

PITT COUNTY WOMEN'S JOURNAL

PCWJ

February 2020



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



LETTER FROM THE EDITOR

The guests at our wedding got quite a show and I smile whenever I think back to it. It was a perfect day but, as with any wedding, our nerves were all high as the ceremony approached.

When the time finally came and the doors to the back of the chapel opened, I got my first look at Amy in her wedding dress. I was completely speechless... literally. I have never in my life been unable to speak, but I was so overcome that during our entire ceremony I was pretty much a mime! Most of my vows were whispered, and nobody other than Amy could hear any of what I was saying.

On the other hand, Amy's nerves hit her a little differently. She and her Mom had a case of the giggles. People leaned in to hear what I was saying because they could not hear anything and then erupted with laughter when Amy or her mom would make one of those laughing sounds you make when you are trying really hard to hold the laugh in. You know, the one that sounds like a seal.

My face hurt from laughing and smiling so hard. We said our vows and have kept smiling much of the time since. God has blessed me with an amazing wife, and I'm so glad we've been on this journey together.

This Valentine's Day I wanted to share a fun piece of our story but I also want to encourage you to be thankful for the love in your life. Celebrate your spouse, kids, significant other, friends, family, pets, cherished loved ones who left a part of themselves with you when they passed. I want you to reclaim this Valentine's Day as a day for you to be part of. It doesn't need to be a day just for those people in relationships. Show yourself some love and focus on all the ways you experience love in this life.

From PCWJ, please enjoy this issue. We love being a part of this community. Thank you so much for your continued support.

Aron Daniels

SERVING THE WOMEN OF PITT COUNTY SINCE 2005

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THE PITT COUNTY WOMEN'S JOURNAL 209 Commerce Street Greenville, NC 27858

ARON DANIELS Aron.EmersonDesigns@gmail.com **AMY DANIELS** Amy.EmersonDesigns@gmail.com

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 Second story end unit, two bedrooms, two baths, new carpet in bedrooms, new paint, laminate flooring. Vaulted living room and fireplace.



3140 EMERY DRIVE, 329,900
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**3160 EMERY DRIVE,
 POPLAR GROVE WEST, \$420,900**
 4 BR, 3 BA, bonus room over garage, master and second bedroom on first floor, 3/4 acre lot, open kitchen with large work island & butlers pantry. Smart Home wiring. Screened porch & front porch.



CRYSTAL & SAGE BEAUTY CREATES

Eyebrow Envy

with PERMANENT MAKE-UP

BY AMY DANIELS



Crystal and Sage Beauty, located on East Fire Tower Road in Winterville provides their clientele with services including haircuts, colors, styling, waxing and permanent make-up. Resident stylists include Duncan Neas, Jennie Roberson and Ashley Kite, all of which excel at Balayage, blonding, vivid hair, and traditional hair color techniques. Salon owner Sara McCarn provides all these services as well but also fills her schedule with waxing and the application of permanent make-up for brows and eyeliner.

McCarn opened Crystal and Sage Beauty in September 2019 after more than 10 years of cutting hair and doing nails in other salons. With a passion for make-up and tattoos, McCarn offers permanent make-up to clients who are looking to achieve a low-fuss beauty routine with big results.

Unlike traditional make-up application which requires daily application, permanent make-up (or, more appropriately, semi-permanent make-up) lasts three to four years with only a few touch-ups. The pigments used are designed to fade over time allowing you to keep up with current brow trends and personal style.

Permanent make-up can be applied using three different techniques individually or in combination to achieve the desired effect.

TECHNIQUES

MICROBLADING – Microblading produces a hyper-realistic look, the result of individual hair strokes being created to fill and shape the brow. During the application process, tiny cuts are made and filled with pigment.

Used to add volume and definition to the brow, microblading is the choice technique for those with finer hair, or those who have severely over-tweezed brows. Microblading is the most natural looking technique for brows.

POWDER — Applying powder brows results in a more shaded, makeup look and is achieved by depositing pigment just under the surface of the skin in a pattern of tiny dots. The process is similar to traditional tattooing but is less invasive and heals more quickly.

OMBRE – Ombre brows use a subtle color gradient technique. By blending the color to make the brow darker at the arch, the illusion of a more pronounced brow shape is achieved. The ombre brow technique follows the lowlight/highlight guidelines associated with contouring.

By mixing and combining the techniques, an endless array of brow styles can be achieved.

YOUR CONSULTATION

Before your consultation, consider what kind of a look you ultimately want. Do you want a natural look? Or maybe something that looks more like you've masterfully applied your make up. This will help McCarn determine which technique or combination of techniques will be best suited to you.

Similar to hair styles, if you have "inspiration photos" of someone's brows that you really like, bring them to your consultation!

"You can never exactly replicate someone else's brows but in terms of style it is helpful to have a reference," counsels McCarn. "Every client is mapped according to their facial features and preferences so their end result is tailored to their face."

Consultations are always free and can be booked online at CrystalAndSageBeauty.com.

McCarn is happy to answer all of your questions.

APPLICATION AND AFTER-CARE

When you're ready to experience the joy of permanent make-up, there are several activities to avoid prior to application, including facial peels and Botox.

Application of permanent make-up typically takes up to two hours, including time spent mapping and numbing. McCarn uses a topical numbing agent with every client to keep discomfort to a minimum.

"Most clients don't feel any discomfort at all," says McCarn.

Healing is easy and takes two weeks, though there is some variation in time between techniques and skin types. McCarn will give you time guidelines for when these are safe to resume Botox, facial peels, and workouts without compromising your perfect brows.

"I give all clients an aftercare bag with everything they need for healing their brows. Most clients get a Color Boost (retouch) every year to 2 years to keep their brows fresh."

Crystal and Sage Beauty is located at 150D East Fire Tower Road in Winterville.

To learn more about permanent make-up or schedule an appointment call 252.260.6600 or visit CrystalAndSageBeauty.com. Follow on Facebook and Instagram @CrystalandSageBeauty for inspiration and last minute appointment openings!



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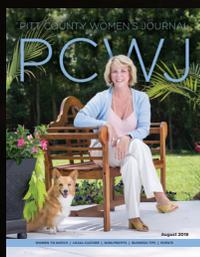


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BLUE OX



GAMES

A Parent's Guide to

POKÉMON®

BY HARRY FRANK

Is your child "obsessed" with Pokémon and you don't know where to start? Blue Ox Games is here to get you up to speed. Pokémon is not new—it has been around for over 24 years, expanding and changing its offerings to keep up with the modern kid.

Although originally designed with children in mind, Pokémon has evolved into a pastime which many parents enjoy with their kids. It is simple to learn and a great way to connect with your kids.

If you are feeling lost and overwhelmed by your kiddo's sudden fascination with this magical world and its native creatures, here are four simple steps to help you get started.

STEP 1 - BREATHE!

Pokémon rocks on so many levels—you should be excited that your child loves them! The company is very family friendly; all official Pokémon Professors have gone through a background check. The Pokémon-related offerings available to your child range include the (highly collectible) cards involved in the Pokémon game, T.V. show, digital and video games including the PokémonGO app, and so much more. The diversity of Pokémon offerings allows your child to be constantly learning and discovering more about the Pokémon world.

STEP 2 - IMMERSE!

Pokémon offers so much it is almost silly to not take advantage of what they provide. The Pokémon YouTube channel ([youtube.com/pokemon](https://www.youtube.com/pokemon)) has tons of free videos featuring all aspects of the Pokémon fandom: animation, video games, PokémonGo, and of course the Trading Card Game or TCG. Sealed TCG products contain codes for the Pokémon Trading Card Game Online, providing more bang for your buck.

Pokémon Regional competitions are mini-conventions dedicated to the Pokémon universe and are a great family trip. When your child explores the depth of their interests they are more likely to stay engaged and **you** are less likely to feel like is simply a fad.

STEP 3 - LEARN!

When playing the TCG, players, or "trainers," must make strategic decisions and manage their resources to win the battle. Trainers learn the value of sportsmanship, but also work on their core math and reading skills (yep—it's incognito education, but don't tell the kids that!). Trainers will often spend time "researching" deck ideas and Pokémon history which develops useful skills they will use later in life.

STEP 4 - PLAY!

The Play! Pokémon network is "designed for Pokémon players to find casual and competitive opportunities to play each other." Pokémon Leagues can be found at libraries, schools, and of course - the friendly local game store, Blue Ox Games.

Organized play helps in children's social development as they meet other people with similar interests from a variety of backgrounds in a safe and fun environment. While easy to learn, the game takes a lifetime to master, and parents often become as engaged as their children!

Are you and your family ready to become Pokémon trainers?



Blue Ox Games is your home for everything geeky and awesome including Pokémon, Magic, Yu-Gi-Oh!, board games, comics, graphic novels, manga, and more. Pokémon League meets every Saturday from 11am to 2pm at their store located at 2713 East 10th in Greenville, NC. For more information call them at 252.695.6442 or visit their Facebook page ([facebook.com/blueoxgames](https://www.facebook.com/blueoxgames)).

If your Pokémon enthused kid seemingly developed a new set of vocabulary overnight, here are some key terms to familiarize yourself with. Don't hesitate to ask your child to explain something to you – chances are, they will be thrilled that you interested Pokémon, too.

BATTLE

when two Pokémon fight; may be between a trainer's Pokémon and a wild Pokémon, or between two Pokémon whose trainers are directing their actions

COMBAT POWER

a measure of how strong a Pokémon is in battle

EGGS

Pokémon hatch from eggs! These can be found or purchased in games

EVOLUTION

the process of a Pokémon leveling up into a more powerful version of itself

POKÉ BALL

an item used to catch Pokémon

TRAINER

someone who collects Pokémon and explores the Pokémon world

Warmer & Scent of the Month

By the Candlelight & Strawberry Rose

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and how you can get paid
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FIVE REASONS TO START ANNUAL MAMMOGRAMS AT 40

BY SHANNON ARNER

Dr. Bryan Jordan is an expert-trained breast imager at Eastern Radiologists' Breast Imaging Center in Greenville. Born and raised in Mobile, Alabama, Dr. Jordan is no stranger to a college town. He earned his BS and MD degrees right there in his hometown at the University of South Alabama. He completed his fellowship at the University of Texas' MD Anderson in Houston, specializing in breast imaging. We asked Dr. Jordan why women should start their annual mammograms at age 40.

The magic number has always been 40. 40 is the age when women should have their first baseline mammogram, and continue scheduling them annually thereafter. But in 2015, those crystal-clear guidelines began to get a little murky. That was when the US Preventive Services Task Force (USPSTF) recommended that women begin mammograms at age 50 and continue only every other year—which would mean no screening mammograms for women 40-49, and no annual mammograms for anyone at all. Then, a few months later the American Cancer Society followed suit, updating their recommendations to age 45 for the first mammogram—although they continue to recommend annual screenings. So, why all of the conflicting recommendations?

"I'm very much opposed to waiting until 50 to start mammograms," says Dr. Jordan. "I don't understand how the USPSTF can put that recommendation out there in good conscience. So many deaths can be prevented by starting an annual mammogram routine at 40, and that is statistically proven. I just don't budge on that. But I think it's okay not to budge on that. It's okay for people to be emotional about this issue. It's okay to be passionate, because it shows that we, as breast imagers, care deeply for our patients, and we do have the data to support that 40 is the age to start."

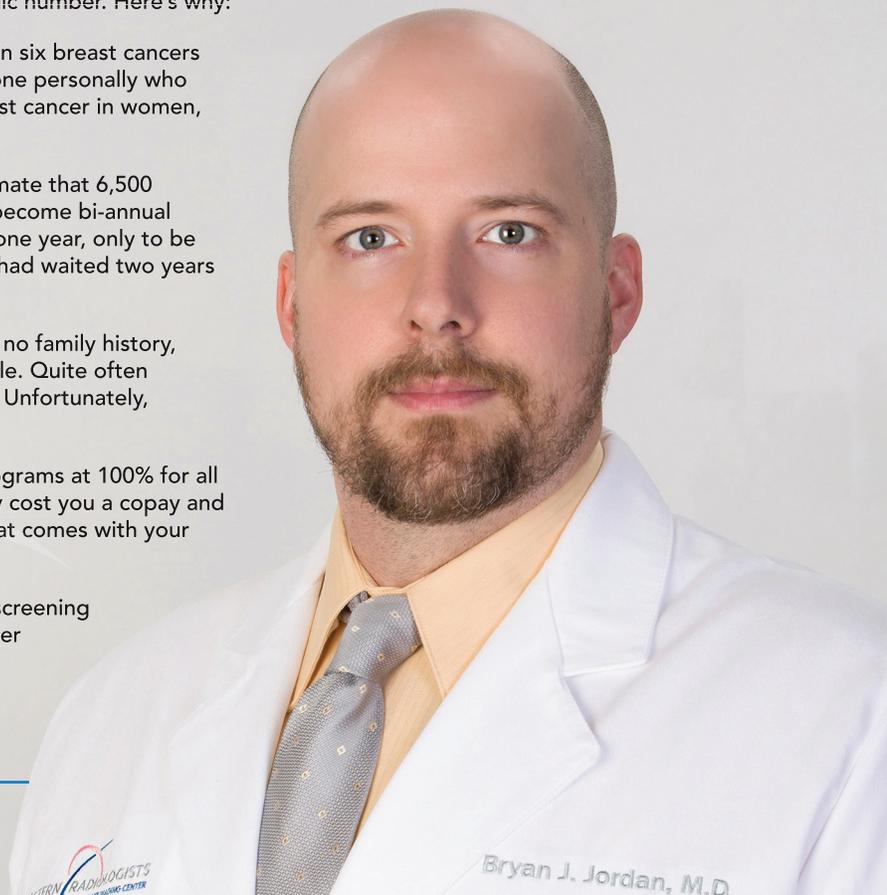
Dr. Jordan recommends that women start annual mammograms at 40. Though the USPSTF and the American Cancer Society have waffled a bit, breast health experts across the board maintain that 40 is still the magic number. Here's why:

- Women in their 40s DO get breast cancer. In fact, one in six breast cancers occur in women ages 40-49. You probably know someone personally who was diagnosed in her 40s. Research suggests that breast cancer in women, younger than 50, tends to be invasive.
- Screening every other year is not enough. Studies estimate that 6,500 additional lives will be lost each year if mammograms become bi-annual starting at 50. Many women have clear mammograms one year, only to be diagnosed with cancer the next. What if these women had waited two years between mammograms?
- 75% of women with breast cancer have no risk factors, no family history, no dense breast tissue, nor obesity or sedentary lifestyle. Quite often (75% of the time), there are no identifiable risk factors. Unfortunately, every woman is at risk for breast cancer.
- Most insurance plans continue to cover annual mammograms at 100% for all women 40+. So, why skip the mammogram? It will only cost you a copay and 30-45 minutes. That is well worth the peace of mind that comes with your annual mammogram.
- Early detection saves lives. Mammography is the only screening tool that has consistently proven to reduce breast cancer deaths. Finding breast cancer early gives patients the upper hand. Treatment tends to be less radical, and outcomes are better.

For these reasons (and many more), Eastern Radiologists continues to urge women to begin annual screening mammograms at 40—unless, of course, your physician recommends starting earlier due to family history or other risk factors. Our mammography guidelines match those of the American College of Radiology, which is the authority on imaging-based medical care.

Eastern Radiologists is committed to providing the most advanced technology and comprehensive patient care, including 3D Mammography™, dedicated breast MRI and 3D™ breast biopsy. We invite you to learn more about our mammography services, and we urge you to make sure all of the women in your life are scheduling routine annual mammograms beginning at 40.

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CHRONIC PAIN

"I was in such pain. I was unable to do my daily activities, I couldn't turn over in bed it was so bad. On the sixth week (of treatment) I was 90% better and now I feel great!" -Margaree, Advantage Therapy Solutions Patient

Chronic pain can have a huge impact on a person's life. Luckily for chronic pain patients in Eastern North Carolina, there is a non-invasive, thoroughly researched, and highly effective treatment option available right here in Greenville! At Advantage Therapy Solutions, we offer photobiomodulation therapy, or phototherapy for short.

Phototherapy is the use of light and laser devices to stimulate the production of ATP in the mitochondria of your cells, relieve oxidative stress and restore cellular respiration with specific wavelengths of photons. In low doses, photon stimulation increases circulation and decreases inflammation. In larger doses, photon stimulation inhibits peripheral nerve action potentials by about 30% for up to 24 hours. In other words: phototherapy increases blood flow, (and therefore oxygen and nutrients), to damaged tissues while decreasing inflammation and pain. With consistent treatment, these treatments can have long-lasting results.

PHOTOTHERAPY DEVICES

Advantage Therapy Solutions offers two types of phototherapy treatments: a whole body pod treatment and a concentrated handheld laser treatment administered by a certified laser therapist.

The whole body pod is a relaxing 20-minute treatment. Although the pod looks like a tanning bed, it has no UV light and does not expose the user to any potentially harmful wavelengths. The pod has five wavelengths in three colors—GREEN, RED, and NEAR INFRARED—with each producing different physiological effects and penetrating to different depths in the body. Think of it like a multivitamin for the outside of your body! Many patients notice an immediate reduction in pain and a boost of energy after a whole body pod treatment.

A handheld laser treatment is a more concentrated treatment for a specific painful area. A certified laser therapist administers this treatment during a 30-minute appointment. Treatment is safe, painless, and non-invasive. There is no down-time after treatment, so you can go right back to your day as soon as you leave!



PATIENT EXPERIENCES

We can prove that phototherapy relieves chronic pain symptoms with hundreds of published studies (really, just call and ask!) but we find that most people want to know about real patient experiences. We love to let our patients speak for us!

CHRONIC KNEE PAIN

"Being an amputee for 28 years, overcoming that, and then having to deal with my good leg giving me problems was very frustrating. At the end of the day I was having to go home and sit and relax and take NSAIDS. I was having a lot of issues with knee pain. I said, why not, I'll give this a try. I don't have to wear a knee brace anymore. I'm able to go without taking Ibuprofen every 4 hours. It was life changing." -Shane

CHRONIC MIGRAINES

"Wow! I'm so thankful I finally tried a treatment with you all. I had a migraine that would not go away and went in on Friday. By the time I got back to Kinston it was gone. I've had migraines for a long time and have never had one go away without medicine. It was amazing that the light therapy worked so fast! Also, you were fantastic getting me in so quick! Thank you!!" -Amanda

CHRONIC BACK PAIN

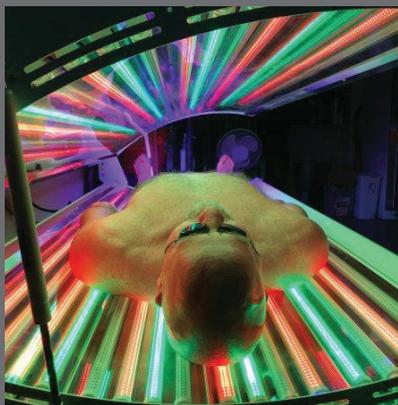
"I have been treated at Advantage Therapy Solutions for about a year. I came in for a herniated disc, arthritis in my spine and arthritis that had worn away the joint in my thumb. I had to wear a splint on my thumb to relieve the pain. I enjoyed the treatments, the very informative staff, and good results I was getting. I now only go once a month for maintenance. I do not wear the splint on my thumb anymore and I DO NOT take any pain medicine! Thank you Advantage Therapy Solutions!" -Carl

CHRONIC PAIN PRESENTATION

We are not suggesting that you quit seeing your medical doctors and come to us instead. Quite the contrary! We want to be part of your wellness team.

We are excited to announce that Dr. Jason Lee, Physical Medicine and Rehabilitation Specialist, will be giving a presentation about chronic pain on February 24, 2020. Dr. Lee will discuss causes of chronic pain, treatment options, and how phototherapy can treat chronic pain at the source! For more information, visit our website: www.advantagetherapysolutions.com.

Advantage Therapy Solutions is located at 212 E. Arlington Blvd. Learn more about chronic pain relief through photobiomodulation by calling (252) 689-8729 or visiting www.advantagetherapysolutions.com.



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Artisans

DECORATIVE ACCESSORIES & FINE GIFTS

It's rare to find a store that truly has something for everyone. The diversity of the selection at Artisans Decorative Accessories & Fine Gifts makes it perfect place to find unique items.

Susan Bass, owner of Artisans, started her unique retail business in 1994. In 2002, the business relocated to its current location at 150 Plaza Drive just off Evans Street in Greenville.

Walking into Artisans is like walking into a wonderland treasure hunt. From home décor, food, clothing, children's items, jewelry, soaps, candles, floral décor, and novelty items, the 12,000 square/foot space is divided into several smaller shoppes which house curated merchandise.

THE ARTISANS EXPERIENCE

Whether you are dropping in at Artisans to browse or are on the hunt for a gift or perfect décor piece, you're bound to find something you can't live without. It's a shopping experience like no other.

Many of the shoppes are designed as stand-alone rooms allowing visitors to shop according to their personal style preferences. One-of-a-kind furniture pieces and chandeliers are surrounded by complementary décor.

The visual merchandising staff works hard to arrange and display items to give shoppers a sense of how items may fit into their own homes. By creating thematic rooms, visitors can browse and shop in vignettes, as each shoppe features different items.

Every trip through Artisans will reveal new items. The friendly staff is happy to help you navigate the shoppes to find items suited to your style or gift giving needs. Browsing for gifts makes it easy to find something for everyone. If you're shopping for specific home items, give yourself plenty of time to discover unique pieces you may have missed the first time you walked through the store.

Décor ranges from farmhouse, nautical, beach-life and kid friendly, to more specific themes such as lemon kitchen décor or classic southern magnolia items. Looking for jewel tones or peacock inspired items? Whether you want classy or whimsical, Artisans has it.

In addition to the many handcrafted items, Artisans also carries a variety of items from well-known and well-loved brands such as Mudpie, C. C Brands, and Tyler Candles to name a few.



Explore the Shoppes

- Firefly
- Fran Allen Art Co.
- French Kiss
- Gatherings
- Georgia Ann's
- Giants Fall Boutique
- Greenwich Trading
- Heart Boutique
- Heart Springs
- Hucksiv's Stuff
- Jelly B. Rugs
- Keep the Faith
- Keller Bee Yard
- Kossol Kreations
- La Boutique
- Look at Me Now
- My Gift Closet
- Peacock Lane
- Perfect Presents
- Picture This
- Pink Door Designs
- Polka Dot Door
- Russian Memories
- Seasonal Concepts
- Seasonal Screenings
- Secret Garden
- Serendipity
- Simply Home
- Snap Slimes
- Southern Comfort
- Southern Hospitality
- Swedish Cloths
- Sweet Bird
- Sweet Consignments
- The Beaded Burrough
- The Candle Shoppe
- The Cottage Loft
- The Design Center
- The Home Chef
- The Jewelry Nook
- The Painted Cottage
- The Painted Pelican
- The Pantry
- The Veranda
- Three Tulips
- Tobacco Road
- Trent Farms
- Tyler Candles
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- VV Jewelry
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- ÀLaRita
- All About Bows
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- Artisans Fine Finishing
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- Beach Season
- Beaded Blues
- Bella
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- Creative Home
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- Dixie Pea
- Dixie Sprout
- Elaine Grace
- EZ Trees
- Fan Baby



WHAT'S HOT

Beaded necklaces, earrings and animal prints make great gifts for Valentine's Day. Artisans sells a wide range of jewelry from hand crafted to fashion jewelry.

Artisans Savory cracker seasonings and cheese dips make hosting events simple. Stop in to stock up on snacks and appetizers to impress any crowd and take your charcuterie board to the next level.

SPECIAL ORDERS & PERSONALIZED ITEMS

A variety of shoppe owners create handcrafted, allowing for many opportunities to personalize items. Many items can be personalized with names or sports teams or can be created in different colors or sizes.

Shoppe owners with hand painted items are often happy to accept special orders from customers who appreciate their style, but who are looking for something specific. Custom painted mailboxes, canvases and drink ware are popular requests. Just ask the knowledgeable staff if personalization is an option.

GIFT WRAPPING AND BASKETS

Not only can you find the perfect gift at Artisans, gift wrapping services are available as well. Gift wrapping by Artisans is very popular due to the amount of care given to each package, and is available regardless of where an item was purchased. All bows are crafted by hand and employees take pride wrapping each gift to perfection.



SHOP THE LIVE SALE

Artisans holds a Facebook Live sale every Tuesday at 7pm. During the event, hand-selected items are offered at amazing prices and viewers can win spectacular giveaway prizes.

"Most items are anywhere from 25-70% off," Bass says. "We always try to pick popular items that we believe will appeal to all our viewers. Customers receive great merchandise at a lower price. We have a lot of fun with these sales and enjoy connecting with and serving our customers in a different way. It's a win for everyone."

Never experienced or participated in a Facebook Live sale? Have no fear! Just watch the video stream and claim items by commenting on the feed as prompted during the video. Items can be shipped or picked up locally in store.

A favorite live sale practice is the Mystery Box. A Mystery Box contains items from the store, gift certificates, or coordinated items. The flat fee for the box is well below the value of the items inside. It's a fun way for adventurous shoppers to explore the treasures at Artisans.

SPECIAL EVENTS

In addition to their regularly offered inventory, Artisans regularly hosts special events. Their "Pictures with Santa" has been hugely successfully since beginning several years ago. "Pictures with the Easter Bunny" will be offered in March 2020.

RENT SHOPPE SPACE

When it comes to leasing shoppes, there is little turnover at Artisans. However, Bass is always on the lookout for artisans with unique items and services. Artisans works to accommodate each potential shoppe owner's needs. Depending on the products they wish to offer, Artisans leases table space, shelves, display cases, or larger walk in shoppe spaces.

Leasing space at Artisans allows hobbyist to sell their wares without the expense or hassle of a true brick and mortar establishment. Once you've designed and created your shoppe with your own style, the staff at Artisans manages it for you. Contact Susan to learn more about becoming a shoppe owner at Artisans.

Artisans Decorative Accessories & Fine Gifts is located just off Evans Street at 150 Plaza Drive in Greenville. Call 252.353.8008 to inquire about shoppe space or email Susan at Artisans1994@gmail.com. Follow Artisans Decorative Accessories and Fine Gifts on Facebook and @Artisansshoppes on Instagram to keep up with special events, sales, and to tune in every Tuesday at 7pm for live sales. Visit ArtisansShopOnline.com to learn more individual shoppes and offerings.

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Know the **warning signs** of heart attack

by Noel Peterson, MD, FACC, FASE | Eastern Cardiology, Greenville, NC
Director of Women's Cardiovascular Disease and Preventative Cardiology for the East Carolina Heart Institute



STEPS YOU CAN TAKE: KNOW YOUR NUMBERS

Five numbers, that all women should know to control their heart health are:

1. Total cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)

Given the gender specific differences in the presentation, manifestation, and diagnosis of heart disease, it's important that women learn about these differences so that they can recognize when a heart attack is occurring and get proper, life-saving care as quickly as possible. Being proactive and taking steps to ensure your optimum health are key to preventing heart disease. Learn your numbers and work to improve them if necessary. Make this your year to take care of yourself by increasing physical activity (10,000 steps/day), commit to exercising just 30 min a day, receive adequate sleep (7-8 hours a night), and making healthier food choices by eliminating fast food, limiting processed food and choosing a clean diet composed of whole foods and by **reducing stress**.

February is Go Red month, dedicated to raising awareness of heart disease in women. Traditionally heart disease has always been thought of as a man's problem. However, the incidence of cardiovascular disease is similar in both sexes. Please take a few minutes to educate yourself regarding the signs and symptoms of heart disease in women. It may save your live or the live of someone you love.

One in four women die from heart disease, making it the #1 killer of women, regardless of race or ethnicity. It kills more women than breast, lung and colon cancer combined – yet we often fail to recognize that we are at risk for developing heart disease. In addition, our symptoms of heart disease are much more subtle – sometimes we do not even experience chest pain! Women often chalk up symptoms to less life-threatening conditions like acid reflux, the flu, or normal aging.

HEART ATTACK WARNING SIGNS

- ♥ Chest fullness, tightness, squeezing, discomfort, pressure or pain. Usually located in center of chest, lasts a few minutes, or that goes away and comes back.
- ♥ Shortness of breath. This may occur with or without chest discomfort.
- ♥ Discomfort in the neck, the jaw, the chest, shoulders, upper back and both arms
- ♥ Indigestion or belching.
- ♥ Breaking out in a cold sweat, nausea or lightheadedness

If you think that you are having a heart attack - please do not go and lie down to see if you will feel better!!! Call 911 – you will be seen immediately upon arrival to the emergency room (versus arriving in a personal vehicle) and life-saving treatments can be started while in-route to the hospital. **Chew** (don't swallow) 325 mg of aspirin (4 baby aspirin) – this can help restore some blood flow during the time period that it takes you to get to the hospital.

RISK FACTORS THAT CAN BE MANAGED

- ♥ Smoking
- ♥ Diabetes
- ♥ High cholesterol or low HDL "good" cholesterol
- ♥ High blood pressure
- ♥ Lack of regular activity
- ♥ Physically inactive or having a sedentary lifestyle
- ♥ Overweight or obese

RISK FACTORS YOU CAN'T CONTROL

- ♥ Age > than 65 years
- ♥ Family history of heart disease
- ♥ Race
- ♥ Previous heart attack
- ♥ History of pre-eclampsia, pregnancy induced hypertension, diabetes during pregnancy
- ♥ Inflammatory diseases (psoriasis, inflammatory bowel disease, Crohn's disease, etc...)
- ♥ Certain autoimmune disorders





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Insurance Disputes, Business & Real Estate Disputes

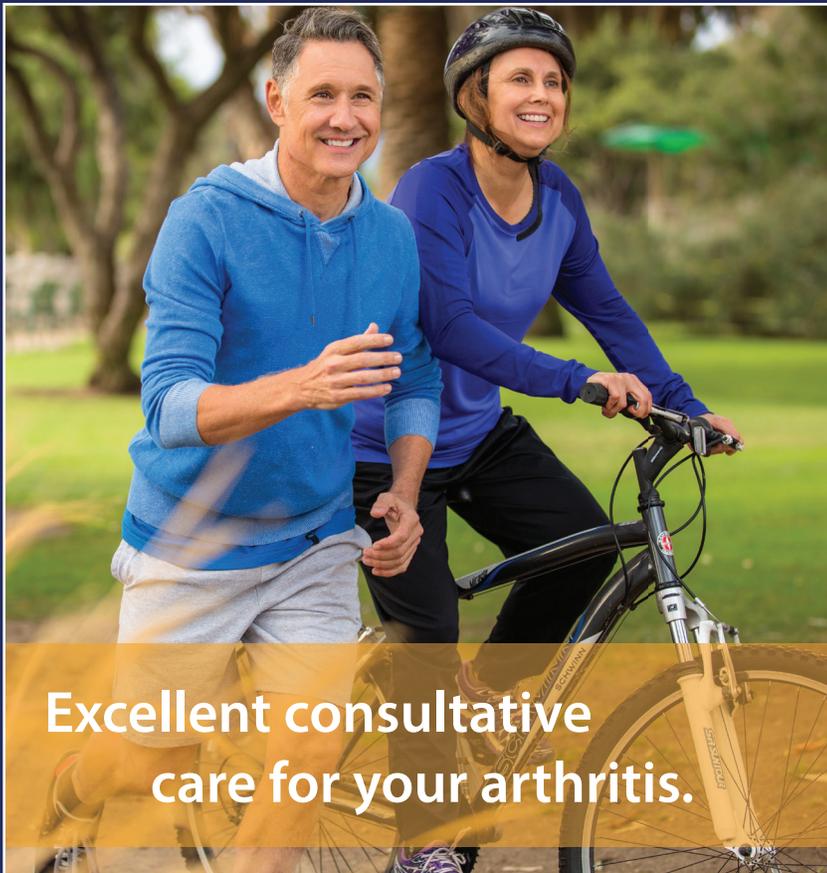
Jay has been recognized by his peers as a 2019 “Lawyer of the Year” in the practice area of litigation (insurance) in Wilmington, NC, where he practiced law before relocating to eastern North Carolina. He will be highlighted in the 25th Edition of The Best Lawyers in America.

Jay has been recently been recognized with an AV Preeminent Rating by Martindale-Hubbell, their highest possible rating in legal ability and ethical standards. Jay also practices in the areas of trust and estates litigation and construction law.



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Insured By Saul

BY ARON DANIELS

Only the strongest willed among us can talk insurance and stay checked-in the whole time. You know you need insurance but all of the details can get confusing! Sitting down to talk with local State Farm Agent Saul, insurance feels a lot different. Saul is great at helping you understand what coverage's you have and need because he actually cares about helping you. That makes a HUGE difference.

One aspect of his work that Saul really enjoys is helping his fellow small business owners. He knows that a lot goes into opening and running your own business and that typically insurance is one of the items that doesn't get as much attention as it should. Saul understands that each business is different and has varying needs when it comes to their insurance coverage. He and his team offer plans tailored to the needs of specific businesses. As part of the evaluation process, Saul visits with the owner when and where it is convenient for them. Saul helps business owners determine their needs for a general business policy, liability coverage limits, workman's comp need and costs of re-placing inventory and equipment. Every business is different and needs to be assessed for the specific needs they have.

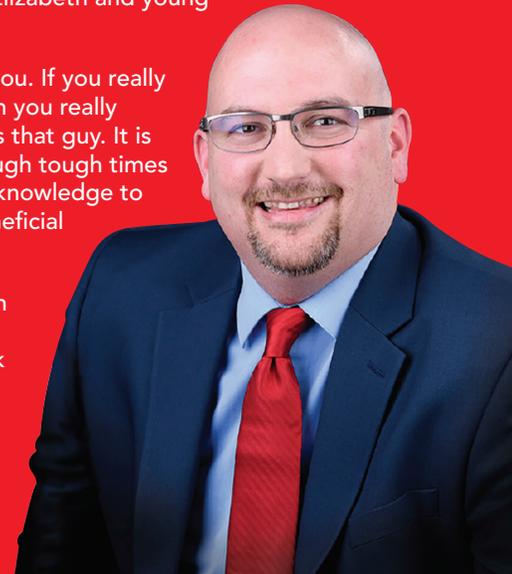
Before opening his own State Farm business, Saul worked in State Farm's claims department for eleven years. During that time, Saul helped many people recover after tragedy struck and this grew his personal drive to help people with a very hands-on approach. Saul handles all of the claims for his customers every step of the way. When a situation needs to be resolved, he is the one on the phone and in communication with the insurance companies helping to streamline the process on his customers' behalf.

All of Saul's customers have his personal cell phone number and know that they call anytime there is an emergency. As a local agent, he is able to provide remarkable customer service in the truest sense. Saul's goals are to help his customers save money while also ensuring that they have the coverage they need.

Saul is an advocate for the local community. Saul cares about Pitt county; regularly working with several local non-profits and encouraging positive change and growth. When deciding to open his own State Farm location, he explored Greenville and much of ENC to determine the best place for his home office. He quickly realized that this city was where he felt connected and decided it need-ed to be the home of his business as well as to set down roots with wife Elizabeth and young daughter Lily.

Don't let insurance intimidate you. If you really want someone to be there when you really need them the most then Saul is that guy. It is in his heart to help people through tough times and he has the experience and knowledge to accomplish that in the most beneficial way possible.

Let Saul help you find comfort in knowing that you are properly insured. To contact Saul and talk about your insurance needs, contact him at (252) 214-1279 or Saul@InsuredBySaul.com or stop by his office at 3125 Old Tar Road, Suite D, Winterville, NC 28590.



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HEART for ENC

BY BETHANY BRADSHER

In the corporate world, opportunities abound for training in team building, leadership and organizational skills, but too often the staff of nonprofits are hustling to run their ministries on their own with little support. Heart for ENC exists to provide a remedy for that problem by coming alongside local nonprofits and helping to boost their capacity.

Founded in 2015 by a group of Greenville businessmen who saw a need to strengthen this community's outreach efforts by providing resources for local nonprofits, Heart for ENC serves a variety of agencies and ministries through training and development, connecting needs and resources and providing support services such as grant writing and financial audits. The organization's mission, "To equip and empower nonprofit ministries, freeing them to transform our community for Christ," has been lived out as more than 60 nonprofits throughout the east have gleaned benefits from Heart for ENC's efforts.

"Nonprofit leaders are a wonderful group of individuals that have a passion for what they do and how they serve others, and they are so focused on their mission and purpose that often they don't take the time or don't realize where they need help," said Sharon Justice, a member of the Heart For ENC Board and a faculty member in leadership development in the ECU College of Business. "I have seen firsthand how much of a blessing it has been to carve out space and provide resources, encouragement and training and development for these leaders."

Sid Bradsher accepted the position as the first full-time director of Heart For ENC in January 2018 after working for 23 years in vocational ministry and three years in the business world, and that blend of experience has allowed him to help "ministry entrepreneurs" maximize their strengths and identify the areas where extra support and resources could allow them to more effectively fulfill their mission.

"I know how isolating it can feel being at the helm of a nonprofit organization," Bradsher said. "In addition to the training and support we're trying to provide we're seeking to build relationships with and among nonprofit leaders to encourage them and lead them to form their own partnerships."

The staff of the Carolina Pregnancy Center have been benefiting from Heart for ENC's training and other services for several years, and executive director Laura Strabley said that every workshop she attends helps expand their ability to serve their clients and also helps her connect on a deeper level with both her own staff and people affiliated with nonprofits all over the region. Because Heart for ENC offers its workshops free of charge, CPC is able to take advantage of those opportunities locally and make the most of the money their donors give to benefit the center.

"It's saved us precious nonprofit fundraising dollars," Strabley said. "There is something about having an opportunity to learn with local leaders, because we are leading month by month, year by year with these other leaders. Besides gaining information for our organizational health we are growing in relationship with one another and networking more effectively with one another. I think that promotes a greater strength within our community."

In addition to the group workshops, which cover topics like board development, strategic planning or fundraising, Heart for ENC meets with offers cost-free grant writing services, coaching and consulting

for nonprofit directors and facilitation for area ministries looking to bring their own staff together for planning and encouragement. Bradsher and Justice, who is also has a consulting business called Justice Leadership, led a retreat for Strabley and her CPC staff last summer, and Strabley said that the time out of the office resulted in a more cohesive team and a better understanding of each individual's strengths.

Heart for ENC has also had the opportunity to guide the formation of several new nonprofits, including Awaken Coffee, an initiative to open a coffee shop in Greenville that employs adults with special needs. Carol Preston, one of the cofounders of Awaken Coffee, said she has appreciated Bradsher's willingness to pray, give advice, and point them toward resources and connections that can help turn Awaken Coffee into a robust, growing mission.

"He has been such an encouragement in a world that I know nothing about," Preston said of Bradsher. "I don't have much experience in the nonprofit arena and business arena; I'm just a girl who sees a need and is trying to fill it."

Heart for ENC exists to remind visionaries like Preston that they aren't alone, to provide a multifaceted support system that will allow them to fulfill their calling to serve people and strengthen the region in the process. "It's been a real privilege to get to know all of the amazing people who are working for good in Eastern North Carolina," Bradsher said. "If we can be part of helping them grow, it's a win for us and certainly a win for the community at large."

To learn more are Heart for ENC and to view their Resource Guide of local non-profits, visit HeartForENC.org



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WOMEN TO WATCH

To submit a nomination for Women to Watch, go to pittcountywomen.com/nominate

VICTORIA TOMPKINS

Victoria Tompkins is the owner of Escape Spa in Greenville, which she has owned for three years.

Victoria's love for hair started when she was young, going to and from hair salons with her mother who battled cancer for many years. Watching her mom go through chemotherapy, Victoria realized how much of an impact a simple hair style or wig could make, literally changing someone's whole view about themselves.

When Victoria was 15 years old, her mother lost her battle with cancer and she wound up in

Greenville with her father. She was determined to continue her education and become a hairstylist, even after becoming a mom at 19.

Many people doubted that cosmetology school would lead to a permanent career and that by "playing with hair all day" she would be able to support herself and her son. But it was a passion for Victoria and she knew she would be able to help many people along the way.

Following graduation from cosmetology school she spent two years doing hair before coming

across a salon that was for sale. Victoria found herself a business owner at the age of 25.

Victoria has organized fundraisers benefiting local cancer groups which allows her to connect with cancer survivors and learn their survivorship stories, something which brings Victoria peace and happiness.

Victoria loves her customers and especially loves developing real relationships with them. Connect with Victoria and learn about the services offered at Escape Spa on Facebook at Escape Spa and Boutique and on Instagram @escapespaandboutique_nc



METISIA WOOTEN

safety are always at the top of her mind.

Before Metisia sported her Chef's hat she operated in the corporate world of Information Technology. Her passion for helping others allowed her to sit on various committees and boards and to share her positive values for her community.

She is a member of the Lenoir Community College Advisory Committee for Culinary Arts, Pitt Partners for Health, Healthy Lives Healthy Choices, part-time instructor for Pitt Community College Continuing Education Department and Volunteer for Pitt County Council on aging meals on wheels.

Metisia's advice is, if your bored in what you do, find what makes you happy and do it. Don't allow yourself to stay stagnant and complacent. Lead from loving what you do 100%, serving others and the rest will line up accordingly.



Metisia Wooten is a native of North Carolina and the owner of Cooking with Metisia and Wootenfitnezz. Metisia is a Personal Chef and Health and wellness professional.

Out of all the hats that she wears, mom is the one she holds most dearest to her heart. When she is not working with clients giving them a fun experience you can find her having fun as a basketball mom cheering on her energetic son.

Metisia holds an A.A.S Degree in Culinary Arts from Lenoir Community College and is a Certified chef through the American Culinary Federation. Food, Fun, and

JUDI CREECH

Kindness is a gift everyone can give. My name is Judi Creech and I am a self-employed data specialist. I became fascinated with painted rocks in 2017. I was visiting family in Texas when we found a beautiful rock with a dragonfly painted on it from a group named Waco TX Rocks. It was the simplest thing but it made me smile. So, I created a Facebook group for IBX Rocks in September 2018, began to paint and hide rocks in hopes of making someone smile.

Painting rocks is for all ages and abilities. I would love anyone and everyone to paint and hide rocks to give and find smiles. Each one I paint still makes me smile. You can use paint,

chalk, crayons, sharpies, decals or whatever you like to use your creativity and making people smile. On the back of your rock please write "IBX Rocks - Facebook" and then keep or re-hide the rock. I think it is great to see them travel!

The idea of painting something as simple as a rock to make someone smile to me is great. It feels good to give kindness and to receive kindness. We paint rocks and hide rocks as an act of random kindness to unexpectedly brighten someone's day. It isn't all about the best. All rocks do the same thing. They make a person smile.

The purpose in painting rocks is simple, to cultivate connections within communities and lift others up through simple acts of kindness.



LYNDSEY HOGUE

Lyndsey Hogue is a native of Dallas Texas and an alumni of Texas A&M University and Texas A&M University Health Science Center and Barton College.

Upon completing her Master's in Healthcare Administration, she took a leap of faith and relocated to North Carolina for a fellowship at Vidant Health that later turned into her going deeper into the healthcare field of management.

After managing several sectors in the hospital, Lyndsey decided to go back to school at Barton College to become a registered nurse where she specializes in Nephrology. After managing for 6 years Lyndsey decided to work as a nurse at the bedside to better understand both the business and clinical sides of the healthcare industry.

Outside of being a nurse, Lyndsey is also a certified personal trainer and health coach. She is the owner of MELT Fitness Studio in Uptown Greenville, NC. It is the



first black, woman owned facility of its kind in Greenville, NC. The company started off as a bootcamp in Greenville in 2014 and she later secured a location where the focus is all about the client's physical and emotional well being.

Her main goal is to continue to educate those about their health and ensure that every client she encounters is at their optimum state of wellness and never has to visit her on the hospital floor as a nurse! When Lyndsey isn't working as a nurse or training her clients she spends her time thinking of new ways to deliver healthcare and enjoys gardening.

IVY BAGLEY



Ivy Bagley, a native of Martin County and resident of Greenville, practices at Children's Health Services as a Board Certified Family Nurse Practitioner and an International Board Certified Lactation Consultant. Recently, she achieved her Certificate of Advanced Education in Obesity Medicine and was appointed to the OMA Pediatric Committee.

Her passion for encouraging families to live a healthy lifestyle can be seen in her recent formation of "Blessed and Healthy Families," an online forum to learn about health across the lifespan. Ms. Bagley is "passionate about changing the trajectory of obesity as well as the overall health of Eastern North Carolina."

Ms. Bagley also owns Creative Blessings Photography and enjoys serving the local community with her skills. She frequently volunteers to photograph special events and supports various charities with her donations to fundraisers.

Check out her pages on Facebook- "Creative Blessings Photography" and "Blessed and Healthy Families."

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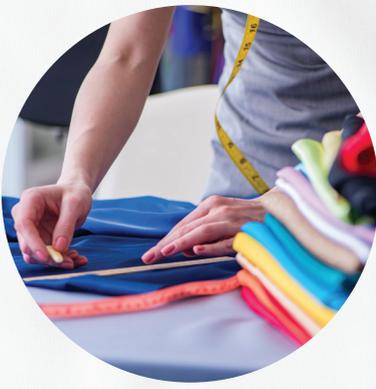
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Saving the world... ...one bag at a time.

I've decided that 2020 is the year to wage war on plastic shopping bags. Reusable shopping bags have been around for a very long time and are now widely available in all sorts of sizes, shapes, materials, and price points.

Although I've had a growing collection of reusable bags quite some time, the collection only made it to my car for larger, planned shopping trips. That means that every time I stopped by the grocery store to pick up a few items in between planned trips, I always found myself without my reusable bags and would feel guilty about adding to the single-use plastic problem by using the bags at the store.

I could probably buy another bag at the store for anywhere between \$1-\$5 depending heavily on the store, but for a budget conscious gal like myself, that didn't solve the problem.

Late last year I found myself completely captivated by reuse and upcycling projects to reduce waste. Pinterest is, as ever, the Holy Grail of project ideas. Instructions for DIY reusable market bags have presented a solution to not only my own bag problem but inspired me to look for opportunities to spread the use of eco-friendly bags.

I keep one bag in my purse, handy for unexpected stops at the grocery store, and a stockpile in my car should I need more. Even better, I've started sharing them with strangers.

It only takes a few minutes to make a bag out of a shirt I didn't spend any extra money on—I have no problem gifting one away when the person behind me in line only has a few items and doesn't have a reusable bag with them.

Do I probably seem like a crazy person? Maybe. But I've found that by asking, "Did you bring your own bag?" and then offering, "Here—I have an extra you can have to save a plastic bag," most people are happy to accept. I give a quick explanation of how I made it and encourage them to make a few more for their personal use.

My hope is that they will not only make a few more, but will give one to a stranger in a grocery store, explain how to make one, and encourage someone else to change one small aspect of their life to better our planet.



Make your own. Pass it on.



1. Cut the sleeve and collar of the shirt.
Note: collars can be removed with a rounded cut or a v-cut depending on preference.

2. Trim the excess fabric from the collar and snip the ring open.

3. Snip the lower hem to create a small opening.

4. Secure a safety pin to one end of the collar elastic and feed through the opening created in the lower hem.

5. Continue to feed the safety pin through the hem, bunching the fabric tightly as you go.

6. When the elastic has been fed all the way around the hem, cinch as tightly as possible and knot the ends together, cutting off extra.
**Flip the bag inside out before tying off to make sure the knot is on the inside of the bag.*



OTHER NOTES:

There will be hole in the bottom of the bag when cinched, varying in size based on how tightly the fabric bunched—I have not experienced any problems with items falling through when loading bags at checkout.

Tie the shoulder/straps together to create a 1-handed bag.



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Dr. Noel Peterson, MD, FACC, FASE

Director of Women's Cardiovascular Disease for ECHI



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DISCOVER PORTUGAL
Departure: September 18

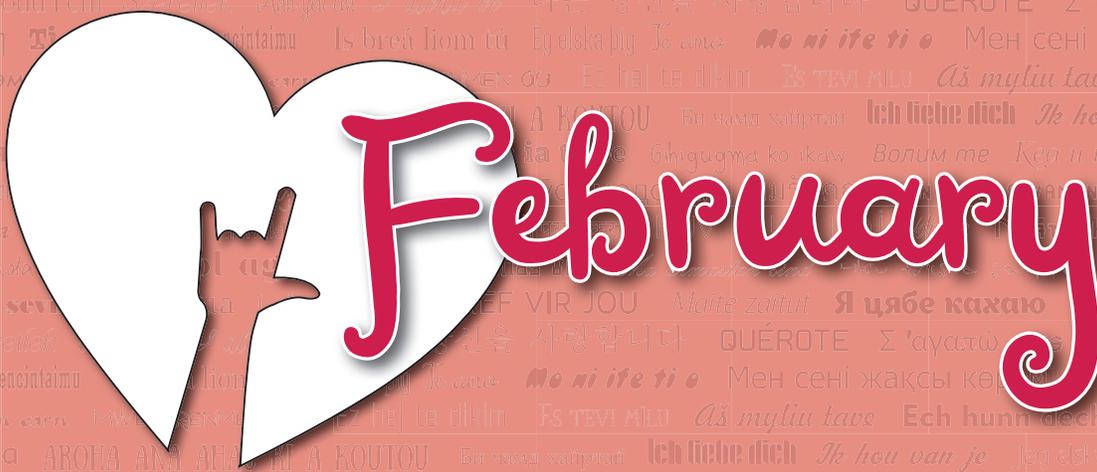
THE RHINE RIVER CRUISE
Departure: September 19

SPOTLIGHT ON SOUTH DAKOTA
Departure: October 9

FOR MORE INFORMATION, VISIT:
www.greenvillenc.org/trips



Greenville-Pitt County Chamber of Commerce



February

FEBRUARY 5

World Read Aloud Celebrations

Sponsored by READ ENC: Community Literacy Coalition
3:30PM-Children's Library at Sheppard Memorial
6:00PM-Barnes & Noble-Greenville
Join us for special guest read alouds, books, fun, and more!

Vote Protector Training

6-8pm, S Greenville Recreation Center, 851 Howell St
Help ensure your neighbors have an equal opportunity to participate in the political process in 2020. Get trained as a poll monitor. Save your seat at demnc.co/gvlep

FEBRUARY 7-9

28th Annual Eastern Carolina Unnatural Resource Fair

Greenville Convention Center, 303 SW Greenville Blvd in Greenville
See how creative your neighbors are with reused materials! Showcase and contest. Perfect for the whole family. Inspire change and a sustainable mindset. Free and open to the public.
www.UnnaturalResources.org

Friends of Sheppard Memorial Library Used

Book Sale

Greenville Convention Center, 303 SW Greenville Blvd in Greenville
Feb 7: 9am-8pm
Feb 8: 9am-6pm
Feb 9: 12-3:30pm ** \$5/bag **
Thousands of books, including hardbacks, children's books, and DVDs.

FEBRUARY 7

Give Kids a Smile Day

7am-1pm, 1025 Johns Hopkins Dr in Greenville
The East Central Dental Society's 18th Annual event for children 5-15 years old without a dentist or dental insurance. Local dentists from the ECDS and the ECU School of Dental Medicine provide free cleanings, x-rays, fluoride, and treatment. Appointment required -call 252-364-8107 to schedule or find out more!

FEBRUARY 8

Mom & Son, Night of Fun!

6:30-8:30pm, The Painted Peacock, 631 Red Banks Rd in Greenville
Spend the evening painting with your favorite little man. Sweet treats and a flower for your adorable date. Cost: \$6/person plus pottery price. Reservations recommended; limited seating.
ThePaintedPeacockNC.com/mom-and-son

FEBRUARY 10

Intuitive Development: Self Muscle Testing with Heartfelt Energy

Work with kara emmy!
6-8pm, Location to be advised at time of registration.
Bypassing conscious thought, muscle testing accesses your intuitive and energetic systems. It is not a replacement for conventional medical diagnostics. Cost: \$75 (\$25 deposit due at time of registration. Register at lifeofgratitude2@gmail.com

FEBRUARY 14

Kid's Night in Nature

6-9pm, River Park North, 1000 Mumford Rd in Greenville
Ages 7 & up. Drop the kids off and plan an evening to yourself. Kids will learn about adaptations that animals use at night and go on a night hike Food provided. Fee: \$18; Discounted Greenville Resident: \$15. For additional information please call (252) 329-4560 or email awimsatt@greenvillenc.gov

FEBRUARY 15

Henry & Ramona, ECU Storybook Theatre

2-3pm, Turnage Theatre, 150 W Main St in Washington
Newbery Award-winning author Beverly Cleary's irrepressible hero saves the day in this adaptation of one of the best-loved children's book series of all time. Tickets are for general admission seating. Concessions available. Tickets at www.ArtsOfThePamlico.org/event/

FEBRUARY 16

Wine Cork Monogram Workshop

2-4pm, Simply Divine Oil & Wine, 692 E Arlington in Greenville
Learn to make a one-of-a-kind wine cork monogram wall plaque. Perfect for a Girls Night Out. No artistic talent needed. Cost: \$35. All materials provided. Tickets on Eventbrite.

FEBRUARY 17

What's Up Breakfast

8:30-10:30am, 1986 Pitt Tech Rd in Winterville
Supporting families of LGBTQ+ youth. Learn about history, policy, and resources regarding the LGBTQ+ community; discuss strategies to increase acceptance and resiliency.

FEBRUARY 21

Square Dancing!

7-9:30pm, Whirligig Stage, 628 S Pitt St in Greenville
All ages and experience levels welcome. Learn clogging and square dancing basics steps then have fun dancing! \$10 General Admission

FEBRUARY 23

Eastern Carolina

Bridal Expo

1-5pm, Greenville Convention Center, 303 SW Greenville Blvd in Greenville
Local vendors and service providers for planning your wedding in ENC. Cost: \$6/person at the door

FEBRUARY 24

Explain Pain

6:30-8:30pm, Advantage Therapy Solutions, 212 E Arlington Blvd in Greenville
Dr. Jason Lee discusses chronic pain, causes, and how light and therapies can help.

FEBRUARY 28

Beaufort County Mobile Free Pharmacy (OTC Giveaway)

9am-2pm, 304 2 2nd St in Washington
Free and open to the public. No ID or proof of residency required. Must be 18 and older. Hosted by NC MedAssist and Vidant Beaufort Hospital.

FEBRUARY 29

Seriously Clowing Presented by Matt White Comedy

8-10pm, Whirligig Stage, 628 S Pitt St in Greenville
Sketch Comedy Show. Ages 16 and up due to adult themes. Tickets at WhirligigStage.com.

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 or text 252-364-1909 to reserve your space. Location to be advised at time of registration. Suggested donation \$10.

The best *date* you
can make



Love your health first

*Getting your annual mammogram is
the best way to treat yourself.
Early detection saves lives.*

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