

PITT COUNTY WOMEN'S JOURNAL

# PCWJ



January 2020

WOMEN TO WATCH | LOCAL CULTURE | NON-PROFITS | BUSINESS TIPS | EVENTS



## LETTER FROM THE EDITOR

Is everyone else just completely over single-use plastics? My resolution for 2020 is to be more eco-conscious. My family recycles. We compost. We garden and grow pollinator friendly plants. But it just doesn't feel like enough.

I cringe every time I put a plastic container in the recycle bin and wonder if there is an alternative packaging that isn't so wasteful and destructive. When I forget my reusable shopping bags and I feel so guilty with plastic bags because I KNOW BETTER!

Last month I started doing some research to transition away from some of our more wasteful practices. I'm done buying plastic jugs of laundry detergent. I found a brand with Earth-friendly ingredients and packaging. I'm will not buy produce in plastic bags—especially single peppers or cucumbers wrapped in plastic. Why is that a thing?

Pinterest has been my ever-present companion as I've looked up creative ways to reuse things that would otherwise become trash. I found several no-sew market bag tutorials using old t-shirts and am working to amass a pile so that I am never without one! I have a seed of an idea to randomly give strangers upcycled bags at the grocery store... Need a bag? Take a bag?

Sometimes it feels like a pointless fight, but we have to remember: Every little bit helps. And I know that there are others out there who feel the same way, because all of my social media ads are targeted to tell me to subscribe to toilet paper delivery that is 100% recycled material with no plastic packaging and to order toothpaste bites that come in a glass jar with a bamboo toothbrush rather than plastic tubes and brushes.

There are green-minded people out there and they are developing products and building companies around the concept of sustainability. By consciously switching to products with plastic-free packaging and Earth-friendly materials, I'm raising my standards and awareness. I challenge you to do the same.

*Amy Daniels*

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**PUBLISHER** Emerson Designs, LLC **EDITORS** Aron & Amy Daniels **GRAPHIC DESIGN** Emerson Designs, LLC  
**SALES & MARKETING** Aron Daniels | Amy Daniels | Patty Marr  
**COVER PHOTOGRAPHY** E.L. Photography **CONTRIBUTING EDITOR** Casey Turton  
**THE PITT COUNTY WOMEN'S JOURNAL** 209 Commerce Street Greenville, NC 27858  
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The Pitt County Women's Journal (PCWJ) is published monthly and is available free of charge, by subscription and are located on display stands in approved private and public establishments and by authorized distributors only.

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# 5 Reasons to Hire a Health Coach in 2020

BY LEIGH SANER

It's January, which means that the word around town is resolutions, specifically, New Year's Resolutions. The most popular New Year's resolutions involve weight loss, eating healthier and exercising more. Of those people who made a health-based resolution, only 9.2 percent said they felt successful in achieving their goals. In any given year, by the second week of February, 80 percent of people report having entirely given up on their New Year's Resolutions.

You may have seen these statistics before; they are not meant to make New Year's resolutions seem worthless or unimportant. These statistics indicate that there is a missing component to resolution-making which prevents many people from realizing their goals.

Every year, millions of people make New Year's Resolutions. Some people have the same goals year after year, while others don't bother to make them because they believe they will fail before they ever even start. If you are tired of setting goals only to feel overwhelmed or lost trying to figure out how to get from point A to point B, hiring a health coach can help.

## HOW CAN A HEALTH COACH HELP ME?

**1. ACCOUNTABILITY.** If you are the only one who knows about a goal you've set, no one will know if you get off track which makes it easier to say 'heck with it' if you aren't seeing the results or progress you want to see. Having a health coach is a way to ensure there is someone else to hold you accountable to your goal. When things get tough, a coach can give you that extra push or motivation to keep going or modify your approach. Knowing that your coach will ask you about your workouts or if you've been waking up 15 minutes earlier to feel less rushed in the mornings will help keep your goals in the forefront of your mind.

**2. ACTIONABLE STEPS.** A coach help you turn your thoughts into a workable game-plan. You may want to feel less stressed at work, more energized or are ready to lose the 15 pounds that are literally weighing you down, but don't know how make those things happen. A health coach can help you gain a better understanding of why you're feeling the way you are, and work with you to define clear strategies you can implement to live a healthier lifestyle.

**3. PERSONALIZED GOAL SETTING.** There is no one-size-fits-all approach to address your health goals. Each of us are different and what works for one person may not work for another and that is OK! A health coach will personalize your plan to work for you and your unique needs.

**4. SUPPORT SYSTEM.** A health coach provides judgment-free support and encouragement based on a partnership in which you are the expert of your life and the coach helps to develop a plan that will work with your lifestyle. A health coach is able to be objective in their approach to helping you reach you goals; they are not your friend, sister, parent or loved one telling you what they think you should do or what works for them. While (usually) well-intentioned, input from friends and family is less effective than guidance coming from an unbiased, trained coach.

**5. INVESTING IN HEALTH.** Our own health needs tend to be low on the totem-pole of priorities in relation to other components of our life. We pour time, energy, money, and work into everything else, and at the end of the day, there isn't much left in the cup to pour into ourselves. If you aren't focusing on your health, it will negatively impact every area of your life; by prioritizing your health, you will find that it positively impacts your life. Hiring a health coach makes it more likely that you will continue to see the value in taking care of yourself because you will see progress toward the goals you set. A health coach is not an expense on the list of bills for the month, but an investment toward bettering your health and your life.

**Pro-Tip:** When you're ready to hire a health coach, make sure they are adequately trained and the advice they give is within their scope of practice (through their education, background and training).

Leigh Saner is founder of Define YOU, LLC, a health and wellness business dedicated to helping people define individual goals and strategies that will help them live a healthy, balanced and sustainable lifestyle. Leigh obtained her Master's Degree in Public Health from the Brody School of Medicine at East Carolina University. She is an Integrative Health Coach, trained at Duke Integrative Medicine and a Certified Personal Trainer with a strong passion for inspiring others to prioritize their health. As an Integrative Health Coach, Leigh's mission is to support others in putting their best foot forward in their own lives. To learn more about Define YOU, LLC and to schedule a free health coaching consultation, visit [DefineYOU.LLC.com](http://DefineYOU.LLC.com) or call 443.480.2123.





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# Set Your Business Up for Success in 2020

BY ANNE DORSEY

The lines between work and personal time are often blurry when it comes to entrepreneurs and small business owners. This is beneficial at the beginning of a new year when the world is so focused on resolutions and goals. Having a specific time to set business goals is just as important as setting personal goals.

If your business goals have been mostly wishful thinking or well-intentioned-but-poorly-executed plans in the past, here are some clear steps you can take to get your business on track for the year.

First, get your financial data organized. Most business owners have this information "in their heads" and are often surprised when they see it organized on paper. When your financial data is clear, it is a powerful decision-making tool.

Using programs such as QuickBooks® organizes your financial information into a format which is easy for you and any accountant to understand. By linking QuickBooks® to your business banking and credit accounts, you can easily create reports to see how much money you actually made and how much you spent. This allows you to make appropriate changes within

your business without fear of the financial fallout.

For example, if your revenue has been increasing substantially from year to year but your payroll expenses have stayed about the same, it may be time to review the salary and benefits packages offered to your staff.

Having organized financial data can also assist you with forecasting and planning. Successful businesses are able to stay on track by anticipating future needs and planning for them, rather than being surprised by business slumps or living in fear of financially crippling equipment failure.

Set goals for both income and savings to allow you to grow your business with peace of mind. Set quarterly income goals and break them down into monthly and weekly amounts to make it easy to track. Give yourself some visual inspiration by keeping a progress chart.

If you have a major expense coming up, plan and save for it. Hoping that money magically appears in your account the same day your computer crashes rarely pays off. Instead, take the cost of an expected equipment purchase and divide it over the time you expect that piece of equipment to last. Put that amount into a

separate business savings or money market account for long-term equipment expenses (keeping it separate makes easier to remember that it has a specific purpose and less likely that you'll spend it when other, smaller needs arise).

When setting goals, utilize the SMART (Specific, Measurable, Achievable, Realistic and Timely) Goals format. Specific goals should be clear and well defined. Measurable goals include specific criteria to assess your progress. Achievable goals can be accomplished based on your available time, finances, and abilities. Realistic goals should be within reach and relevant to your business. Timely goals have a clearly defined starting and end date.

Without goals, business owners often wander and work aimlessly, reacting to the environment around them instead of being proactive about growing their businesses. This difference is clear when unexpected events occur. If the economy slows, a business owner with goals and a clear plan is better equipped to handle the change, while one without goals and plans may have to lay-off employees or close their doors.

Don't leave the success of your business to chance. Get organized and start setting goals that will push you to do better this year than last year and get you on track for stability in both business and personal finances.

*Anne Dorsey is the owner of Clerical Support Services. She is a Platinum Certified ProAdvisor with QuickBooks®. To learn more about setting up QuickBooks® for your business and getting your business finances and payroll in order, call 252.412.5171 or email [info@clericalsupportservices.com](mailto:info@clericalsupportservices.com).*



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# What Does Your Handwriting Mean?

BY MEGAN TAYLOR

Have you ever looked at people's handwriting and noticed how different the styles can be? Why do some people write in cursive and others print? Why is some handwriting neat while some is sloppy? The week of January 20th – 26th is known as National Handwriting Analysis Week and celebrates the uniqueness in an individual's handwriting. In fact, handwriting analysis is officially known as graphology. This field of study can help reveal a person's character, personality traits, abilities, behaviors, etc. by looking at the various styles and ways a person writes. Interested in knowing what your handwriting could mean without having to become an expert in graphology? No worries – I've got the fast facts below.

## SIZE OF YOUR LETTERS

The larger you write, research states, the more outgoing, people-oriented, and outspoken you are. Average size letters show a person is well-adjusted and able to adapt well to different situations. If you print on the smaller side, you are shy, studious, and concentrated on the tasks at hand.

## SPACING BETWEEN WORDS

I have never put much thought into the spacing I place between my words until now. However, wide spacing means you enjoy your freedom and don't like to be overwhelmed or feel crowded. Narrow spacing shows you can be intrusive at times and prefer to be with people.

## SHAPE OF LETTERS

- Rounded Letters – Creative and artistic.
- Pointed Letters – Tend to be curious and are very intelligent.
- Connected Letters, such as cursive writing – Logical, systematic, and make careful decisions.

## SLANTING OF LETTERS

- No Slant – Logical, practical, and don't let your emotions interfere with your decisions.
- A Slant to the Right – Open to new experiences and enjoy meeting others.
- A Slant to the Left – Tend to be on the more private side and keep to yourself. In addition, you work more "behind the scenes" on projects. However, the exception to this research is if you are right-handed and your handwriting slants to the left, you are rebellious in some ways.

## LOOPING OF THE LETTERS

Look at letters in the alphabet with loops, such as the "l, e, and a" and you may notice narrow or wide loops.

- Narrow Loops – Can be tense at times and can be skeptical of others. You don't let your emotions influence you and like to be in control.
- Wide Loops – Relaxed, open-minded, and go with the flow most of the time, as well as liking to try new experiences and meet new people.

## DOTTING YOUR I'S AND CROSSING YOUR T'S

Most people have heard of the quotes about "dotting your i's and crossing your t's," meaning the person pays attention to all of the small details in a task. Yet, in our case, we are actually talking about dotting and crossing the two letters.

- Dotting Your I's –
- If the dot is high over the l - very imaginative.
- If the dot is left over the l - tend to be a procrastinator.
- If the dot is to the right - very detailed-orientated and organized.
- Just a circle dot, not filled in, over the l - you are a visionary.
- Lastly, instead of a dot, you include a slash, means you can be self-critical with little patience.
- Crossing Your T's –
- At the top of the t, as in writing with an uppercase letter, shows you are ambitious, optimistic, and have a positive self-esteem.
- Right in the middle means you are confident and comfortable.
- Long Crosses – Very determined and enthusiastic, yet, can be stubborn at times with a resistance to change.
- Short Crosses – Can show a lack of determination and motivation.

## SIGNATURE

- Not Legible – Very private and can be hard to read or understand.
- Legible – Confident and comfortable in your own skin.

After researching the "logistics" behind a person's handwriting, I decided to take a look at my own. First, I started with my signature, which is not legible, therefore revealing that I am private. This trait is something I do see in myself. Next, I wrote the phrase "smart person" and discovered that:

- My letter size is large and at times, I can be a people person.
- Spacing between the two words is a little on the wider side and I can completely relate to the feeling of being overwhelmed or crowded.
- Shape of my letters was rounded. From this detail, I am creative and artistic, which I can agree with.
- No slant and wide loops mean that I think logically and can be relaxed, open-minded, and "go with the flow." All of these traits are part of my personality, yet, reveal themselves depending on the situation.
- The cross in my t was long and right in the middle. Depending again on the situation, I can be confident, comfortable, determined, and stubborn sometimes.

Want to know what your handwriting means? Analyze a few words with the explanations to see!

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# FIGHTING BACK

BY MELISSA OTT,  
RN, MS, NP-C, FNP

*HOW LIFESTYLE CHANGES CAN HELP SIGNIFICANTLY WITH MANAGING THE PAIN, INFLAMMATION AND FATIGUE OF AUTOIMMUNE DISEASE.*

Carolina Arthritis Center in Greenville is committed to providing the best quality and most up-to-date care for their patients. Specializing in rheumatologic diseases including arthritis (joint pain and swelling), rheumatoid arthritis, gout, lupus, osteoarthritis and muscle diseases.

The single-specialty office offers patients the convenience of on-site labs for both routine and special testing; radiological services such as x-ray, bone density and musculoskeletal ultrasound; and infusion therapy for the treatment of arthritis and osteoporosis in a comfortable setting.

At Carolina Arthritis Center, we treat patients with osteoarthritis and many types of inflammatory autoimmune diseases such as lupus, scleroderma, rheumatoid arthritis,

psoriatic arthritis, myositis, vasculitis and sarcoid disease among others. Many of our patients also suffer from fibromyalgia symptoms that further complicate their treatment. All of these diseases may cause fatigue, pain, stiffness and immobility of the joints and muscles.

Research now tells us that the risks of developing cancer, heart disease and stroke are intensified by chronic inflammation in the body. If you suffer from any of these diseases or other types of inflammatory illness, it is imperative that you understand that your diagnosis requires you learn to balance your lifestyle to minimize your pain and symptoms, and reduce the overall risks to your body of developing more serious complications or disease states. These are just a few ideas that can help you get started.



**Food is medicine:** If you eat junk food, you will feel junky. Americans eat a lot of junky foods and tend to exercise less than people from other countries for many reasons. Rates of Alzheimers disease, cancer and heart disease are higher in the US than in other countries. The US has the fifth highest number of cancer cases in the world, of course there are many variables involved. One variable is definitely the food that we consume. Packaged and frozen dinners, fast food, canned food (high in salt) and processed meats (salami, hot dogs, bologna, liverwurst) should be avoided most of the time. Try living by the "80/20 principle", follow a healthy diet 80% of the time, and allow yourself small amounts of these foods no more than 20 % of the time. Better to avoid them altogether if you can. Nitrates in frozen and processed foods cause pain and inflammation, high blood pressure, and kidney disease. Learning to follow an anti-inflammatory diet is usually life altering for those that pursue this lifestyle, and really does not have to be boring or difficult.

The National Heart lung and Blood Institute developed the DASH diet years ago. DASH stands for Dietary Approaches to Stopping Hypertension (high blood pressure). You can find books written on this subject in the library or book store or on the internet. There are free DASH diet recipes available on the internet and a free PDF packet with a seven-day meal plan at the end to help to get you started. The DASH diet is an anti-inflammatory diet. Use of this way of eating can help you reduce inflammation in the body, improve your overall health status, energy levels and help you lose weight if you need to.

Use google and type the following: **NHLBIDASHDIET**. You will find multiple articles and tools including a free PDF packet that explains this dietary change and helps you add more foods to your daily intake that will help reduce inflammation in the diet. It's not rocket science. The goal is to eat more foods that contain potassium and magnesium (fruits and vegetables!) if you take in more potassium and magnesium, then you will excrete more sodium through your urine and the result is lower blood pressure, less swelling and less inflammation in the body. This is a blood pressure diet created by the National Heart Lung and Blood Institute, but overall it is an anti-inflammatory diet. It promotes "getting the good foods in", rather than being deprivation driven like other diets. Tell yourself you deserve better foods, your body deserves to feel better. Be positive toward yourself and make yourself a priority on your list of things to do.

**Sleep:** It is as important as food and water. If your provider has recommended you be evaluated with a sleep study, take it seriously and go through the process. Accept treatment if a disorder is diagnosed to gain more restful and restorative sleep. Your body needs this.

**Sleep hygiene:** Allow your body 8-9 hours for sleep every day. If you sacrifice sleep, your symptoms will flare and you will inevitably have more distressing symptoms. Make your bedroom a peaceful space, free of clutter. Turn off all screens, smartphones, TV's, iPad, computers etc. one hour prior to bedtime. Set a sleep time and stick to it, set a wake time and stick to it. Don't cut yourself short on sleep.

**DRINK WATER, NOT SUGARY DRINKS:** Sugar promotes more inflammation. Water helps flush out inflammatory proteins. Water intake is also critical to dissolving crystals of gout and pseudo gout.

#### **OVER THE COUNTER SUPPLEMENTS THAT MAY BE HELPFUL FOR SLEEP.**

*Always consult your medical provider before you begin taking a supplement or make any changes to your existing medication and supplement routine. This is not medical advice, but it is information you can use as a conversation-starter with your medical provider at your next appointment.*

**Glycine** is a non-essential amino acid responsible for aiding many functions in the body. Taking 1 gram at bedtime helps promote a more restful sleep, better memory, and helps reduce pain and inflammation. You should NOT take Glycine supplements if you are less than 18 years of age, are pregnant or breast feeding, have liver or kidney disease or are taking the medication Clozapine. All supplements can have side effects and interactions, rare side effects reported with Glycine supplements include stomach upset, nausea, vomiting and diarrhea.

**Bragg Apple Cider Vinegar:** 3 tsp in 4 ounces of unsweetened, organic apple juice or apple cider up to four times a day. Promotes more restful sleep, aids with reduction of inflammation in the body and improves overall energy level.

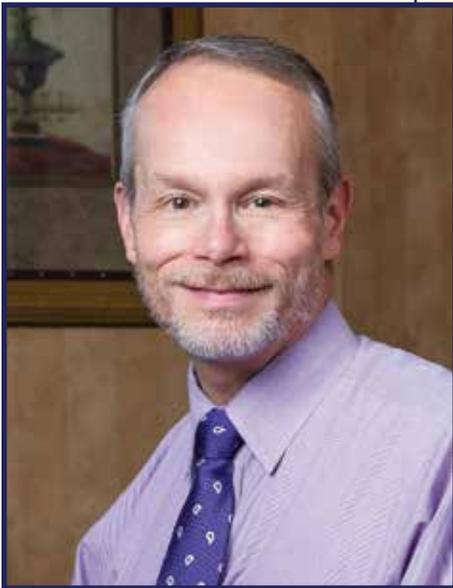
**Melatonin** 3-5 mg at bedtime, helps promote a more restful sleep. Melatonin is a naturally occurring hormone in the brain. Melatonin levels rise in the evening to aide with promoting sleep onset. Doses of melatonin that exceed 5 mg are known to cause night mares in some people. Children and adolescents should not take melatonin unless directed to by a qualified medical provider as it can bring on hormonal changes that could delay puberty and maturation.

# MEET YOUR TEAM



## **KYLE C. HARNER** MD, FACR

Bachelor of Arts Degree from Duke University, 1993 | Doctorate of Medicine from Medical College of Virginia, 1997 | Completed Internal Medicine Residency at Walter Reed Army Medical Center, 2000 | Rheumatology Fellowship at Walter Reed Army Medical Center, 2002-2004 | Board certified in Rheumatology



## **ROBERT J. OGLESBY** MD, FACP, FACR

Bachelor of Science Degree from United States Military Academy at West Point, 1984 | Doctorate of Medicine from University of South Alabama College of Medicine, 1988 | Completed Internal Medicine Residency at Brooke Army Medical Center, 1991 | Rheumatology Fellowship at Walter Reed Army Medical Center, 1991-1993 | Board certified in Rheumatology | Fellow of American College of Physicians and American College of Rheumatology



## **JENNIFER HAMMOND** RN, MSN, FNP-C

Dual Bachelor of Science Degrees from East Carolina University, 2009 | MS in Nursing at East Carolina University, 2013 | Practiced in Urgent Care and Family Medicine | Nationally certified with American Academy of Nurse Practitioners



## **MELISSA OTT** RN, MS, NP-C, FNP

Bachelor of Science Degree from University of New Hampshire, 1995 | MS in Nursing – Family Nurse Practitioner program at University of New Hampshire, 1998 | Nurse Practitioner faculty member with University of New Hampshire and ECU | Nationally certified with American Academy of Nurse Practitioners





### SUPPLEMENTS THAT REDUCE INFLAMMATION:

**Coenzyme Q10 200 mg daily:** This is a naturally occurring enzyme in the body. In chronic inflammation the levels of this enzyme may already be decreased. Cholesterol lowering drugs called “statins” can further reduce Coenzyme Q-10 levels in the body causing pain in joints and extremities and muscle fatigue. Taking the supplement can reduce the potential side effects of the medication and is helpful in reducing inflammation in the body. If your medical provider has instructed you to take a daily statin for your cholesterol, it is important that you follow their instructions.

**Vitamin C 500 mg daily:** helps to reduce inflammation and improve immune function and is an antioxidant.

**Turmeric capsules:** It may be difficult to cook with enough turmeric to make a difference for someone who eats a typical American diet. Turmeric capsules can be taken to help reduce arthritic and inflammatory symptoms.

**MSM: (Methylsulfonylmethane) 1000 mg daily with the vitamin C tablet.** Helps with joint health. This is an important nutrient that the body uses to help create new cells and connective tissue. It is important to note that MSM can cause hot flashes or flushing, if you are struggling with these symptoms already, you may want to avoid MSM.

**Vitamin B12 1000 to 1500 mg daily.** Use the sublingual (under the tongue) drops or tabs. This helps fight fatigue and joint pain and helps you with brain energy, it can also help reduce neuropathy symptoms. The ideal serum level in your body should be over 550. A level “too high” is not to worry about, as it will be that way if you are taking the supplement and you will get rid of what you do not need in your urine as it is a water-soluble vitamin. Using acid blocking medications (omeprazole, pantoprazole etc.) on a regular basis will deplete your body of Vitamin B12. This is common in people with many arthritic conditions as the meds used for arthritis can cause acid reflux.

**Vitamin D3 1000 to 2000 units every day unless directed otherwise by your medical provider.** This is essential for your bone health. It also aids in reducing inflammation in the body. It is very common as we grow older to have a level that is too low. The ideal blood level is over 30. Your provider may actually prescribe a much higher dose if your level is very low. It is important when you finish that prescribed dosage to follow it with the daily dose to keep your blood level up or it will fall again. It is also very important to remember that this fat-soluble vitamin

can accumulate in the body and cause harm to your kidneys, medical monitoring of this vitamin level is advised to prevent this.

**Calcium 1200 mg daily.** This is important for postmenopausal women who do not have issues with hypercalcemia, elevated parathyroid hormone or kidney stones. It helps prevent osteoporosis along with vitamin D and promotes normal functioning muscle contraction.

**If you smoke:** it is important that you work on quitting. Smoking causes break down of the bones, the joints and the spine. It is a huge factor in making your illness worse. Ask for help from your primary care provider if you need it. There are therapies that can help. Vaping nicotine may be helpful in weaning from nicotine addiction, but should not be considered a safe or permanent substitute for other nicotine products. There is new and emerging research indicating that vaping nicotine can cause lung disease.

Most importantly, as much as it hurts at times, **make sure you move.** It is true that, “if you don’t use it, you’ll lose it.” Find a method of exercise that fits your lifestyle and personality and stick to it. Even on bad days try to move. **Do not take to the bed** as it will increase your feelings of depression and joint stiffness and muscle spasm. Ask for help if you need it. Providers can often make recommendations of types of exercise that can help your condition. Physical and Occupational therapists can be recruited to help you learn to exercise and work to improve stability of the spine and joints to improve your ability to exercise more. Be sure to balance activity with your symptoms.

**Take care of yourself!** That is the most important take home message. Your diagnosis makes this more important than for others that are not struggling with your illness. No amount of medication or medical office visits will alleviate all of your symptoms alone, how you lead your life makes a big difference. I tell my patients that if they practice lifestyle changes such as those discussed in this article, they will not only feel better, but may not need to take as much medication as they would if they do not make these changes. Always discuss changes that you are considering with your medical providers as even natural over the counter supplements can interact with certain medications and cause problems in people with certain conditions. Fight back, feel better!

*Carolina Arthritis Center is located at 2355 Hemby Lane in Greenville. For more information about services and to schedule a consultation, call 252.321.8474 or visit [carolina-arthritis.com](http://carolina-arthritis.com).*

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# The *NO COMPLAINING* Challenge

## Have you tried it?

BY VONDA  
HENDERSON

What is the No Complaining Challenge? Whether you see this as the next social media idea or not, at its root, it's a good thing. Just think, spending seven consecutive days without complaining about what you don't have or about the people in your life (family, friends, co-workers, or strangers you encounter day-to-day); it can be quite an eye-opening experience. Making the conscious decision to be content, happy, or pleased with what you have and the folks in your life; what an uplifting experience. Where can you turn around a complaint to a positive experience? A few ideas include:

### **MORNING ROUTINE**

Getting to work on time is, for many, an exercise in frustration. You have to get yourself ready, the kids need to be prodded to wake up and get dressed for school, everyone needs breakfast, and you're on a tight timeline. Wouldn't this be a typical opportunity to get off on the wrong foot by yelling at everyone from one task to the next, so that by the time you're out the door, your mood is already in the ditch, and you're not even in the car yet?

Instead, perhaps get yourself up a little earlier (15 minutes can make a huge difference), and greet each person with a smile and reminder that everyone needs to be dressed and ready to go in an hour. Have clothes laid out the night before and bags packed with completed homework. Have breakfast prepared along with lunches packed to go. Depending on their ages, make your kids responsible for themselves and have the older ones help the younger siblings dress.

The upside: no one starts their day with screams in their head. You're not stressing on your drive to work. It's a better start, certainly. No complaints rattling around in your head, just a family going about their day with a smile to start it off.

### **TRAFFIC**

Bumper to bumper traffic is a nightmare, no doubt about it. Is there anything you can do about it? Probably not. Does blowing your horn incessantly help the situation?

Absolutely not. And certainly you don't want to be part of a road rage situation; so, keep your hands off the horn.

What to do? First, take a deep breath. If you have an appointment, call ahead and let them know you'll be there as soon as possible; there's a traffic jam that you're stuck in. If nothing is moving, use that time to catch-up on emails (as long as you're not inching along). If you are moving slowly, then listen to your favorite music or audiobook to pass the time. Remember, it's better to be late than not get there at all.

### **HURT FEELINGS**

With all the social media options, anyone can take exception to any random comment and blow it all out of proportion. Don't you sometimes wonder how we get so thin-skinned? Everyone has an opinion; however, it's not necessary to always share it with the social media world.

Rather than having your very own pity party (which no one wants to go to anyway), realize that an opinion is just that. It's what someone else thinks that may be polar-opposite to your point of view, but it's their opinion.

Rather than venting to the world at large, take a moment to realize that each one is within their rights to have an opinion. Our differences make us each unique in our own right. The 'I'm right and you're not' mentality needs replacing.

Are you game for trying this seven-day challenge?

You don't have to aspire to rose-colored glasses or channel Pollyanna, but merely avoiding negativity and seeing the blessings around you can give you a more positive frame of mind. And, really, don't you enjoy being around upbeat, positive people?

Have a blessed day!





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# See You at The Fair!

BY THE UNNATURAL RESOURCE INSTITUTE

Calling all tinkers and inventors, young and old! The 28th annual Unnatural Resource Fair will be held at the Greenville Convention Center from February 7-9, 2020.

"The fair is a reuse competition to see what everyone can make from used resources," explains founder Jacqueline Ponder. "North Carolina throws away enough resources to go around the world twice each year and 80% can be reused or composted."

While many people are familiar with the "Reduce-Reuse-Recycle" approach to waste reduction, very few implement it with the intended hierarchy: **REDUCE** the amount of resources being used; **REUSE** resources possible; **RECYCLE** materials that cannot be reused.

What many well-intentioned recyclers do not understand is that sorting recyclable materials for collection isn't enough. In order for recycling to have the intended environmental benefits, companies must create products using recycled materials; in order for this to happen, using recycled materials must be cheaper than using new materials—and this is not the norm across many industries.

## MAKE SOMETHING!

The Unnatural Resource Fair encourages participants to use their imaginations and creativity to invent things using as much reclaimed material as possible. Submissions are entered into categories for judging: math, science, art, music, physical education, home use, language arts, tools, toys, and miscellaneous.

Entries must adhere to 4 rules:

- 80% recycled materials or more
- Safe
- No larger than a refrigerator (unless prior approval is received)
- Battery operated (if possible, if electrical)

The Unnatural Resource Fair is free to attend, and there are no submission fees. Applicants ages 5 to senior citizens living east of I-95 are welcome.

Encouraging young people to invent using reclaimed materials fosters problem solving skills and creativity. Most inventions start with used materials because the inventor doesn't want to spend money if it doesn't work. The first airplane started with old bicycle parts. The first Frisbee was a pie plate from the Frisbee pie company.

"Creativity is a learned skill," says Ponder, "and practice makes perfect."

## HISTORY OF THE FAIR

As a PTA volunteer in a science classroom, Ponder worked to acquire additional supplies through donations. Through a series of fortunate events, Ponder came upon a book about reusing materials for educational purposes.

"In a few days it dawned on me, if we can make things out of discarded material for science, why can't we make hands-on things for all the school disciplines?"

With approval from the principal, Ponder worked with the teachers and students to hold the first unnatural resource fair featuring 125 entries.

"Working with the PTA Advisory board members, Connie Bond, and Jan Folsom, we had the first Pitt County Unnatural Resource Fair in the Ayden High School," recalls Ponder.

For the next 12 years, the UR Fair was hosted by The East Carolina Mall; following the mall's closure, the event has been held at the Greenville Convention Center for the past 14 years.

Ponder established the Unnatural Resources Institute 501© 3 nonprofit in order to maintain the fee-free participation and entry.

"We can't work without sponsors," says Ponder. "Sponsors are needed big or small for both the building and the awards. The institute has no paid employees. All money is spent on fair bills. We can use volunteers year-round for many small projects and donations are deductible."

## THE FUTURE OF THE FAIR

Ponder's vision for the Unnatural Resource Fair extends beyond salvaging materials for reuse, including displays from

companies with recycled products to sell and equipment demonstrations from green-sector industries.

"The fair has the potential to become a 21st century planet sustainability fair with the unnatural resources competition as its core," she says. "It would be a fun way to teach planet sustainability to the public. We could invite people in solar and wind energy, clean air and water, ocean and beach cleanup, recycling, etc. as well as clubs and organization to participate."

For the Unnatural Resource Fair to continue, Ponder calls upon the next generation of volunteers.

"My husband and I are now 76 and needing more volunteers and supporters for this ongoing fair," Ponder says. "Volunteering to develop the only unnatural resources fair for over a quarter of a century with Pitt County volunteers has been a joy and almost like a career. I want to send a big thanks to those resident volunteers and my family."

For project ideas, entry forms, sponsor sheets, and more, visit [www.unnaturalresources.org](http://www.unnaturalresources.org) or call 252-355-1039. If you already make products from recycled materials, sign up for a booth to sell your recycled wares! Vendor forms are also on the site.



## POTENTIAL MATERIALS FOR REUSE

- Building materials from home renovations
- Plastic, glass, and metal containers that would otherwise go to a recycling center
- Paper products – junk mail, newspapers, cardboard
- Tires and automobile parts
- Electrical components from broken lamps
- Cracked or chipped dishes and cookware
- Fabric scraps and worn out clothing
- Components from broken jewelry
- Just about anything! Creativity is key!

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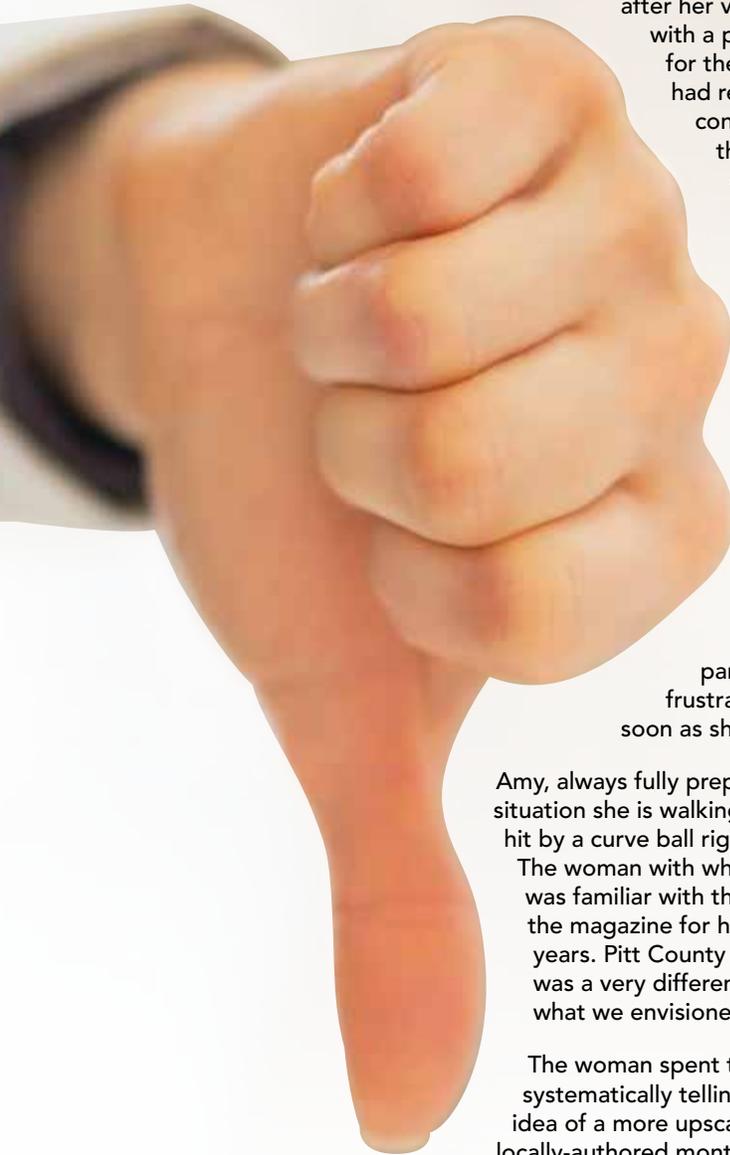
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# “I Hate It”

BY ARON DANIELS



I finally got Amy on the phone after her very first meeting with a potential advertiser for the magazine. We had recently signed the contract and were the new owners of PCWJ. Being graphic designers and not trained as salespeople, the advertising meetings were far outside of our comfort zones, so I was excited to hear how that first meeting went. Everything was scary in the beginning and I just knew she'd knock it out of the park. I could hear the frustration in her voice as soon as she started talking.

Amy, always fully prepared for every situation she is walking into, had been hit by a curve ball right out of the gate. The woman with whom she had met was familiar with the format in which the magazine for had been for many years. Pitt County Women's Journal was a very different product than what we envisioned.

The woman spent the entire meeting systematically telling Amy why our idea of a more upscale, glossy-printed, locally-authored monthly magazine was not what people were looking for, that there was not a place for it, that we were turning our back on the small businesses who wanted the “more approachable” product that it had been with newsprint, a smaller number of pages, and a different pricing structure. She hated the idea of social media and website integration, and essentially told us that we were not being faithful to the local community by expecting them to pay so much, and that the online companion to the print was all just smoke. She did not have any redeeming thing to say and sent Amy out of her very first meeting with a really bad taste in her mouth.

It was hard to hear. It was all the fears that we'd had swirling in our minds as we took on this new adventure. Fortunately, we pushed on and found out that those harshly worded sentiments were not widespread and that many people were excited to join us on our journey. A few meetings in and we had the bones of our first issue together, a number of specific advertisers the nay-sayer had mentioned by name, certain that they definitely would not be able to afford our “unreasonable” rates.

Now, this story is not about showing that woman that she was wrong, or to brag about how amazing we are. It is about the inevitable place in every journey when a voice insists that you'll never make it and that you do not have anything valuable to give. In our case, we were contending with our internal voices of inexperience and personal doubts about a new business role, as well as the occasional voice of someone who did not understand what we were trying to accomplish with the magazine.

Sometimes life puts a mission in front of you and you have to decide whether to take it up or leave it for someone else. If you find that it is your mission, then do it fully. It does not matter if someone else would do it differently, if someone else is doing something similar, if you've found failure before and you're scared, if you don't see all the steps to accomplish the mission, or anything else your internal voice whispers in your ear. Use discernment, think things through, and where your passion and intellect meet, you will find a place where you can have an incredible impact.

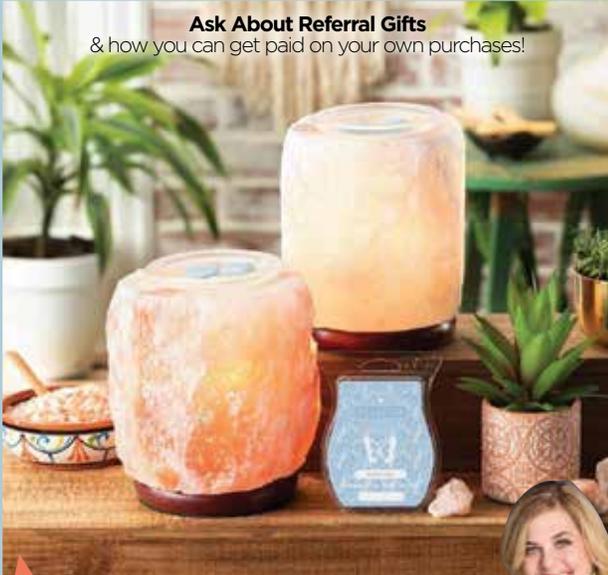
As we enter 2020 we have a continued vision for our magazine, for our design business, for our marriage, and for our kids. As you find your next mission, there are going to be voices, people, and circumstances that feel like you've hit a wall. It's your job to acknowledge them and then climb the wall.

Deep down, I would love that woman to call us and decide to advertise. It would make my day for her to finally see our vision. We'd be glad to include her! But, the thing I hope more, is that we are true to our vision and that we bring life into this community with what we have to offer, even if it's different than it was before.

Don't give up when you encounter resistance. If you keep going you will see that being faithful to your mission is worth it.

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# COMPOSTING

BY AMY DANIELS



Whether you consider yourself to be a gardener or not, composting is something that everyone can and should do. It is not difficult, does not require any fancy set-up or particular skill set and is a nearly effortless way to be more eco-conscious by reducing the amount of material your household contributes to the landfill.

If you do any amount of research on composting, it's easy to get bogged down by the countless types of bins that can be made, ratios of different types of materials and recommendations for how best to aerate your pile.

Composting is simply allowing materials to decompose in a place apart from the rest of your household trash. That's it.

## METHODS

Composting can be accomplished in open pile, enclosed container or with a rotating bin system. Ultimately, there are only two types of composting: hot composting and cold composting.

**HOT COMPOSTING** is a faster, more hands-on approach to decomposition. It requires the composter to pay attention to the ratio of green (nitrogen based, "fresh") and brown (carbon based, "dry") materials that are added to the mixture, as well as regular turning of the pile.

For optimal composition and decomposition time, a 30:1 ratio of browns to greens is recommended. Using a gallon bucket as a volume measure, this means that if you add 1 bucket of fresh grass clippings to your compost, you need to add 30 buckets of dried leaves or shredded paper material to the mix.

**COLD COMPOSTING** requires minimal attention—just dump your scraps and walk away. It takes longer to produce any material that a gardener would have any interest in, but it still works.



## MATERIALS

**FRUIT & VEGETABLE SCRAPS**—If it comes from the produce aisle at the grocery store, you can compost pile: peels, rinds, cores, seeds, stems, all of it. If your bagged spinach gets slimy, compost it. Moldy oranges and shriveled lemons can be composted, too. (It is a common misconception that citrus should not be composted, but it definitely can be!).

*Exceptions: If you have dogs, enclose your pile to prevent them from scavenging. If you want to keep your pile open, be aware that your dog will investigate and sample, so avoid composting foods toxic to dogs such as grapes.*

**PAPER PRODUCTS**—Junk mail, newspapers, cardboard, and even used tissues can all be composted. Remove tape and plastic windows from envelopes, as they won't break down. Shredding materials allows them to decompose faster but is not necessary. Avoid composting glossy papers; the inks used to not good to put into the soil.

**YARD WASTE**—If you're planning to use your compost for gardening, avoid putting seeds (especially weed seeds) in your pile. Otherwise, add leaves, grass clippings, small twigs and branches, dead flowers, and pruning materials to your compost.

**OTHER COMPOSTABLE MATERIAL**—Coffee grounds and tea bags make great compost additions. As do egg shells, peanut shells, and stale bread. Dryer lint and vacuum cleaner collections – hair, pet fur, dust, skin flakes, dead bugs...are gross to think about but all perfect for your compost pile. 100% cotton materials can be composted, so check the tags on ratty pants and shirts before you trash them. Livestock and chicken manure can also be composted.

Compost piles should not smell terrible or attract unwanted pests. Keeping animal products out of the compost pile prevents most "bad" smells which would attract pests.

### **NON-COMPOSTABLE MATERIAL**—

When following the rule of "did it come from a plant?" to determine compost-worthiness, it becomes simple to determine what is not suitable for composting. Don't put the following into your compost pile:

- Meats & dairy products
- Cooking Oils
- Plastic
- Metal
- Human and animal feces from meat consumers should not be used.

## COMPOSTING FOR THE NON-GARDENER

If you don't garden due to lack of space, time, or interest, composting is still a great way to reduce trash accumulation. You can participate in composting even if you never use the end product

- Have a yard? Make a compost pile anyway! You don't have to do anything to it.
- Save fruit and vegetable scraps in your freezer and give them to a friend or neighbor who composts.
- Contact your local community garden. Many accept compost donations.

In this age of information, analysis paralysis is real. If you want to start composting, just start. Your imperfect effort still reduces your carbon footprint.

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# WOMEN TO WATCH

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## DANIELLE ANDREWS

Danielle Andrews is the owner of Aging and Ability Care LLC, a counseling and care coordination agency in eastern North Carolina. Ms. Andrews acquired both her Bachelors and Masters Degree of Social Work at East Carolina University along with a minor in Substance Use. She is licensed as a Licensed Clinical Social Worker associate and also a Certified Dementia Practitioner.

In 2017, Danielle saw a need for the elderly and adult caregivers in her community and created the blue print for her business. With over 10 years of experience in case management and counseling, she felt that it was time to step out on Faith, Trust God and GOOOO!!!

Danielle provides counseling and coaching services to individuals and companies ranging from work and home balance, coping skills, caregiving, etc., along with collaborating with physicians, firms

and other community agencies to provide integrated care, support, and resources.

When Danielle is not working, she is accompanied by her wonderful 10 year old son, 2 beautiful nieces and a handsome 1 year old nephew. Danielle's heart for helping stems from having a sibling with Autism and niece with IDD needs due to a seizure disorder. Her goal is to make an impact on the world by assisting those in need, even if it's only with a smile!



## PASTOR GWEN BOWEN



Pastor Gwendolyn Dickens Bowen is an Ordained Pastor, Graduate of Fayetteville State University majoring in Early Childhood Education, Retired Teacher for the Edgecombe County Public Schools System, Spiritual Empowerment Coach, and Author. She is married to Mr. Jessie Bowen.

God in His omnipotent way, saw a need to elevate her service for Him. After accepting her calling into the ministry, Pastor Gwen felt an urgency to embrace the challenge of teaching success through spiritual change as a Minister and Spiritual Empowerment Coach.

On December 10, 2017, she was Ordained as a Minister and her 1st book "My Soul Cries Out" was unveiled. On December 30, 2018, she was ordained as Pastor of Greater Vision Christian Church, Greenville, NC. On October 17, 2019, her second book was unveiled, "30 Days Me And God Daily Devotionals To Renew Your Mind".

God has a purpose for each of our lives. It matters not who you are, who you think you are, what you're doing, what you've done, where you're going or where you've been. As a Coach and as a Minister, Pastor Gwen's teaching provides a guiding light for individuals, groups, and businesses through success coaching and spiritual teaching.

## ASHLEY LICARI

A passion for more natural and eco-friendly alternatives for her young family and her community led Ashley Licari of Ayden to found what is now Sustainable Earth Trading Company (formerly Today's Natural Mom).

When Ashley and her husband were expecting their first child in 2013, Ashley began extensive research and experiments which led to manufacturing products that provide whole body care for the entire family and eventually expanded into zero waste home care. Ashley began selling her products to the public in 2017 at the Greenville Umbrella Market and several local retailers.

Ashley's love of chemistry and desire for a simpler life lead her business. She strives to source local ingredients and provide reusable packaging for all her products. Sustainable Earth products are manufactured in small batches with extensive attention to care and details and also allow for customizations based on consumer allergies. All her products are palm, sulfate, paraben, and gluten-free. Her skincare products are nut-free.

Sustainable Earth products are available in various locations in Pitt County. Ashley also supplies the largest zero-waste grocery delivery service in the country and ships directly to consumers all over the country.

Learn more about Ashley and Sustainable Earth at her website, [www.SustainableETC.com](http://www.SustainableETC.com)



Creative Blessings Photography

## KIM KELLY

Kim Kelly is the founder of The Kelly Code, LLC. In Greenville, NC, a DWI and Substance Abuse Out-Patient Therapy facility. The name represents a balance of Faith and Evidence-based Clinical Treatment.

Kim is a fully Licensed Clinical Addictions Specialist and a Certified Trauma Specialist. She holds several 'Train the Trainer' certifications for Mental Health Staff development, inclusive of Cognitive Behavioral Therapy, Client Rights, and Service Documentation.



Kim wants to provide support to the community through Substance Abuse treatment, therapy and supports. Her ultimate dream is to write and receive a grant to provide treatment and care targeting pregnant women or women with children who have challenges with addiction(s).

Kim was raised as a foster child in New Bern, NC by a staunch Christian woman she refers to as her 'Granma-Lucy'. Born in Baltimore MD, Kim feels that her life was saved by being taken in, loved, nurtured and raised by the awe-inspiring woman named Lucy Gibbs. The gracious act of adoption deeply affected her all of her life.

Kim continues to foster a desire to 'give back' by helping others find a place of hope, wellness and stability, especially children and teens. She was a foster mother for 10 years. She is a born-again Christian serving in the role Youth President and Teen Sunday School Teacher at Pentecostal Temple HCOD. She looks forward to the future in wonder of what else God has in store for her.

## ALTHEA STUGER

I was born in Guyana, South America and I lived there until the age of 6. My family moved to Brooklyn NY in 1989. I moved to North Carolina 3 years ago with my husband and 4 children.

I am currently working at Children's World Daycare Center in Greenville. I am also a full time student at Pitt Community College. I will be graduating in May of 2020 and I plan to transfer to ECU where I will pursue my Bachelors Degree in Early Childhood Education, then my Masters Degree in hopes to one day becoming a Daycare Director.

My mother, Doris McRae, who I admire the most, is one of the most hardworking women I know. She instilled in me the qualities of working hard, getting an education and being able to stand on your own. My mother was a single parent raising three girls, working a full-time job and going to school. I watched my mother purchase her own home and open her daycare business. It was then that I knew what I wanted to do with my life.

I wanted to be just like my mother: honest, hardworking and successful. I have always had a passion for teaching children. When



I was blessed with the opportunity to work at Children's World, I was so excited to see my dreams finally coming true.

I want everyone to know it's never too late to follow your dreams. Education is the key to your success. Don't let anyone tell you that you can't do it. I had a lot of people tell me that at 37 I was too old to go back to school. Look at me now. I am proving them wrong. I want my children to look at me and be proud of their mother the way I am proud of my mother.

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## JANUARY 5

January Training Programs  
Info Session

12-1pm, Fleet Feet, 709 Greenville Blvd. SE Suite 104 in Greenville  
Come learn about upcoming programs starting in January! New 70.3 Triathlon training program, the Half and Full Marathon! More information at [fleetfeetgreenvillenc.com](http://fleetfeetgreenvillenc.com)

## JANUARY 8

How to Thrive on a Non-Profit Salary  
11:30am-1pm, Third Street Education Center, 600 W 3rd St in Greenville  
Hosted by Heart for ENC. Kick off 2020 by digging into practical tips on financial planning, budgeting, and more. Workshop led by Herb Ormond, local budgeting expert. Free event, registration by Eventbrite. Drinks and light snacks provided.

## JANUARY 10

Purple Blossom Yoga Studio Ribbon Cutting  
2pm, Purple Blossom Yoga Studio, 302 S Evans St in Greenville  
Hosted by the Greenville Pitt County Chamber of Commerce. Purple Blossom Yoga Studio is committed to high quality instruction in a safe, friendly, inclusive atmosphere serving people who want to integrate yoga as part of a healthy lifestyle.

## JANUARY 11

Pride 2020: A Celebration of the LGBTQ and Ally Community at ECU  
6:30-9pm, Dr. Jesse R Peel LGBTQ Center, 501 E 10th St in Greenville  
A festive mix of food, drinks, dancing, and fabulous fun and this year will feature a keynote speaker and presentation of the inaugural Dr. Jesse R. Peel LGBTQ Advocacy Award. Cost: \$65/ticket Call (252) 328-4788 or order online at [ecuarts.com](http://ecuarts.com).

## JANUARY 14

Coffee with a Cop  
7:30-9am, Starbucks, 2205 Arlington Blvd in Greenville (Near Vidant Hosp.)  
Community event to foster stronger community bonds, honest and open communication, and a better Pitt County for all of us. Please come out, have some coffee samples, snack samples, and get to know the Pitt County Sheriff's Department.

## JANUARY 17

Don't Let the Pigeon Drive the Bus  
7-8pm, ECU College of Fine Arts & Communication. This event is a part of the Family Fare series. Founded in 1989, Family Fare presents (mostly) literature-based plays and musicals to build lifetime performing arts audiences. Tickets at [artscomm.ecu.edu](http://artscomm.ecu.edu)

## JANUARY 15

Book Club  
2-3pm, Pitt County Senior Center, 4551 County Home Rd in Greenville  
Join us for a discussion of The Farm by Joanne Ramos.

Introduction to the Bookmaking  
6-8:30pm, The Art Lab, 729 Dickinson Ave. in Greenville  
A variety of techniques including sewn bindings, folded structures, and using adhesives. Participants will construct hard cover and soft cover books. Tools and some materials provided. No experience needed. Spring 2020: Session 1: January 15 - February 19 (6 classes) Cost: \$75/Emerge members, \$115/Non-members

Tender Hearts Support Group  
7-8pm, Vidant Wellness Center, 2610 Stantonsburg Rd in Greenville  
A support group for families who have experienced pregnancy or infant loss. Meets on the third Wednesday of each month. Questions? Please call 252-847-4819 and leave a message.

## JANUARY 19

Creating Abundance Workshop  
9am-1pm, Location TBA at time of registration  
Explore the Universal Laws of Attraction and learn skills to bring about a fuller life. Cost: \$133. Email kara emmy' at [lifeofgratitude2@gmail.com](mailto:lifeofgratitude2@gmail.com) to register.

Valentine's Day Wine Cork Heart Workshop

2-4pm, Simply Divine Oil & Wine, 692 E Arlington Blvd in Greenville  
Give the gift of upcycled love this Valentines Day or for your Anniversary. Make a one-of-a-kind conversation piece! Bring a friend or two! Wine by the glass specials!

## JANUARY 23

Human Trafficking 101  
6 p.m., Sheppard Memorial Library, 530 Evans St., Greenville  
Learn more about human trafficking in North Carolina; how to identify red flags and warning signs in a potential victim; and how to report human trafficking. Admission is free, but registration is required as food will be provided. To register, visit Eventbrite. For more information, email [melinda@ncstophumantrafficking.org](mailto:melinda@ncstophumantrafficking.org).

## JANUARY 25-26

Greenville Civic Ballet's Dance Collective presents Aladdin  
Times vary by date, Wright Auditorium, A portion of ticket sales donated to Make-a-Wish of Eastern North Carolina and matched by the Community Foundation of NC East. VIP Admission includes a pre-performance reception and priority seating.

## JANUARY 25

Touch a Tractor  
1-4pm, Hope Farms and Learning Centers, 872 Briley Rd in Greenville  
An opportunity for kids to see and touch their favorite farm machinery-Silent auction, train will be running and concessions open. Cost \$5.00. Train rides and animal feed \$1.00 each. \*\*Cash Only\*\*

## JANUARY 26

Meditation Intensive Workshop  
9am-1pm, Location TBA at time of registration  
Designed for those who are looking to begin or enhance their serious meditation practice, learn protection, creating a sacred space. Several types of meditation will be offered. Cost: \$133. Email kara emmy' at [lifeofgratitude2@gmail.com](mailto:lifeofgratitude2@gmail.com) to register.

## JANUARY 28

2020 Economic Forecast Luncheon  
11am-1pm, Hilton, 207 SW Greenville Blvd in Greenville  
Dr. Rick Niswander, Ph.D., CPA, CGMA, Professor of Accounting - ECU College of Business, returns for an 11th consecutive year to provide insight and analysis on our local, state, and national economy. Hosted by the Greenville Pitt County Chamber of Commerce. Cost: \$20/Chamber Members, \$35/Non-members. Tickets at [greenvillenc.org](http://greenvillenc.org)

## WEEKLY EVENTS

### EVERY MONDAY

Board Game Night  
6-10pm, Blue Ox Game, 2718 E 10th St. • FREE

### EVERY TUESDAY

Greenville Professional Networking  
8:15am, The Painted Peacock, 631 Red Banks Rd in Greenville.

Women's Power Networking - Lunch Chapter  
12:30pm, Great Harvest Bread Co, 2803 Evans St in Greenville.

### EVERY WEDNESDAY

Business Networking East  
8am, 400 St. Andrews in Greenville

Women's Power Networking - Uptown Chapter  
1:15pm, Purple Blossom Yoga Studio, 302 Evans St in Greenville.

### 1ST & 3RD THURSDAY

Business Owner Roundtable  
8:15am, The Painted Peacock, 631 Red Banks Rd in Greenville.

Comic Smash Talk  
7pm, Smashed Waffles, 718 Dickinson Ave in Greenville  
Your mild-mannered book club just mutated into a comic book club! Hosted by Smashed Waffles and Blue Ox Games

### EVERY SATURDAY

Pokemon League  
11am-2pm, Blue Ox Games, 2718 E 10th St. • FREE

Meditation Gathering  
Every Saturday, 9:00am, approximately 1 hour. Contact kara at [lifeofgratitude2@gmail.com](mailto:lifeofgratitude2@gmail.com) or text 252-364-1909 to reserve your space. Location to be advised at time of registration. Suggested donation \$10.



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