

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
2024**

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

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 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

DAN BAKER/OWNER
danbakerpro@gmail.com

252-314-3639
www.BakerProLawn.com

Your Source For:
Residential or Commercial
Complete Lawn Maintenance
Irrigation Installation & Repair
Landscape Design & Installation
Weed/Insect/Disease Control
Fertilization & Sod Lighting
Land Clearing & More!





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

Boice-Willis Clinic celebrates 110 years of medical care

In July 1914, Dr. E. S. Boice, along with Dr. B. C. Willis, surgeons from Virginia, came to Rocky Mount, North Carolina to practice at Park View Hospital. Dr. Willis had a burning interest in research and made frequent visits to the Mayo Clinic where he became friends with the Mayo brothers. Because of the success developing the Mayo Clinic, Dr. Boice and Dr. Willis were inspired to build their own clinic. Recognizing the need for preventive medicine, Dr. Boice and Dr. Willson recruited Dr. Claiborne T. Smith in 1919 to practice General Medicine. Dr. Ivan Battle, an established general practitioner in town, suggested that Dr. Smith go into the new field of Internal Medicine. Dr. Smith spent a year studying at Harvard and then returned to Rocky Mount. In 1922 Dr. Smith was invited to join Drs. Boice and Willis as a hospital intern. He developed a clinical laboratory which became so popular that the Clinic with the hospital established a School for Laboratory Technicians. Through their innovative and comprehensive approach to medicine and health care, the triad of Boice-Willis-Smith at Park View Hospital prospered.

Throughout the years Dr. Boice, Dr. Willis and Dr. Smith continued to be

innovators with the goal to provide the highest quality of comprehensive care to our area. This philosophy continues to be a cornerstone of Boice-Willis today. As healthcare has evolved, Boice-Willis has responded proactively and added services to enhance the care provided to patients.

With nearly sixty physician and mid-level providers, Boice-Willis is a multi-specialty clinic proudly offering Internal Medicine, Family Medicine, Pediatrics, Endocrinology, Gastroenterology, Dermatology, Pulmonology, Nephrology, and Neurology.

In addition to on-site laboratories and state of the art imaging, Boice-Willis has a certified diabetes education program, a fully accredited Endoscopy suite, outpatient Physical Therapy, a physician-led Walk-In-Clinic for established Boice-Willis patients, as well as a Quality team that assists patients with managing their care.

Regardless of what brings you to 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.

CELEBRATING

110

Years of Medical Care

1914 · 2024

Boice-Willis

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 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.

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



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.



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

Raise the stakes of family game night

Getting the entire family together can take a little effort. There is no shortage of activities that pull family members apart most days of the week, from work obligations to sports practices to school events.

Making more time for family may be as easy as scheduling activities that everyone can rally behind. Family game nights give everyone an excuse to gather at least once a week. These tips can make family game night a can't-miss activity.

- Start with simple games and branch out. The first step to a successful family game night is choosing the right game to engage all participants. This can be challenging when there are young children, teenagers, middle-aged adults, and even seniors participating. As participants become more comfortable, you can branch out with games.

- Make it a recurring event. Set a firm day of the week for the game night. This way participants will block out that date and time and make every attempt to attend. Treat game night like any other important appointment.

- Consider games with movement. Game night doesn't have to mean sitting around a board game, which young children who have trouble sitting still may characterize as a "bored" game. Games that get



people moving, whether it's charades, drawing games or a game such as Twister™ can be more engaging. Game night also can take activities to a golf driving range or an arcade.

- Gather for the right reasons. Game night should focus on having the entire family together laughing and competing in a good-natured way. It should not be a strict competition where winning is the only goal. Avoid the potential for sore losers who can sour game nights in a flash by letting everyone know that fun is the foremost priority of the night.

NASHVILLE FAMILY GAME NIGHT

Game night doesn't always have to take place at home! Nashville Parks and Recreation hosts Family Game night various times a year. The next game night is August 2 from 5:30 p.m. - 7:30 p.m. at 200 S. Boddie St., Nashville. Visit www.townofnashville.com for additional activities hosted by Nashville Parks and Recreation and Harold D. Cooley Library.

- Offer prizes. Encourage participation with the lure of prizes at the end. Prizes will not just go to the overall winner. There can be humorous awards, such as the player who messed up trivia questions the most, or the one who rolled matching pairs of the dice most frequently. You can customize the winning categories depending on the game played so everyone gets a fighting chance at a prize. Keep awards simple, like candy bars or other appealing treats.

- Identify a "game master." Every game night should feature a game master who presides over the rules of the game. The rules can be the ones strictly off of the information sheet, or the ones you customize for your own fun. The game master's job is to make sure the rules are enforced, but also to determine when it's alright to let things slide.

Families can make the most of summer's end

It seems like just yesterday people were heralding the arrival of summer. After many months of fickle weather, summer's warm temperatures and ample sunshine can be that hug from Mother Nature people need. But soon summer will be coming to an end, making room for apples, corn and pumpkin spice.

Even though summer will soon be singing its swan song, there is still plenty of time for families to enjoy the waning days of surf and sunshine. Here are some family-friendly options to consider.

CATCH A CONCERT

Summer is a time of year when many artists go on tour and sell out everything from arenas to amphitheaters to more intimate venues. Find a singer the entire family enjoys and grab some tickets.

PICK FRUIT

Peach season varies depending on where you live, but May through September is a prime time for pick-your-own farms to open their orchards to the peach-picking public. Turn those peaches into pies for Labor Day fes-

tivities.

WATCH SOME FIREWORKS

Those who didn't have an opportunity to catch a fireworks display already this summer, or who enjoyed it so much that they want more, can find out when the next big display will take place. Some beachside towns and even amusement parks regularly host fireworks shows on the weekends.

CLIMB A LIGHTHOUSE

National Lighthouse Day occurs on August 7. Locate a lighthouse within driving distance and visit one of the beautiful and historic structures that commemorate maritime history.

PICK A DAY TO RE-DO

Ask all members of the family what sticks out in their minds as the best summer day so far. It may have been paddleboarding in a lake or taking a scenic drive. Compile the answers and then pick one activity to enjoy all over again.

ENJOY AN OUTDOOR MOVIE

Purchase or borrow a movie projector and set up a screen outdoors. That



VISIT A GARDEN OR ARBORETUM

Plan a day trip to a botanical garden or arboretum to view the various trees, flowers and shrubs in bloom. Bring a picnic lunch and enjoy a day in nature. Nash County Arboretum can be found at 1006 Eastern Ave., Nashville at the Ag Center. Pictured, local youth enjoy a 4-H camp touring the Nash County Arboretum.

GRAPHIC FILE PHOTO

screen can be an actual outdoor screen or a white sheet stretched between two poles. Invite the neighborhood to come over, set up picnic blankets and enjoy a family flick.

CAMP OUT

Pitch a tent at a campground or even in your own backyard and spend an evening sleeping under the stars.

Families can wind down from summer by engaging in various enjoyable activities before a new school year begins.

Primary Care Urgent Care of Nashville

Independently owned and operated – Local faces, passionate care



PRIMARY CARE URGENT CARE OF NASHVILLE STAFF

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, has joined PCUC serving as a nurse practitioner.

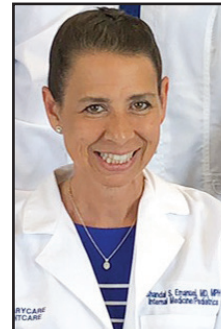
Both Tamberelli and Frazier work in the urgent care while Dr. Emanuel serves her primary care patients. However she said there are no boundaries should she

need to step over to the urgent care to assist or vice-versa, they will serve the patient as needed.

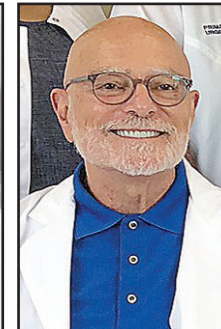
Emanuel launched her own private practice to serve patients in the manner she desires rather than having to follow corporate mandates. She enjoys the freedom to continue personal care such as making house calls if needed. She said she has many elderly and disabled patients who find it very hard to travel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

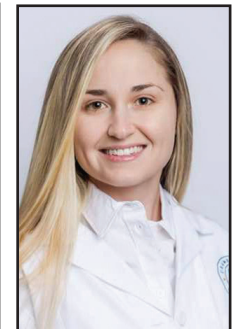
Co-pays at the urgent care will be the same as your primary co-pay. The practice accepts most all major health plans as well as Medicare and Medicaid.



Shandal S. Emanuel MD, MPH



Wayne Taberelli PA-C



Haley Judd Frazier FNP-C

HOURS OF OPERATION

Primary Care: Mon-Thurs 8am-5pm • Fri 8am -1pm
Urgent Care (summer hours) Mon-Thurs 9am-6pm
Fri 9am-5pm • Sat. 8am-1pm

Urgent Care hours will return to normal hours on Sept. 3.

Mon.-Thurs 8:30am - 7pm
Fri 9am - 5pm • Sat. 8am-1pm

252-676-8285 • www.pcucn.com

Premier Healthcare For Nash County & Surrounding Areas



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



Hunter-Odom Funeral Services Staff and Directors

HUNTER-ODOM FUNERAL SERVICES

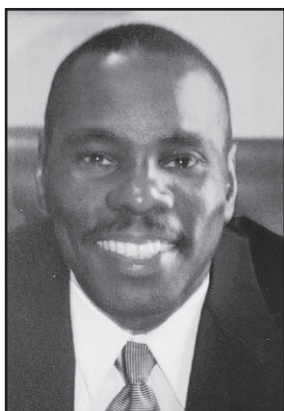
*Serving our communities for
more than 100 years*

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**

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**

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



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

Super Flame Gas Company



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

"Your Hometown Propane Company For 72 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 72nd 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 72 Years!"

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



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

252-446-6188

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

Transform a playroom into a space that grows with the family

Parents typically make certain changes around a home to ensure it's accommodating to children. Childproofing is a necessity, but entire rooms also may be transformed with children's enjoyment and well-being in mind.

It's common for homeowners to set aside rooms for children to play and explore. These playrooms may initially feature infant swings and bouncers, and eventually start to accumulate the toys that kids receive on holidays and birthdays. Easels, building block sets, puzzles, video games, books, and so much more fill these playrooms where young children spend the majority of their time engrossed in imaginative play. But as children grow, playrooms may no longer be necessary. Homeowners can ensure these rooms evolve with the family, and here are a few ways to do just that.

Make it a home theater/gaming room

The National Institutes of Health says children between the ages of eight and 17 spend an average of 1.5 to 2 hours playing video games each day. It's important for parents to monitor their children's gaming, particularly when kids participate in social platform games that involve people with an internet connection chatting and working together. One way to do so is to locate the gaming setup in a central location, like a home theater room.

Establish a hobby space

Trade in kids' toys for "toys" that everyone in the family will enjoy. Turn the room into one where family members can explore their passions. This may include scrapbooking, painting, yarn crafts,

collecting, photography, and more.

Create a quiet learning spot

As children grow up, they may need to spend more time studying. Transforming a playroom into a library or a study space can provide that out-of-the-way spot to get homework and studying done. Adults in the home also can use it for reading, paying the bills or any other task that requires concentration and quiet.

Build a home gym

If the space is large enough, bring in some workout equipment and make the play space one that encourages exercise and fitness. You may not even need large equipment and can utilize interlocking foam tiles that already may be in the playroom. With some free weights, resistance bands and even your own body weight, you can perform a number of beneficial exercises.

Expand your living space

If the playroom currently abuts another room that can use some more real estate but is separated by a wall, take down the wall to increase the square footage.

Set it aside for guests

Clean out the toys and bring in a bed and nightstand. Now you'll have a dedicated spot for overnight guests to stay, or a room that visiting older children (and eventually grandchildren) can call their own.

Playrooms are much-used areas when children are young. These rooms can evolve as kids get older and families' needs change.

Subscribe Today!

the NASHVILLE GRAPHIC
Nash County's First Newspaper Since 1895
252-459-7101

How to create a greater work/life balance

A more even balance between professional and personal life is a goal for many individuals. The demands of work too often extend beyond traditional working hours, leaving many professionals to confront work-related challenges long after they've left the office or left the desks in their home offices. With work never more than a smartphone notification away, it can be hard to create and maintain work-life balance.

Work-life balance is rarely discussed in terms of individuals' overall health, but that could be a mistake. In fact, the organization Mental Health America® notes that when workers' lives are balanced and workers are happy, they are more productive, take fewer sick days and are more likely to remain in their jobs. Each of those things benefits workers and employers equally.

With so much to gain from creating a greater balance between work and life, professionals can consider these tips to do just that.

- Make a concerted effort to be an effective communicator. MHA notes the benefits of being honest with colleagues and superiors when challenges feel overwhelming. Open and effective communication can be a great way to solve work-related problems, but MHA urges professionals to remain calm and suggest practical alternatives when confronting such issues. Simply accepting more work or responsibilities when you already feel overwhelmed can tip the scales even further away from an even work-life balance.

- Establish manageable daily goals. MHA reports that research has found that individuals feel less stressed about work when they feel as though they have more control over it. Setting daily goals is a great way to achieve that sense of control, and this can be as simple as creating a daily to-do list.

- Seek alternatives to your working arrangement. Previously unthinkable working arrangements are now possible after companies were forced to confront pandemic-related changes to their operations. If you've found it im-



possible to create an equitable balance between work and life, speak with your supervisor about alternatives to your arrangement. Flex time and hybrid working are some measures that could ensure you have as much time for your personal life as your professional life.

- Unplug at the end of the workday. One of the simpler, though not necessarily easier, ways to create and maintain a greater work-life balance is to unplug at the end of the workday. Turn off work-related smartphone notifications at the end of the work day so you aren't tempted to work during those of times of day that you've earmarked for your personal life. Smartphones can be addictive, so unplugging could test your resilience. If possible, block work-related notifications automatically after a certain time each day so you don't have to turn them off manually. Once the blocking is automated, you might not think twice about all those missed emails.

There's no secret formula for establishing a healthy work-life balance. But various strategies can help professionals achieve greater balance between their professional and personal lives.

Questions, Anyone?

Learn more about federal government programs, benefits, and services. Just call toll-free **1-800-FED-INFO** or visit **www.pueblo.gsa.gov/call**.

U.S. General Services Administration

Subscribe to your TRUSTED SOURCE YOUR LOCAL NEWSPAPER



Thursday newspaper packed full of **LOCAL** news from your hometown and communities that surround you!

LOCAL NEWS • LOCAL SPORTS
LOCAL SCHOOL NEWS • LOCAL OPINION PAGE

plus **COUPON PACKS** from local grocery stores & retailers.

One **\$32**
Year

Subscribe Today!
TWO YEARS **\$53** THREE YEARS **\$74**

FULL YEAR - 52 issues - \$32 • 2 yrs - \$53 • 3 yrs - \$74
Other NC Counties 1yr - \$43 • Out-of-State 1yr - \$52

THE NASHVILLE GRAPHIC
Nash County's First Newspaper Since 1895

COMPLETE THIS FORM AND MAIL TO:
The Nashville Graphic
203 W. Washington St, Nashville, NC 27856

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Payment Enclosed: _____
☐ Bill my credit card (MC or VISA)
Cardholders Name (Please Print) _____
Credit Card # _____
3 Digit Code on back _____ Exp Date _____



CALL
252-446-3262
for takeout

Celebrating 51 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 51st 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 51st anniversary . . . fifty one 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.



51 YEARS AND LOOKING GREAT!

We've seen a lot of changes over the last 51 years but one thing that will never change....
**YOU CAN STILL GET A...
SUPER DEAL ON A SUPER MEAL!**

SUNDAY • #1 Sirloin Reg \$11.99	\$10⁴⁹	THURSDAY • #3 Sirloin Tips Reg \$9.99	\$8⁴⁹
MONDAY • #1 Sirloin Reg \$11.99	\$10⁴⁹	FRIDAY • #5 Super Top Sirloin Reg \$12.99	\$11⁹⁹
TUESDAY • #3 Sirloin Tips Reg \$9.99	\$8⁴⁹	SATURDAY • #9 Large Super Top Sirloin Reg \$14.99	\$13⁵⁹
WEDNESDAY • #14 Chopped Sirloin Reg \$9.99	\$8⁴⁹	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
51ST ANNIVERSARY!

CALL
252-446-3262
for takeout

WESTERN SIZZLIN
GIFT CARDS.
Perfect Gift For
Any Occasion!

