

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.

**AUGUST
2021**



Hadley Ridge, New and Affordable, Senior Housing Comes to Nashville!

Ilex Properties has been trying for several years to get approval to build an independent living, affordable housing, senior apartment community in Nashville. “We just drove through the town and loved the history and charm that is attached and knew we wanted to be a part of it”, says Ilex Properties owner, Holly Smith. In 2019 those plans were approved and Hadley Ridge came to life.

Hadley Ridge hopes to open its doors around the 1st of August. The community will offer one and two bedroom apartment for seniors 55+. Senior communities are designed to help the older population “age in place” meaning they can remain in their own home longer without having daily assistance. The apartment homes are equipped with energy-star rated appliances including a refrigerator with ice-maker, self-cleaning range, built-in microwaves and dishwasher. There are washer and dryer connections, tubs with grab bars, easy-care vinyl plank flooring in living areas, ceiling fans and mini-blinds.

Hadley Ridge also offers a portico for resident pick-up/drop-off, secured entry, elevator, community room with planned activities, media room, computer room, library and fitness center. For those concerned about downsizing, there are additional storage lockers for each resident. “We really do want the residents to become part of the community and feel at home here. Hadley Ridge is designed in a manner that allows residents to be as active as they choose to be” says Stephanie Clay, the Marketing Director for Excel Property Management.

Hadley Ridge is located just off E. Washington Street, turning on a new street (Macon Drive) located between the Dollar General and Robertson Realty. The leasing office at the property isn’t open yet but applications are now being accepted. Anyone interested in making Hadley Ridge their new home, can contact the management office at (252)973-0542 or email hadleyridge@epmsites.com and make an appointment to complete the rental application.

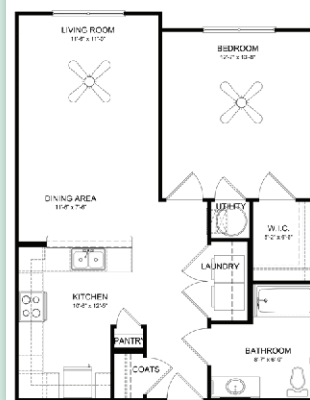
NOW LEASING!

Hadley Ridge Senior Living

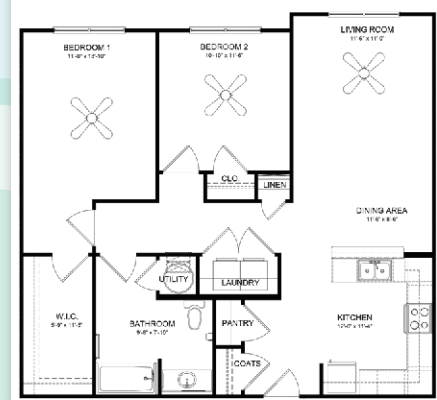
NEW!

- Brand new 1 and 2 bedroom apartments for seniors 55+.
- Conveniently located just off East Washington St in Nashville, NC.
- Minutes from groceries, pharmacies, major retailers, shops and medical facilities.
- Elevators in building.
- Washer & dryer hook ups.
- Fitness room, computer center & community screened porches.
- And much, much more!

1 BEDROOM LAYOUT



2 BEDROOM LAYOUT



Applications by Appointments Only

CALL 252-973-0542



Managed by Excel Property Mgmt, Inc.
104 Bullard Ct • Ste 106 • Raleigh, NC





Nationwide Insurance Agent Brian Hutson and wife Jennifer (front) and staff (left to right/back) Gloria Arroyo, Amanda Coppedge and Kelsee Massengale, welcome you to stop by the office today for all your insurance needs.

We have solutions to fit your family's needs

Getting an insurance policy doesn't have to be complicated. At Hedgepeth-Hutson Insurance Agency, we provide 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, Travelers, Progressive, National General and Dairyland to meet their customer's needs.

The Hedgepeth-Hutson Agency has consistently proven to be the best around. According to the agency, a majority of their new members come from referrals, which shows their commitment to quality service and their respect within the community. Their service has been noted as impeccable.

Hedgepeth-Hutson Insurance is a family owned and operated busi-

ness that takes pride in its service and community involvement. The agency has been in business 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 family is actively involved in the community supporting local organizations and charities. They sponsor teams with Nash County and Nashville Parks and Recreation Departments. "Our focus is on helping children become successful citizens in our community," said Brian Hutson.

The Hutson's 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



For your planning for tomorrow side.

We plan for our future, so our loved ones don't have to do it for us. Nationwide offers long-term care options to help you financially prepare for unexpected events down the road. This way you can spend more time with your family, and less time thinking about "what if?"

Contact your Nationwide agent today to learn more about long-term care options.



Brian Hutson
Hedgepeth-Hutson Ins Svc Inc
(252) 459-2613
hutsonb@nationwide.com



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is on your side

Life insurance is issued by Nationwide Life Insurance Company or Nationwide Life and Annuity Insurance Company, Columbus, Ohio. Nationwide, Nationwide is on your side and the Nationwide N and Eagle are service marks of Nationwide Mutual Insurance Company. © 2018 Nationwide LAM-1882A0.2 (03/17) 8333567

Boice-Willis Clinic, caring for our community since 1914

Boice-Willis Clinic has grown into the largest privately owned multi-specialty clinic in Eastern North Carolina. Over the many years, we have learned that the patient experience is more than just providing expert medical care. We understand patients prefer quality over convenience. We are honored that so many in our community place their trust in us caring for them and their loved ones.

Boice-Willis Clinic proudly offers many services to care for your needs, such as Internal Medicine, Family Practice, Pediatrics, Endocrinology, Gastroenterology, Dermatology, Pulmonology, Nephrology, and Neurology. We

have a full service, extended hours, Walk-In Clinic, laboratories in each location, a state-of-the-art Imaging Center, and a fully accredited Endoscopy Center. We are constantly researching ways to take your health care needs to the next level.

As COVID-19 restrictions seem to be lifting, we continue to provide extraordinary healthcare to ensure you stay feeling your best. Whether through virtual visits or in-office visits, it is vital to the management of ongoing chronic conditions to continue your healthcare routine. It is also important to continue health screenings and ensure adult vaccination and pediatric vaccination



schedules are maintained.

No matter what brings you into Boice-Willis Clinic, no matter which of our providers, facilities, or medical services you need, we

are committed to addressing your comprehensive healthcare needs. Visit our website at www.boice-willis.com for more information.



Boice-Willis Clinic

www.boice-willis.com  

252.937.0200

We are committed,
to providing extraordinary Healthcare to you and your family.



Insurance For All Your Needs

Insurance Center of Nashville has been a locally owned and operated professional insurance agency since 1943. The agency is fully automated so they can provide prompt service to clients. Both locations are staffed by licensed personnel, most of whom have obtained designations of either CISR, AAI or CIC. The agency has over 60 years of combined experience. Insurance Center is an independent company — free to choose the best carrier for your insurance needs. Agents do not work for an insurance company — they work for you. Agents work on your side when you have a loss and follow through to see that you get fair, prompt payment and service. Insurance Center represents a carefully selected group of financially strong, reputable insurance companies, therefore, agents are able to offer you the best coverage at the most competitive price.



Cindy Scheipers
OWNER

A Commitment of Spirit, Pride and Service in Our Community



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Independent Agents who are free to choose the best carrier to fit your needs.

We do not work for an insurance company — *we work for you!*

333 W. Washington Street • Nashville, NC 27856 • 252-459-3025
www.insurancecenter-nashville.com

An Everlasting Memory

An Everlasting Memory Monument Company is locally and family owned and operated by Michelle Viverette-Strickland.

Michelle established the company in 2006. The following year, she expanded to a larger location on Winstead Avenue. Michelle has been in the monument industry since 1988.

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 into 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.



Michelle Viverette-Strickland



"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."

AEM 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 owning AEM," Michelle concludes, "is meeting people and establishing lasting relationships. My goal is to

provide excellent service as well as give back to the community."

AEM is also honored to be the 2018 and 2019 Readers Choice Award Winner, as well as the 2017 Readers Choice Award Runner Up.

For more information, visit the store at 1036 Winstead Avenue, beside Coastal Bank, Monday - Friday, 9:30 to 5 and Saturday by appointment. You can visit their website at aneverlastingmemory.net.

An Everlasting Memory Monument Company



Locally Family Owned & Operated

**1036 N. Winstead Ave.
Rocky Mount, NC 27804**

252-937-7399

- Monuments
- Foot Markers
- Mausoleums
- Inscriptions
- Death Dates
- Sandblasting
- Bronze



FREDERICK
MAY 3, 1950

MARGARET STOCKTON
MARCH 2, 1957
MAY 9, 2010

WE WILL BE TOGETHER FOREVER

Carolina Family Health Centers

Providing healthcare in the community...for the community

The mission of Carolina Family Health Centers, Inc. is simple; providing accessible and affordable healthcare with excellence where patients come first. Their motto is "In the community...for the community" and they stand behind it every day.

For more than 25 years, Carolina Family Health Centers has provided comprehensive, culturally-competent and cost-effective healthcare in Edgecombe, Nash and Wilson counties. Today, Carolina Family Health Centers operates four locations, with health centers in Wilson, Tarboro and Elm City and a dental center also in Elm City. In 2020, they served more than 23,000 patients.

Carolina Family Health Centers provides services for patients 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.

A broad scope of healthcare services is offered to patients of Carolina Family Health Centers. Services available include primary care, immunizations, adult medicine, pediatrics, gynecology, behavioral health, dental and pharmacy. Insurance counseling, specialty referrals, medication delivery and transportation are also services offered. As a Ryan White grantee and a migrant health center, Carolina Family Health Centers has a special

focus on patients living with HIV and AIDs and migrant and seasonal farmworkers.

All four centers accept patients with insurance, 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 also participates in Medicaid Managed Care – the newly transformed way of delivering care to Medicaid beneficiaries where individuals enroll in private insurance plans and select their own, or are assigned to, primary care providers (PCP).

In response to the COVID-19 pandemic, Carolina Family Health Centers is offering COVID-19 testing and vaccines. The organization can also provide community- and employer-based testing and vaccine events. To date, Carolina Family Health Centers has performed more than 10,000 COVID-19 tests and administered more than 16,000 vaccines.

No out of pocket fees are required for COVID-19 testing. Insurance is billed if the patient has insurance and if there is no insurance, no fee is charged.

For more information on services provided by Carolina Family Health Centers, visit <http://www.cfhcnc.org> or call 252-443-7744. For COVID-19 vaccines, call 252-243-1257, and for testing, call 252-243-9800, Option 0.



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
(252) 443-7764



Primary Care • Dental Care
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

How families can give back to their communities together

Strong communities are built by strong people who recognize the importance of giving back. Children recognize when their parents give back to their communities, and often that recognition compels youngsters to want to do the same.

Volunteering as a family is a great way for parents to instill their values in their youngsters while strengthening the communities in which those children live. Volunteering also provides a host of additional, potentially surprising benefits. For example, a 2003 study from researchers at the University of Texas found that taking part in helping one's community lowers rates of depression and anxiety. In addition, research has indicated that adolescents who volunteer may perform better at school and take a more positive approach to education.

Family-friendly volunteering opportunities abound, and the following are some ways that families can give back together.

- **Feed the hungry:** The role of charitable organizations that feed those in need was highlighted during the COVID-19 pandemic. The economic fallout of the pandemic was significant, as tens of millions of people lost their jobs and, subsequently, their ability to feed themselves and their families. Local food banks stepped in to feed those families, and organizations are always in need of volunteers to help prepare, deliver and serve food. Volunteering at a local food bank or soup kitchen is a great way for parents to show their children that they have a lot to be thankful for while instilling in them a sense of responsibility to community members in need.

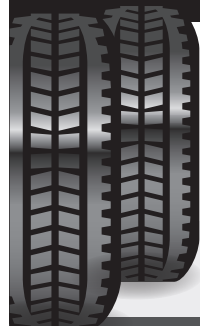
- **Create art:** Art can be as beneficial to its creators as it is for those who appreciate it. That's especially so for children in relation to their development. According to a report from Americans for the Arts, art education strengthens problem-solving and critical thinking skills. Art also encourages kids to innovate, a benefit that will pay dividends throughout their lives. Art also is fun to create, and parents can turn kids' natural inclination toward fun and creativity

into a way to give back to their communities. The New Jersey-based organization Color A Smile distributes cheerful drawings to senior citizens and overseas troops, among others. Adults and children can volunteer to bring smiles to the faces of strangers, all the while reaping the many benefits of engaging in art projects.

- **Nature clean-up:** Local park and beach clean-ups help to keep the great outdoors pristine and pollution-free. Such clean-ups, which are a fun way to get outdoors, also provide a great opportunity for parents to teach children about the environment and the importance of protecting it.

Whether it's helping those in need, exploring one's inner artist or helping keep local parks and beaches clean, the opportunities for families to give back together are numerous.

RONALD SYKES FOUR WHEEL ALIGNMENT



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to
Duallies*

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Rocky Mount, NC
252-442-4457



the **Y**
YMCA

FIT FOR YOUR FAMILY

JOIN THE Y TODAY
HARRISON FAMILY YMCA
252-972-9622
harrisonfamilyymca.org

The Harrison Family YMCA in Rocky Mount, NC is a charity organization here to strengthen the communities they serve in Nash and Edgecombe Counties. Focusing on youth development, healthy living, and social responsibility, this organization has is truly a special place for all, with many programs available and financial assistance opportunities.

As a non-profit community organization, the YMCA works hard to ensure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The YMCA funds its operations from membership and program fees and they raise charitable funds to support community outreach, help those in need, and continue to serve all.

Throughout the last year, The YMCA has had a chance to truly show what the organization is all about. Through continued member, donor, and community support, we have distributed over

137,000 pounds of food to families in need throughout Nash and Edgecombe county, cared for over **600 children** in childcare programs, collected **458 units of blood** in American Red Cross blood drives, made calls to seniors in isolation, provided hundreds of virtual activities, and more.

We are following all local, state, and national guidelines to keep you and your family safe. Your family's health and well-being have always been our top priority, and that remains true now.

WE ARE Y.

Healthy activities for kids of all ages

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12 percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal *Sports Medicine*, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

- Infants: The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

- Toddlers: Toddlers can be tough to

keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age group.

- Preschoolers: Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

- Elementary school students: School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

- Middle school students: Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

- Teenagers: Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.

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 13th 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) 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 has served as secretary for the local Rocky Mount National Association of Insurance and Financial Advisors (NAIFA), and 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 Conner.

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



**Tonja S.
Philbeck**

Life insurance is more than a policy, it's a promise.



(252) 459-3181

www.ncfbins.com

Tonja S. Philbeck
CLU®, LUTCF
Agency Manager
tonja.philbeck@ncfbins.com

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*Southern Farm Bureau® Life Insurance Company, Jackson, MS

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EMPLOYMENT PROFESSIONALS

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Super Flame Gas Company



Hugh Brinn, Angie Ayscue, Chris Thomas, Debbie Hardy, Jeff Wade, Ray Brinn, Jesse Brantley

“Your Hometown Propane Company For Almost 70 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 69th 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.”



SUPER FLAME GAS COMPANY, INC.

“Your Hometown Propane Company for Almost 70 Years!”

- Residential
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- Gas Grills
- Gas logs
- Heaters



**315 W. Ridge Street
Rocky Mount, NC**

446-6188



Local State Farm agent Sandy Frazier joined members of Nashville Fire Department in 2020 to support Fire Prevention Week.

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 Alumni, 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 employees 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.



**We protect it.
You live it.**

Sandy Frazier, Agent
219 W Washington Street
Nashville, NC 27856
Bus: 252-459-2025
sandy.frazier.cj2k@statefarm.com

I'm here to help life go right™ – so you can enjoy it, while I help protect it. Let's talk about your life insurance options.
CALL ME TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
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1601487
Bloomington, IL



Hunter-Odom Funeral Service Staff and Directors

HUNTER-ODOM FUNERAL SERVICE

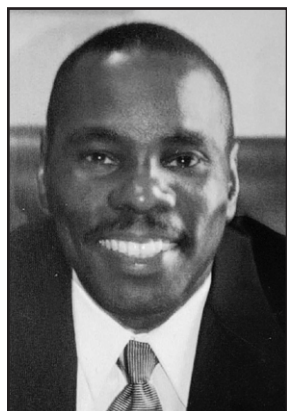
*Serving our communities for
more than 100 years*

The management and staff at Hunter-Odom Funeral Service 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 Service 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 Service.

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

Hunter-Odom Funeral Service 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

*"Where Sympathy
Expresses Itself Through
Sincere Service"*

ETHEL L. TAYLOR

~ Vice President/Mortician ~

(252) 977-3122

Cell: (252) 903-3928

Fax: (252) 977-2580

Email: hofe01@yahoo.com

hunterodomfuneralservices.com

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PO Box 1239 • Rocky Mount, NC

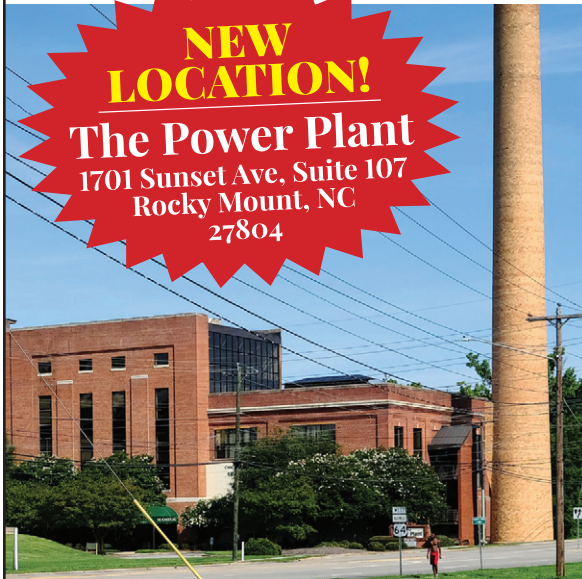
Able Home Health Care...

Over 20 years of service to our community!

**NEW
LOCATION!**

The Power Plant

1701 Sunset Ave, Suite 107
Rocky Mount, NC
27804



Since 2000, Able Home Health Care has based our promise to you on family values and commitment to excellence. Our company and our

employees live by the following characteristics while in service to you:

Compassion... We and our caregivers understand our client's challenges. Our caregivers look at what they do as a calling, not a job.

Integrity... We believe trust is the foundation of every genuine relationship. We will strive to be honest and ethical with you at all times.

Respect... We regard the value of every human spirit. We will always treat you with respect, courtesy, dignity and kindness.

Expertise... We are committed to being the best at what we do. We will maintain a highly-qualified team of professionals, who are ready to meet and exceed your needs.

Attentiveness... We will respond instantly and carefully to your needs and concerns.

Cost-Compassion... We understand the ups and downs of this life. We work very closely with Medicaid and other agencies to benefit the client. We work for you to keep health care competitive and fair.

COVID-19 Our Caregivers are trained & certified to keep themselves and their clients safe during the Covid-19 pandemic and are provided the necessary PPE to carry out their tasks.

These are the foundations that Able Home Health Care was built on and will continue to grow on... It's just who we are and what we look for in others.



ABLE HOME HEALTH CARE, LLC

Able Home Health Care is a locally owned and operated in-home health care service employing quality caregivers to assist individuals and families in living dignified, independent lifestyles in their own homes.

Proudly serving the clients of Halifax, Nash, Edgecombe, and surrounding counties, we provide innovative, high-quality home care services and respite care to our clients.

Since our beginning in 2000, we've made our clients a promise, based on our family's values and commitment to excellence.

Able Home Health Care prides itself on a passion for compassion.



Left to Right:
Tiffany Parker, RN - Community In-Home Supervisor;
Loretta Evans, Agency Director; Susan Carlisle, Client Service Representative; Evetta Bradley, RN - Clinical Director



June Shearin, Owner and Founder,
and Hanna E. Roppo, CEO

AHHC employs quality caregivers to assist individuals and families in their homes.

We are dedicated to helping our clients lead dignified, independent lifestyles in the comfort and safety of their own homes

Personal Care Services:

Bathing • Grooming • Dressing • Toileting
Hygiene • Walking • Mobility • Eating

Respite Care:

Community Alternatives and
Programs for Disabled Adults (CAP/DA)

Compassion. Integrity. Respect. Expertise. Cost-compassion.
Able Home Health Care prides itself on a passion for compassion.

1078 Hwy 48 • Roanoke Rapids, NC 27870
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Celebrating 48 Years and Still Sizzlin!

It was 1973 - Richard Nixon was president. On television, Americans were watching "All In The Family," "Columbo," and "The Waltons." At the movies, "The Godfather," and "Cabaret." And on the radio, they were listening to "Delta Dawn" and "Yellow Ribbon."

In December of that year, Western Sizzlin opened on 301 ByPass in Rocky Mount. The restaurant is now marking its 48th anniversary.

Since the grand opening, the store

has remodeled 7 times. However, in the spring of 2020, Western Sizzlin underwent a total facelift, New floors, new booths, new tables, new chairs, new everything!

Western Sizzlin now sparkles and shines. However, the prices remained the same . . . you can still get a super deal on a great meal, offering daily specials in addition to their regular menu.

The steakhouse specializes in signature steaks, crisp salads, huge baked

potatoes and delicious fries. Simply put - "It's just great food you can count on!"

In only two years, Western Sizzlin will mark their 50th anniversary . . . fifty years of serving the greatest folks in the world - the citizens of Nash County and the surrounding community.

Western Sizzlin is located on 301 ByPass North in Rocky Mount.

You can visit their website at westernsizzlin.com.



CALL
446-3262
for takeout



Almost 50 and Looking Great!

COMPLETELY REMODELED STEAKHOUSE

Western Sizzlin has a brand new look! We've had a total facelift... new floors, new booths, new chairs...new everything!

You'll find that almost everything is new - except for one thing.

YOU CAN STILL GET A...SUPER DEAL ON A SUPER MEAL!

SUNDAY #1 Sirloin
w/Free House Salad • Reg \$11.88.....

\$9⁵⁹

MONDAY #1 Sirloin
Reg \$9.59

\$8⁵⁹

TUESDAY #3 Sirloin Tips
Reg \$7.99

\$6⁴⁹

WEDNESDAY #14 Chopped Sirloin
Reg \$7.99

\$6⁴⁹

THURSDAY #3 Sirloin Tips
Reg \$7.99

\$6⁴⁹

FRIDAY #5 Super Top Sirloin
Reg \$10.99

\$9⁹⁹

SATURDAY #9 Super Top Sirloin
Reg \$10.99

\$11⁹⁹

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

US 301 BY-PASS N • ROCKY MOUNT, NC
----- OPEN 7 DAYS A WEEK -----
SUN-THURS 11AM-10PM • FRI 11AM-11PM

**1973-2021
CELEBRATING OUR
48TH ANNIVERSARY!**

**CALL 446-3262
for takeout**

**WESTERN SIZZLIN
GIFT CARDS.**
Perfect Gift For
Any Occasion!

