



Ebenezer Missionary Baptist Church Thinks Pink

In a release from Ebenezer Missionary Baptist Church: Think Pink Sunday was sponsored by the Health Ministry of EMBC to celebrate breast cancer survivors and awareness. The congregation wore varying shades of pink, and a speaker presented information. Mrs. Marlene Richardson shared breast cancer facts and her personal story of survival. The facts started with advising women to get screened and a mammogram every year at age 40. Among the facts:

- 1 in 8 women diagnosed with breast cancer in their lifetime.
- All women are at risk
- Bigger chances of breast cancer in females who are older
- 57% chance due to heredity
- 98% survival rate if caught before the cancer spreads
- 32% more African-American women die of breast cancer because they are diagnosed at later stages.

Talk to your family about risk factors. Know how your breasts look and feel, and report any changes to your doctor such as dimpling, puckering, redness, warmth. Eat a balanced diet, exercise, and limit alcohol intake to maintain good health. Have an early detection plan and work that plan.

In conclusion, Mrs. Richardson admonished, "Ladies, do what you need to do. Get the screenings, check yourself, see your physician, know your body, and do the monthly self-checks!"

Healthy Living and Eating Seminar December 21

Pathway to Peace Ministries presents ANEWSTART, healthy living seminar and cooking class on Sunday, December 21, from 3 to 5 p.m. Learn how to cook plant-based foods that will heal you. Learn how to lose weight, have more energy, reduce cholesterol, reverse diabetes, lower blood pressure, and much more.

Interested? Come! Seminar and cooking class is FREE! It will be held at 11775 Highway 109 South in Peachland. For more information call 704-695-1441.



Hours:
MON-THUR 8am-6 pm
FRI 8am-5 pm
SAT.: 9 am-1pm
SUN.: Closed

Ph: 910-582-5066 1570 E. US 74 Hwy
Fx: 910-582-4644 P.O. Box 1543
 Hamlet, NC 28345 hrcray@carolina.rr.com

FINANCING AVAILABLE & LAND/HOME PACKAGES!



MODULAR STOCK MODULAR #3268
COMPLETE - \$124,900.00



Come Join Us!

Meet our new Administrator
& Medical Director

Thursday, December 18
5 p.m. to 7 p.m.

AMBASSADOR HEALTH
& REHAB OF WADESBORO

2051 Country Club Road
704-694-4106





We have the Money you need to make it a Happy Holiday Season

*If you have been turned down for a loan, give us a try!
We have one of the highest approval rates around. Just ask!*



We have loans for you... \$500 to \$7,500 • Christmas Cash for You Here!
 No payment due until January 2015

Money for All Your Needs...
ATV's, Vehicles, Christmas Shopping, Property Taxes, Home Improvement

BASIC FINANCE, INC

913 East Caswell Street
Wadesboro 704-694-3619