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FOUR OAKS Journal

FIRST ANNIVERSARY ★★★ SPECIAL EDITION ★★★

-
- Plant a row for the hungry
 - Business Profile: Southern Roots Boutique
 - Community Calendar
-

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FROM THE PUBLISHER



Field trip serves as gateway to high school

You might remember my column from February about embracing change and savoring the moments of my son's rapidly ending childhood.

Well, I did some of that the other day.

I tagged along with the eighth-graders at Four Oaks Middle for the annual field trip to Camp Don Lee in Arapahoe last month. Ethan and I got up before the sun, scarfed down some breakfast, swung by and grabbed one of his friends and drove to meet the buses.

As is his custom, he rode the bus on the trip over. He took a nap (he told me later) while I followed school buses through a drizzling rain.

So, there I was. Alone in the car, unable to set the cruise (following buses makes that tricky) and having to constantly adjust the speed of the windshield wipers, I was not feeling it.

The fact that I left my orange-flavored Kickstart in the fridge wasn't helping matters either.

And then something strange happened. I remembered the column.

You never know when you're doing something for the last time, unless it occurs to you while you're limping along U.S. 70.

This was likely the last field trip I'd go on with Ethan.

High school looms for us this fall, and I don't recall going anywhere with my parents during those years.

So, instead of sinking into a caffeine- and sleep-deprived fog and stumbling through the day, I tried to soak it up instead.

I watched him as he and his group cut into a squid. I smiled as he sat stone still in the middle seat of a canoe and I didn't bat an eye when he waded into the Neuse River wearing his pants, shoes and socks.

I did have to slip into parent mode to keep him from swimming over to Cherry Point, since he was waist deep and still moving out when I motioned to him to come back.

It was a fun day, even if it felt a little like a mile marker on his road to adulthood.



Randy Capps
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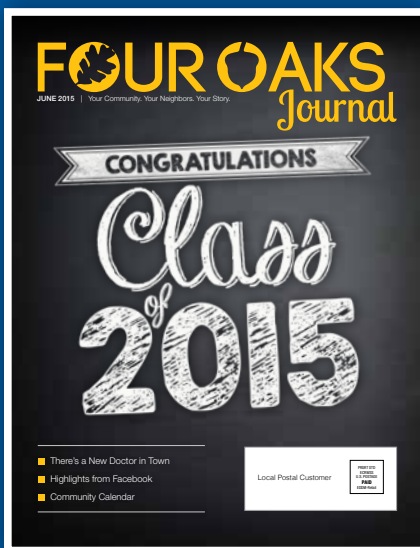
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REMEMBERING YEAR ONE

In honor of our first anniversary, here's a letter from each member of the Journal staff.

RANDY CAPPS ★ PUBLISHER

Hallmark says the traditional gift for a one-year anniversary is paper, and since this issue marks that occasion for our magazine, I find that rather funny.

On the other hand, the appropriate "modern" gift would be clocks. But since I don't have a ready-made way to pass out 5,600 of those, we'll have to stick to tradition in our little celebration.

And that's what this is, really.

The Four Oaks Journal was actually born about 15 years ago in the South Carolina Lowcountry. But the younger versions of Shanna and I weren't really ready for the rigors of starting a business, so we started a family instead.

We never forgot our idea of owning a local magazine and running it together, even as we moved, changed jobs and moved over and over again.

In the fall of 2014, it felt right. And, at 12:01 a.m. on Jan. 1, 2015, we filed our business paperwork with the state.

Shandy Communications, LLC, the parent company of the Four Oaks Journal, was born. Shandy, if you're wondering, features the "Sh" from Shanna, the "an" from Ethan and the "dy" from me. It's a little hokey, but if you know us at all, that's not really a shock.

We launched the Journal in May of last year, with a cover story that challenged me in a way no other story ever has. It's one of my favorite all-time pieces, and from a guy that has written thousands of sports stories in his life, that's saying something.

Since then, we've done what we set out to do, and that's tell your stories.

We've learned how a spur-of-the-moment drive into New York City led to the opening of Papa's Pizza. We learned more about one of Four Oaks' favorite sons, James Bryan Creech, and found out just how many links there might be in Butch Baker's paper chain.

We took a ride in a hot air balloon, listened to dragsters scream down the track at GALOT and got to know some passionate people charged with educating our children.

At the Four Oaks Christmas parade, we piled in my little Mazda, slapped a magnet on the side and threw candy at our readers, who warmed our hearts with every smile and wave.

At the Acorn Festival, we tried to give away magazines, only to find that everyone kept the copy they got at home. What we got instead were dozens and dozens of well wishes, thank yous, handshakes and even hugs.

On a personal level, when we started this magazine, I was just hoping for a lukewarm reception. The idea of failure is never far away – I mean, how many people are starting print publications these days?

But every week while I'm in the bank, the post office or McDonald's, people tell me how much they enjoy the magazine and look forward to seeing it come in the mail.

It's a different world than the one I was used to in newspapers, when a bright red voice mail light on your desk phone was 95 percent certain to be a message from someone unhappy with you.

There are many things about life in the newsroom that I miss sometimes, but that is not among them.

It's hard to know what the future holds, but one thing is certain. I'll need a different lead for next year's column.

The traditional gift for a second anniversary is cotton, and there's no way I'm mailing out that many shirts. The modern gift would be china, and no, that's not happening either.

At any rate, thank you for allowing us into your homes and letting us tell your stories. It means so much to us.

SHANNA CAPPS ★ GENERAL MANAGER

Television makes starting a business look easy. They tell you it's simple...you just come up with an idea and open the doors to people lined up for miles. Well, that's not exactly the case.

When we decided to move forward with this little magazine, it took months of planning, budgeting, researching and hard work before we ever mailed the first issue. We spent evenings gathered around a white board sketching out story ideas and what we wanted covers to look like.

It's still a healthy amount of labor each month, but when you're doing something you believe in, it just doesn't feel like work.

Our family has always felt that we were led to Four Oaks. However, we felt something was missing. Before the magazine, we never knew what was going on in our own community.

We couldn't find any source of information to tell us when there was a concert, fundraiser or event that we might enjoy. We hope that the Four Oaks Journal now fills that need.

We hope when you flip through the pages, you recognize a face, a name, a business or something that makes it personal to you. Our goal is, and will always be, to share the positive, uplifting stories of our beautiful community.

In our family, Randy is the master of words. He has that beautiful storytelling quality that comes so easily to him.

Ethan is extremely creative. Many times, he's given us ideas on how to design the cover or what stories we should consider for an edition.

My talents lie in marketing and business. I know how to make advertising work and what factors we need to consider to run an efficient business. Together, we run like a machine. Each of us brings something different and needed.

This is just like our community. Four Oaks is a small area, but there are over 15,000 people who live in our zip code. Each person brings a unique perspective, inspiring life experiences and an interesting story to tell.

That's why the Four Oaks Journal exists. Every time I see a letter, Facebook post, message or hear someone say that they enjoy reading our magazine, I know that we're where we are supposed to be and contributing something positive.

While it's not as glamorous or dramatic as they show on television, I hope we bring the right mixture of entertainment and information in each month's issue. Thank you for taking this journey with us and inviting our magazine into your home.

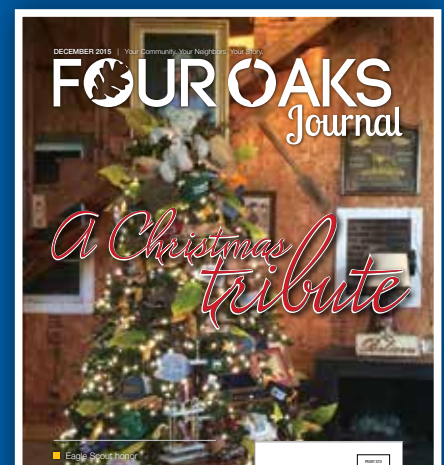
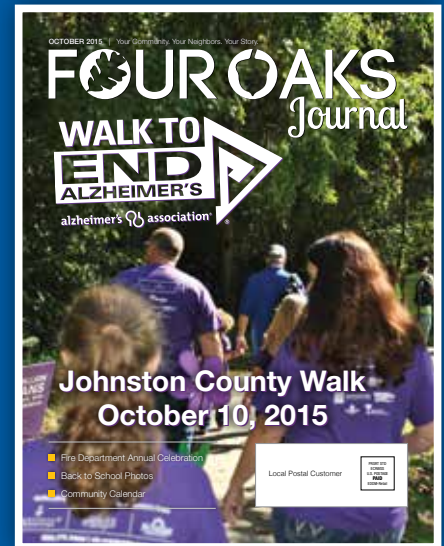
ETHAN CAPPS ★ CREATIVE CONSULTANT

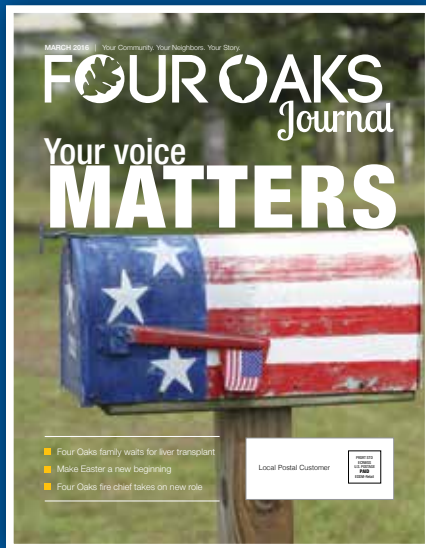
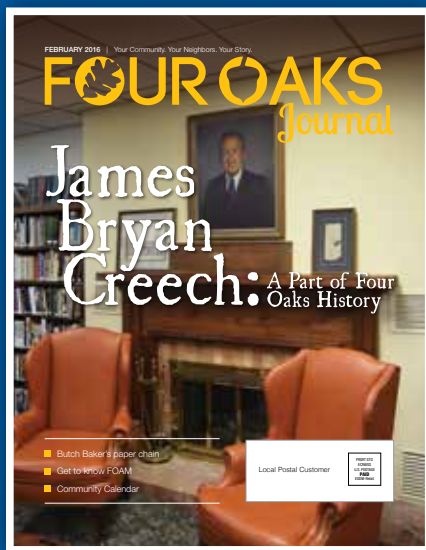
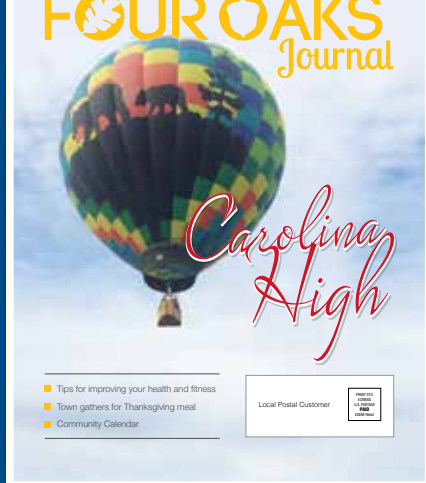
Being part of the Four Oaks Journal has been a very interesting experience. Being creative consultant and receiving recognition for my work is something I've dreamed about for a long time.

The one-year anniversary of our magazine and starting the magazine in the first place is a great accomplishment and milestone for us. With this business, I get to meet new people, see interesting things and learn more about production and how magazines are made and prepared.

The cover for the August edition of our magazine was my idea and I'm really happy that it came true.

Being creative consultant has been a really great experience for me. I am very glad to be a part of this magazine and will continue to do so for a long time.





MIKE BOLLINGER ★ EDITORIAL CONSULTANT

You may recognize my name from the editorial box of this magazine each month as the "editorial consultant."

It's hard to believe it's been a year since the Four Oaks Journal started, but it's not hard to believe it's a success. I remember sitting in Randy (publisher) and Shanna (general manager) Capps' living room when they told me about their idea for this project. As soon as they told me what they wanted to do, I knew it would work.

Because, when they set their minds to something, it works. I say this not because Randy and Shanna are two of my closest, dearest friends, but because I've known them long enough to know this is the case.

They wanted to tell the "good news" stories of Four Oaks and the surrounding area, and they have succeeded in a big way. There have been great stories about a family who were finally able to have children, and about a paper chain. There was a tear-jerking story about someone needing a transplant. People want to know what's happening with those in their area, and the Journal has filled the bill.

And the best part about it is, it's free! All you have to do is get the magazine out of your mailbox each month, find a comfortable spot, and see what the folks in the community are up to.

As the Journal enters its second year, I'm proud to be the small part of it that I am. In case you were wondering, the "editorial consultant" handles proofreading and occasionally offers suggestions on content.

I do said consulting from my home in the mountains of Virginia where I work for a weekly newspaper, Bath County to be specific, and Hot Springs to be even more specific.

I look forward with great anticipation to see what the second year of the Four Oaks Journal, and the years beyond, bring. With such a successful first year, the future of this publication can only be bright. There are a lot more stories to tell, and I look forward to seeing what those will be.

To my friends, I say, "Great job," and I look forward to the day they own a whole conglomerate of magazines and make lots of money at it. You have to start somewhere, and the Journal has proven to be a great start.

FRANK SPURLOCK ★ CREATIVE DIRECTOR

I might be somewhat the outsider in this endeavor, but what you don't know is that Randy Capps and I go way back. We met one August afternoon in 1994 in a dorm room where, for some reason, Gardner-Webb University thought we both belonged. At first, I'm pretty sure we thought there must be some mistake. He liked ganster rap and I preferred the grungy sounds of Pearl Jam, Nirvana and Stone Temple Pilots. He came from the beach and I came from the mountains. He was a tennis player and I was a cross country runner. Surely these differences could not be overcome.

But, after time, we got used to one another and became very close friends... brothers, even. We even decided to major in communications. Randy, obviously, the writer and I'm the designer.

I told you all that boring back story so that you would understand why some random guy in Metro Atlanta is designing this magazine for you every month. Well, when my roommate reaches out and tells me that he and his bride are launching a magazine, I'm eager to help.

I really enjoy reading the stories and seeing the photos every month. I get my little taste of your wonderful small town, one mouseclick at a time. And one of these days, I'm gonna come up there and eat some BBQ at White Swan, scarf down some pizza (probably not an entire one by myself) at Papa's Pizza and I'm sure my wife will want to make some pit stops in all the little shops, expanding our vacation budget with every card swipe.

Thanks, Capps, for taking me along for the ride. I'm thoroughly enjoying every minute of it.

South Johnston student named N.C. State Goodnight Scholar

South Johnston High School senior Melanie Hardee was selected recently for the North Carolina State University Goodnight Scholars Program.

The \$78,000 scholarship is limited to students studying in the Science, Technology, Engineering and Mathematics (STEM) disciplines or affiliated education majors.

Hardee plans to double-major in Biological Sciences with a concentration in Human Biology and Mathematics. She hopes to one day become a pediatrician, and she plans to continue her studies by earning her Doctorate of Medicine at the University of North Carolina at Chapel Hill.

Hardee said she has had several great teachers throughout her educational career, but she credits South Johnston's David Bell as her biggest inspiration.

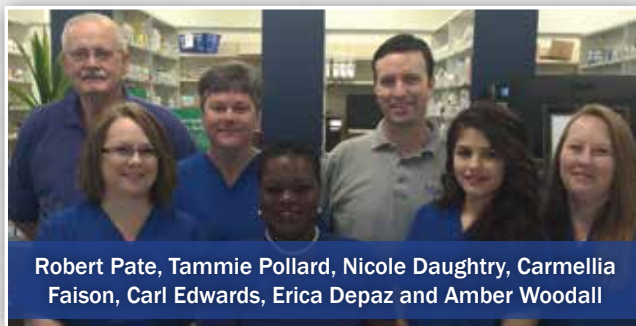
"I had Mr. Bell for two years with Calculus, and he inspired me to go the extra mile and do the two majors — one with Mathematics," she said.

The scholarship process is very competitive, and this is the second consecutive year that a South Johnston senior has been selected for the scholarship program after Carrisa Womble received the honor last spring.



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Plant a Row for the Hungry

You've probably seen commercials for organizations fighting hunger in far away places like Africa or eastern Europe.

But hunger is an issue for some people right here in Johnston County.

According to research by the University of North Carolina, 16 percent of county residents live in "food insecure" homes and that figure includes 20 percent of the county's children.

And, yes, that term means exactly what you think it does.

That's why organizations like Plant a Row for the Hungry Johnston County exist.

"The intention is to encourage gardeners to plant a row of harvest that they dedicate to the soup kitchens or food pantries," Tiffany Whichard, volunteer manager for the organization, said. "In 2010, this garden came into existence. We are a separate entity from

JCC Arboretum, but the director (Jordan Astoske) has been very supportive."

A visitor to the garden behind the arboretum on a blustery April morning found Whichard and a group of volunteers buzzing about, caring for future vegetables.

The need for food in Johnston County is very real.

"We are committed to eradicating hunger in the community," Whichard said. "There are over 20,000 people that live at or below the poverty line. Our larger goal is to become a larger demonstration garden, targeting those at risk families. We'd like to bring them in, make it more of a community



Randy Capps
randy@fouroaksjournal.com



Photo by Tiffany Whichard



Photo by Tiffany Whichard



garden, give them hands-on teaching and give them the resources to implement this at their own homes.”

Plant a Row for the Hungry Johnston County donated around 1,200 pounds of food to local charitable organizations in 2015, and 2,065 pounds the year before. A greenhouse issue resulted in a loss of winter crops last year, keeping the final tally down.

There were also no gleans in 2015, which is an arrangement between the organization and local farms to use some of the harvest for donations.

It's a year-round garden, and this spring, it's producing about 40 different fruits and vegetables.

There are 16 volunteers helping with the program right now, and there's always room for more. Naturally, green thumbs are welcome, but not necessary.

“Absolutely no gardening experience is required,” Whichard said. “We do hands-on learning, and we have a weekly newsletter for the volunteers. One of the things we're most proud of is the educational component of the program.”

The newsletter covers a lot of ground, from pest control to lawn care and plenty of valuable tips on getting the most from your garden.

A passion for gardening would probably be enough to keep Whichard involved in the program, but the roots of her devotion to Plant a Row for the Hungry go even deeper.

“I came on to the property loving gardening, and that's why I joined here,” she said. “But I've also had a few difficult times, and a few times in my life where I was having a hard time making ends meet even though I was working full time. As are a lot of folks to go to soup ministries or kitchens.

“I was fortunate to have people step in and help me out when I needed it most, so I felt like it was my obligation to give back to the community in that way if I ever was in a position to.”

For more information about the program, visit their Facebook page at facebook.com/PlantARowJoCo. If you'd like to volunteer in the garden, or if you're a farm owner who'd like to help out, you can email Tiffany at plantarow@yahoo.com or call her at 919-819-3052.

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Submitted by Jeanie Benson

The alarm clock is going off. It's raining outside and it's a Monday.
Can I just please stay in this bed today?

I'm sure we have all had days like this. We can't find enough energy, feelings or incentive to get out of bed.

There may be many reasons for your loss of energy, stamina or drive. You could have lost a loved one. You could have a health condition. It could be because you are just so tired from life.

You could feel like you are drowning in the world. You may just want to be alone today, not talk or see anyone. Or a thousand more reasons to not face the world today. You decide to pull the covers over your head and forget everything!

Can I tell you a secret before you do that?

God the Father will be right there with you, under those covers, in those dark places.

Psalm 139:7-10 (NIV)

*Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.*

We cannot hide from the One who loves us. We cannot hide from the One who wants to be with us. We cannot hide from the One who can provide for us. We cannot hide from the One who can heal us.

We can play hide and seek with our friends, family or careers, but we can't play with God. If you do try, however, I promise I know who will win every time — God!

The Holy Spirit comes and lives in our heart. The Holy Spirit is sent from the Father, God to live within us.

John 14:26 (NIV)

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

God is always near and close to us. God is omnipresent. No matter where we try to go — back under the sheets in bed — God is there. God made us, God created us, and God wants to be with us. God wants to live with you.

Of course, this it may be scary to think about — Him being with us ALL THE TIME!

He is with us when we are gossiping with a friend.

He is with us when we look at that other person lustfully.

He is with us when we think we are home alone on the computer.

God is always with us.

On the flip side, it is AWESOME that when we are at our lowest point, when we feel alone, when we think we cannot go any further, when we want to pull the covers over our heads, God is with us.

God is beside us. God is walking with you. God is carrying you. God is under the covers with you.

In His word, there are many stories of people just like you and me that He was with, saved or healed.

Joseph (Genesis 37-45), Moses (Exodus 3), the Israelites (Exodus 14), Jonah (Jonah 1-2), the book of Job, Ruth (Ruth 4) and David — just to name a few.

Jeremiah 29:11 (NIV)

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

God has plans for you. He knows what they are.

Do you believe God loves you?

Do you believe God made you?

Do you believe God has plans for you?

Well, turn that alarm clock off. Jump out of bed. Go out and experience all that God has planned for you. And, while you are at it, tell someone else about Him.

Friends come and go. Families come and go. Seasons come and go. Weight comes and goes. But God never comes and goes. He is always near and never leaves us.

Benson Middle Club 'sews' its support for cancer patients

Submitted by Johnston County Schools

The Benson Middle School sewing club is partnering with community members to make a positive impact on the lives of local cancer patients.

The Pins and Needles Sewing Club got together with Four Oaks resident Cecilia Valdez to make special pillows for cancer patients.

Valdez started the project as a way to help her mother and other cancer patients by providing them with a little comfort before and after receiving chemotherapy.

"It was really uncomfortable for my mom to ride in a car. The seat belt would rub on her port, and it made it very difficult," Valdez said. "So I looked for ideas, and I found the pillows."

The pillows are small with a Velcro strap attached to the back that wraps around a car's seat belt. The pillows are designed to protect the port where patients receive their treatment, making for a more comfortable ride.

Pins and Needles Sewing Club adviser Karanette Corey heard about Valdez's project and offered her students the opportunity to get involved.

"I thought it would be a good way for my students to get involved to see their products being used and get involved to help others," she said. "I brought it to the kids and asked them if it was something they felt up to the challenge for, and they fell in love with the idea."

The club meets weekly to sew and stuff pillows for cancer patients at local hospitals.

"It feels good to help because some people in my family have cancer," Kierana Tucker, a seventh grade student in the sewing club, said. "I'm happy that there are people helping others with cancer."

The pillows are collected by Valdez and then donated to local cancer treatment centers. Valdez meets with the club weekly to help facilitate and bring any necessary supplies that have been donated by the community.

"It's awesome how they're so excited to help," she said. "They're not professionals, but they do a great job."



Cecilia Valdez, left, helps seventh-grader Jaliyah Irving sew the pattern for the custom made pillows. Photo by Johnston County Schools

Corey said it's heartwarming and inspiring to see her students so passionate about others and getting involved in the community.

"The sewing club started as an alternative way to get students excited about math, and it's turned into something much bigger," she said.

"To see them understand that this project is going to help alleviate someone's pain and to see them caring about someone outside the four walls of this school is inspiring."

The sewing club has already made 100 pillows that have been donated to local patients, and they plan to continue their work. Corey said the students are now looking for ways to help sew items for children with cancer, like blankets, pillows and stuffed animals.

"It means a lot that there are students who want to help other people," Madison Bailey, a seventh-grader, said. "Hopefully this is something the community will see us do and get us out there, so more people will want to help too."

For more information, call Vasquez at 919-218-5770 or email her at cecemve13@hotmail.com. You can also find Sewing for Cancer on Facebook at [Facebook.com/SewingforCancer](https://www.facebook.com/SewingforCancer).

A landscape photograph showing a well-maintained green lawn and a dark wooden fence in the background. Overlaid on the image is the company name and contact information.

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A graphic advertisement featuring a black circle with a green vine logo on the left and a pink flower on the right. Text is arranged around and within these elements.

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Photo by Carly Fogleman Photography

A perfect blend of southern charm and boutique style

Certain words conjure imagery when said aloud. Anyone walking into an amusement park knows what to expect, and it's not hard to guess what kind of meal is coming at a bistro.

Take the word boutique. It's a French word, and shops that carry that label are sometimes stuffy, unwelcoming places that feature frowning sales people and over-priced merchandise.

It's rarely a good idea to judge a book by its cover, however, and the same is true for Southern Roots Boutique in Four Oaks.

"One misconception that some people have about a boutique is

they think, 'oh, it's too expensive,'" the owner, LaDonna Hines, said. "So, they don't even come in. I didn't set out to be a high-priced clothing store. My prices are affordable. That's what I tell people when I see them out and about. 'Come by and check it out.'"

For Hines, who greets visitors to her shop with a warm, welcoming smile, the emphasis is more on the "Southern Roots" than anything else.

"I'm from the south," she said. "I'm originally from southeast Georgia, so I know there's a lot of things with the southern name



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in it. But I wanted it to portray just what it is, and that's southern roots, being from the south.

"My logo, with the oak tree and the swing, just depicts how I grew up."

While the charm and atmosphere you'd expect from a shop with that sort of title is on full display, it also offers the type of shopping experience that Hines has always enjoyed.

"I have always preferred boutique shopping over department stores," she said. "You can find more unique, trendy items. So, that's why I wanted to open this. Because there's not anything much like this in the Four Oaks area."

Southern Roots Boutique opened in Feb. 2015, and patrons who step off the sidewalk on Main Street and into the store are greeted by racks of stylish tops and dresses and jewelry displays featuring locally-made items not easily found anywhere else.

Paintings from a local artist decorate the wall near a sitting area, just to the right of the door, where a visitor sat and talked with Hines about the worries of having children in high school. She lives in town with her husband, Mike, and their children, Savannah, 15, and Carter, 13.

It's the sort of conversation that's rarely heard at a chain store, but easily had in a small town boutique.

"I live in Four Oaks," she said. "Our kids go to school in Four Oaks ... I've been very pleased with the support. I've got some loyal, consistent customers and every week, I meet new people. There's somebody new that comes in every week that's heard of me, or finally decided to stop. So, that's exciting."

"I really enjoy helping customers find the perfect outfit and making sure their shopping experience is a really pleasant one."

With a wall full of thoughtful gift ideas and sizes ranging from junior small to ladies' plus, there's plenty to see at the boutique.

"I listen to what people want," Hines said. "Of course, I can't have it all. I'm not a department store. I am a small store. But I do try to have a little bit of what people want. ... And I welcome new traffic, more traffic, all the time."

For more on Southern Roots Boutique, call 919-963-3600 and find it on Facebook and Instagram (southernrootsboutiquenc).



Four Oaks siblings named 'grand champions'

Brittany and Daniel Beasley, children of Brian and Tracy Beasley, won champion showmanship honors in the market hog division at the Johnston County Youth Livestock Show recently. Brittany, who won the intermediate swine showmanship division, is a freshman at South Johnston High and a member of the school's FFA chapter. Daniel, who won junior division honors, is a fifth grader at Four Oaks Elementary.

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SAVE THE DATE

CO

Every Wednesday, 10:30 a.m.

Story Time - James Bryan Creech Library, Four Oaks
Come out for story time at the library each Wednesday morning. For more information, call 919-963-6013.

Every Wednesday, 10 a.m. to noon

Smithfield Tadpoles - Smithfield Recreation and Aquatics Center

Bring your little "tadpoles" to SRAC Splash Park. The cost is \$3 for adult Smithfield residents, and \$2 for residents ages 3-12. The non-resident fee is \$5.50 for adults, and \$4 per child. Each additional child is \$3. For more information, call Tiffany Pearson at 919-934-2148, ext 107.

Every Wednesday, 5:30 p.m.

N.C. Pesticide License Certification Preparation - Johnston Community College Arboretum

This series of classes is intended for landscaping professionals seeking pesticide licensing in North Carolina. Upon completion of this series, participants will be prepared to register for the N.C. Pesticide License Exam. Instruction will focus on the Core Exam and Ornamental and Turf classifications. To register, call Brenda Harris at (919) 209-2522 or email bkharris1@johnstoncc.edu. The cost is \$70.

Saturday, May 7

Johnston Health Foundation CHAMPIONS 5K - Johnston Health, Smithfield

This annual 5K Run/Walk fundraiser is presented by HealthQuest Fitness and Wellness Center in Smithfield and will benefit two Johnston Health Foundation Funds — The Angel Fund to support cancer patients experiencing financial hardship and the Healthy Kids Fund, to address childhood obesity issues in our community through health and fitness scholarships. For information and registration, visit www.johnstonhealth.org/champions5k.

Saturday, May 7, 10 a.m.

Beginner Kayak & Canoe Lessons - Howell Woods

If you've always wanted to kayak or canoe, but were not sure where to start, this program is for you! Participants will be taught paddling techniques and paddler safety while on the calm waters of Swan Pond, located here on the Howell Woods property. To better understand the differences in vessels, participants will start the day paired in a canoe, and finish individually in a kayak. Seats are limited, so sign up early! Ages 13+. Cost is \$15, and you can register by emailing jtastoske@johnstoncc.edu or calling the Learning Center 919-938-0115.

Saturday, May 7, 10 a.m.

Ham and Yam Festival - Smithfield

The annual festival held in Smithfield is set for this day. This year's free concert features James Wesley, and it begins at 8 p.m. For more, visit hamandyam.com.

Tuesday, May 10, 4-8 p.m.

Explore Downtown Four Oaks Sip & Shop

Visit local businesses and enjoy door prizes, refreshments and giveaways. There will be wine and beer tasting at Stanfield's General Store, music on Main Street and a chance to win a custom golf cart.

Thursday, May 12, 10 a.m.

Beginner Kayak & Canoe Lessons - Howell Woods

If you've always wanted to kayak or canoe, but were not sure where to start, this program is for you! Participants will be taught paddling techniques and paddler safety while on the calm waters of Swan Pond, located here on the Howell Woods property. To better understand the differences in vessels, participants will start the day paired in a canoe, and finish individually in a kayak. Seats are limited, so sign up early! Ages 13+. Cost is \$15, and you can register by emailing jtastoske@johnstoncc.edu or calling the Learning Center 919-938-0115.

Saturday, May 14, 6 p.m.

Relay for Life Bingo Fundraiser - Bethel OFWB Church, Hwy. 96 South, Four Oaks

Come out and enjoy a bingo fundraiser for Relay for Life. Hot dogs, chips and drinks will be served at 6, while bingo begins at 7. There will be door prizes and a 50/50 drawing. Admission is \$15 for adults and \$10 for children ages 6-11. The meal and two bingo cards are included in the admission price. For more information, call Stephanie at 919-464-3200.

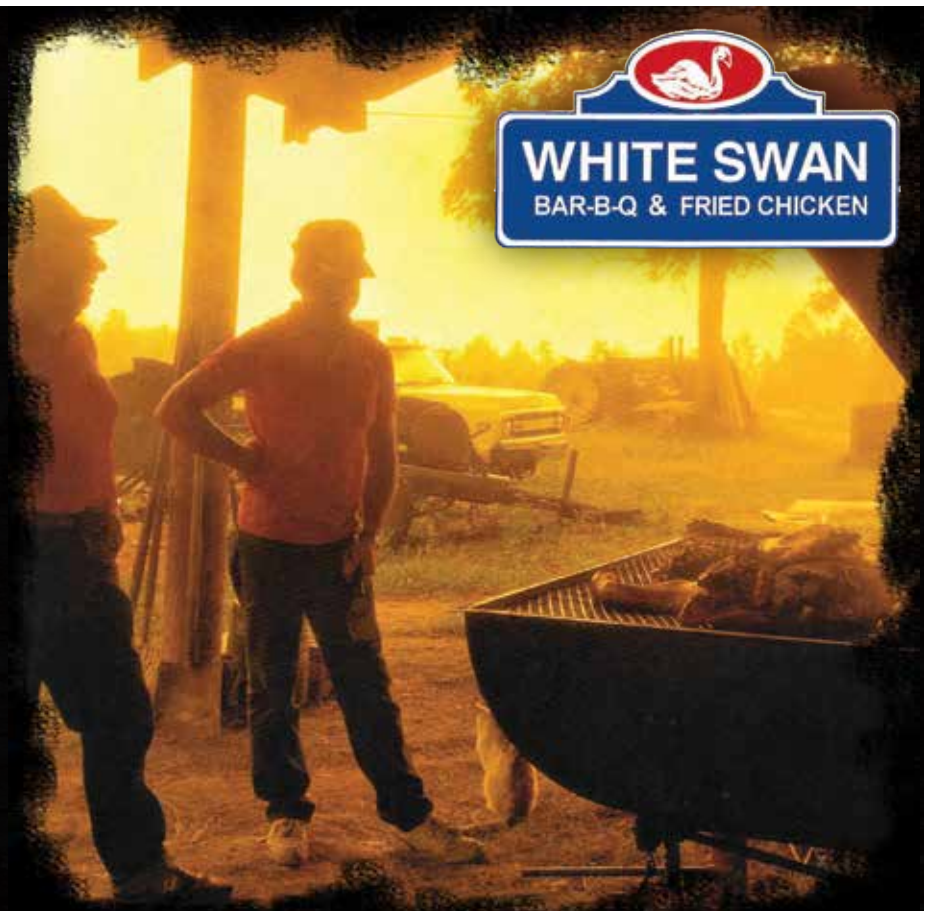
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COMMUNITY CALENDAR

Monday, May 16, 11 a.m. to 2 p.m.

Amazing Greys - Charity Christian Church, Benson
Seniors ages 55 and older are invited to this event featuring fun, food, crafts, games, movies and fellowship. Call 919-391-8087 for more information.

Saturday, May 21, 7 a.m.

Neuse River Kayak Trip - Howell Woods

The Neuse River runs right along the back of the Howell Woods property and makes for the perfect paddling route for more experienced kayakers. The course of this trip stretches through 12 miles of Johnston County, ending at the Richardson Bridge boat landing. Our guides will provide history of the Neuse, as well as identify wildlife along the way. Cost is \$35, and you can register by emailing jtastoske@johnstoncc.edu or calling the Learning Center 919-938-0115.

May 22-28

Truth, Love and Celebration Festival (TLC) -

Cornerstone Baptist Church, Hwy. 701 South, Four Oaks

This old fashioned tent camp meeting is designed to cross denominational, racial and generational barriers. The theme this year is "Break Down Here." Festivities start at 5 p.m. on May 22, and then at 6:30 p.m. through May 27. Youth Day is Saturday, May 28 from 1-6 p.m. Enjoy live music, anointed guest speakers, prizes, games and more all week as worshipers come together in unity through the love of Jesus Christ.

Monday, May 23, 2-6 p.m.

Blood Drive - American Legion Post 346, Hwy. 301, Four Oaks

Give the gift of life by donating blood. For an appointment, call the Red Cross at 919-963-4004.

Thursday, May 26, 10 a.m.

Beginner Kayak & Canoe Lessons - Howell Woods

If you've always wanted to kayak or canoe, but were not sure where to start, this program is for you! Participants will be taught paddling techniques and paddler safety while on the calm waters of Swan Pond, located here on the Howell Woods property. To better understand the differences in vessels, participants will start the day paired in a canoe, and finish individually in a kayak. Seats are limited, so sign up early! Ages 13+. Cost is \$15, and you can register by emailing jtastoske@johnstoncc.edu or calling the Learning Center 919-938-0115.

Friday, May 27, 11 a.m.

Food Pantry - American Legion Post 346, Four Oaks

For details, contact John Jernigan at Lighthouse Christian Fellowship at (919) 320-7387.

Saturday, May 28, 9 a.m. to 11 a.m.

Animal Tracks - Howell Woods.

Not all animals make foot prints in the sand so, how else can you track them? Using the native species at Howell Woods, you'll learn about common tracks made by animals, identify foot prints and their importance to animal survival — and take a hike to put those new discovery tools to work. Cost is \$10. For more information, call the Howell Woods Learning Center at 919-938-0115.

Saturday, June 4

Overnight Neuse River Camping Trip - Howell Woods

Looking for a summer adventure to remember? If so, this overnight river paddle is for you! The trip begins at the Smithfield Town Commons Park, where you will paddle 14 miles to Howell Woods to camp on our river overlook platform. The following day will consist of a 12-mile paddle to Richardson Bridge Wildlife boat landing. Participants will meet at Howell Woods on Saturday morning for orientation and camping supply drop off. Transportation to Smithfield and back from Richardson Bridge will be provided. All meals are included except for Saturday's lunch. Ages 18 and up, unless accompanied by an adult. Cost is \$50. Email jtastoske@johnstoncc.edu or call the Learning Center for more information and registration at 919-938-0115.

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One Medium 2-Topping Pizza & 5 Wings

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Eat in or Pick up

One Large 2-Topping Pizza & 5 Wings

\$20⁹⁹

Delivery



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\$18⁹⁹

Eat in or Pick up

One X-Large 2-Topping Pizza & 5 Wings

\$23⁹⁹

Delivery



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Eat in or Pick up

2 Calzones or Strombolis & 12 Garlic Knots

\$21⁹⁹

Delivery



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Eat in or Pick up

One X-Large 2-Topping Pizza
& Regular Cheese Stix

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Delivery



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