

Carolina Panthers's Sir Purr Visited PPES

Peachland-Polkton Elementary School had some very special visitors for their EOG pep rally! Students were ready to "SACK THE TEST" thanks to a fun visit from the Carolina Panthers' Sir Purr!

Sir Purr told the students that every football play starts with a snap. The Panthers can't score a touchdown without a snap and we can't score high on our EOG's without a "SNAP.

"S" stands for sleep. Carolina Panthers #75, Matt Kalil, says you should sleep at least 10 hours every night instead of playing video games all night long. • "N" stands for nutrition. Carolina Panthers #99, Kawann Short, says to eat

healthy nutritious meals to energize your body. He taught students about the food pyramid. We need to be sure to eat a nutritious breakfast every morning

• "A" stands for attitude. Head Coach Ron Rivera told students that he always has a positive attitude on game day. Test days are our big game days at PPEŚ! He says confidence and a positive attitude are the key to success.

• "P" stands for Play 60. The Carolina Panthers Top Cats told us to stay active by playing tag, playing sports, and walking! Getting exercise helps reduce stress and will help you SACK the test!

Our students and staff have worked hard this year and are excited to end our school year strong!

Quilting Classes Offered at Marshville Museum and Cultural Center

Quilting classes are held the first Tuesday of the month, from 10 a.m. to 12 noon, with Norma Moore at the Marshville Museum and Cultural Center. If you are stressed out, come make a "crazy" quilt to lift your mood! Quilting will help you lose weight...you cannot eat and sew! It is much better than meds to help with winter blues! Come join in and see!

For more information please contact Norma Moore at 704-385-9392. The Marshville Museum is located at 201 North Elm Street.

VA Now **Offers** Same-Day Care for

Mental Health

The US Department of Veterans Affairs announced that all of its more than 1,000 medical facilities across the country now offer same-day services for urgent primary and mental healthcare needs. Sameday services may include a face-to-face visit with a clinician; advice provided during a call with a nurse; a telehealth or video care visit; an appointment made with a specialist; or a prescription filled the same day, depending upon what best meets the needs of

the Veteran. For more info visit www.blogs.va.gov/-VAntage/44400.



VENDORS RESERVE YOUR SPOT

Polkton Fun Day is now accepting vendor applications

The Town of Polkton will host its nnual Polkton Fun Day on Saturday, September 8, from 10 a.m. to 5 p.m. All interested vendors can pick up an application at:

> Polkton Town Hall 35 West Polk Street Polkton, NC 28135

For any questions regarding Polkton Fun Day, please call:

Jerricka Napier 704-272-7463



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COMMUNITY MEDICAL, PA OF MARSHVILLE

Community Medical, PA of Marshville and Dr. Gary Henry would like to announce the addition of Brandi Thomas, FNP-C, Family Nurse Practitioner

As a Union County native, Brandi looks forward to meeting the healthcare needs of her community. Dr. Henry will continue to serve his community, providing the same quality care he has for over 26 years.

Brandi's background is in primary care, chronic disease management, diabetes management/education, hypertension, long term care and aesthetics. She is a Business Management graduate of Wingate University, and has a Masters in Nursing, Family Nurse Practitioner from UNCC.

We are accepting new patients & accept most all insurances. We are here to help you! Call to arrange your appointment today!

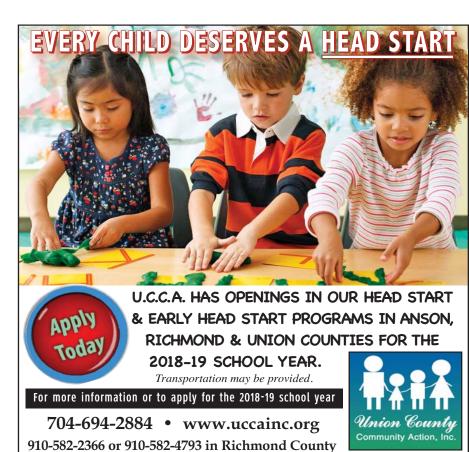
Both providers are **Federally Certified** Medical Examiners and perform DOT exams and Urine/Hair drug testing on-site five days a week.







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