

FAMILY *Life*



BROUGHT TO YOU BY THE NASHVILLE GRAPHIC



**Looking
Out For
You &
Your
Family**

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

**JULY
2023**

RIBEYES STEAKHOUSE

Our menu offers a variety of favorites including our famous ribeye steaks, pork chops, chicken breast plate, fried seafood, and our endless salad bar which is made fresh every day.

Our guests have at least 28 salad bar items from which to choose.

We're open for lunch and dinner and we can help you with small group dining and special events too!

Christmas is just around the corner. A gift card is a perfect fit for everyone!

Come see us!



Jeff Ellis
Owner



*We also book private events!
Enjoy private dining where you and your guests will enjoy an unforgettable meal!*



Need we say more?



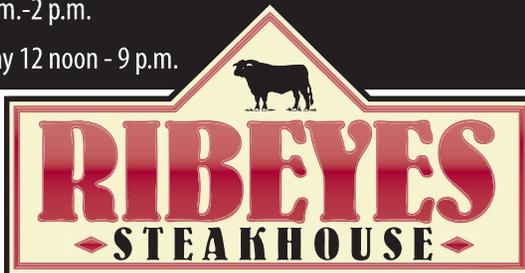
Something for the entire family!

Lunch: Mon.-Fri. 11:30 a.m.-2 p.m.

Dinner: 4:30 - 9 p.m. daily • Sunday 12 noon - 9 p.m.



**GIFT CARDS
AVAILABLE!**



108 West Nashville Drive,
Nashville

252-462-2356



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 15th year with NC Farm Bureau, says it's all about community.

She is a graduate of Nash Community Col-

lege 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 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 Conner.

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

Mom. Helper. Friend. Agent.



(252) 459-3181

Tonja S. Philbeck
CLU®, LUTCF
Agency Manager

Helping you is what we do best.



Auto • Home • Life • Health • Bank

An Authorized Agency for



BlueCross BlueShield
of North Carolina

NCSVPR44249

*North Carolina Farm Bureau Mutual Insurance Company
*Farm Bureau Insurance of North Carolina, Inc.
*Southern Farm Bureau Life Insurance Company, Jackson, MS
*An independent licensee of the Blue Cross and Blue Shield Association

Baker's Professional Lawn Care, Inc.

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

Baker's Professional Lawn Care, Inc. has been serving Nash County and Eastern North Carolina since 1980.

The operation is locally owned and operated by father and son.

Owner Dan Baker's motto is "A cut above the rest." A statement he stands by.

Baker said he strives to give his customers the very best, "Our company's mission is to provide honest, reliable service that stands head and shoulders above the rest," he said. "We continually strive to exceed expectations by ensuring that each landscape design or remodeling project is completed on time and under budget."

Baker said his goal is to make sure each customer is left with full satisfaction from his services, "Our commitment to assuring the full sat-

isfaction of our clients is something that we take great pride in."

Baker offers a variety of services including landscaping, garden design, landscape remodeling, irrigation, tree service, seeding, liming, fertilizing, tree and shrub pruning, drainage, top soil, mulch, pine straw, excavating and tractor services.

Baker offers free estimates and is licensed bonded and insured.

When planning your next landscape design project, rely on a company that offers unparalleled knowledge, experience and expertise. "Contact us today to learn more about what sets us apart from the competition," said Baker.

You can reach Baker's Professional Lawn Care, Inc. by calling 252-314-3639 or visit their website www.bakerprolawn.com.



Landscaping
Irrigation
Lawn Maintenance
Tree Service
Garden Design
Landscape Remodeling
Seeding - Liming - Fertilizing
Tree & Shrub Pruning
Excavating / Tractor Services
Top Soil / Mulch / Pine Straw
Hardscaping
Drainage

A Cut Above the Rest



**BAKER'S
PROFESSIONAL
LAWN, INC.**

SERVING EASTERN NC SINCE 1980

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danbakerpro@gmail.com

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www.BakerProLawn.com

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Fertilization & Sod Lighting
Land Clearing & More!





the **Y**
YMCA

FIND YOUR FIT

JOIN THE Y TODAY
HARRISON FAMILY YMCA
252-972-9622
harrisonfamilyy.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 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 year, the YMCA has focused on rebuilding from the pandemic and emerging stronger to create a safe and supportive environment for all. Through continued member, donor, and community support, the Y has distributed food to families in need throughout Nash and Edgecombe county, cared for many children through childcare programs, partnered with the American Red Cross to host much needed blood drives, and more.

Together, we emerge stronger by supporting our youth in learning and development, advancing health equity to those in the YMCA and in our community, and ensuring access for all to YMCA programs, memberships, and services.

WE ARE Y.



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.



His faith guided him throughout his life. Discover funerals as unique as the life lived.

Taking the time to design your service is a loving act, and not a difficult one. We invite you to explore the seemingly infinite number of ways to celebrate and honor a life.

Preneed • Cremations • Cremation Chapel • Services for all Faiths • Custom Funerals
After Care Service • Christian Ministry Available • Preneed Contract Accepted • Banquet Hall



Family Owned and Operated
1052 S. First Street • Nashville
252-459-0001
www.cornerstonefuneralhomeandcremations.com
Our staff is on call 24 hours a day, everyday

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, boaters, 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.

Hedgepeth-Hutson Insurance is a family owned and operated business 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.



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.

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

Let the Hedgepeth-Hutson Insurance Agency make a plan just for you.

It's important to be prepared throughout all of life's twists and turns. That's why we help make sure you have the tools you need to help secure your family and your future. At the Hedgepeth-Hutson Insurance Agency we offer personal education to help you navigate life's complex financial and protection challenges.



LET'S TALK TODAY.

Brian Hutson
221 S Barnes Street
NASHVILLE, NC 27856
252-459-2613
www.hedgepeth-hutson.com



Nationwide

AUTO | HOME | BUSINESS

Products underwritten by Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, OH 43215. 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. ©2019 Nationwide CPC-0435AO (09/17) 10599151

Super Flame Gas Company



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

"Your Hometown Propane Company For 71 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 71st 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 71 Years!"

- Residential
- Commercial
- Cylinder filling
- Gas Grills
- Gas logs
- Heaters



315 W. Ridge Street
Rocky Mount, NC

252-446-6188

Fun ways to enjoy the great outdoors with kids

The great outdoors can be an inviting place with plenty of opportunities for adventure. It's also a treasure trove of sights and sounds that can serve as a springboard for a lifelong yearning for knowledge.

Children of the 1980s and before may remember long days spent outside with requirements to "come back in when the street lights turn on." Today's children may not have as much freedom, but they still can benefit from both unstructured and structured play outside. The following are some outdoor activities families can enjoy together.

- Fossil hunting: Whether there is a natural fossil bed nearby or not, children can use plastic colanders and shovels to dig in the dirt or sand to see if any treasures can be found.
- Collect and paint rocks: Collect stones and then paint them with vivid designs or sayings. Once painted, families can place them back into their natural surroundings for others to discover.
- Make a nature collage: Take a hike or a stroll through a nearby park and

collect little treasures along the way. Glue these items to a piece of cardstock or cardboard to create a collage that will serve as a memento of the day.

- Run through a sprinkler: Pools can be great fun, but something as simple as a garden sprinkler can keep everyone occupied for a few hours.
- Visit a botanical garden: Tour a nearby botanical garden to get an opportunity to see flowers and plants that may not be native to the area. Bring sketch pads and draw your favorite plants.
- Go camping: Whether you camp in the backyard, in the woods or at a campsite, spending a night immersed in nature can be an unforgettable experience. Camping equipment can be rented or borrowed, if necessary.
- Enjoy a picnic: Bring a meal outdoors to a quiet spot, like a park or garden.
- Take a boat ride: Enjoying the great outdoors from the water brings an entirely new perspective. Purchase tickets for a fishing charter or take a tour of a local waterway.



- Feed ducks or other birds: Children can see wildlife in its natural environment, and provide some supplemental nutrition in the process. Bring along wild birdseed (bread is not a healthy option) and sprinkle some along shorelines or in the water to watch the birds arrive.
- Do a scavenger hunt in nature: While on any excursion, you can engage

in a scavenger hunt. Have a list of five to 10 items to find, such as a pink flower, a leaf with a stem and a black rock. See who can find them all the fastest.

Spending time outdoors provides plenty of opportunities for family-friendly excitement and fun.

Family-friendly resolutions to pursue together

There are plenty of resolutions that families can enjoy together. Undertaking goals as a family unit can create an accountability that keeps everyone on track. Here are some resolutions to think about making right now.

- Eating healthier meals together can move everyone's personal health in the right direction. Start by adding a fruit or vegetable to every meal and try whole grains or a new grain, like quinoa. Small changes can add up to big gains and healthy results.
- Transform negative thinking patterns into positive ones. The family can keep gratitude journals, highlighting things in their lives they are grateful for or actions that make each person proud.
- Collectively aim to get more sleep each night. This may be achieved by turning electronics off earlier each night and spending the hour or two before bed engaged in light-hearted conversation or stress-busting activities like reading books.
- Plan for screen-free family time each day so that everyone can engage without the distractions of social media, work, friends, and other digital activities.

Community service projects for kids

The importance of giving back to one's community is a value that parents can instill in their children at an early age. Learning about worthy causes in local communities can help develop empathy in children and give them insight into those who live outside of their social and economic spheres. In addition, encouraging children to take part in community service can teach them skills they would not necessarily learn in the classroom.

Getting involved in community service as a child may lead to a lifelong commitment to giving back. The following are some ways children can get involved in community service projects.

Spend time with seniors
Children can visit seniors in nursing homes or assisted living facilities, provided that the visits are cleared with the home's staff. Kids can work alongside seniors on craft projects or participate in



games like bingo.

Collect food for the needy
Volunteering with a local soup kitchen can teach children about the plight of the less fortunate. Kids also can collect canned or boxed food and deliver it to food pantries so that no needy family has to go hungry.

Improve school grounds
Working with the principal of a local school, children can make plans to improve the grounds Ideas

include repairing play equipment, planting trees, adding a vegetable or flower garden, or installing buddy benches where friends can find each other and hang out.

Donate eyeglasses
Kids can gather used eyeglasses and donate to an organization that recycles them for the needy.

Send care packages
Kids can reward first responders and military personnel who live in their communities by putting together care packages for them and their families.

Pick up litter
Children can gather like-minded friends and participate in a beach or park cleanup. Service projects are great ways for kids to get involved and give back to their communities.

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 caring 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, laboratories 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 healthcare 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.



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

We care about your health

We are committed to providing extraordinary healthcare to you and your family.

Locations to serve you in
Rocky Mount, Spring Hope, and Nashville
(252) 937-0200
www.boice-willis.com



Boice-Willis

Coordinated, Compassionate,
Comprehensive Medical Care



Hunter-Odom Funeral Services Staff and Directors

HUNTER-ODOM FUNERAL SERVICES

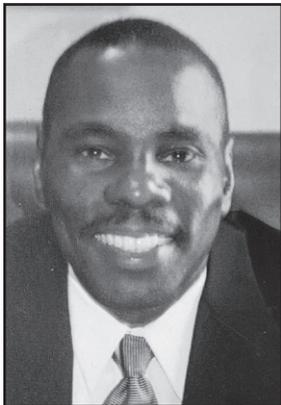
*Serving our communities for
more than 100 years*

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

*"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: hofs01@yahoo.com

hunterodomfuneralservices.com

121 S. Fairview Rd • Rocky Mount, NC

PO Box 1239 • Rocky Mount, NC



Tips for choosing a family pet

There are many reasons to welcome a pet into a household. Companionship, unconditional love and protection are some of the reasons people get pets. Parents also may want children to have pets so they develop a sense of caring and responsibility.

When shopping for a new pet, the right fit can make all the difference. Before bringing any animal into a household, it is important to ask a few pointed questions and conduct an honest assessment of various factors that can affect the animal's well-being.

Assess budget first

Pets require different financial commitments. For example, a beta fish in a small tank will cost considerably less than a pet dog or a horse kept at a stable. Adults must consider what they can afford when it comes to pets, as each animal comes with a separate initial price tag and subsequent food and

care costs.

Think about allergies. Dander, hair and feathers can trigger allergic reactions in children and adults, so certain pets may need to be avoided. Speak with a pediatrician or a veterinarian and ask for suggestions on which pets may work best.

Consider a child's developmental stage

Children younger than age five or six may not be mature enough to view the pet as something other than a toy or plaything. Before committing to a pet, particularly one that will serve as a child's companion, be honest about the child's maturity level. Some pets may have easygoing temperaments, like family-friendly dog breeds, including beagles and retrievers. A parrot with a strong nipping instinct or a skittish cat may not be the best fit until children are older.

Look at family lifestyle. Families that go on frequent vacations or are involved in many after-work or extracurricular school activities may not have enough time to devote to pets that thrive on interaction. Rather, a pet that is comfortable in a habitat or cage or one that is mostly self-sufficient might be a better fit.

Research, research, research

Before making a commitment, families should conduct significant research on the pets they are considering. This way there will be fewer surprises. Look at information regarding pet/breed temperament, genetic illness predisposition, exercise requirements, veterinary checkup schedules, and immunizations, among other factors.

These recommendations can help families find pets that will thrive in their homes.

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.

Visit their website at aneverlastingmemory.net.



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 thru 2022 Readers Choice Award Winner, as well as the 2017 Readers Choice Award Runner Up. And also 2023 Best of Nash County Best Small Business Award.

For more information, visit the store at 1036 Winstead Ave, Monday-Friday, 9:30-5pm Mon-Fri, 9:30-5pm & Saturday by appointment.

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



WE WILL BE TOGETHER FOREVER

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 2022, Carolina Family served approximately 22,000 patients at its four locations in Wilson, Nash and Edgecombe counties. Laura Owens, Chief Executive Officer of Carolina Family Health Centers, contributes 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
(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

Primary Care Urgent Care opens in Nashville

Dr. Shandal Emanuel, MD, MPH has launched an independent medical practice in Nashville. Primary Care Urgent Care of Nashville is now serving patients of all ages including pediatrics at 107A Nashville Drive.

The center will offer 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 a total of 10 exam rooms. Patients will also be offered a patient portal for easy access to staff and health records. Sports physicals and vaccines are also available at the practice.

Wayne Tamberelli, PA-C will serve as the certified physician assistant. He comes to the practice with over 40 years experience, 21 of those years working in Roanoke Rapids.

Julia Kern, FNP-C will serve as the certified family nurse practitioner. She comes to the practice after working in many emergency departments and trauma centers. She worked under the wing of Dr. Emanuel for a year when completing her clinicals.

Both Tamberelli and Kern will 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 said she decided to start the journey of opening her own private practice to continue serving patients in the manner she desires rather than having



Primary Care Urgent Care of Nashville has three full-time providers and a staff of 15 on-site. The medical center is located at 107A Nashville Drive, behind Bojangles. Seated on the front row, left to right, are the full-time providers, Wayne Taberelli, PA-C, Shandal S. Emanuel MD, MPH and Julia Kern, MSN, FNP-C.

to follow corporate mandates. For example, she will continue to make 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.

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.

The primary care is open Monday - Thursday 8 a.m. - 5 p.m. and Fridays 8 a.m. - 1 p.m. The urgent care will be open Monday - Friday from 9 a.m. - 7 p.m. and Saturdays from 8 a.m. - 1 p.m.

For more information on the practice call 252-676-8285 or visit pcucn.com.

Premier Healthcare For Nash County & Surrounding Areas



Shandal S. Emanuel MD, MPH
Wayne Tamberelli, PA-C • Julia Kern, MSN, FNP-C

SERVING ADULTS & CHILDREN

*Most healthcare plans accepted
including Medicare and Medicaid*

**Primary Care • Urgent Care
Labs • X-Rays • Sports Physicals • Vaccines**

10 Exam Rooms • On-Site X-Ray • Basic Labs
Trauma Room • Procedure Room



107A Nashville Drive
Nashville, NC
252-676-8285
pcucn.com



Celebrating 50 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 50th 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

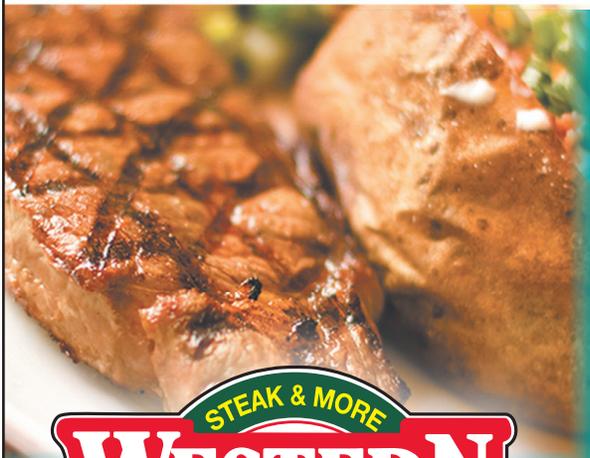
baked potatoes and delicious fries. Simply put - "It's just great food you can count on!"

Western Sizzlin is celebrating 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



50 YEARS AND LOOKING GREAT!

We've seen a lot of changes over the last 50 years but one thing that will never change...

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

SUNDAY #1 Sirloin

Reg \$10.49

\$9.49

THURSDAY #3 Sirloin Tips

Reg \$8.49

\$7.49

MONDAY #1 Sirloin

Reg \$10.49

\$9.49

FRIDAY #5 Super Top Sirloin

Reg \$11.99

\$10.99

TUESDAY #3 Sirloin Tips

Reg \$8.49

\$7.49

SATURDAY #9 Super Top Sirloin

Reg \$13.99

\$12.59

WEDNESDAY #14 Chopped Sirloin

Reg \$8.99

\$7.49

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

1973-2023
CELEBRATING OUR
50TH ANNIVERSARY!

CALL 446-3262
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WESTERN SIZZLIN
GIFT CARDS.
Perfect Gift For
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