



### 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 before testing.

• "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 PPES! 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 health-care needs. Same-day 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](http://www.blogs.va.gov/VAntage/44400).

## Polkton FUN DAY

**VENDORS RESERVE YOUR SPOT**

**Polkton Fun Day is now accepting vendor applications**

The Town of Polkton will host its annual 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 to the practice.

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.



Dr. Gary Henry



Brandi S. Thomas, FNP-C

**COMMUNITY MEDICAL, PA Family Practice / Medical Care**

520 West Main Street, Marshville • 704-624-3388 or 704-694-3339 • Fax 704-624-3390

### EVERY CHILD DESERVES A HEAD START



**U.C.C.A. HAS OPENINGS IN OUR HEAD START & EARLY HEAD START PROGRAMS IN ANSON, RICHMOND & UNION COUNTIES FOR THE 2018-19 SCHOOL YEAR.**

*Transportation may be provided.*

For more information or to apply for the 2018-19 school year

**704-694-2884 • [www.uccainc.org](http://www.uccainc.org)**  
910-582-2366 or 910-582-4793 in Richmond County



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- **INTRAUTERINE (INSIDE THE UTERUS) DEVICES** are available in three different brands. Paragard for 10 years protection, Mirena for 5 years of protection, and Skyla for 3 years of protection.

Funded by Title X Reproductive Health

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Call 704-694-5188 or visit the Anson County Health Department 110 Ashe Street in Wadesboro