

LEG PAIN

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Self-Therapy for the Stutterer Available at the Library

Self-Therapy for the Stutterer is the classic self-help guide by the founder of The Stuttering Foundation, Malcolm Fraser. It is written to and for the many adults and teens who stutter. The 192-page book is available at most public libraries including the Hampton B. Allen Library. If you stutter, you do not need to surrender helplessly to your speech difficulty because you can change the way you talk. You can learn to communicate with ease rather than with effort. There is no quick and easy way to tackle the problem, but with the right approach, self-therapy can be effective.

This book outlines a self-therapy program which describes what the person who stutters can do to work towards better communication. It is often used as a supplement to speech therapy. A timely feature on page 164 is information about King George VI and how inspirational his speeches were during WWII as depicted in the new movie, *The King's Speech*.

Writes Charles Van Riperal, Ph.D., about this book: "There will always be some who stutter who are unable to get professional help and others who do not seem to be able to profit from it. There are some who prefer to be their own therapist. In this book, Malcolm Fraser has provided guidance for those who must help themselves. Knowing well from his own experience as a stutterer the difficulties of self-therapy, he outlines a series of objectives and challenges that should serve as a map for the person who is lost in the dismal swamp of stuttering and wants to find a way out."

The book is available free to all public libraries. If your library doesn't have it, ask them to contact the Stuttering Foundation toll-free at 800-992-9392 for a copy.

Peachland-Polkton Elementary School Honor Rolls

Peachland-Polkton Elementary School has released their honor rolls for the fourth 9 weeks.

- A/HONOR ROLL**
3rd Grade Destiny Barrett, Alex Belcher, Tommy Buckingham, Taylor Burgess, Kaitlyn Carpenter, Ethan Emrich, Reagan Jackson, Teyona Little, Brianna McCollum, Brianna Roberts, Leon Sturdivant, Julian Suriba, Caroline Thacker, Elizabeth Thomas, Nathan Tucker, Kayli Wilson
4th Grade Evan Byars, Isaac Campbell, Brice Carpenter, Zachary Caudle, Michael Davis, Tyler Desrosiers, Kamryn Flake, Dalton Heavner, Savannah Houser, Hallie Preslar, Madison Stovall, Savannah Tarlton, Savannah Thomas, Blake Treadaway
5th Grade Emily Bolick, Abby Dagenhart, Will Dagenhart, Mary Kate Driggers, Presleigh Huneycutt, Kayloa Lowery, Jaear McClendon, Blake Nix, McKayla Ricketts, Quinton Roberts, Cameron Watts, Hannah Williams, Liberty Wright
6th Grade Tyler Baucom, Kelsey Brown, Tanner Lambert, Madison Leak, Julia Lew, Sarah Pope, Hannah Powell, Brooke Stovall, Kaylee Wess, Jessica Wiersum

Anson Middle School Honor Rolls

Anson Middle School has released their honor rolls for the fourth 9 week period.

- PRINCIPAL'S "A" HONOR ROLL**
Grade 7 John Belcher, Malia Gaddy, Sally James, Kellie Knight, Hannah Knotts, Phillip Lear, Jaquone Lewis, Jerry Maner, Keenan Marshall, Christopher McCormick, Savannah Ponds, Marcie Sessions, Christopher Terry, Tub Thao, Erin Thomas, Brandon Watson, Arnesha Williams and Mai-Teelee Yang.
Grade 8 Maria Bennett, Roldan Biete, Brianna Boggan, Destinee Burch, Brittany Burr, Akilah Cash, Bailey Emrich, Kelsey Harris, Katelyn Howell, Carey Maner, Chanel Pauldo, Benjamin Spence, Allison Simpson, Joy Spencer, Raven Spencer, Mallary Taylor, Michael Thuleen, Rebecca Watkins, Kacie Winfield, Miranda Wright and Holly Yang.
"A" HONOR ROLL
Grade 7 Wesley Allen, Macy Austin, John Belcher, James Buchanon, Caitlin Bunce, Phillip Burns, Hyla Campbell, Krystal Campbell, Robin Campbelle, Dakotah Cruder, Zadarria Clark, Alexis Cole, Graceson Diggs, Kelsie Driggers, Brooke Edwards, Jordan Flake, Valia Gildroy, Benny John Greer III, Jessica Garris, Vincent Gilmore, John Greene, Garrett Griffin, Brittany Henderson, Zachary Herms, Cody Hildreth, Sherrell Horne, Marneisha Ingram, Sally James, Christina Jones, Kellie Knight, Hannah Knotts, Justice Leak, Phillip Lear, Jaquone Lewis, Olivia Liles, Cedrina Lisenby, Shontavia Little, Christopher Lowder, Jeremy Maner, Keenan Marshall, Madison Martin, Max Martin, Christopher McCormick, Ty Liyah McCrimmon, Ashley Micka, Zaryia Moses, Ziyia Moses, Savannah Ponds, Alynda Pratt, Ann Ray, Zachary Ricketts, Kendra Roberts, Cora Robinson, Kietto Raphael Rosales, Monai Ross, Marci Sessions, Sydney Sikes, Christian Tarlton, Ravonda Taylor, Christopher Terry, Tub Thao, Erin Thomas, Asia Tillman, Johnny Yang, Jason Watkins, Brandon Watson, Arnesha Williams, Nina Xiong and Mai-Teelee Yang.
Grade 8 Tykia Addison, Manuel Alonso Vazquez, Maria Bennett, Roldan Biete, Brianna Boggan, Hailey Brock, Destinee Burch, Brittany Burr, Kayla Burr, Jasmine S. Caraway, Kristany Carr, Tony Covington Jr., Jessica Cox, Miranda Curran, Destiny Dellinger, Ghulam Din, Bailey Emrich, Andrevia Grace, Kendall Griffin, Kelsey Harris, Grant Harward, McKayla High, Terrell Horne, Katelyn Howell, Richard Johnson, Chelsea King, Michael Knotts Jr., Matangous Lindsey, Naly Lor, Jazlyn Lowery, Keely Lowery, Carey Maner, Christopher Marshall, Malisha McCarter, Rachael Meachem, Star Melton, Anna Moua, Maya Norton, Chanel Pauldo, Courtney Perry, Benjamin Rivers, Destiny Roberts, Latavia Robinson, Tameka Rorie, Taylor Rorie, Jesse Short, Jessica Sikes, Allison Simpson, Jacob Simpson, Anaya Smith, Bria Smith, Joy Spencer, Raven Spencer, Jalisa Taylor, Mallary Taylor, Ava Thuleen, Michael Thuleen, Alexis Tice, Jonathan Treadaway, Brittany Tyson, Rebecca Watkins, Kacie Winfield, Miranda Wright and Holly Yang.



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- A/B HONOR ROLL**
3rd Grade Hanna Adams, Markella Allen, Kayla Autry, Hannah Baker, Alyssa Boone, Kaitlyn Brown, Devine Harrington, Emily Hasty, Caleb Henry, Brett Hunsucker, Riley Jackson, Kayleene Kapitan, Zachary Kiker, Wesley Lear, ChaDa Love, Jarvis Maness, Mason Martin, Ashley Ramirez, Michal Stanback, Aniyah Station, Carissa Stegall, Jaira Stevens, Riley Terry, Callie Thompson, Ashley Wachtel, Ashlyn Watts, Keeylan White, John Williams, Hunter Williams, Bryce Wilson
4th Grade Brianna Baucom, Dillion Blakeney, Brianna Cole, Joshua Harrington, Adam Horne, Marcus McClendon, Alaya Medlin, Yuritisi Gomez, Wyatt Peters, Jamal Smith, Gracie Thomas, Dalton Wright
5th Grade Alicia Allen, Devin Beachum, Cody Belcher, Anna Burroughs, Deandra Chambers, Morgan Emrich, Rachel Flake, Trevor Flake, Amber Freeman, Jacob Hawks, Blake Hill, JD Horne, Carli Jackson, Airyn Jones, Havillynn McCallum, Zackary Osborne, Ethan Pafford, Adafe Price, Jordan Sturdivant, Makayla Sturdivant, Trevor Thomas, Christian Walker, MaKayla White
6th Grade Kelsey Baxley, Candace Burns, Donavone Chambers, Billy Jo Cox, Karmen Dawkins, Pedro DeJesus, Ieishah Diallo, Ariana Garcia, Trent Hayes, Madison Hildreth, CJ Hyatt, Haven Jarman, Bailey Joyner, Christopher Kelly, Brian Livingston, Mallory Martin, Raquel McIver, Dennis Gomez, Luke Newell, Lee Pegram, Briseyda Rangel, Tyler Reed, Samiyah Rivers, Dustin Sellers, Kayla Shifflett, Katie Taylor, Callie Tucker, Silver Vang, Timothy Wallace, Destiny Wells, Carlton Williams, Joshua Woodall

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	2x4x12... \$3.89	2x6x12... \$5.49	2x8x12... \$7.32	
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Grade 8 Jelisa Adams, Erin Bailey, Ashley Bentley, Andrew Bishop, Bethany Castrejon, Cierra Boggan, Jenasjia Broadway, Davonte Burns, Jamall Cash, Delacena Castro, Selena Delacruz, Lucas Sutton, Angela Eury, Mieasha Freeman, Alexis Gaddy, Alexis Gainey, Kalika Garris, Kelly Griffin, Noie Hargett, Christopher Harris, Brandon Herms, John Holcombe, Sara Ingo, Ashley Ingram, Angel James, Dunisha Jones, Brooklyn Ledbetter, Timothy Kelly, Raquandra Little, Marquavia Lowery, Nicholas Marble, Rikki Marsh, Jordan Marshall, Emily McCormick, Selena Melton, Tymasha Melton, Tamara Murphy, Iris Nieto, Constance Pickett, Cali Powell, Parrish Stevens, Bethany Thomas, Montrell Tillman, Laci Treadaway, Ashley Turner, Tierra Wall, Martavious Williams, Taquan Willoughby and Francis Yang.