

FAMILY *Life*



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**Looking
Out For
You &
Your
Family**

Look inside to
see the many
independently
owned
businesses who
are ready to
serve you.

**JULY
2025**

Carolina Family Health Centers

In the Community. For the Community

Everyone deserves access to quality healthcare. Carolina Family Health Centers, Inc. operates with the simple mission of providing accessible and affordable healthcare with excellence, where patients come first. With its first community health center opening in Wilson in August 1994, they have grown significantly over the years and fill a critical role in the community as a safety net provider. In 2024, Carolina Family served approximately 23,000 patients at its four locations in Wilson, Nash and Edgecombe counties. Laura Owens, Chief Executive Officer of Carolina Family Health Centers, attributes the success of the organization to its commitment to the community it serves and the reciprocal commitment the organization receives from its patients and community partners.

HEALTHCARE FOR ALL

Carolina Family Health Centers provides services for patients of all ages and from all walks of life. As a community health center, also known as a Federally Qualified Health Center, Carolina Family Health Centers is a private, nonprofit, patient-governed, community-directed organization that removes common barriers to care by serving communities whose residents have historically experienced financial, geographic, language, cultural or other barriers to receiving care. Carolina Family offers a wide range of health care services, including medical, dental, mental health

and pharmacy services, to the entire family through adult and pediatric-focused care.

QUALITY CARE

A broad scope of healthcare services is offered to patients including:

- Primary care
- Adult medicine
- Pediatrics
- Sports physicals and school immunizations
- Behavioral health
- Medication Assisted Treatment for substance use disorders
- Dental exams, cleanings and treatments
- In-house pharmacies
- Insurance counseling and enrollment assistance for Medicare and Health Insurance Marketplace
- Free medication delivery and transportation to and from appointments
- Bilingual, Spanish-speaking staff and interpreting services for other languages

AFFORDABILITY

All four centers accept patients with insurance such as employer-provided coverage, Medicare and Medicaid, but also accept patients who are underinsured or who have no insurance. Patients can apply for the Sliding Fee Discount Program which is based on household income and the number of dependents in the household. Depending on where the patient ranks on the scale, their medical fees for services may be reduced.



Carolina Family
Health Centers, Inc.

Accessible, affordable healthcare with excellence...
Where patients come FIRST.

Freedom Hill Community Health Center

162 NC 33 East • Tarboro, NC 27886
(252) 641-0514



Harvest Family Health Center

8250 NC South 58 • Elm City, NC 27822
(252) 443-7744



Wilson Community Health Center

303 Green St. East • Wilson, NC 27893
(252) 243-9800



Carolina Family Dental Center

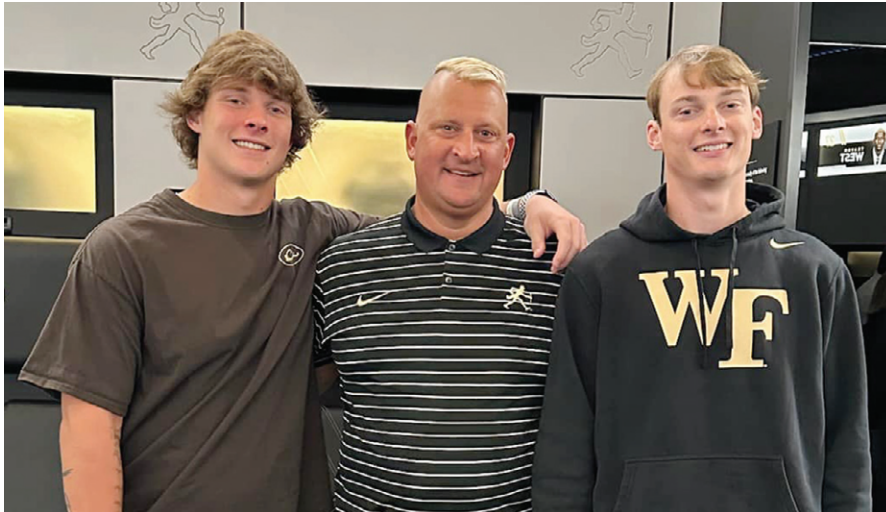
8282 NC South 58 • Elm City, NC 27822
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Pharmacy • Behavioral Health
Spanish Interpreters • Transportation
Medication Delivery • Extended Hours

We accept most insurance, Medicare and Medicaid while also offering a sliding fee discount program based on income.

In the Community... For the Community
www.cfhcnc.org



Landen Baker, Dan Baker and Tanner Baker

BAKER'S PRO CONSTRUCTION

Dedicated to providing customer service
that is second to none since 1980

Baker's Pro Construction offers a wide range of construction services tailored to meet your needs. From precise demolition and innovative remodeling to new builds and efficient land clearing, our team is dedicated to delivering exceptional results. Trust us to handle your project with the utmost care and professionalism, ensuring safety and efficiency at every step.

Founded with a vision for excellence, Baker's Pro Construction has successfully completed numerous projects, establishing a strong reputation in the construction industry. Our journey reflects our dedication to quality and client satisfaction.

We aim to transform our clients' visions into reality through exceptional construction services, ensuring safety, efficiency, and quality in every project we undertake. Your goals are our priority.

Integrity, quality, safety, and collaboration are the core values that guide our work. We believe in maintaining the highest standards and working closely with our clients to achieve their goals.

Baker's Pro Construction has a rich history of delivering quality and precision in every project, ensuring client satisfaction and safety.

Expert Demolition Services

Our demolition services are executed with precision and care, ensuring safety and efficiency. We handle projects of all sizes, minimizing disruption and maximizing results.

Innovative Remodeling Solutions

Transform your space with our remodeling services. We bring your vision to life, enhancing functionality and aesthetics with our expert craftsmanship.

Quality New Builds

Our new build services ensure that your project is completed to the highest standards. We focus on quality and precision, creating spaces that inspire.

Our Licenses and Qualifications

At Baker's Pro Construction, Inc., our licenses and certifications are a testament to our commitment to quality and safety in the construction industry. These credentials not only demonstrate our expertise but also ensure that we adhere to the highest standards in every project we undertake.

General Contractor License #105230
NC State University Degrees
Storm Water BMP Inspection and maintenance Certification
NCLC Corporate License #: CL1272
Pesticide License #026-28964
Irrigation Corporate License #: C-769

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THREE GENERATIONS STRONG.



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At Baker's Pro Construction, we deliver
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✉ BakersProConstruction@gmail.com

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GENERAL CONTRACTOR LICENSE #105230



How to get kids on board with volunteering

Parents recognize it can be challenging to help children navigate a world seemingly dominated by “bad” news. Making sense of political rhetoric, pandemics, international conflicts, and even domestic uprisings is difficult. Making time to highlight the positive actions people take in their communities can help.

Famed children’s show host Fred Rogers once noted how he confronted a world that could seem like it was in bad shape.

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping,’” said Rogers.

Those “helpers” are the good samaritans, the first responders and the volunteers who put others before themselves in the name of doing good.

Children can learn early on how to give back to their communities through volunteerism. Volunteering lets kids see things from others’ perspective, instilling a sense of empathy that can benefit them throughout their lives. A higher level of compassion can help children interact better with peers and offer them a better perspective of the world. Parents can consider these strategies to foster a love of volunteering in children.

- Be a role model. Children are inspired by their parents and learn how to follow their lead. If children see their parents as active volunteers, they may be more likely to volunteer themselves. According to Volunteers of America, when

a parent or guardian is involved, a child often looks forward to the volunteer activity even more.

- Make it a routine. Children go to school or sports on a consistent schedule, and a structured schedule can be advantageous to kids. A consistent volunteering schedule can help children keep a routine during times when moments may be unstructured, such as summers and weekends.

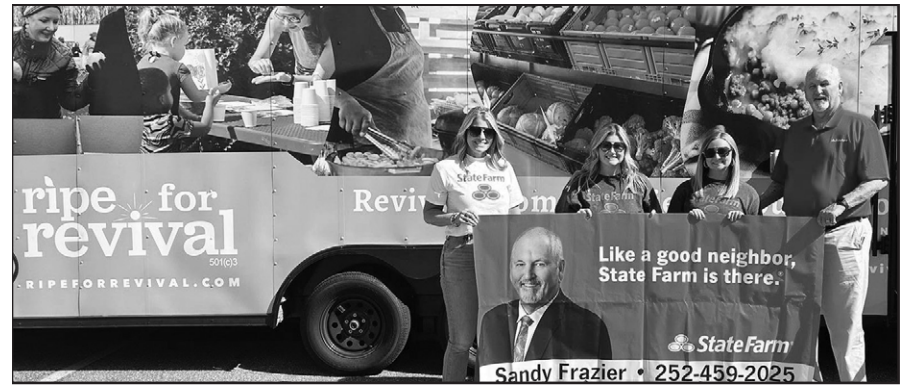
- Figure out kids’ interests. A volunteer opportunity can align with kids’ hobbies or passions to make it more likely that children will remain engaged with volunteering.

- Make it fun. Volunteering shouldn’t be a chore for children. Incorporate challenges or games into volunteer efforts, like who can pick up the most litter or make the most sandwiches at a food pantry. This can make it fun.

- Find an easy activity. Tailor activities to kids’ attention spans. A quick activity like picking out a gift for an underprivileged child can be done in a jiffy, while other activities can take all day.

- Celebrate their efforts. Reward kids for their volunteerism. Acknowledge their accomplishments, no matter how small they may seem. This may help kids be more enthusiastic about getting involved.

Children can become enthusiastic about volunteering and continue to be involved throughout childhood and into adulthood.



Local State Farm agent Sandy Frazier sponsors the Ripe For Revival bus to visit the Nash County Senior Center.

SANDY FRAZIER STATE FARM INSURANCE

Sandy Frazier knows his community.

He earned his degree in Business Administration at Louisburg Methodist College. He is a LUTCF, Silver Scroll Qualifier, and earned the Vice President’s Club Qualification with State Farm Insurance. He is a member of the National Association of Insurance & Financial Advisors.

A Northern Nash High School Alumnus, he is well known for his

long-time support of athletic and academic programs at the high school, and has even served as an assistant coach.

Frazier’s commitment to the community doesn’t stop with high school students. He opened his insurance agency in downtown Nashville in 1988 in a small one room office. Today the agency is still housed in historic downtown in a larger, restored building and employs multiple licensed team

members providing over 42 years of insurance experience.

Frazier and his staff strive to be actively involved in the community. They also strive to assist their customers with personalized service to meet their needs, offering auto and home insurance plus life, health and financial services.

The agency provides free quotes on homeowners, automobile and life insurance.



Family. Friends. Community.

Sandy Frazier, Agent

219 W Washington Street

Nashville, NC 27856

Bus: 252-459-2025

sandy.frazier.cj2k@statefarm.com

We’re all in this together.

State Farm® has a long tradition of being there.

That’s one reason why I’m proud to support our community.

Here to help life go right.®



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
Bloomington, IL

(1601487)

Super Flame Gas Company



Jessie Brantley, Hugh Brinn, Angie Ayscue, Chris Thomas, Debbie Hardy, Jeff Wade, Ray Brinn, Josh Phillips

"Your Hometown Propane Company For 73 Years"

Looking to diversify Stalling Oil Company's thriving business, Hugh Shearin and his wife, June Stallings Shearin, bought 19 100 lb. propane cylinders for cooking gas in 1952. With the support of Mr. A.R. Stallings, June's father and company founder, the new propane operation, Super Flame (named by A.R.'s wife, Mabel) was born. June handled the books. Hugh served as Vice President, delivery man and service technician. Dedicated employees met the demands of a growing community of loyal customers. Sons-in-law Ray Brinn (President) and

Brad Bobbitt (Vice President) now lead the company which prospers as a provider of propane gas for a variety of residential customers. Ray's son, Hugh, also helps lead Super Flame as Manager.

As Superflame begins its 73rd year, Ray is thankful. "We've been blessed with an opportunity to serve and the potential to do even more. We thank our customers and look forward to developing even more relationships in the future."



"Your Hometown Propane Company for 73 Years!"

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- Commercial
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- Gas Grills
- Gas logs
- Heaters



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Rocky Mount, NC

252-446-6188



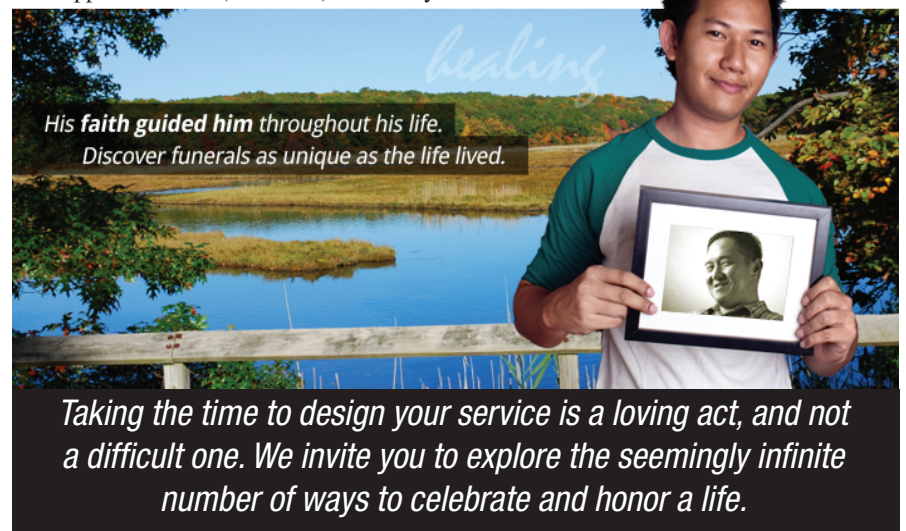
Serving Nash County since 2007

We celebrate the life of your loved one

We've learned a lot over many years. Like how to present options without overwhelming. And how to meet the needs of many caring parties. People come to us in difficult times, and we respond with kindness, calmness and expertise. Our goal is to create a beautiful occasion and make you feel welcome, always. We spend our days planning with families. We stay up to date with industry developments. And we make hard times a little easier.

Ever since we opened our gates in 2007 we have approached life (and death) differently.

While some just see the end of a loved one's life as a time for grief and mourning, we prefer to think of it as a time for reflection, appreciation and even celebration. This is evident in everything we do, from the way we conduct our services to the amenities we choose to offer. We are not a burial ground. We are a close knit community dedicated to honoring, sharing and preserving the amazing and inspirational stories that are life.



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After Care Service • Christian Ministry Available • Preneed Contract Accepted • Banquet Hall



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252-459-0001

www.cornerstonefuneralhomeandcremations.com
Our staff is on call 24 hours a day, everyday

An Everlasting Memory

An Everlasting Monument Company is locally and family owned and operated by Michelle Viverette-Strickland. Michelle has been in the monument business since 1988 and established her own company in 2006.

An Everlasting Memory has an inside and outside showroom that features all types of markers, monuments, and more.

"We have many choices from which to choose – granite available in different colors, marble or bronze markers, monuments, ledgers, benches, vases, mausoleums and urns," adds Michelle.

Michelle states, "We are here to serve families in need of a lasting tribute for their loved ones. When you walk in our office, we want you to feel like you are with family – in an environment that makes you feel like you are in your living room."

Our company offers many different pay plans, one certain to meet every family's need.

"By taking out the middle man and going to our monument company, it not only saves the family money but they are able to really personalize the memorial, by talking to professionals that have used all the tools to help with the personalization of the design instead of using standard designs."



Michelle Viverette-Strickland

Michelle says she feels blessed to be able to donate a number of markers and monuments each year to families who can not afford to purchase a memorial.

"The most rewarding part of ownership," Michelle concludes, "is meeting people and establishing lasting relationships. My goal is to provide excellent service as well as give back to the community."

An Everlasting Memory is also honored by receiving the following accolades from the community:

- Readers Choice Award winner 2018 thru 2024
- Readers Choice Award Runner Up 2017
- Best of Nash County 2023
- Best monument company from 2018-2024
- Best small business 2023 and 2024
- Best customer service
- Best place to work and Best Boss

An Everlasting Memory Monument has settled in at its new location, 3670 Sunset Ave., Rocky Mount. Their office is open 9 am-5 pm Monday through Friday. They also take appointments after hours on weeknights as well as on Saturdays and Sundays.

For more information, call (252) 937-7399.

An Everlasting Memory

Monument Company

Locally Family Owned & Operated

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Bird Bath | Cremation Urns | Flower Vases | Pet Memorials | Porcelain Cameo**



3670 Sunset Ave | Rocky Mount | 252-937-7399



Nationwide Insurance Agent Brian Hutson (left); Gloria Arroyo; and Jennifer Hutson

We have solutions to fit your family's needs

Hedgepeth-Hutson Insurance Agency provides a free policy review to make sure you have the right coverage to fit your needs and budget. Whether you need auto, home, life or commercial insurance, you can get it all covered with Hedgepeth-Hutson Insurance Services in Nashville. The agency offers a wide array of additional services such as retirement and income planning, long term care, boats, motorcycles, ATV's and recreational vehicles. The agency now offers multiple companies such as Nationwide, Progressive, National General and Dairyland to meet their customers' needs.

Hedgepeth-Hutson Insurance is a family-owned and operated business that takes pride in its service and community involvement. The agency has been in busi-

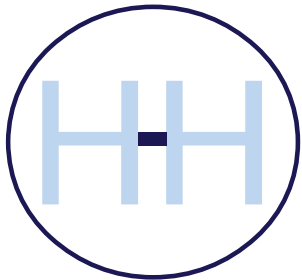
ness since 1984. The company was founded by Frank Hedgepeth who passed away from cancer in 2007. Frank's daughter, Jennifer and her husband Brian Hutson, now operate the company continuing the family tradition of serving its community.

The Hutsons have two offices in Nashville and one in Bunn. Locations in Nashville include 221 S. Barnes Street and 135 Nashville Commons Drive. The Bunn office is located at 317 Main Street.

Offices open from 8:30 a.m. to 5 p.m. weekdays. Evenings and Saturday appointments are available.

You can also visit them online at www.Hedgepeth-Hutson.com or call them at 252-459-2613

SE HABLA ESPAÑOL



HEDGEPETH-HUTSON INSURANCE

Carolina's Choice for Insurance



Brian Hutson
Agent

221 S. Barnes St • PO Box 40 • Nashville, NC
Office: 252-459-2613 Fax: 252-459-3208 Email: brian@hhins4u.com

Primary Care Urgent Care of Nashville

Independently owned and operated – Local faces, passionate care

Dr. Shandal Emanuel, MD, MPH opened her independent medical practice in Nashville in July of 2023. Primary Care Urgent Care of Nashville serves patients of all ages including pediatrics at 107A Nashville Drive.

The center offers in-house x-rays as well as basic in-house labs. The facility also has a trauma room with access for an ambulance, a procedure room and 10 exam rooms. Patients are also offered a patient portal for easy access to health records and staff.

Sports physicals and vaccines are also available at the practice.

Wayne Tamberelli, PA-C serves as a certified physician assistant. He has over 40 years experience, 21 of those years working in Roanoke Rapids.

Nashville native, Haley Judd Frazier, FNP-C, joined PCUC serving as a nurse practitioner. Also on staff are Elizabeth Burnette, PA-C and Monique Lee, MSN, APRN, FNP-C.

Both Tamberelli and Frazier work in the

urgent care while Dr. Emanuel serves her primary care patients. However she said there are no boundaries should she need to step over to the urgent care to assist or vice-versa, they will serve the patient as needed.

Emanuel launched her own private practice to serve patients in the manner she desires rather than having to follow corporate mandates. She enjoys the freedom to continue personal care such as making house calls if needed. She said she has many elderly and disabled patients who find it very

hard to travel to a doctor's office and caretakers who find it nearly impossible to transport patients such as her muscular dystrophy clients.

Though independently owned and operated, Primary Care Urgent Care of Nashville can fully communicate with area hospitals and offer referrals to specialty care.

Co-pays at the urgent care will be the same as your primary co-pay. The practice accepts most all major health plans as well as Medicare and Medicaid.



Independently Owned & Operated



Shandal S. Emanuel MD, MPH

Shandal S. Emanuel MD, MPH

Wayne Tamberelli, PA-C

Heather Davis, PA-C

Haley Judd Frazier, FNP-C

Elizabeth Burnette PA-C

Monique Lee, FNP-C

107A Nashville Drive, Nashville, NC

252-676-8285 ~ pcucn.com

Primary Care: Mon-Thurs 8am-5pm; Fri 8am -1pm

Urgent Care: Mon.-Thurs 8:30am - 7pm (last patient sign-in 6:30 pm)

Fri 9am - 5pm (last patient sign-in 4:30 pm)

Sat. 8am-1pm (last patient sign-in 12:30 pm)

**See office for summer hours which end 8/29*

**Premier Healthcare For Nash
County & Surrounding Areas**



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of your journey*

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& CHILDREN**

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Cough & Cold**

**Rashes, Allergic Reactions,
Infections, Injuries**

*Our practice accepts most
healthcare plans including
Medicare & Medicaid*





FARM BUREAU INSURANCE Nashville

Farm Bureau of Nashville offers a team of Insurance Professionals fully equipped to help clients with all insurance needs.

What differentiates them from other companies? "We listen to our clients and build a plan to protect the things that matter most to you and your family with quality Farm Bureau products," said Agency Manager Tonja S. Philbeck.

Philbeck says the Nashville team works hard to personalize services to their customers' needs.

The agency also supports local youth and events such as 4-H events, local festivals and school-related events.

Philbeck who is celebrating her 18th year with NC Farm Bureau, says it's all about community.

She is a graduate of Nash Community College and an alumni of Southern Nash High

School so she knows the importance of shopping local and supporting the local community.

Tonja has earned the Chartered Life Underwriter (CLU) and Financial Services Certified Professional (FSCP) professional designation from The American College, Bryn Mawr, PA.

She was named the NC Farm Bureau District VI Agent of the Year for 2012, and was named among the Top 75 Agents in 2013, 2018 and 2019.

Philbeck is a member of NAIFA and has served as a board member for the Nashville Chamber of Commerce.

She and her family are members and attend Red Bud Baptist Church. Tonja and her husband, Travis, have two sons, Parker and wife Anna and grandsons Travis and Conner.

For more information on services, call any of the agents at 252-459-3181.



Boice-Willis Clinic has been serving our communities since 1914. Today, multiple locations offer easy access to quality care including specialty services.

Boice-Willis Clinic offers multiple locations

Established medical practice offers multiple providers and specialty services

Boice-Willis Clinic is a multi-specialty clinic with more than sixty physician and mid-level providers located in Rocky Mount, Nashville, and Spring Hope. Through the years, we have learned that the patient experience is more than just providing expert medical care. We understand patients prefer quality and convenience. We are honored that so many in our community place their trust in us to care for them and their loved ones.

Boice-Willis proudly offers a variety of services to meet your needs: Internal Medicine, Family Medicine, Pediatrics, Endocrinology, Gastroenterology, Dermatology, Pulmonology, Nephrology, and Neurology. We have a full service, extended hours Walk-In Clinic for established Boice-Willis patients, labo-

ratories in each location, a state-of-the-art Imaging Center, a fully accredited Endoscopy Center, and outpatient Physical Therapy. We are constantly striving to take your health care to the next level.

It is vital to the management of ongoing chronic conditions to maintain your health-care routine. It is also important to receive health screenings and to ensure adult and pediatric vaccination schedules are maintained.

Regardless of what brings you into Boice-Willis Clinic or which provider, facility, or medical services you need, we are committed to coordinated, compassionate, comprehensive medical care.

Visit our website at www.boice-willis.com for more information.

Mom.
Helper.
Friend.
Agent.

(252) 459-3181

Tonja S. Philbeck
CLU®, LUTCF
Agency Manager



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**We are committed to providing extraordinary
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Comprehensive Medical Care



Hunter-Odom Funeral Services Staff and Directors

HUNTER-ODOM FUNERAL SERVICES

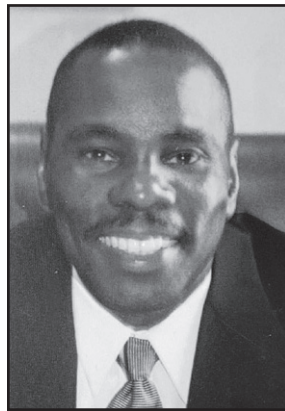
*Serving our communities for
more than 100 years*

The management and staff at Hunter-Odom Funeral Services has provided quality services to families for over one hundred years to Rocky Mount and the surrounding areas.

Robert L. Hines' grandfather, L.L. Battle, founded Hunter Odom Funeral Services on April 7, 1890.

The funeral home was operated under his name. L.L. Battle died September 3, 1919 and the funeral home became the property of his wife, Mrs. Alice Battle. The funeral home was operated by L.L. Battle's son-in-law, Edward R. Hines, until he left Rocky Mount in 1922. Mrs. Alice Battle allowed her nephew, H.S. Sorrell, to operate the funeral home as Sorrell's Funeral Home until his death on September 9, 1936.

Edward R. Hines, the son-in-law of L.L. Battle, returned from Washing-



CHESTER CLACK

ton, D.C. and operated the funeral home until his death in June 1938. After Edward R. Hines' death, Mrs. Sarah Sorrell, the widow of H.S. Sorrell, operated the funeral home until she sold the business to W.H. Hunter. This was the first time the business was sold.

W.H. Hunter changed the name of the business to Hunter's Funeral Home. He operated the funeral home until he

sold the business in 1980 to Mr. and Mrs. James E. Odom, who operated the funeral home under the name of Hunter-Odom Funeral Services.

During October 1996, the funeral home was sold to Chester Clack, who operates the funeral home under the name of Hunter-Odom Funeral Home Services.

Hunter-Odom Funeral Services offers funeral services, domestic and international shipping, funeral program design and printing, pre-need arrangements, funeral limousine service, obituary support, cremations, aftercare, notary public, caskets, vaults, liners and urns.

Hunter-Odom Funeral Services offers a full line of quality funeral services including a wide selection of caskets, urns, and clothing to fit every budget.

Hunter-Odom

FUNERAL SERVICES

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Expresses Itself Through
Sincere Service"*

ETHEL L. TAYLOR

~ Vice President/Mortician ~

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Cell: (252) 903-3928

Fax: (252) 977-2580

Email: hofs01@yahoo.com

hunterodomfuneralservices.com

**121 S. Fairview Rd • Rocky Mount, NC
PO Box 1239 • Rocky Mount, NC**



Device-free activities families can enjoy at home

Family time is an umbrella term that can encompass a range of activities, but it generally involves parents and children spending quality time together away from the hustle and bustle of everyday life. Finding distraction-free family time has always been challenging, but it might be even more so in the modern world, where a device with internet access is seemingly always within reach.

A January 2024 report from Parks Associates indicated the average United States household with internet access had 17 connected devices in 2023. Though such devices have become integral parts of the daily lives of billions of people across the globe, tablets, smartphones, smart watches, and other items can make it hard for families to enjoy distraction-free time together. With that in mind, families can consider the following device-free ways to enjoy one another’s company.

- Designate a night each week for board games. Classic board games like Monopoly, Scrabble and many more don’t require an internet connection, making a family board game night an ideal way to disconnect and spend time together. Even if the competition gets heated, there’s still plenty of time for families to catch up and discuss what’s going on in their lives, an important benefit that’s not always so easy when devices are commanding everyone’s attention.
- Get out in nature. Routine afternoons

spent in Mother Nature is another great way for families to disconnect and spend time together. Whether it’s an afternoon spent sunbathing at a local beach or a family hike through a nearby park, the great outdoors provides a wonderful excuse to put down the devices and reconnect in a beautiful, natural setting.

- Get in touch with your collective creative side. Families with a knack for producing their own creations can host periodic family craft nights as a fun and productive way to spend time together away from their devices. Tie seasonal celebrations like Halloween and the holiday season into craft-making sessions. Let a different person choose a craft before each session, or make it a contest to determine who can make the biggest, funniest or most complex decoration.
- Cook together as a family. Dinner can be an unenviable chore in busy families, but parents can designate one night each week when the family cooks together. Sunday night cooking sessions might make the best sense, as kids’ schedules are more likely to be free on Sunday than any other day during the week. That makes Sunday afternoon and early evening a great time to catch up on the previous week and spend time together without devices.

Families looking to spend time together away from their devices can do so in any number of ways.

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Involve kids in emergency preparedness

It is essential to keep cool and remain calm in the face of adversity, including when facing dangerous conditions like those that present during a natural disaster. Adults may experience anxiety when facing adversity. Children who may not be mature enough to fully understand what's going on may worry more than adults, which can increase their chances of being harmed in dangerous situations.

Making disaster preparedness a routine component of family life can take some of the mystery out of what to do in the event of an emergency. According to the U.S. Department of Veteran Affairs, it is never too early to start teaching kids about preparing for emergencies. Children are the most vulnerable when disaster strikes. Without sufficient preparation, children may suffer developmental, physical and psychological trauma following exposure to a disaster or another emergency.

Ready.gov and the VA offer tools and information to help all members of the family prepare for potential disasters. The following are some of their suggestions.

- **Get talking.** Talk about storms or conditions that may occur where you live. For example, if you live where hurricanes are prevalent, you might want to address hurricane information more so than someone who lives where tornadoes or earthquakes are more likely. Explain what can be expected during these storms and find out if kids have a cursory understanding of what to do if one strikes.

- **Make a plan.** Children rely on the adults around them to provide direction. Make sure kids understand who to call and where to meet as part of an emergency plan. Write down the instructions

and important phone numbers and keep this information in a place that's accessible to children. If the emergency plan includes evacuating the house or going into a storm cellar, practice getting up and moving safely but quickly together.

- **Assemble emergency supplies.** Include children in building a kit that includes a three-day supply of water, non-perishable food, flashlights, blankets, and kid-friendly activities. For a detailed list of what to place in an emergency supply kit, refer to suggestions from the American Red Cross and the Federal Emergency Management Agency.

- **Teach kids about different storms.** All sorts of storms may strike, so in addition to the ones that are notable in your area, instruct kids about what to do during common scenarios, such as thunderstorms and floods. Children should understand to move indoors if they see lightning or hear thunder. Following the "Turn Around, Don't Drown!" motto can help kids understand that just six inches of moving water can knock them off their feet during flood conditions.

- **Employ additional resources.** Kids may learn better through stories and activities geared to their level. The Red Cross and FEMA partnered to create the "Prepare with Pedro" program, which utilizes an activity book, a preparedness game and additional resources to teach kids about emergency preparedness in a fun way.

Instructing children about natural disasters and emergency preparedness can take some of the mystery out of how to behave in these situations. It also may make surviving an emergency much easier for the entire family.



Tips to teach kids manners

Parents know that children learn some lessons more quickly than others. Youngsters may be eager to learn lessons related to an extracurricular activity like dance or sports, but other lessons, including those pertaining to table manners, may require a lot more teaching over a longer period of time.

Teaching kids manners may not be parents' most enjoyable task, but there are some ways to make the process go as smoothly as possible.

- **Teach by example.** It's no secret that children learn many of their behaviors from their parents. Parents can use kids' tendency to engage in observational learning to their advantage when teaching kids manners and lead by example. Parents can thank one another around the house and make a concerted effort to exhibit good manners when out in public. Say "please" and "thank you" when visiting restaurants, grocery stores, libraries, and other places you visit with children in tow. Children who see their parents exhibiting good manners may be more likely to follow suit than kids whose parents are not setting such an example.

- **Acknowledge youngsters when they exhibit good manners.** Children seek attention and recognition from their parents. Parents may admonish youngsters when they behave poorly, but they also should recognize when children exhibit good manners. If children seeking attention and recognition receive both when they behave well, then they're more likely to continue doing so.

- **Establish a positive environment for children.** Children who are continuously placed in situations where it can be tough to be civil may struggle to develop strong manners. Maintain a positive, encouraging environment at home, and do whatever you can to ensure children are not routinely witness to individuals who exhibit disrespectful or worrisome behavior. The more positive influences a child is surrounded by, the more likely the youngster is to exhibit his or her own respectful behavior.

- **Remain patient.** Most parenting-related responsibilities require ample amounts of patience, and teaching youngsters manners is no exception. Parents are urged to recognize there will be both progress and setbacks as they teach their children manners. Children will recognize when parents react patiently and when they don't, and the former reaction is the one moms and dads want youngsters to mimic.

There's no surefire way to instill proper manners in children. But some simple strategies can set a positive example and provide some encouragement as youngsters learn to behave respectfully.



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