video, following McIlroy's long pursuit of the Masters Tournament, the one major championship standing between him and golf's career Grand Slam. At the center is Augusta National, the sport's most revered course and, for McIlroy, its most unforgiving. The film revisits 2011, when a 21-year-old McIlroy took a four-shot lead into the final round before suffering a collapse that

shadowed every return to Augusta. In the years that followed, he won the U.S. Open, PGA Championship and The Open, yet the green jacket remained just out of reach. Built around the final round of the 2025 Masters, the documentary unfolds as McIlroy faces the course once again, tracing a journey marked by pressure, setbacks and perseverance.

WHAT'S NEW ON ACORN TV

"The Feud on Shelbury Drive" - Season 1

Polite smiles fade as a dispute between neighbors begins to simmer when Season 1 of "The Feud on Shelbury Drive" premieres Monday, March 30, on Acorn TV, with subsequent episodes releasing weekly on Mondays. Emma (Jill Halfpenny, "EastEnders") and her husband,

John (Rupert Penry-Jones, "Spooks"), appear to have the perfect life on the peaceful, well-kept Shelbury Drive. But when Emma proposes a kitchen extension, a seemingly ordinary renovation sets off an extraordinary chain reaction. Neighbors who once traded smiles and small talk begin to bristle, complaints sharpen into confrontations and simmering resentment gives way to something more unsettling. As tensions spread from house to house, the street's polished facade begins to crack, and the people Emma and John thought they knew reveal far darker sides of themselves. In this six-part drama created and written by Aschlin Ditta ("Doc Martin"), the series also stars Ray Fearon ("Beauty and the Beast," 2017), Amy Nuttall ("Downton Abbey"), Tessa Peake-Jones ("Grantchester"), Larry Lamb ("EastEnders"), Jamie-Lee O'Donnell ("Derry Girls") and Alex Macqueen ("Peaky Blinders"), with episodes directed by Andy de Emmony ("Spitting Image").

WHAT'S NEW ON NETFLIX

"XO, Kitty" - Season 3

"Roses are red. Violets are blue. There's a third season of 'XO, Kitty' in store for you," according to Netflix's Tudum — and this time, it's Kitty's biggest year yet. Season 3 lands on the streamer Thursday, April 2, as

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Kitty (Anna Cathcart, "Odd Squad") returns to the Korean Independent School of Seoul (KISS) for her final year, determined to make it her best yet. With a carefully planned Senior Sunset list, Kitty hopes to create unforgettable memories with her friends, strengthen her connection to her Korean family and finally figure out her complicated feelings for Min-ho (Sang Heon Lee, "Secret Ingredient"). But as the school year unfolds, unexpected revelations threaten to derail the perfect future she imagined. As relationships shift and new faces arrive at KISS — including students played by Sule Thelwell ("Saint X"), Soy Kim ("Joryu ingan," 2014) and Christine Hwang ("The Beast in Me") — Kitty must learn that growing up rarely follows a script. Surrounded by friends Dae (Choi Min-yeong, "Dream Palace," 2022), Yuri (Gia Kim, "Burning Questions"), Q (Anthony Keyvan, "Love, Victor") and others, she begins to realize that sometimes the most meaningful moments come from embracing the unexpected. Based on "To All The Boys I've Loved Before" by Jenny Han, Sherwin Shilati ("Manifest") directs this third season, with Han serving as showrunner and executive producer.

From the aftermath of Australia's devastating 2019-20 wildfires to the emergence of new life in a once-frozen region of Alaska, "Our New World" follows nature as it rebuilds, shifts and fights to survive. Drawing on time-lapse photography and immersive footage, the film captures forests regenerating, ecosystems taking shape and species adjusting to an altered world. Directed by French filmmakers Fred Fougea ("The Snow Wolf: A Winter's Tale," 2018) and Gilles Dufraisie ("Terra Mater"), "Our New World" frames climate change not only as a crisis, but as a story of adaptation, revealing how the natural world endures — and how humans might still help it thrive.

WHAT'S NEW ON PEACOCK

"Five Nights at Freddy's 2" (2025)

The nightmare Mike (Josh Hutcherson, "The Hunger Games," 2012)

tried leaving behind last year returns when "Five Nights at Freddy's 2" arrives Friday, April 3, on Peacock. One year after the supernatural terror at Freddy Fazbear's Pizza in "Five Nights at Freddy's" (2023), this sequel finds Mike struggling to bury the past while shielding Abby (Piper Rubio, "For All Mankind") from the truth about what really happened there. Alongside police officer Vanessa (Elizabeth Lail, "You"), he has kept the secret for as long as he can. However, Abby still misses Freddy, Bonnie, Chica and Foxy. So when she runs away to find them, Mike is pulled back toward the place he fears most. As Mike and Vanessa race to find Abby, they uncover a darker force at the heart of Freddy's story — one that has been lying in wait for far longer than they realized. Based on Scott Cawthon's hit game series, the film is directed by Emma Tammi ("The Wind," 2018), with Beatriz Sequeira ("The Invisible Man," 2020) serving as executive producer.

WHAT'S NEW ON PBS

"Our New World"

A changing planet reveals nature's remarkable resilience when "Our New World" premieres Wednesday, April 1, on the PBS app. This two-part documentary explores how climate change is transforming Earth and how wildlife and ecosystems are adapting in surprising ways.



Anna Cathcart and Sang Heon Lee in "XO, Kitty"

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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.
 Solution on page 2.

new on
Video

Marty Supreme

In 1950s New York, Marty Mauser (Chalamet), a fast-talking hustler, is obsessed with becoming the greatest ping-pong player in the world. Marty hustles games, promotes his own brand and chases fame with relentless ambition. As Marty climbs through underground matches and international competitions, his reckless drive begins to damage his relationships and pulls him into risky situations involving business schemes, rivals and criminal elements. Along the way, he becomes entangled with several people in his orbit, including a glamorous former actress (Paltrow) and others who are both inspired and hurt by his obsession with winning.
 Director: Josh Safdie. Stars: Timothee Chalamet, Gwyneth Paltrow, Odessa A'zion, Kevin O'Leary, Tyler Okonma, Abel Ferrara, Fran Drescher. 2025. 150 min. Comedy Drama.

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Tuesday Best Bets

Secrets of the Bees

NGEO 8:00 pm

Bertie Gregory hosts this series premiere that explores the lives of bees — perhaps the planet's most important creature. Utilizing special cameras and filmed over the course of three years, their hidden world provides one-third of the world's food.

Dark Victory

TCM 8:00 pm

Vapid socialite Judith Traherne (Bette Davis) discovers she has a brain tumor. Though her stable master (Humphrey Bogart) is secretly in love with her, she decides to marry her doctor (George Brent). Unfortunately, the prognosis is grim.



Aaron Judge of the New York Yankees

Doc

WFXB 9:00 pm

Joan's (Felicity Huffman) last day at Westside is quite eventful as she chooses an unlikely successor, crowns a Chief Resident and imparts some wisdom to the next generation. Meanwhile, tensions rise between Amy (Molly Parker) and Jake (Jon Ecker).

MLB Baseball

TBS TRUTV 9:30 pm

The 2026 MLB season may be just beginning. However, the aspirations of Aaron Judge, Anthony Volpe and the rest of the New York Yankees look long-term as they visit T-Mobile Park in Seattle to take on Julio Rodriguez, Cal Raleigh and the Seattle Mariners.

TUESDAY EVENING, MARCH 31, 2026

	TW	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
5	WRAL	5	WRAL News at 4PM (N)	WRAL News	News (N)	WRAL News	NBC News	WRAL News	Inside (N)	NBA Basketball New York Knicks at Houston Rockets (L) (N) (CC)						WRAL News	:35 J. Fallon
9	WMBF	9	WMBF News at 4 (N)	News (N)	News (N)	News (N)	NBC News	WMBF News	Inside (N)	NBA Basketball New York Knicks at Houston Rockets (L) (N) (CC)						News at 11	:35 J. Fallon
11	WTVD	11	11 Eyewitness News (N)	News (N)	News (N)	News (N)	World News	Jeopardy!	Wheel (N)	Will Trent (N)		High Potential (N)		R.J. "Burn Notice" (N)		News (N)	:35 J. Kimmel
13	WBTV	13	News 13 First (N) (CC)	News (N)	WBTV News	News (N)	CBS-News	Wheel (N)	Jeopardy!	NCIS "Fleeting" (N) (CC)		NCIS: Origins (N)		NCIS: Sydney (N)		News (N)	:35 Colbert
15	WPDE	10	Judge Judy	Judge Judy	ABC15 News at 5 (N) (CC)	News (N)	World News	News (N)	ET (N)	Will Trent (N)		High Potential (N)		R.J. "Burn Notice" (N)		News 15 (N)	:35 J. Kimmel
21	WWMB	3	Tribunal	Tribunal	Maury		Family Feud	Family Feud	Family Feud	Family Feud	WWE NXT (L) (N)			National Desk (N)		National Desk (N)	
31	WUNU	12	Roots "Larger Than Life"	Best	BBC World		PBS News Hour (N) (CC)	Side	N.C. Wknd	Finding Your Roots		Henry (F) (N)		Frontline (N)	Movie		Amanpour
40	WUVC	4	El gordo y la flaca (L) (N)	Primer impacto (L) (N)	Noticias (N)	Noticiero (N)	La rosa de Guadalupe (N)			Papás por siempre (N)		Doménica Montero (N)		Monteverde (N)		Noticias 40	
43	WFXB	2	JHud Show (N) (CC)	Neighbor	Neighbor	Big Bang	Big Bang	Sheldon	Sheldon	Best Medicine (N)		Doc "Next" (N) (CC)		Fox News	:35 Not,News	Mod Fam	Goldbergs
62	WFPX	8	Code of Honor (2016, Action) Craig Sheffer, Steven Seagal. (CC)				Blindsided ("13) Michelle Monaghan.					After the Sunset ("04) Salma Hayek, Pierce Brosnan. (CC)				Heist 88	
A&E	21	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Customer	Customer	:05 Customer	:35 Customer
AMC	41	2:00 The Rock		Die Hard With a Vengeance ("95, Act) Jeremy Irons, Bruce Willis. (CC)						The Day After Tomorrow ("04) Dennis Quaid.						The Expendables	
ANPL	64	North Woods Law		North Woods Law		North Woods Law		North Woods Law		Louisiana Lockdown		Louisiana Lockdown		North Woods Law		North-Law "Dirty Habits"	
BET	37	Prince	Prince	Prince	Prince	Neighbor	Neighbor	Neighbor	Neighbor	Neighbor	Neighbor	Neighbor	Neighbor	Martin (CC)	Martin (CC)	Martin (CC)	Martin (CC)
CMT	48	King	King	Mama's	Mama's	Mama's	Mama's	Mama's	Mama's	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	The Golden Girls (CC)	
CNBC	53	Closing Bell (L) (N) (CC)		Fast Money (L) (N) (CC)		Mad Money (N) (CC)		Shark Tank (CC)		Shark Tank (CC)		Shark Tank (N) (CC)		Shark Tank (CC)		Shark Tank (CC)	
CNN	26	The Arena (L) (N)		Jake Tapper (L) (N) (CC)		Jake Tapper (L) (N) (CC)		E. B. OutFront (L) (N) (CC)		Cooper 360 (L) (N)		The Source With (L) (N)		CNN NewsNight (L) (N)		Laura Coates Live (L) (N)	
COMC	34	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Daily Show	FamilyGuy
CSPAN	56	10:00 Public Affairs		Public Affairs Events		Public Affairs events, congressional hearings, speeches, and interviews.											
DISC	42	Moonshiners		Moonshiners		Moonshiners		Moonshiners		Moonshiners (N)		Jeff (P) (N)	Jeff (N)	Moonshiners:		Moonshiners:	
DISN	57	Big City	Big City	Big City	Bluey (CC)	Bluey (CC)	Big City	Big City	Big City	ZOMBIES 2 ("20) Meg Donnelly. (CC)		:35 ZOMBIES	ZOMBIES	Kiff (CC)		Ladybug	Ladybug
E!	39	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	Selena (1997, Drama) Edward James Olmos, Jennifer Lopez. (CC)					
ESPN	31	NFL Live (L) (N) (CC)		SportCtr (N)	Pardon (N)	SportsCenter (L) (N) (CC)		Basketball McDonald's All-American Game (L) (N) (CC)		Boys High School Basketball (CC)						SportsCenter (L) (N) (CC)	
ESPN2	32	Game On Gymnastics		NFL Live (N) (CC)		Wooden (N)	NFL Draft	College Baseball Auburn at Georgia Tech (L) (N) (CC)								Banana Savannah Bananas vs. Indianapolis Clowns	
FDSO	38	Offroad	Redfern	FIBA	Pulse/Pack	Carolina	To Be Announced			MLB Baseball							TBA
FNC	44	Will Cain (L) (N)		The Five (L) (N) (CC)		With Bret Baier (L) (N)		Ingraham (L) (N)		Jesse Watters (L) (N) (CC)		Hannity (L) (N) (CC)		Gutfeld! (N) (CC)		Fox News at Night (L) (N)	
FOOD	66	Chopped		Chopped "Basket Antics"		Chopped "Dim Sum Yum"		Chopped		Chopped		Chopped (N)		Chopped		Chopped	
FREE	18	3:30 Pretty Woman		("90) Richard Gere. (CC)		Sweet Home Alabama ("02) Josh Lucas, Reese Witherspoon.		27 Dresses ("08, Rom) James Marsden, Katherine Heigl. (CC)								The 700 Club (N) (CC)	
FX	67	Guardians of the Galaxy ("14) Chris Pratt. (CC)				Guardians of the Galaxy Vol. 2 ("17) Zoe Saldana, Chris Pratt. (CC)				Guardians of the Galaxy Vol. 3 ("23) Chris Pratt. (CC)							
GOLF	45	Golf Central (N) (CC)		PGA	PGA TOUR	Golf Central (CC)		Ask Rory (N)	Ask Rory (N)	Magnolia Dreams (CC)		Magnolia Dreams (CC)		Magnolia Dreams (CC)		Golf Central (CC)	
HALL	62	Field Day ("23) Benjamin Ayres, Rachel Boston. (CC)		Dating the Delaneys ("22) Rachel Boston. (CC)						The More Love Grows ("23) Rachel Boston. (CC)				Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls
HGTV	65	Fixer to Fabulous		Fixer to Fabulous		Renovation Aloha		Renovation Aloha		Renovation Aloha (N)		Wild Vac.	Wild Vac.	House (N)	House Hunt	House	House
HIST	51	Oak Island "Swamped"		The Curse of Oak Island		The Curse of Oak Island		The Curse of Oak Island		The Curse of Oak Island		Curse of Oak Island (N)		:05 Secrets (N)		:05 Curse of Oak Island	
LIFE	25	Castle "47 Seconds" (CC)		Castle "The Limey" (CC)		Castle "Headhunters"		Castle "Undead Again"		Castle "Always" (CC)		Castle "After the Storm"		:05 Castle		:05 Castle	
LMN	46	Stepmom From Hell ("24) Lexi Giovagnoli. (CC)		His Double Life ("16) Emmanuelle Vaugier. (CC)				The Woman Before Me ("26) Tayler Hamilton. (CC)						The Secret Lives of Second Wives			
MSNBC	43	Deadline: White House (L) (N) (CC)				The Beat With (L) (N) (CC)		The Weeknight (L) (N)		All in With Chr. (L) (N)		The Briefing (L) (N) (CC)		Last Word (L) (N)		The 11th (L) (N)	
MTV	36	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Hip Hop "Slims To None"		Love & Hip Hop: Atlanta		Love, Hip Hop (N)		Caught in Act		Caught in Act		Love & Hip Hop: Atlanta	
NEWSN	16	NewsNation (L) (N) (CC)		NewsNation (L) (N) (CC)		The Hill with Blake (N)		Vargas Report (N) (CC)		Cuomo (N) (CC)		On Balance (N) (CC)		Katie Pavlich (N) (CC)		Jesse Weber Live (N) (CC)	
NGEO	70	:20 Secrets "Asia"		:10 Secrets-Octo		Secrets "Masterminds"		Secrets of the Octopus		Secrets "The Hive" (P) (N)		:05 Secrets (N)		:10 Cheetahs Up (CC)		:10 Secrets "The Hive"	
NICK	29	Patrick Star	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Friends (CC)	Friends (CC)	Friends (CC)		Friends (CC)		Friends (CC)		Big Bang	Big Bang
NICKJ	71	PAW Patrol	PAW Patrol	Peppa Pig	Mr. Crocod	PAW Patrol	PAW Patrol	Rubble	Rubble	Rubble	Rubble	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocod
OXY	171	3:00 Selena and Yolanda		Selena "Room 158"		Snapped		Snapped		Forensic		Forensic		Forensic		Forensic	Forensic
PARMT	27	Bar Rescue		Bar Rescue		Top Gun (1986, Action) Kelly McGillis, Tom Cruise. (CC)		Forrest Gump (1994, Comedy Drama) Robin Wright, Tom Hanks. (CC)									
SYFY	55	3:00 Déjà Vu				Spider-Man: Homecoming ("17, Act) Michael Keaton, Tom Holland. (CC)		Déjà Vu (2006, Thriller) Val Kilmer, Denzel Washington.								Hellboy	
TBN	68	Turning	S. Furtick (N)	Harvest (N)	Hagee (N)	Graham	Kirk Today	Allen (N)	Stakelbeck	Praise (N)		Joyce M. (N)	One Israel	Together (N)	Stakelbeck	Praise (N)	
TBS	24	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang
TCM	54	Movie	The Last Ride		Truck Busters	Richard Travis.		Escape From Crime		Dark Victory ("39) George Brent, Bette Davis.				Til We Meet Again ("40) Merle Oberon.			
TLC	23	Welcome "The Incident"		Welcome to Plathville		7 Little Johnstons		7 Little Johnstons		7 Little Johnstons (N)		7 Little Johnstons (N)		Welcome to Plathville (N)		Unexpected	
TNT	28	3:00 The Shawshank Redemption				Pregame (L) (N)		Men's International Soccer Friendlies (L) (N) (CC)		Postgame		When Soccer Came (CC)		The Shawshank Redemption			
TOON	69	Regular	Regular	Dog	Dog	Burgers	Burgers	Burgers	Burgers	Burgers	Family Guy	Family Guy		Family Guy	Family Guy	Rick Morty	Rick Morty
TRUTV	40	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Pregame (L) (N)		Men's International Soccer Friendlies (L) (N) (CC)		Postgame		MLB Baseball New York Yankees at Seattle Mariners (L) (N) (CC)					
TVLAND	47	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
USA	30	Law & Order: SVU "Hell"		Law-SVU "Baggage"		Law-SVU "Selfish"		Law-SVU "Users"		Law-SVU "Turmoil"		Law-SVU "Perverved"		Law-SVU "Quickie"		Law-SVU "Shadow"	
WE	61	S.W.A.T. "Safe House"		Criminal Minds		Criminal Minds		Criminal "Open Season"		Criminal Minds "Legacy"		Criminal Minds		Criminal Minds "Doubt"		Criminal Minds	

	TW	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
WRAL	5	WRAL News at 4PM (N)	WRAL News	WRAL News	WRAL News	WRAL News	NBC News	WRAL News	Inside (N)	Chicago Med (N)	Chicago Fire (N)	Chicago Fire (N)	Chicago "Restored" (N)	WRAL News	:35 J. Fallon		
WMBF	9	WMBF News at 4 (N)	News (N)	News (N)	News (N)	News (N)	NBC News	WMBF News	Inside (N)	Chicago Med (N)	Chicago Fire (N)	Chicago Fire (N)	Chicago "Restored" (N)	News at 11	:35 J. Fallon		
WTVD	11	11 Eyewitness News (N)	News (N)	News (N)	News (N)	News (N)	World News	Jeopardy!	Wheel (N)	Scrubs (N)	Abbott (N)	The Greatest (N)	Shark Tank (N)	News (N)	:35 J. Kimmel		
WBTW	13	News 13 First (N) (CC)	News (N)	WBTW News	News (N)	CBS-News	Wheel	Jeopardy!	Survivor (N) (CC)				Culinary Cup (N)	News (N)	:35 Colbert		
WPDE	10	Judge Judy	Judge Judy	ABC15 News at 5 (N) (CC)	News (N)	World News	News (N)	ET (N)	Scrubs (N)	Abbott (N)	The Greatest (N)		Shark Tank (N)	News 15 (N)	:35 J. Kimmel		
WWMB	3	Tribunal	Tribunal	Mauri	Family Feud	Family Feud	Family Feud	Family Feud	Police "Foiled Again"	Police 24/7			National Desk (N)	National Desk (N)			
WUNU	12	Henry "Who Are We?" (N)	Side	BBC World	PBS News Hour (N) (CC)	MotorWeek	Sci NC (CC)	Nature	NOVA				Our New World (N)	Amanpour (N)			
WUVC	4	El gordo y la flaca (L) (N)	Primer impacto (L) (N)	Noticias (N)	Noticiero (N)	La rosa de Guadalupe (N)	Papás por siempre (N)	Doménica Montero (N)	Monteverde (N)				Noticias 40				
WFXB	2	JHud Show (N) (CC)	Neighbor	Neighbor	Big Bang	Big Bang	Sheldon	Sheldon	The Masked Singer "Finale" (SF) (N) (CC)	:05 Fox News	:35 Not,News	Mod Fam	Goldbergs				
WFPX	8	★★★ Passenger 57 (92)	Wesley Snipes. (CC)	★★★ S.W.A.T. Firefight (11)	Gabriel Macht. (CC)	★★★ S.W.A.T. (2003, Action)	Colin Farrell, Samuel L. Jackson. (CC)	★★★ Swordfish (01)	John Travolta.								
A&E	21	Live PD	Live PD	K9 PD- Jim	K9 PD- Jim	K9 Pa.	K9 Pa.	K9 Pa.	K9 Pa.	Patrol K9	Patrol K9	K9 PD- Jim	K9 PD- Jim	Southern Law (N)	:05 K9 Pa.	:35 K9 Pa.	
AMC	41	Movie	★★★ Ghostbusters II (89, Comedy)	Dan Aykroyd, Bill Murray. (CC)	★★★ Beverly Hills Cop (84)	Eddie Murphy. (CC)	★★★ Beverly Hills Cop II (87)	Eddie Murphy.	★★★ Fast Times at Ridgemo...								
ANPL	64	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters	Monsters "Asian Slayer"	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters	River Monsters			
BET	37	Prince	Prince	Prince	Prince	Neighbor	Neighbor	Neighbor	Neighbor	As. Living	As. Living	Divorced Sistas (N)	Martin (CC)	Martin (CC)	Martin (CC)	Martin (CC)	
CMT	48	King	King	Mama's	Mama's	Mama's	Mama's	Mama's	Mama's	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Gold. Girls	Gold. Girls
CNBC	53	Closing Bell (L) (N) (CC)	Fast Money (L) (N) (CC)	Mad Money (N) (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Greed "COVID Cons"	American Greed		
CNN	26	The Arena (L) (N)	Jake Tapper (L) (N) (CC)	Jake Tapper (L) (N) (CC)	E. B. OutFront (L) (N) (CC)	Cooper 360 (L) (N)	The Source With (L) (N)	CNN NewsNight (L) (N)	Laura Coates Live (L) (N)								
COMC	34	South Park	South Park	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Daily Show	FamilyGuy
CSPAN	56	10:00 Public Affairs	Public Affairs	Events	Public affairs events, congressional hearings, speeches, and interviews.												
DISC	42	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Unknown	Expedition Files	Expedition Files	Expedition Files (SP) (N)	Conspiracies (N) (CC)	Expedition Files							
DISN	57	Big City	Big City	Big City	Bluey (CC)	Bluey (CC)	Big City	Big City	Big City	★★ ZOMBIES 3 (22) Milo Manheim. (CC)	:40 ZOMBIES	:05 ZOMBIES	Vampirina	Ladybug	Ladybug		
E!	39	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men
ESPN	31	NFL Live (L) (N) (CC)	SportCtr (N)	Pardon	SportsCenter (L) (N) (CC)	NBA (N)	NBA Basketball	Atlanta Hawks at Orlando Magic (L) (N) (CC)	:05 NBA Basketball								
ESPN2	32	NBA Today (CC)	NFL Live (CC)	Pardon	NFL Draft	WBI Tournament	Championship: Teams TBA (L) (N)	The Draft	The Draft	NFL Live (CC)							
FDSO	38	3:00 MLB Baseball		FIBA	To Be Announced	Programming to be announced.											
FNC	44	Will Cain (L) (N)	The Five (L) (N) (CC)	With Bret Baier (L) (N)	Ingraham (L) (N)	Jesse Watters (L) (N) (CC)	Hannity (L) (N) (CC)	Gutfeld! (N) (CC)	Fox News at Night (L) (N)								
FOOD	66	Grocery "Guy's Favorites"	Guy's Grocery Games	Grocery "Funny Food"	Guy's Grocery Games	FlavorTown "Crunch Day"	FlavorTown (N)	Guy's Grocery Games	Guy's Grocery Games								
FREE	18	2:55 Peter Rabbit 2: Ru...	★★★ Freaky Friday (03)	Jamie Lee Curtis. (CC)	★★★ The Parent Trap (1998, Children)	Dennis Quaid, Lindsay Lohan. (CC)	Raising Chelsea (N)	The 700 Club (N) (CC)									
FX	67	3:30 ★★★ The Garfield Movie	★★★ Uncharted (22, Adv)	Mark Wahlberg, Tom Holland. (CC)	★★★ Jumanji: Welcome to the Jungle (17)	Dwayne Johnson.	★★ Jumanji: Welcome to the Jungle										
GOLF	45	3:30 Central	Women's Amateur First Round	Golf Central (CC)	Women's Amateur First Round	Ask Rory	The Smylie Show (CC)	Vanity Index Podcast									
HALL	62	★★ Moonlight in Vermont (17)	Lacey Chabert. (CC)	★★ A Valentine's Match (20)	Bethany Joy Lenz. (CC)	★★ A Royal Setting (26)	Jen Lilley. (CC)	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls
HGTV	65	Home Town	Hunters	Hunters	Hunters	Hunters	Bachelor Mansion	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters
HIST	51	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Swamp "Rising Tides, Risky Moves" (N)	:35 Pawn Stars (N)	:35 Pawn Stars								
LIFE	25	Castle (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)	The Rookie (CC)
LMN	46	★★ The Wrong Marriage (25)	Vivica A. Fox. (CC)	★★ Lust: A Seven Deadly Sins Story (21)	Keri Hilson.	★★ An Unstable Marriage (26)	Skye Coyne. (CC)	★★ Sins of the Bride (24)	Kyle Kankonde. (CC)								
MSNBC	43	Deadline: White House (L) (N) (CC)	The Beat With (L) (N) (CC)	The Weeknight (L) (N)	All in With Chr. (L) (N)	The Briefing (L) (N) (CC)	Last Word (L) (N)	The 11th (L) (N)									
MTV	36	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous	Ridiculous
NEWSN	16	NewsNation (L) (N) (CC)	NewsNation (L) (N) (CC)	The Hill with Blake (N)	Vargas Report (N) (CC)	Cuomo (N) (CC)	On Balance (N) (CC)	Katie Pavlich (N) (CC)	Jesse Weber Live (N) (CC)								
NGEO	70	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler	To Catch a Smuggler
NICK	29	Patrick Star	SpongeBob	SpongeBob	The Best of Squidward!" (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)
NICKJ	71	PAW Patrol	PAW Patrol	Peppa Pig	Mr. Crocod	PAW Patrol	PAW Patrol	Rubble	Rubble	Rubble	Rubble	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocod
OXY	171	Dateline: Secrets Uncovered	"The Secret" (CC)	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets	Dateline: Secrets
PARMT	27	Bar Rescue	Bar Rescue	★★★ Caddyshack (80)	Rodney Dangerfield, Chevy Chase. (CC)	★★★ My Cousin Vinny (1992, Comedy)	Marisa Tomei, Joe Pesci. (CC)	Movie									
SYFY	55	3:30 ★★★ Freaky (20)	Vince Vaughn. (CC)	★★★ Ace Ventura: Pet Detective (94)	Jim Carrey.	★★★ The Mask (94)	Cameron Diaz, Jim Carrey.	★★★ Ghostbusters (16)	Melissa McCarthy.								
TBN	68	Turning	S. Furtick (N)	Harvest (N)	Hagee	Graham	Kirk Today	Allen (N)	Stakelbeck	Jesus in the Pa. (CC)	Harvest (N)	M. Youssef	Turning	Stakelbeck	Jesus in the Pa. (CC)		
TBS	24	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (N) (CC)	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Mod Fam		
TCM	54	:15 ★★★ In This Our Life (42)	Bette Davis. (CC)	★★★ My Reputation (46)	Barbara Stanwyck.	★★★ Love Me or Leave Me (55)	Doris Day.	:15 ★★★ Calamity Jane (53)	Doris Day.								
TLC	23	Dangerously Obese	Dangerously Obese	Dangerously Obese	Body Bizarre	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)
TNT	28	★★★ Pitch Perfect 3 (17)	Anna Kendrick. (CC)	★★★ Barbie (2023, Comedy)	Ryan Gosling, Margot Robbie. (CC)	NHL on TNT	NHL Hockey	St. Louis Blues at Los Angeles Kings (L) (N) (CC)									
TOON	69	Looney	Looney	Dog	Dog	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers
TRUTV	40	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	NCAA M. Basketball	NHL on TNT	NHL Hockey	St. Louis Blues at Los Angeles Kings (L) (N) (CC)				
TVLAND	47	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
USA	30	9-1-1 "Pay It Forward"	9-1-1 "Abandon Ships"	9-1-1 "Rock the Boat"	9-1-1 "Capsized" (CC)	League One	LOVB Houston	at LOVB Nebraska (L) (N)	9-1-1								
WE	61	NCIS	NCIS "Code of Conduct"	NCIS	NCIS "Endgame" (CC)	NCIS "Power Down" (CC)	NCIS "Child's Play" (CC)	NCIS "Faith" (CC)	NCIS "Ignition" (CC)								

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Real talk

Wives and tides: Real Housewives franchise expands with 'Real Housewives of Rhode Island'

By **Caroline Collacutt**
TV Media

Wives and tides: Sun, sand and sensational drama will be aplenty in the all-new series "The Real Housewives of Rhode Island," premiering Thursday, April 2, on Bravo.

"Welcome to the Ocean State," Bravo's description reads. "It may be America's smallest, but don't be fooled — the drama is wicked wild. In a place where everyone knows

everyone and family names carry serious weight, nothing is ever truly forgotten. Friendships are built over decades, loyalties are deeply rooted and secrets are guarded at all costs ... until betrayal strikes and the cracks begin to show."

Set against the picturesque shores of Rhode Island, this latest addition to The Real Housewives franchise introduces viewers to eight socialites living in the so-called Ocean State, as the ladies let cameras follow their personal and profes-

sional lives — showcasing business deals, friendship follies, complicated family dynamics and more.

"With aspirational lives, thriving businesses and tangled family dynamics, these decade-long friendships prove that, in a state this small, there's no escaping your past ... or each other," the network's description concludes.

This inaugural season sees a cast of players, including Real Housewives newcomers Alicia Carmody, Rosie DiMare, Ashley Iaconetti, Liz



Alicia Carmody stars in "The Real Housewives of Rhode Island"

Extreme Sudoku

9			B	5	6				4	0			
							E	D	8				
D	5	8	2				B	F			C	E	
				4	F	1				D	5		
			B				3					2	
		3	2		9	D	5	B	7			A	
			9		8	7		A	D			4	0
5		6	0	1	F	3		8	4			7	D
	F					A	5						1
				0	2	C	7	D	6		B		
6		0		D		5	E	A	1			8	
							F		2	3	7	E	
	3		C		7		2	0					
8	7		6	C	2		0	F					1
		1	F			9							A
			E			6					C		

Fill in the grid so that every row, every column and every 4x4 box contains the digits 0 through 9 AND the letters A-F.

Solution on page 19

McGraw, Rulla Nehme Pontarelli, Kelsey Swanson and Jo-Ellen Tiberi, who are joined by close friend Dolores Catania, star of "The Real Housewives of New Jersey."

Recently, The Daily Dish spoke with Dolores and her fiance, Paul "Paulie" Connell, who boasted about her time spent with the ladies in Rhode Island.

"Oh, they're so special," Dolores told The Daily Dish. "The Rhode Island ladies are so amazing. They remind me of New Jersey when we first started, just the way that they are, right? Paul and I fell in love again in Rhode Island. It was so beautiful. Spending the summer there, I think, made us even get closer."

While Dolores might remember her summer in Rhode Island fondly, it wasn't all sun, fun and games. A sneak peek for this upcoming season teases a fallout between friends, sparked by rumors regarding a cast member's alleged "two boyfriends."

With Lucilla D'Agostino ("The Real Housewives of Beverly Hills"), Jen McClure-Metz ("Vanderpump Rules"), Joseph Ferraro ("Match Game"), Deanna Markoff ("Buying Beverly Hills") and Andy Cohen

("The Real Housewives of Salt Lake City") acting as executive producers, "The Real Housewives of Rhode Island" premieres Thursday, April 2, on Bravo.

Case files: Examine the nitty-gritty details of real-life FBI investigations when Season 8 of the in-depth docuseries "FBI True" returns for its second installment of new episodes Tuesday, March 31.

From "FBI" creator Craig Turk, this nonfiction counterpart to the aforementioned CBS series ditches the scripts and takes viewers back in time, as real-life FBI agents share their firsthand accounts of working high-stakes cases. From kidnappings and serial crimes to threats of terrorism, the agents candidly discuss triumphs and tragedies from on the job, highlighting the unique challenges agents face while in the line of duty.

As one Rotten Tomatoes description reads: "With everything on the line, what choices did they make? How did they keep their cool with a kidnapped child's life in danger, or with a bomb ticking in an unknown location, or a terrorist on the loose? Frank conversations between agents reveal an inside look at the

investigations behind some of the biggest cases handled by the FBI."

Previous episodes from Season 8, for example, delve into cases such as the 1999 disappearance of three women from Yosemite National Park, which resulted in the largest search and rescue operation in U.S. history.

Later in the season, agents similarly discuss the ATF raid on the compound of the Branch Davidians — an armed apocalyptic religious group in Waco, Texas — which turned deadly and resulted in a 51-day standoff between the group and their leader, David Koresh, and the authorities.

Further episodes discuss the Manhattan Bomber; the terror attacks in Benghazi, Libya; the kidnapping of Hannah Anderson; the hunt for notorious mobster Whitey Bulger; and more.

With Turk, Anne Beagan ("Inside the FBI: New York"), Azadeh de Leon ("PD True"), Shawn Efran ("60 Minutes"), Solly Granatstein ("Special Ops: True") and Morgan Hertzman ("Let It Fall: Los Angeles 1982-1992," 2017) acting as the series' executive producers, Season 8, Part 2 of "FBI True" streams Tuesday, March 31, on Paramount+.

Friday Best Bets

I Am Number Four

AMC 11:15 am

As one of nine aliens sent to live on Earth, the inhuman John Smith (Alex Pettyfer) poses as an ordinary teenager, hiding his extraordinary abilities in hopes of evading those sent to kill him. Dianna Agron, Timothy Olyphant and Teresa Palmer also star.

Tom Clancy's Without Remorse

TNT 8:00 pm

Starring Michael B. Jordan, Jodie Turner-Smith and more, this 2021 action flick is based on Tom Clancy's eponymous novel, following an elite navy SEAL (Jordan) as he attempts to unravel an international conspiracy and seek justice for his wife.



Jack Nicholson in "The Little Shop of Horrors"

Stumble

WRAL WMBF 8:30 pm

For disgraced cheerleading coach Courtney Potter (Jenn Lyon), it's going to take a lot of bending over backwards to fix her reputation. After being fired from her first-place team, she agrees to coach a rag-tag team of uncoordinated, small-town kids.

The Little Shop of Horrors

TCM 10:15 pm

Skid row flower shop worker Seymour Krelboin (Jonathan Haze) creates a new plant in his spare time that he names after his girlfriend, Audrey (Jackie Joseph). However, the plant begins speaking and demanding human blood and flesh, forcing Seymour to kill.

FRIDAY EVENING, APRIL 3, 2026

	TW	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
5	WRAL	5	WRAL News at 4PM (N)	WRAL News	News (N)	WRAL News	NBC News	WRAL News	Inside (N)	Happy's (N)	Stumble (N)	Dateline NBC (N) (CC)				WRAL News	:35 J. Fallon
9	WMBF	9	WMBF News at 4 (N)	News (N)	News (N)	News (N)	NBC News	WMBF News	Inside (N)	Happy's (N)	Stumble (N)	Dateline NBC (N) (CC)				News at 11	:35 J. Fallon
11	WTVD	11	11 Eyewitness News (N)	News (N)	News (N)	News (N)	World News	Jeopardy!	Wheel (N)	Celebrity Jeopardy!	20/20 (N) (CC)				News (N)	:35 J. Kimmel	
13	WBTW	13	News 13 First (N) (CC)	News (N)	WBTW News	News (N)	CBS-News	Wheel (N)	Jeopardy!	Sheriff "The Finest" (N)	Fire "The Bravest" (N)	Boston Blue (N)	News (N) :35 Colbert				
15	WPDE	10	Judge Judy	Judge Judy	ABC15 News at 5 (N) (CC)	News (N)	World News	News (N)	ET (N)	Celebrity Jeopardy!	20/20 (N) (CC)				News 15 (N)	:35 J. Kimmel	
21	WWMB	3	Tribunal	Tribunal	Maurly	Family Feud	Family Feud	Family Feud	Family Feud	Penn & Teller: Fool Us	Bible Challenge (N)	The National News Desk				The National News Desk	
31	WUNU	12	Energy	Sci NC (CC)	N.C. Wknd	BBC World	PBS News Hour (N) (CC)	Issues	ncImpact	Week (N)	State Lines	The American Revolution (CC)				Amanpour	
40	WUVC	4	El gordo y la flaca (L) (N)	Primer impacto (L) (N)	Noticias (N)	Noticiero (N)	La rosa de Guadalupe	Papás por siempre (N)	Doménica Montero (N)	Monteverde (N)	Noticias 40				:35 Noticiero		
43	WFXB	2	JHud Show (N) (CC)	Neighbor	Neighbor	Big Bang	Big Bang	Sheldon	Sheldon	UFL Football	United Football League D.C. Defenders at Columbus Aviators (L) (N)	Mod Fam				Goldbergs	
62	WFPX	8	*** Parker (2013, Action)	Jennifer Lopez, Jason Statham. (CC)	*** The Equalizer (2014, Action)	Marton Csokas, Denzel Washington. (CC)	*** The Equalizer 2 ('18) Pedro Pascal, Denzel Washington. (CC)										
A&E	21	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Troopers "Gun N Hide"	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	Alaska State Troopers	:05 Southern Law	
AMC	41	Movie	:45 *** The Breakfast Club ('85) Emilio Estevez. (CC)	*** Back to the Future ('85) Michael J. Fox. (CC)	*** Back to the Future Part II ('89) Michael J. Fox. (CC)												
ANPL	64	Treehouse "Treehouse Z"	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters
BET	37	Prince	Prince	Prince	Prince	Neighbor	Neighbor	*** Tyler Perry's Madea's Family Reunion ('06) Blair Underwood, Tyler Perry.	*** Death at a Funeral ('10) Keith David.								
CMT	48	King	King	Mama's	Mama's	Mama's	Mama's	Mama's	Mama's	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)	Reba (CC)
CNBC	53	American Greed	American Greed	American Greed	American Greed	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)	Shark Tank (CC)
CNN	26	The Arena (L) (N)	Jake Tapper (L) (N) (CC)	Jake Tapper (L) (N) (CC)	Jake Tapper (L) (N) (CC)	E. B. OutFront (L) (N) (CC)	Cooper 360 (L) (N)	The Source With (L) (N)	CNN NewsNight (L) (N)	Laura Coates Live (L) (N)							
COMC	34	Seinfeld	Seinfeld	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office
CSPAN	56	2:30 Public Affairs Events				Ceasefire (CC)	Public Affairs Events	Ceasefire (CC)	Public Affairs Events	Ceasefire (CC)	Public Affairs Events	Ceasefire (CC)	Public Affairs Events	Ceasefire (CC)	Public Affairs Events	Ceasefire (CC)	Public Affairs Events
DISC	42	Gold Rush	Gold Rush	Gold Rush	"Rick's Mess"	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush	Gold Rush
DISN	57	Big City	Big City	Big City	Bluey (CC)	Bluey (CC)	Bluey (CC)	Big City	Big City	*** Zombies 4: Dawn of the Vampires	:35 ZOMBIES	ZOMBIES	Vampirina	Ladybug	Ladybug	Ladybug	Ladybug
E!	39	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men	Two Men
ESPN	31	NFL Live (L) (N) (CC)	SportCtr (N)	Pardon	NCAA Studio (L) (N)	NCAA Bsk. First Semifinal: Teams TBA (L) (N)	NCAA (N)	NCAA Bsk. Second Semifinal: Teams TBA (L) (N)	SportsC. (N)								
ESPN2	32	Basketball Nationals: Semifinals (L) (N)	Podcast	SportsCenter (L) (N) (CC)	NCAA Bsk. First Semifinal: Teams TBA (L) (N)	NCAA (N)	NCAA Bsk. Second Semifinal: Teams TBA (L) (N)	NFL Live									
FDSO	38	Carolina	Athletes Unlimited Pro Lacrosse	Focused	Warehouse Games	Warehouse Games	Warehouse Games	Warehouse Games	Warehouse Games	Pulse/Pack	Duke	Outdoor	Great				
FNC	44	8:00 Jesse Watters Primetime	Jesse Watters speaks with newsmakers from across the country. (L) (N) (CC)	Jesse Watters (L) (N) (CC)	Hannity (L) (N) (CC)	Gutfeld! (N) (CC)	Fox News at Night (L) (N)										
FOOD	66	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
FREE	18	10:00 700 Club Interactive	Highlighting current events and stories that will help bring encouragement to people. (CC)	*** The Game Plan ('07) Dwayne Johnson. (CC)	The 700 Club (N) (CC)												
FX	67	*** The Avengers (2012, Action)	Chris Evans, Robert Downey. (CC)	*** Avengers: Age of Ultron ('15) Chris Hemsworth, Robert Downey. (CC)	*** Captain America: Civil War	Chris Evans.											
GOLF	45	PGA Tour Golf	Valero Texas Open, Second Round (L) (N) (CC)	LPGA Tour Golf	Aramco Championship, Second Round (L) (N) (CC)	Golf Central (L) (N) (CC)	PGA Tour Golf										
HALL	62	*** The Gift of Peace ('22) Nikki DeLoach. (CC)	*** Following Yonder Star ('24) Brooke D'Orsay. (CC)	*** Miracle in Bethlehem, PA	Laura Vandervoort.	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls	Gold. Girls
HGTV	65	Caribbean	Caribbean	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	DreamHome	Hunters	Hunters	Hunters	Hunters
HIST	51	UnBelievable	UnBelievable	UnBelievable	UnBelievable	UnBelievable "Odd Jobs"	UnBelievable	UnBelievable	UnBelievable	UnBelievable	UnBelievable	:05 Proof-There (N)	:05 UnBelievable				
LIFE	25	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	NCIS (CC)	:05 NCIS (CC)	:05 NCIS (CC)				
LMN	46	*** Kidnapped in a Small Town	Alicia Blasingame.	*** There's No Way Out ('25) Elizabeth Longshaw.	*** Don't Trust the Couple	Upstairs Alex Mitchell.	*** Danger in the Countryside ('25) Nicole Reddinger.										
MSNBC	43	Deadline: White House (L) (N) (CC)	The Beat With (L) (N) (CC)	The Weeknight (L) (N)	All in With Chr. (L) (N)	The Briefing (L) (N) (CC)	Last Word (L) (N)	The 11th (L) (N)									
MTV	36	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	RuPaul's Drag Race (CC)	RuPaul's Drag Race (N) (CC)	Untucked	RuPaul's Drag Race (CC)	Special						
NEWSN	16	NewsNation (L) (N) (CC)	NewsNation (L) (N) (CC)	The Hill with Blake (N)	Vargas Report (N) (CC)	Cuomo (N) (CC)	On Balance (N) (CC)	Katie Pavlich (N) (CC)	Jesse Weber Live (N) (CC)								
NGEO	70	The Story of God	The Story of God	Yellowstone "The Pack"	Yellowstone	Super Ani	Super Ani	Parks "Grand Canyon"	Parks "Big Bend"	Parks "Badlands"							
NICK	29	3:00 *** Despicable Me	Boss Baby	Loud House	Wyldy Pak	SpongeBob	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)
NICKJ	71	PAW Patrol	PAW Patrol	Peppa Pig	Mr. Crocod	PAW Patrol	PAW Patrol	Rubble	Rubble	Rubble	Rubble	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Peppa Pig	Mr. Crocod
OXY	171	Snapped "Ana Trujillo"	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped	Snapped
PARMT	27	Bar Rescue	Bar Rescue	*** The Lord of the Rings: The Return of the King	*** Lord of the Rings: Ret...												
SYFY	55	3:00 *** The Hunt	*** Dredd (2012, Action)	Olivia Thirlby, Karl Urban.	*** Blade (1998, Horror)	Stephen Dorff, Wesley Snipes.	*** Blade II (2002, Horror)	Kris Kristofferson, Wesley Snipes.									
TBN	68	Turning	S. Furtick (N)	Harvest (N)	Hagee	Drive	Kirk Today	Allen (N)	Sight & Sound: Jesus (N)	:45 Sight & Sound: Jesus (N)							
TBS	24	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang
TCM	54	*** Strange Lady in Town ('55) Greer Garson. (CC)	*** East of Eden ('55) Julie Harris, James Dean.	Roger Corman	*** A Bucket of Blood	:15 *** The Little Shop of Horrors	Movie										
TLC	23	7 Little Johnstons	Welcome to Plathville	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé	90 Day Fiancé
TNT	28	3:00 *** Suicide Squad	Will Smith.	*** The Accountant ('16, Thril)	Anna Kendrick, Ben Affleck. (CC)	*** Tom Clancy's Without Remorse (P)	:15 *** The Accountant ('16) Ben Affleck. (CC)										
TOON	69	Regular	Regular	Dog	Dog	Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
TRUTV	40	3:00 *** Tag	Ed Helms.	*** Central Intelligence ('16) Dwayne Johnson.	*** Gridiron Gang (2006, Action)	Xzibit, Dwayne Johnson. (P) (N)	NCAA M. Basketball	NCAA M. Basketball									
TVLAND	47	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	A. Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond
USA	30	2:30 *** Harry Potter and the Chamber of Secrets	*** The Super Mario Bros. Movie	Chris Pratt.	WWE Friday Night SmackDown (CC)	*** Harry Potter & the Pris...											
WE	61	:15 Criminal Minds	:15 Criminal Minds	:15 *** Ocean's Eleven ('01, Com.-Dra)	Matt Damon, George Clooney. (CC)	Mama June (N)	Bridezillas (N)	Mama June									

hollywood Q&A



Seth Meyers hosts "Late Night With Seth Meyers"

By Adam Thomlison
TV Media

Q: Every now and then, Seth Meyers talks to his cue-card guy. Does he actually still use cue cards instead of a teleprompter or is it just to give him someone to talk to?

A: Apparently, both things can be true.

Seth Meyers does, in fact, still use cue cards for "Late Night With Seth Meyers," and he says it's a habit he shares with a lot of "Saturday Night Live" grads.

"Everyone who comes off of 'SNL' sticks with cue cards," Meyers said during an audience Q&A session when asked about his relationship with cue cards. He said he just trusts them more than teleprompters, which are subject to all sorts of technical glitches.

As for his relationship with his cue-card guy specifically, it's about the same. "Wally does cue cards at 'SNL.' He did the very first cue card I ever read off of."

"Wally" is Wally Feresten, who still holds the cards on "Late Night"

and "Saturday Night Live," and has done other shows over the years.

In an article he wrote for Late-Nighter.com — a news website specifically devoted to late-night TV — Feresten said that he's been doing "Late Night" since Meyers took over, and that Meyers started including him in sketches right off the bat. But their relationship shifted during the COVID-19 pandemic, when Feresten got to sit on the couch as a last-minute fill-in guest. He called it "one of the coolest things to happen to me in my entire 35 years of working at NBC."

He mostly talks about the awe of the experience, but he also mentions that it gave him a chance to promote his side hustle, CueCardsBy-Wally.com, where he sells personalized, autographed cue cards.

Q: What ever happened to Richard Karn? Is he still working?

A: Richard Karn ("Family Feud") is indeed still working, and still hanging out with his buddy Tim Allen ("Toy Story," 1995) when he can. Karn is best known for his role on

Screen scramble

AEIPSRDA
□□□□□□

UJRY TYUD
□□□ □□□

EWSLDRWOT
□□□□□□

LEEMCOW OT EM
□□□□□ □ □ □

EHT TBKNEOO
□□ □□□□□

Answer: □□□□□ □□□□□□

Unscramble the letters for each word to reveal five movies and TV shows. Then, rearrange the circled letters to discover the actor who has appeared in all five.

Solution on page 19

'90s sitcom "Home Improvement," playing Al Borland, the actually competent assistant to Allen's bumbling lead on the sitcom's show-within-a-show, "Tool Time."

Shortly after "Home Improvement" ended in 1999, Karn took over as host of the long-running game show "Family Feud," but left that in 2006.

He hasn't reached those heights of fame again, but he's still a famous face and has taken a steady stream of guest roles since.

That includes popping up on pretty much all of Allen's subsequent projects — the two are friends in real life as well. Most recently, he ap-

peared on the Season 2 premiere of Allen's new sitcom, "Shifting Gears," and did a brief arc on his previous one, "Last Man Standing," in 2013.

He and Allen also hosted a couple of reality shows together on History Channel — "Assembly Required" in 2021 and "More Power" in 2022, both based on their "Home Improvement" dynamic. But neither really caught on, and they were both canceled after a season.

Have a question? Email us at questions@tvtabloid.com. Please include your name and town. Personal replies will not be provided.

Late laughs

The Late Show With Stephen Colbert

As of this afternoon [Feb. 23], there were almost 20 inches of snow in Central Park, making this a top-10 snowstorm for the city, dating back to 1869. These people know 1869 was a rough one for New York. Snow removal back then was just gangs of Irish street urchins with wooden spoons.

The Tonight Show Starring Jimmy Fallon

Tesla announced that they will soon activate the noise-canceling feature for their Cybertruck. This way, you'll no longer hear people making fun of you for owning a Cybertruck.

Well, get this. A new investigation found that over 100 chemicals of unknown safety were secretly added to the U.S. food supply. That story again? The McRib is back.

Jimmy Kimmel Live!

In other transportation news, Waymo, you know the cars you see at every stoplight in L.A., Waymo is adding four new cities. They're adding Houston, Dallas, San Antonio and Orlando, which is going to be good. Driverless cars in Florida. That is going to blow the meth right out of their heads.

Late Night With Seth Meyers

The U.S. launched joint military strikes with Israel against Iran over the weekend in Operation Epic Fury. Epic Fury? Who's our secretary of defense? Cartman?

Paramount Skydance said today [Mar. 2] that it plans to merge its Paramount streaming service with HBO Max — just when your parents finally figured out how to watch "Yellowstone."

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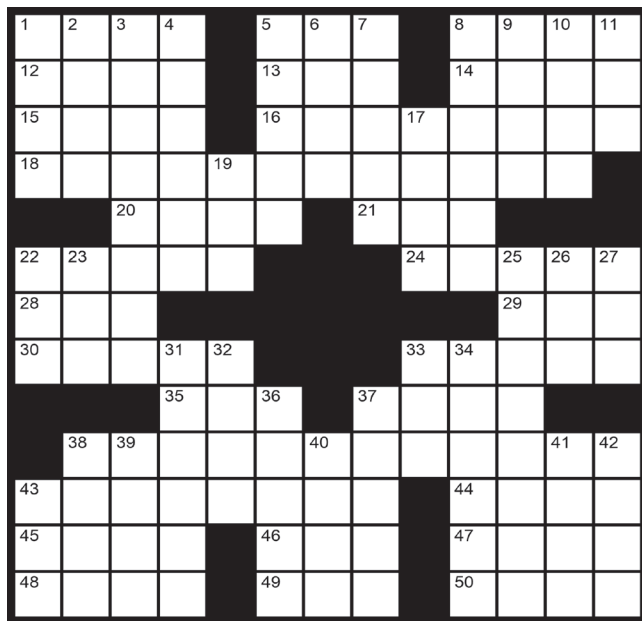
If you are experience any of the following

- Aching Knee Pain
- Grinding Sensation
- "Bone on bone"
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- Tendonitis
- Bursitis
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television crossword



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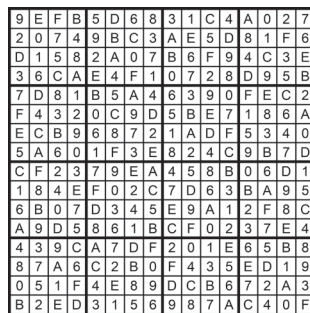
Across

1. Bus driver to Springfield Elementary School
5. "___ & Order"
8. C-section reminder
12. Fish often grilled for tacos, informally
13. ___ Ben Canaan, of "Exodus" (1960)
14. Ran like mad
15. "As we all hope!"
16. "Mork & Mindy" star
18. Animated series with a mad scientist
20. Gets ready to race
21. Skywalker, to his pals
22. '70s TV spinoff
24. Take delight in
28. Hitting noise
29. ___ Jima (WWII battle)
30. Annual division
33. Pennsylvania senator Specter
35. Hank Williams number?
37. Fiery gemstone
38. TV series with a star chimp
43. Singer/actress Love
44. Part of an oft-sung bikini description
45. College in Mich.
46. Goalkeeper's jersey number, often
47. Rock's suffix
48. Cuts with garden shears
49. Six-pt. plays on the grid-iron
50. Señor's six

Down

1. Actor Sy of "Lupin"
2. Suspense novelist Hoag
3. Netflix series whose fifth season concludes with the election of Tony Blair
4. Spoke from a sty
5. Grassy expanses
6. Rain-starved
7. Pebbles' mom
8. Add, as to soup
9. See cereal covering
10. Pentagon department
11. Hi-___ graphics
17. Reclusive
19. Director DuVernay of "Selma" (2014)
22. Tachometer letters
23. Yoo-___: beverage
25. Penn of "Fool Us"
26. Band will do this to agent
27. Poetic "thataway"
31. Bejeweled bands
32. Guesser's request
33. Many a simian
34. Bat or raccoon disease
36. "Think before doing that"
37. "Totally!"
38. Tie with a clasp
39. Begin to dive
40. Minister
41. Piedmontese wine, for short
42. Marble ___
43. Where S.F. is

Solution on page 2



Answer: JAMES MARSDEN

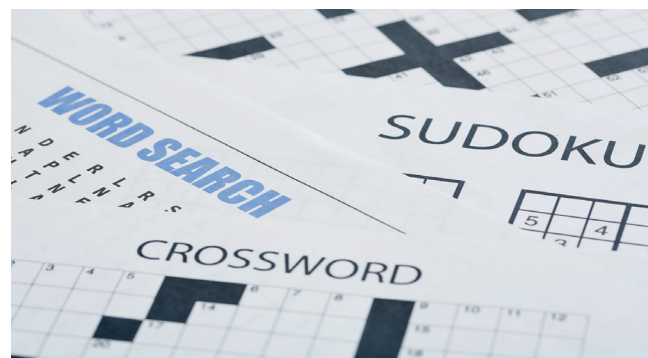
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A HEALTHY APPROACH TO WEIGHT LOSS



• Don't skip meals. Seriously restricting food intake is not healthy at all and could lead to fluctuations in weight. An eating pattern that includes a cycle of weight loss and weight gain can contribute to an increased risk of coronary heart disease, says Better Health, a resource of the Australian Department of Health. Plan meals to meet your daily calorie count, being sure to avoid skipping any during the day. Healthy weight loss takes time and requires changing habits over the long haul.

THANKS  
to the
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Though people attempting to lose weight may love a quick fix or magic pill that could shed excess pounds, successful efforts that produce long-term weight loss generally take considerable time and effort. The Centers for Disease Control and Prevention says people who lose weight at a gradual, steady pace tend to keep the weight off. The CDC advises individuals to aspire to lose one to two pounds each week

Working in concert with a doctor or a registered dietician is one of the ways to ensure that the weight loss experience is successful and healthy.

In addition to following the advice of a professional, these tips can help.

- Think of it as a lifestyle change. Managing weight is a lifelong commitment. That means that following a short-term diet may not prove a successful way to lose weight and keep it off in the long run. It's important to put strategies in place that will help change habits that may be contributing to weight gain.
- Set short-term goals. Certainly the overall goal may be to lose a set number of pounds. But having that goal in the distance may make it seem less achievable. Rather, set small goals throughout a weight loss journey. This can be something like a plan to replace sugary drinks with water, or to exercise three days a week instead of being sedentary most of the time.
- Be sure the time is right. Some people jump in at the start of the new year, even if they are not mentally ready to commit or lack the time to make the overhaul necessary to affect change. Begin a weight-loss journey when you have a strong desire to change habits and are not distracted by other pressures.
- Tame stress as much as possible. High levels of stress can derail weight-loss plans. Many people turn to foods, beverages and other unhealthy habits as a means to coping with stress. The Cleveland Clinic says stress raises cortisol levels, which increases insulin production. The resulting low blood sugar makes people crave sugary, fatty foods. The Mayo Clinic suggests speaking with a health care professional if you need help taking charge of stress.
- Change your perceptions. Focus on what you can eat rather than what you can't eat. Healthy weight loss means finding balance and enjoying the foods you love, but not going overboard. Restricting any one food or food group could lead you on a path to feeling resentful or even bingeing on unhealthy items.

DID YOU KNOW?

A DOCTOR'S PRIMARY ROLE

When visiting a doctor, patients may be curious about the letters next to the doctor's name. Doctors may be listed as either MDs or DOs. According to the Cleveland Clinic, an MD is a Doctor of Medicine and a DO is a Doctor of Osteopathic Medicine. Allopathic medicine, which is practiced by MDs, employs medication, surgery and other interventions to treat illnesses. Osteopathic medicine will focus more on the relationship between the mind, body and spirit and treating the person as a whole, although medication and surgery also may be used. According to the Mayo Clinic, a DO also may use manual medicine as part of treatment, which can include massage and hands-on work on joints and tissues. Both MDs and DOs receive similar medical education and training. Both also must pass the same licensing exam before they can treat people and prescribe medicines. An MD actually established the first DO training program in 1892. Andrew Taylor Still, MD, started the program when his philosophy about medicine changed after losing three of his children to spinal meningitis. In the aftermath of those tragedies, Still developed the concept of osteopathic medicine. Osteopaths are not naturopaths, who are different medical professionals who serve to heal with natural substances. Both MDs and DOs also may be functional doctors, who look more deeply into whole body systems and root causes rather than just anatomy and symptoms.



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MEDICAL SCHOOL APPLICATIONS ARE ON THE DECLINE



Medical school is never far from the minds of students who aspire to be doctors. The Princeton Review says that medical school takes four years to complete, after which individuals will also spend three to eight years in residency. When all is said and done, an individual who entered college at 18 may not become a doctor until he or she is 29, if not older. In the United States, students can expect to spend an average of \$364,536 to become a doctor, says White Coat Investor. Of that amount, \$218,792 is for medical school and \$145,744 is for an undergraduate degree. Students must devote a lot of time and money to become a doctor, and that commitment could be one reason behind a recent decline in medical school applications.

According to data released by the Association of American Medical Colleges, the 2023-2024 school year marked the second consecutive year medical schools saw a drop in applicants. There were 52,577 applicants, which was a decline of 4 percent over the 2022-2023 year. This is in contrast to the 2021-2022 year, which was likely driven by people inspired to engage in careers in medicine during the COVID-19

pandemic. In 2021, there were a record number of medical school applicants, with an 18 percent increase over the previous year. Despite a decline in applications, first-year enrollments remain high and rose 1.2 percent compared to 2023, according to AAMC data. Schools also are seeing more ethnically diverse medical students. Medical Economics reports the number of first-year Hispanic medical students rose by 4.5 percent in 2023 and American Indian or Alaska Native medical students rose by 14.7 percent. Women also accounted for more than half of applicants and first-year students.

Experts are unsure what is driving the decline in medical school applicants. However, David J. Skorton, president and CEO of the AAMC, said the medical community is seeing declines in applications for other health professions as well. The long hours, intense schooling, cost of tuition, and wear on mental health are some factors that might be causing students to reconsider medical school. Some schools are now redesigning programs to cater to medical students' overall health and wellness on their journeys to becoming doctors.

NATIONAL DOCTOR'S DAY

Honoring Our LifeCare Physicians

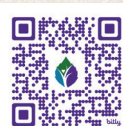
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FIND THE RIGHT DOCTOR FOR YOUR CONDITION



• **Oncologist:** Oncologists specialize in the diagnosis and treatment of cancer. They have subspecialties in specific types of cancer, and also may serve as radiation oncologists, who provide radiation cancer treatments.

• **Otolaryngologists:** Commonly referred to as ear, nose and throat doctors, these professionals treat diseases in these areas of the body. They also treat conditions that affect the neck and respiratory system.

• **Pulmonologists:** Those with conditions related to breathing issues, such as pneumonia, asthma, emphysema, and lung cancer, can seek out pulmonologists.

These are just some of the many different types of doctors people may visit in their lifetimes.

The medical field is comprised of many professionals working in concert to keep patients healthy, which involves treating any conditions that arise. Individuals may be treated by various types of doctors in their lifetime, and each is an expert in his or her field. According to Medical News Today, most physicians are categorized as primary care or specialty care.

Navigating the health care system can be confusing. Recognition of the specialties of various types of doctors can make it easier to make it through that system.

• **General practitioner:** Also known as a family physician, or primary care doctor, these are the doctors patients are likely to encounter most often. They care for patients during routine checkups and screening tests; provide immunizations; and manage ongoing medical conditions. GPs also may be internists, treating both common and complex illnesses.

• **Pediatrician:** Pediatricians specialize in the care of children from birth and up. Although there is no set age when patients will transition from a pediatrician to an adult doctor, Kids Health says the switch is typically made between the ages of 18 and 21.

• **Geriatric medicine specialists:** These doctors focus on treating elderly patients and the medical conditions that can develop as a person ages. Geriatric doctors work in private offices, nursing homes, assisted living facilities, hospitals, and some even make house calls.

• **Endocrinologists:** An endocrinologist is an expert in the study of the body's hormones, says the Cleveland Clinic. They diagnose and treat many different conditions that affect the endocrine system, including diabetes, reproductive issues and thyroid conditions.

• **Dermatologist:** Skin, hair and nail conditions are handled by a dermatologist. Dermatologists routinely treat conditions like acne, moles, scarring, rashes, and more.

• **Nephrologists:** Individuals with kidney diseases as well as high blood pressure and fluid and mineral imbalances will likely see a nephrologist.

• **Ophthalmologist:** Although many conditions of the eye can be diagnosed and treated by optometrists, ophthalmologists are medical doctors who can treat every kind of eye condition. They also can operate on the eyes, according to WebMD.

10 WAYS MEDITATION HELPS HEALTH

The benefits of meditation are numerous. Doctors and scientists have uncovered various ways that meditation can improve personal well-being, including:

- Relieve stress and anxiety
 - Alleviate fatigue
 - Reduce blood pressure
- Reduce common menopausal symptoms, including frequency and intensity of hot flashes, muscle pain, and sleep disturbances
- Relieve symptoms of depression
- Improve a positive outlook on life
 - Enhance self-awareness
 - Lengthens attention span
- May reduce age-related memory loss
 - May help fight addictions



March 30 Happy Doctors' Day

Greatness isn't always loud. Sometimes it's a steady presence, a careful decision, a reassuring word.

On March 30, we celebrate our doctors for showing up with heart—every day, for every patient, across our communities. Your compassion and expertise help people get well and stay well, and support the moments that matter most.

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National Doctors' Day

MARCH 30, 2026



THANK YOU DOCTORS

This National Doctors' Day, we celebrate the dedication and compassion of our incredible physicians. Every day, they make a difference in the lives of our patients through expert care, commitment, and kindness. Thank you for your unwavering dedication to health and healing. Join us in honoring the heroes who keep our community thriving!

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Andrew Lin, MD

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HOW TO MANAGE MULTIPLE MEDICATIONS



Polypharmacy, or the practice of managing multiple medications, is a part of life for a significant percentage of seniors. Many prescription and over-the-counter drugs are essential for maintaining health and managing chronic conditions. However, the chemical complexity of mixing so many drugs can lead to dangerous outcomes if one isn't careful. Older adults take more medications than any other age group. A report conducted by Age Wave and The John A. Hartford Foundation found that the average senior takes four medications, but more than 15 percent take eight or more. Some medications can create further conditions or worsen existing conditions. Data from the Agency for Healthcare Research Quality show that 15.9 percent of older adults use inappropriate medication.

Structured medication management is essential for seniors' safety. Here's how to safely navigate taking multiple medications at once.

- Conduct a medication audit. Take all of the medications and supplements you use to a primary

care physician or pharmacist to discuss potential interactions and if any prescriptions can be canceled. Research from Clarest Health indicates that patients taking five to nine medications have a 50 percent chance of experiencing a significant adverse drug event.

- Talk about deprescribing. Speak with a doctor about the process of tapering off medications that may no longer be necessary or are resulting in more harm than benefit.

- Use one pharmacy. Always fill prescriptions from the same pharmacy. Modern systems are equipped with safeguards to flag certain drug-to-drug interactions automatically. Also, the pharmacist is often an underutilized resource. Ask questions and figure out if he or she can conduct a medication review to ensure a regimen for taking medications is as complication-free as possible.

- Utilize smart systems. Rely on smart pill dispensers that unlock only at the correct time to manage high-risk medications. Other pill organizers and digital

apps can set reminders to take medications at the appropriate times. An app like Medisafe will notify family members if a dose is missed.

- Link doses to actions. Make medications an automatic part of your day by linking them to activities, like morning pills taken with a cup of coffee or evening pills when you eat dinner.

- Use visual cues. Keep pill organizers in a visible spot so you remember to take the medication.

- Ask for help. If managing medications has become a tall order, ask a friend, family member or a visiting nurse or aide to assist with medication management.

- Update your list. Always maintain a current list of the medications and supplements you are taking, and bring it along to every new medical appointment for further review.

Managing medications becomes more complex as seniors typically take multiple drugs and supplements to maintain health.

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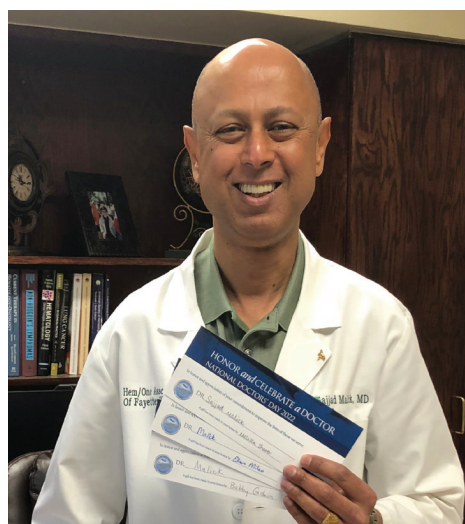
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