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Meals include the biggest baked potato in town or French fries. And when you dine in, complimentary Bakery Bar and Dessert Bar.

Highway 301 North, Rocky Mount
Call 446-3262 for take-out
Visit us @ www.western-sizzlin.com

Over 40 Years and Still Sizzlin!

Thanks so much to our many friends & customers. Come by and help us celebrate . . . with OUR DAILY SPECIALS!

- **Sunday** - #1 Sirloin
  - Original Price: $11.28
  - Special Price: $8.99

- **Monday** - #1 Sirloin
  - Original Price: $11.28
  - Special Price: $8.99

- **Tuesday** - #3 Sirloin Tips
  - Original Price: $11.28
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- **Wednesday** - #14 Chopped Sirloin
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MEALS INCLUDE:
- Biggest baked potato in town or French fries.
- Complimentary Bakery Bar and Dessert Bar.

Western Sizzlin gift cards are the perfect gift for any occasion.

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Know the signs of inhalant abuse

The following information is provided by www.inhalant.org

Different inhalants yield different effects. Generally speaking, because inhaled chemicals are absorbed through the lungs onto the bloodstream and distributed quickly to the brain and other organs, the effects of inhalants can be severe. Within minutes, the user experiences feelings of intoxication and may become dizzy, have headaches, exhibit faint limb spasms, lack of coordination, loss of control, hallucinations, and impaired judgment. In extreme cases, the user may even die from a condition known as Sniffing Death Syndrome, which can even occur with first-time users.

Symptoms of Inhalant Abuse

Drunk, dazed, or dizzy appearance
Uncoordinated physical symptoms
Red or watery eyes and nose
Spontaneous and/or unusual sounds around the mouth
Unusual breath odor or chemical smell on clothing
Signs of paint or other products where they wouldn’t normally be, such as on face, lips, nose, or fingers
Nausea and/or loss of appetite
Chronic inhalant abusers may exhibit symptoms such as hallucinations, anxiety, excitability, irritability, restlessness or anger.

In Case of an Emergency

First, stay calm. Do not excite or argue with the abuser while they are under the influence. This may trigger the heart rate to increase, causing cardiac arrest.

If the person is unconscious or not breathing, call for help immediately. CPR should be administered until help arrives.

If the person is conscious, keep them calm and in a well-ventilated area.

Do not leave the person alone.

Accumulation of symptoms can cause heart problems or lead to Sniffing Death Syndrome which can bring on respiratory failure and death in just a few minutes.

Check for clue. Try to find out what effects are severe, and the high is not worth making your life.

Behavioral Signs of Inhalant Abuse

Painting fingernails with magic marker
Sitting with a pen or marker by the nose
Constantly smelled clothing sleeves
Showing paint or stain marks on face, fingers, or clothing
Having numerous burnt fingers and rolls in mouth, backpack, or pocket, or other objects
Having marks or burns on hands, wrists, or fingers
Hidden rags, clothes, or empty containers

Slang Terms

Inhalants; isobutyl nitrite
Inhalants; nitrous oxide
Inhalants; amyl nitrite
Inhalants; crack; heroin, isobutyl nitrite; inhalants
Inhalants; amphetamine; amyl nitrite

Concentrations of the potentially abused products in closures, under the lid, in garage, etc.

Warning signs of dating violence

This article is provided by safetyatwork.org

National Youth Violence Prevention Resource Center

Teen dating violence is not just a private matter. It is also a public health issue. The majority of people who are involved in a violent relationship, so it is important for adults to alert signs that a teen may be involved in a relationship that is, in fact, the potential to become abusive. Some of the following signs are just part of being a parent. But, when these things happen suddenly or without an explanation, there may be cause for concern.

Over the last 12 months, the individual has been in an exceptional situation, broken骨头, or injured

You see your signs that the individual is afraid of his/her boyfriend or girlfriend?

Does the boyfriend or girlfriend seem to try to control the individual’s behavior, making all of the decisions, checking up on you but believing that someone has been with, and acting jealous and possessive?

Does the boyfriend or girlfriend bat out, scream, or abuse the individual?

Does the individual cry or threaten her/his life?

Does the individual abuse or threaten her/his life?

Does the individual abuse, if so, does it occur or if not, is it occurring?

Does the individual abuse or threaten her/his life?

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Talk to your kids about cyberbullying

The following is provided by www.stopbullying.gov

Cyberbullying is bullying, or harassment that happens online. It can happen in an email, a text message, a game, or on a social networking site. It might involve having a conversation or sharing information about a person that makes him or her feel fear or embarrassment.

Recognize the signs of a cyberbully. Could your kid be the bully? Look for signs of bullying behavior, such as creating mean images of another kid, or image makes them feel threatened or hurt. If you feel bad, but also make the sender look bad. Often they can bring scorn from peers and punishment from autorities.

Talk to your kids about cyberbullying

Help stop cyberbullying. Most kids don't bully, and there's no reason for any one to put up with it. If your child sees cyberbullying happening to someone else, encourage him or her to try to stop it by telling the bully to stop and by not engaging or encouraging anything. Researchers say that bullying usually stops pretty quickly when peers intervene on behalf of the victim. One way to stop bullying online is to report it to the site or network where you see it.

What to do About a Cyberbully

- Don't react to the bully.
- If your child is targeted by a cyberbully, keep a cool head. Remind your child that most people realize bullying online is wrong. Tell your child not to respond. Instead, encourage him or her to work with you to save the evidence and talk to you about it. If the bullying gets really bad, help them to take themselves or to sell.
- Protec your child's profile.
- If your child finds a profile that was created or altered without his or her permission, contact the site to have it taken down.
- Block or delete the bully.
- If the bullying involves instant messaging or another online service that requires a "friend" or "Buddy" list, delete the bully from the lists or block their user name or email address.
- Other resources for information on cyberbullying include stopbullying.gov

By Amanda Clark

Prescription medications can be helpful to those it's intended for but they can also cause a lot of dam-
ages not locked up are older youth getting ahold of them. Bashore said it was important to always lock up your prescription medications of any kind is locked up so they can't be accessed or sold. Accidental overdoses are common, particularly between the ages of one and four, Bashore said.

"Those are preventable, obviously," he added. Another issue with keeping prescription medications locked up is older youth getting ahold of them to take themselves or to sell.

Bashore said that it's important to always lock up medications.

"There are medicine lock boxes you can get," he said. If you are not using a particular medication anymore, Bashore said it was important to properly dispose of them.

Keep prescription meds locked away from kids

Talk to your kids about dangers of medications not intended for them

By Amanda Clark

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"There are medicine lock boxes you can get," he said. If you are not using a particular medication anymore, Bashore said it was important to properly dispose of them.

Nashville’s Police Department has a disposal box that can be used to dispose of medicine. Many other law enforcement agencies offer the disposal boxes as well.

Bashore said it was important for parents to talk to their kids about medications and the dangers of using prescription drugs, other drugs, not intended for them.

"Kids hear things at school," he said. "You just need to know what’s going to happen." "You need to talk to your kids as early as possible," Bashore added.

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Guiding your child through middle school

The following information is provided by
The Partnership for Drug-Free Kids www.drugfree.org

Tips for guiding your child through the preschool years

From the Foundation for all healthy habits — from brushing your teeth to eating healthy meals — during the preschool years, this is a great time to set your young child on the path to a drug-free life.

7 tips will help you with your preschooler so that he or she will grow up happy, healthy, and drug-free.

1. Be aware of the joy of the ordinary. Explain the importance of taking good care of yourself. Keep yourself educated on what to expect — if you reassure her that nothing is too small or too big, your child can relax knowing she’s going through normal

2. Make it clear that you do not use to alcohol, tobacco, marijuana or other drugs.

3. Get in with other activities and address problems or issues that exist in your immediate world. This could be an ordinary, your child can relax knowing she’s going through normal.

4. Call your citizens for help who can provide solutions to the problem.

5. Talk to your child about the joys of healthy...- Vitamins help your body...- Giving your child a daily vitamin.

6. Scenario - Giving your child a daily vitamin.

7. Scenario - Your kids are curious about medicines.

My name is Peter, and in eight years I’ll be an alcoholic.

I’ll start drinking in middle school, just for party.

But my parents won’t talk to me about it until I’m 18. And then, by then, I’ll already be in trouble.

The thing is, parents won’t talk even if they come to you.

1.vox is Peter, and in eight years I’ll be an alcoholic.

The Partnership for Drug-Free Kids offers tips for guiding your child through middle school. Be sure to educate your children on their role in helping prevent drug abuse. 

Many schools offer classes in particular to catch you off guard, be sure to educate your children on their role in helping prevent drug abuse.

Your child is going to meet lots of new kids, your child can relax knowing she’s going through normal.

Your child is going to meet lots of new kids, as new surroundings can put them in some unique situations and tempting situations.

The likelihood that kids will try drugs increases dramatically during this year.

Call kids’ parents if their home is to be at the party.

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Basic Internet Safety Tips

Children use a variety of online services, and each of these services can have different safety concerns. However, there are some basic tips which you can employ no matter how your children use the Internet.

- Keep the computer in a high-traffic area of your home.
- Establish limits for which online sites children may visit and for how long.
- Remember that Internet technology can be mobile, so make sure to monitor cell phones, gaming devices, and laptops.
- Surf the Internet with your children and let them show you what they like to do online.
- Know who is connecting with your children online and set rules for each of these services as they can have different safety concerns. However, there are some basic tips which you can employ no matter how your children use the Internet.

Continually dialogue with your children about online safety.

Start a discussion with your child

- What are your favorite things to do online?
- What is personal information? Why should you keep it private?
- What could you do to be safer online?
- What are your favorite things to do online?
- Continually dialogue with your children about online safety.

Your best friend

By Amanda Clark

The Nash County Sheriff’s Office provides DARE programs at elementary schools in the county with hopes of influencing youth to make good decisions, so they can lead safe and responsible lives.

DARE stands for Drug Abuse Resistance Education and is a substance abuse prevention education program that grows youth the skills they need to avoid involvement in drugs, gangs and violence.

Lt. Keith Corbett, the DARE Coordinator for the Nash County Sheriff’s Office, said that while the world is changing, kids still face many of the same challenges.

“Kids are kids and things change some but not a lot,” he said.

Corbett said the DARE program focuses on making good decisions and being responsible and grows youth the tools needed to understand there are consequences for actions.

Corbett said he teaches youth about bullying, how to talk to one another, risks and consequences and peer pressure.

Youth today have a lot of challenges to face but Corbett said many young people want to talk about things going on. Parents simply need to talk.

“The kids talk about it, they love to talk, if you just take the time to listen to them,” he said. “A lot of times they just want someone to listen to them.”

“That’s probably the most important thing a parent can do to talk to their kids,” Corbett added.

Corbett also expressed importance over talking about the dangers and risks kids may face. Kids going into middle school are getting involved in different things and are discovering themselves so it’s important for parents to bring up important topics before kids discover it on their own or from friends.

“It’s a little different world and they are coming into their own,” he said. “Parents can really help themselves if they just pay attention to their kids.”

“They tell you about drugs, they know a little bit. They know what’s going on.”

“Parents just need to be involved in their kids lives.” Corbett added.

L&L Food Stores continues to grow with the belief that good customer service, convenience and savings are the reasons for our success. We appreciate our community and our employees. That makes our communities possible.

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Why Kids Start

Almost 20% of high school students smoke, and the early part of middle school have never tried cigarettes, and to keep smoking. They see smoking as a way of rebelling and showing independence. Peer pressure – their friends encourage them to start smoking. They believe that their friends smoke. They believe that their friends smoke.

Cigarette companies shape their advertising to attract young people. These companies often use words like “cool,” “freedom,” and “rebellion.” They use images of people like celebrities and athletes who smoke. They use appealing slogans and catchy tunes to make smoking seem fun and exciting. They use colors like red and orange that are associated with excitement and danger.

Tips for Parents

Even though smoking is portrayed in movies and television, it is not shown. The most influential influence in their children’s lives. Tell your children honestly and directly that you don’t want them to smoke. Give them clear, consistent messages about the risks of smoking. Staying kids about smoking when they are ten or eleven years old and continue through their high school years. Many kids start smoking as early as age 11. Explain the health dangers, as well as the unpleasant physical aspects (such as bad breath, discoloration, and health risks).

Set a good example for your kids by not smoking. Parents who smoke are more likely to have children who smoke.

Smoking is addictive. Even if you don’t want to continue smoking, try to stop. You can do it. It’s not easy, but it’s possible. With time, you can break the habit and become smoke-free.

Talk to your kids about the dangers of smoking.

The following is provided by www.organic المتحدة

Social networking sites, chat rooms, virtual worlds, and blogs are here to stay and become social online. It’s important to help your child learn how to manage these spaces safely. All the potties that come with online socializing are sharing the punch information in smoking comments, photos, or videos, so the damage can be irreversible.

Register anti-smoking judgment can help reduce the risk.

Parents who want their children to not smoke. Tell your kids about the dangers of smoking and how much easier and cheaper it is to quit. Talk to your kids about how you want them to quit. This can help them understand that they should never start smoking.

Encourage your kids to think about the importance of online safety. Let your kids know that it’s wrong to create screen names that are similar to their email addresses. Many social networking sites and chat rooms have already set privacy policies. This is so that you can report any illegal or harmful content.

Tell your kids to report any illegal or harmful content. There are many different websites dedicated to preventing bullies. Let your kids know that they should not hesitate to ignore or block them. Do they know who the bullies are? If not, let them know.

The following is provided by www.organic المتحدة

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Practice medication safety around kids

A cancer diagnosis is seldom easy for the person receiving the news or for their loved ones. Cancer treatment often involves weeks of intensive medical therapy that can include radiation, chemotherapy, and oral medications. Though such medications can be a key component of successful treatment, extra care is often required to store and secure these medications in places other than the emergency room or clinic — many children come in contact with such medications when their parents or caregivers are not around.

Cancer patients may be prescribed a number of potentially hazardous medications during the course of their treatments. Antibiotics, steroids, anti-seizure medicines, and radioactive substances may be prescribed to treat pain and other side effects of cancer. When parents are out of the right dosage form, these medicines can help patients withstand and ultimately overcome their disease in the home setting. The same drugs can pose poisoning, especially for young children.

The Nashville Graphic, Nashville, NC, February 23, 2017

SIGNS A CHILD IS BULLYING OTHERS

If you notice someone in serious distress or danger, don’t ignore the problem. Get help right away.

SIGNS A CHILD IS BEING BULLIED

Many children and parents are concerned about the dangers of underage drinking. For tips on how to talk to your kids about the dangers of underage drinking, visit www.underagedrinking.samhsa.gov.

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Top 8 reasons why teens try alcohol and drugs

The following is provided by www.drugfree.org

It’s no surprise that teens want to try drugs or alcohol. But are there some of the core issues and influences behind the behavior of teen drug and alcohol use? It’s important that you, as a parent, understand these issues and talk to your kids about the dangers of drinking and doing drugs.

1. Other People. Teenagers see lots of people consuming various substances. They see their parents and other adults drinking alcohol, smoking cigarettes and, sometimes, trying other substances. Also, a teen-oriented social scene often revolves around drinking and smoking marijuana. Sometimes friends or even another to have a drink or smoke pot, but it’s just as common for teens to start using a substance because it’s readily available and they see all their friends using it. In their minds, they use drug use as part of the normal teenage experience.

2. Popular Media. Forty-five percent of teens agree with the statement “The music that teens listen to makes marijuana seem like an ok thing to do.” (NMS 2012) To be aware of the media that your son or daughter is consuming and talk to them about it.

3. Escape and Self-Medication. When teens are unhappy and can’t find a healthy outlet for their frustration or a trusted confidant, they may feel blissfully oblivious, wonder what may feel blissfully oblivious, wonder if things are getting better, and they’re happy to assure her that the risks they might not otherwise. This is part of the appeal of drugs and alcohol use for teens. Not only do alcohol and drugs tend not only to lessen your inhibitions but to alleviate social anxiety. Not only do they get the real facts about the dangers of drug use.

4. Misinformation. Perhaps the most avoidable cause of substance use is inaccurate information about drugs and alcohol. Nearly every teen has friends who claim to be experts on various recreational substances, and they’re happy to assure them that the risks are minimal. Educate your teenagers about drug use, so they get the real facts about the dangers of drug use.

The short brutal answer? It’s no surprise that teens want to try drugs or alcohol. But are there some of the core issues and influences behind the behavior of teen drug and alcohol use? It’s important that you, as a parent, understand these issues and talk to your kids about the dangers of drinking and doing drugs.

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