



October 2020

Volume I, ISSUE III

4%

**You're in My Bubble**

*Personal Space*

**Training for Life**

*Colin Cole*

**Cathy Powers**

*Running Fir Wreaths*

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# EDITOR'S MEMO



# DON'T FORGET YOUR PASSION

A few days ago, I stopped to drop off a small gift for my friend Tracy, who recently celebrated her birthday. Little did I know, she also had a surprise for me, and words I truly needed to hear.

While antique shopping with her boyfriend, Jamez, Tracy picked up an item from the store shelf. "This reminds me of Darcy," she told him.

As they stood in the store, Tracy's phone notified her of my incoming text. "We *have* to get it," she said.

We caught up for a few minutes, and Tracy handed me a bag. It had a metal camera inside. As she hugged me tight, she said, "Don't forget your passion."

Tracy has always had a beautiful way with words, and at that moment, I desperately needed the reminder...

2020 has been a challenging year for so many small businesses, and during difficult times, it can be easy to forget the passion that made you fall in love with your work in the first place.

I am happiest and most comfortable behind my

camera...observing, documenting...taking it all in.

I love seeing expressions and relationships captured through photos.

Working with families year after year has allowed me to watch their children changed and grow up.

I even enjoy the late-night editing and deadlines.

I know many others who own small, non-essential businesses feel the same way.

Our work is our identity.

We are proud of what we do, and we find joy in it.

We have missed the fulfillment of being busy, finalizing a project, and seeing our clients and customers happy.

My short visit with Tracy was just what I needed to remind



myself of not only having something to be passionate about but nurturing it, even when things aren't perfect.

What will the remaining days of 2020 bring? Will 2021 improve?

We all must choose an attitude that will ameliorate whatever comes our way and remember Tracy's wise words to keep us going...

"Don't forget your passion."

Thank you, Tracy! You are a beautiful blessing!

Darcy :)

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# 4%

by if it's digital

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## **ON THE COVER**

Melting Icicles

Photo: if it's digital



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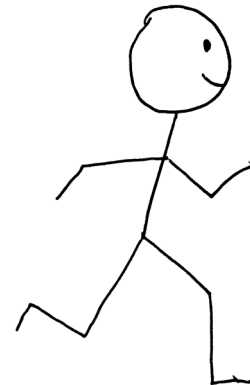
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DON'T WORRY

**You didn't miss a thing!**

Because so many businesses were forced to be closed during the COVID-19 stay-at-home order, Volume I, Issue III of 4% was not published.

Please support your local businesses, both essential and non-essential, during this difficult time. We **all** want to continue to serve our community.



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# THE ART LIFE

## DEEPER SHADE OF BLUE

COPY AND PHOTOS SUBMITTED BY: Wilson Pickins Promotions

North Carolina can once again be credited for producing great bluegrass. Hailing from just east of Charlotte, Deeper Shade of Blue is comprised of Jim Fraley (banjo/vocals), Jason Fraley (mandolin/vocals), Troy Pope (guitar/vocals), Frank Poindexter (dobro), and Scott Burgess (bass/vocals).

The band has been together for just over 19 years and has self-produced six albums. A quick search on YouTube will no doubt prove why this band has been a favorite in their home state for years. With their tight harmony singing, they've been lauded as a top-notch vocal group and one that regional festivals have added to their lineup consistently. With their label, Mountain Fever Records, they released the hit record, STEAM in 2018, and fans can expect Deeper Shade of Blue to be back in the studio working on their next installment very soon!

BLUEGRASS UNLIMITED calls A Deeper Shade of Blue a "best-kept secret" and says, "the vocals on this album are certainly solid....and it's obvious that there is no weak link on instruments. Each break is crisp and clean and comes in at just the right time, while the backing of the vocalist is expertly crafted."

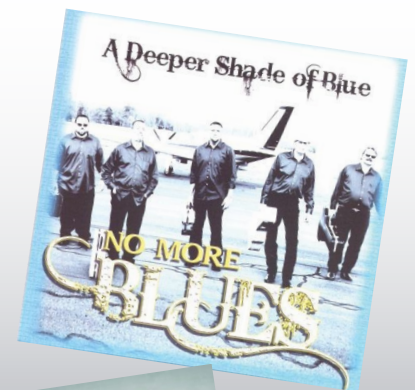
COUNTRY STANDARD TIME SAYS "Solid songwriting and musicianship, as well as vocal harmony and diversity, prove that these bluegrass boys definitely have enough "STEAM" to pull the train a long, long way."

"Making music is what they love to do and have been blessed with success from the start. The band was even named "Group of the Year" in 2007 at The Carolina's Country, Bluegrass, and Gospel Hall of Fame. Impressive! Their soulful rendition of 'How Great Thou Art' will leave you speechless," says COUNTRY REBEL magazine. Deeper Shade of Blue has one of their busiest tour schedules ever in 2020, and you can follow them online or on social media to see when they will be on a stage near you!

[deepershadeofblue.com](http://deepershadeofblue.com)

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# SUPER KIDS

## ALEXIA VEGA FRANCESCHI WINS BACK-TO-BACK CHAMPIONSHIPS IN UCPS SPELLING BEE

BY: Union County Public Schools

PHOTOGRAPHY: Union County Public Schools

On Jan. 24, 2020, Sandy Ridge Elementary fourth-grader Alexia Vega Franceschi won the 2019-2020 UCPS Spelling Bee, marking back-to-back championships in the past two years that she has competed.

Breezing through 16 rounds, spelling words such as “tarpaulin” and “dactylic” with relative ease, the 9-year-old clinched the competition by correctly spelling the word “ganglion.”

“I am very excited. I wasn’t that nervous until I got to ‘ganglion,’ which was my last word,” Alexia said after the competition. “My sister helped me study the words so that I could be ready for today.”

Alexia’s sister, Eva, who is a sophomore at Marvin Ridge High, won the UCPS Spelling Bee in 2018 and went on to compete at the Scripps National Spelling Bee later that year.

Each of the district’s 39 elementary and middle schools sent their school-level champion to the UCPS Spelling Bee. For two hours, parents, principals and family members in the audience held their breath as the spellers plowed through the 16 rounds, spelling words such as transmogrify, gladiatorial, pruritus, ecclesiology and more.

By the 11<sup>th</sup> round, Alexia began a head-to-head competition Weddington Middle student Daniel Wei which lasted an additional five rounds. No stranger to spelling bees, Daniel was the 2017 UCPS Spelling Bee champion and won the first runner up title in 2019.

“I was excited at first but as the rounds continued I started to get nervous. There was a lot of tough competition this year,” he said. “I studied a lot to prepare. I’m going to try to come back again next year.”

Now that a district champion has been chosen, Alexia will represent UCPS at the 66<sup>th</sup> annual Charlotte Observer Regional Spelling Bee, which will be held in February. In the event Alexia is unable to attend the regional competition, Daniel will compete in her place.





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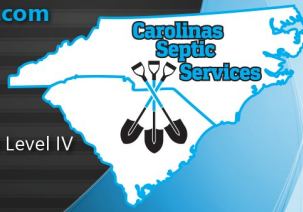
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## Cathy Powers

BY: Cathy Powers' Press Kit

PHOTOGRAPHY: Submitted

Cathy Powers is a [published author](#), speaker, and Gold Star Mother. She resides with her family just outside of Charlotte, North Carolina, “our nation’s most military friendly state.”

Cathy is resilient. She’s been through tragedy, and suffered great loss and shattered dreams. Her son, Senior Airman Bryce Kenneth Powers, passed away on April 26, 2013, six and a half months after a motor vehicle accident in Japan place him in a coma. He is now buried in Section 60 at Arlington National Cemetery.

After the death of her son, Cathy struggled with grief and her own health and happiness. She turned to food, her lifelong drug of choice, overeating in an attempt to numb her pain. She gained weight, reaching nearly 300 lbs., and lost hope of ever having a good, healthy life again.

During those dark years, Cathy visited Arlington National Cemetery and found a beautiful live balsam fir wreath on her son’s grave, along with thousands more covering each of the headstones at the cemetery. It made an impact on her. In time, her heart began to heal and her hope returned.

Today, Cathy is 140 lbs. lighter, runs regularly, and lives not only for herself but for her son. “When I run, I think of my son and all the things I need to be thankful for. I want everyone to know it is never too late to be the best you.”

In January 2019, Cathy pledged to honor her son, and all veterans, by “Running Fir Wreaths.” Her goal was to run a total of 1,000 miles, a portion in every state. She did this while raising funds to sponsor veterans’ wreaths to be placed at Arlington National Cemetery next December as part of Wreaths Across America.

Powers’ running journey kicked off on Sunday, Feb. 17, 2019, in Fortuna, Calif. She presented a veterans’ wreath to the community at 2:00 p.m. in front of the Veterans’ Building, before running with members from the local community. From there, she traveled to Hawaii to run with one of Bryce’s doctors. To recap

Powers’ journey, visit [www.facebook.com/WAAHQ](http://www.facebook.com/WAAHQ) or listen in at [wreathsassamerica.org/radio](http://wreathsassamerica.org/radio).

“The Wreaths Across America mission to Remember, Honor, and Teach, has resonated with millions of Americans in ways we could never have imagined or planned,” said Karen Worcester, volunteer executive director, Wreaths Across America. “Knowing Cathy’s journey, and now watching her take on this incredible challenge...it gives me hope that this mission is making an impact on people’s lives. She has motivated me in so many ways and we are so proud to be supporting her...”

Wreaths Across America is a 501 (c)(3) nonprofit organization founded in 2007 to continue and

expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman, Morrill Worcester in 1992. The organization’s mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-



laying ceremonies in December at Arlington, as well as at more than 1,600 participating veterans' cemeteries and other locations in all 50 states and overseas.

In 2018, nearly 1.8 million veterans' wreaths were placed on headstone at 1,640 participating cemeteries around the country in honor of the service and sacrifices made for our freedoms. Each veteran's name is said out loud as a wreath is placed in their honor. At Arlington National Cemetery specifically, more than 60,000 volunteers placed wreaths on 253,000 headstones.

National Wreaths Across America Day and the corresponding wreath-laying ceremonies are held annually, on the second Saturday of December. Wreaths Across America's annual truck and vehicle convoy from Harrington, Maine to Arlington National Cemetery has become known as the world's largest veterans' parade, stopping at schools, monuments, veterans' homes, and communities along the way to remind people how important it is to remember, honor, and teach. Wreaths Across America is committed to serving and honoring our nation's veterans, and conducts several programs throughout the year. The popular "Thanks a Million" campaign distributes cards to give veterans a simple "thank you" for their service. Wreaths Across America also participates in veterans' events, and has a veteran liaison on staff to work with local veterans' organizations.

Each live veterans' wreath costs \$15 to sponsor. You can sponsor a wreath by visiting Cathy's fundraising page at [www.wreathsasscrossamerica.org/VA7777](http://www.wreathsasscrossamerica.org/VA7777).

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# HEALTHY MINDS

## You're in My Bubble

BY: Darcy DeMart

GRAPHICS: if it's digital

A couple of years ago, I was traveling alone, and while waiting to go through the security checkpoint at the airport, a man in his twenties stepped into the line behind me.

Immediately I felt this stranger was standing way too close to me. He was in my bubble. When I moved forward in line, he moved with me, getting closer each time.

At one point, I could feel as he exhaled. "Ugh!!!," I thought. I cleared my throat. That didn't work. I put my carry-on bag between us. He still wasn't getting my cues.

In my head, I was trying to think of a polite way to let him know he was encroaching, but when I opened my mouth, all that came out was, "Hey! Back off." He got my point and created an acceptable amount of space between us, but I kept thinking about how obvious it should have been that he was too close.

This situation, and others, remind me of my college Communication Studies and Sociology courses. One course emphasized personal space...right down to inches and feet.

Each of us has an imaginary bubble that surrounds us. It is our personal space or comfort zone where we only allow certain people, in certain situations, and for certain lengths of time.

The formal term for this bubble is *proxemics*. Proxemics was coined in 1959 by anthropologist Edward T. Hall, and it refers to the distance between people as they interact.

The physical space between individuals is another form of communication, similar to facial expressions and body movements.

According to Hall, the space we allow between

ourselves and others varies and is separated by the following; intimate space, personal space, social space, and public space.

**INTIMATE SPACE**                      0 - 18 inches  
Intimate space is reserved for special people in our lives. These are the people we allow to touch us. Spouses, lovers, children, close family, and pets are allowed in our intimate space.

Doctors, nurses, hairstylists, and other personal care or health professionals may also be allowed in our intimate space.

**PERSONAL SPACE**                      18 inches – 4 feet  
We allow friends and associates in our personal space.

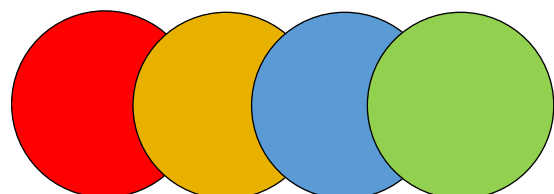
**SOCIAL SPACE**                      4 feet – 12 feet  
Social space is for most of the population. It is acceptable for strangers, the general public, and new friends to be in our social space.

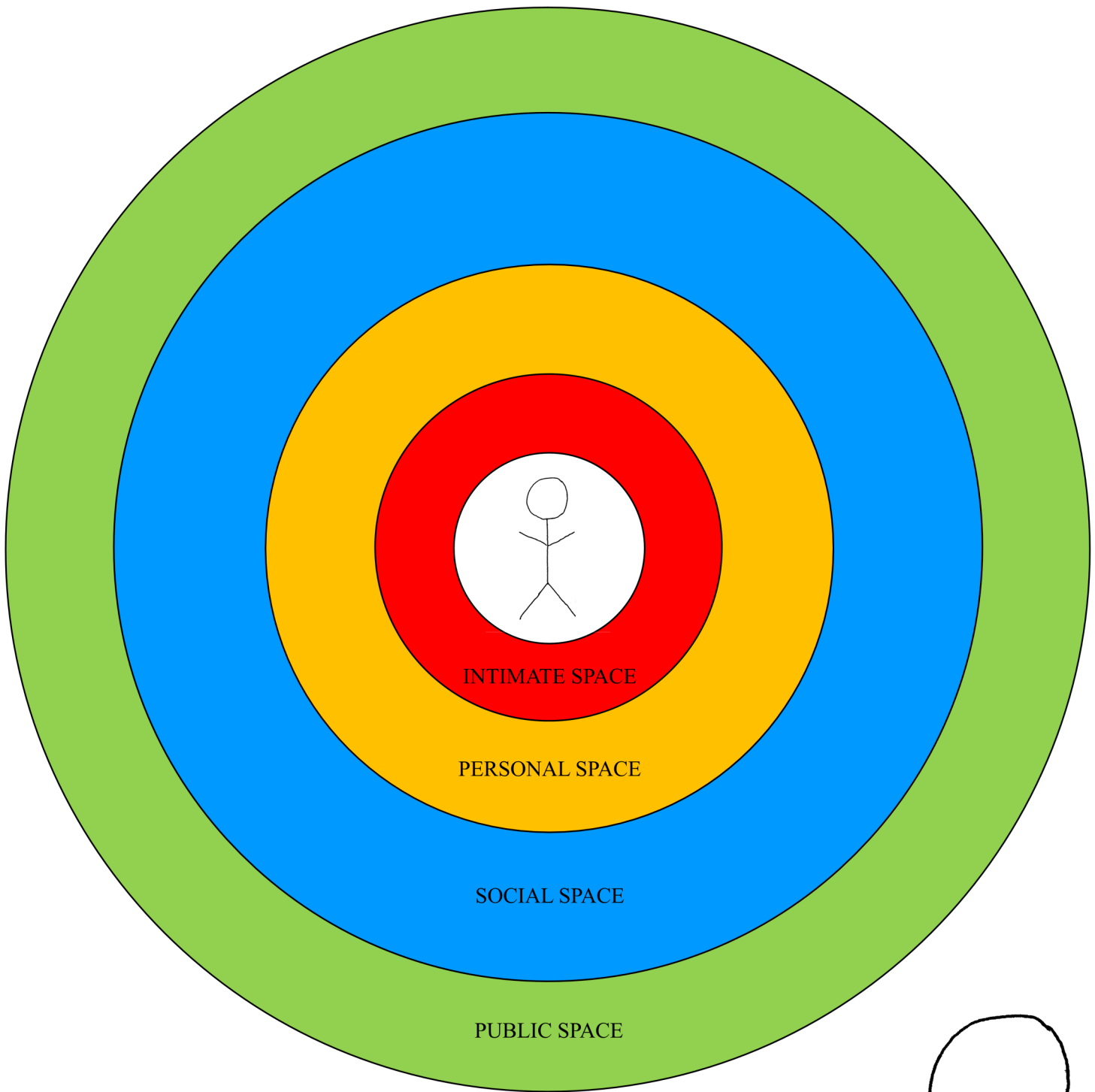
**PUBLIC SPACE**                      12 feet and more  
Public space is reserved for speakers, teachers, or others who speak, or perform, to an audience.

The way we interact with each other has drastically changed over the past few months. COVID-19 guidelines have introduced a revised version of proxemics, and many people's personal bubbles have expanded.

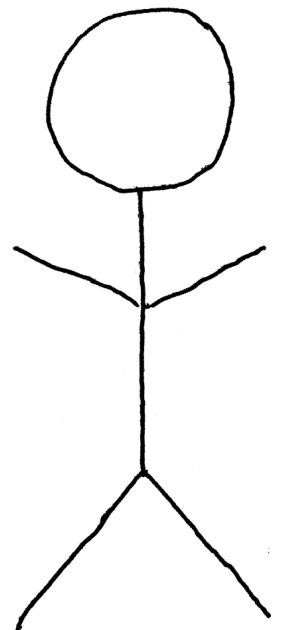
Pandemic or not, we all have a limited amount of space we willing to share with the rest of the world. Closer than that, and we're back to, "Hey! Back off."

4%





- INTIMATE SPACE... 0 - 18 inches
- PERSONAL SPACE... 18 inches - 4 feet
- SOCIAL SPACE... 4 feet - 12 feet
- PUBLIC SPACE... 12 feet and more



# HELLO, MY NAME IS GYM

## CrossFit MNC

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

CrossFit MNC opened in September of 2012. It is one of over 15,000 independently owned CrossFit gyms in the world. Co-owners Greg and Sharon Crook, lead classes in their 5,000 square foot facility off Old Charlotte Highway in Monroe, NC.

Weekday classes begin as early as 6 am, and the last class starts at 6:30 pm. Members can join a class that fits their schedule and preference.

Greg and Sharon are dedicated to their members and enjoy getting to know them during their workouts. "It's a much more intimate setting," Greg said, "they trust us and our opinion." Class workouts allow Greg and Sharon to see each member's potential and, "We make adjustments to keep them safe," Sharon said.

The cost of a CrossFit membership is significantly more than a traditional gym. However, as Greg said, "The price point is a big part of the reason CrossFit works for regular folks. Because they are so financially invested, they show up, and on any given day, we have over 50% of our membership here."

CrossFit MNC memberships include coached sixty-minute group workout classes throughout the day, body scanning, and nutritional coaching.

What happens in a group class? Before each class, coaches will explain the WOD requirements and answer any questions. WODS are given names like Fran, Hero, Murph, Elizabeth, Baseline, and so on.

To most people, hearing a CrossFit coach or member describe a WOD (Workouts of the Day) is confusing.

At first glance, 21-15-9 looks like a date written backward, but it perfectly describes the WOD, "Diane," which consists of doing a circuit of 21 reps of deadlifts, 21 reps of handstand pushups, 15 reps of deadlifts, 15 reps of handstand pushups, and finally, 9 reps of deadlifts and 9 reps of handstand pushups as fast as possible (AFAP).

WODS are timed, so athletes are either trying to beat their own time or perform AMRAP (as many reps as possible) for a specified amount of time.

"You're led by a coach, you've got 8-16 other people doing the exact same thing, and it's got a slightly competitive edge to it," Sharon said. "Being in a group adds a little dose of accountability when you want to stop, or it gets tough," Greg said.

"You may not see weight loss on the scale, but there's a whole lot more going on under the hood," Greg

said. As part of their membership, CrossFit MNC offers body scanning using a device that measures your body composition, not just weight. The printed report includes, in pounds, the amount of water, muscle, and fat you have in your body, as well as a break-down of your weight, skeletal mass, body mass index (BMI), body fat percentage, and how much your legs, arms, and trunk weigh.

"It has helped our members, especially women, start learning that the number on the scale doesn't paint the whole picture," Sharon said. She mentioned a member who recently had a baby. In her last scan, she had only lost a pound on the scale, but she dropped 5% body fat and gained three pounds of muscle. "It doesn't matter what that scale says. Look what's happening inside your body".

CrossFit MNC offers body scanning to non-members for \$20 per scan and recommends having a scan every 4 weeks.

Sharon also enjoys helping members learn to improve their eating habits. "Eating healthy is not hard, but change is difficult. We're all human. We want fast results,"

Sharon said, "Changing the way you think and changing the way you eat





is difficult but eating healthy is just a different style of living that you have to practice.”

Greg and Sharon release a weekly podcast, “The MNC Mindset,” where they share ideas, helpful resources, and personal stories, all with the aim of simplifying the process of getting your healthier than you’ve ever been.

Their podcasts can be found on the CrossFit MNC website as well as Apple, PlayerFM, Listen Notes, Spotify, and Anchor.

Anyone interested in CrossFit MNC is invited to call to schedule a meeting or class.

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BY: Darcy DeMart

PHOTOGRAPHY: If It's Digital

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Morning Glories in the Cornfield  
f/6.3, 1/200, ISO 100, 70mm, no flash

# UNFORGETTABLE SOULS

## “Gary”

BY: Darcy DeMart

PHOTOGRAPHY: submitted

SPCC Compass Education Many of the Compass Education students at SPCC are familiar to me. I have had the privilege of meeting them through their families, working with them at Special Olympics events; we’ve taken fun pictures in the photo booth, and a couple of us attended elementary, middle, and high school together.

Their backgrounds are as diverse as they are, and some of their stories will break your heart. I recently stopped by South Piedmont Community College (SPCC) to deliver pictures from a photo booth event.

During my visit, I met a young man in his late 20s who missed his ride home. His name is “Gary.” *(His name has been changed in this article for his privacy and protection.)*

Gary’s teacher, Robin Rowland, SPCC Compass Education Coordinator and Instructor of Adult Basic Skills, was patiently helping him navigate his way from the break room, where she found him, to her office.

While she made some phone calls to arrange his way home, Gary and I chatted about the weather, his classmates and laughed about how we ate too many snacks while we watched the Super Bowl game.

“How did you get here this morning?” Robin asked him. “On the bus...didn’t I?” Gary replied.

I then learned Gary has short term memory loss, so stored details over a period of 30 seconds to several days can be limited for him. He was funny, sharp, and polite, but the events of that morning had escaped him. I also learned that my new friend was born healthy but had later suffered a traumatic brain injury (TBI). He is fortunate to have teachers like Robin, and the Compass Education program at SPCC.

Adult Basic Skills staff offer courses through their Compass Education (Comp Ed) program for individuals with Intellectual or Developmental Disabilities (IDD) to assist with the transition into

higher education programs or employment. The free academic-based program focuses on teaching the soft skills needed to become and stay employed.

“Employers tell us they need people who have basic work skills including attendance, being on time, being responsible, taking initiative...all the things we incorporate,” said Robin. The Comp Ed curriculum also reinforces reading, writing, and practical math skills for increased independent living.

Robin has been full time with SPCC since 2004. In the last 16 years, she and her staff have grown the Comp Ed program from 7 students to over 100 students served at one time.

Through the Comp Ed program, many adults with IDD have successfully entered the workforce. Classes meet year-round with the same holidays and semester breaks of college programs. Students typically spend two to four years in Compass Education courses before moving into higher education or employment.

The Food Service Academy is a two-semester long course that prepares students for a career in the Hospitality and Food Service Industry. Students with IDD must attend and complete three classes with the Food Service Academy; Adult Basic Skills Food Service Academy Foundation Class, HOS 3075, Food Service Management, and Human Resource Development-Resumes and Job Searching Skills.

They learn safe food handling, technical skills needed for food service positions, customer service skills, interviewing, and employability skills. The students in the course also obtain a ServSafe Food Handling Certificate.

Some Comp Ed students choose to take the EDU 119 course, which certifies students to work in a 5-star daycare.

The Comp Ed Pet Care Academy, which was planned for implementation this fall, is a partnership between SPCC and Waxhaw Animal Hospital, a full-service facility. The Academy will begin when COVID restrictions are lifted. Students will be trained to enter positions that involve boarding, grooming, and retail.

The Comp Ed students also have a club that meets monthly in the Spring and Fall Semesters. The Compass Ed Club organizes community service projects, social events, and holds fundraisers to support these projects. In the past, they have created an art calendar, held food drives, and made no-sew blankets as community service projects.

When Comp Ed students complete their SPCC courses, the Academy programs have advisory boards that can assist with employment.

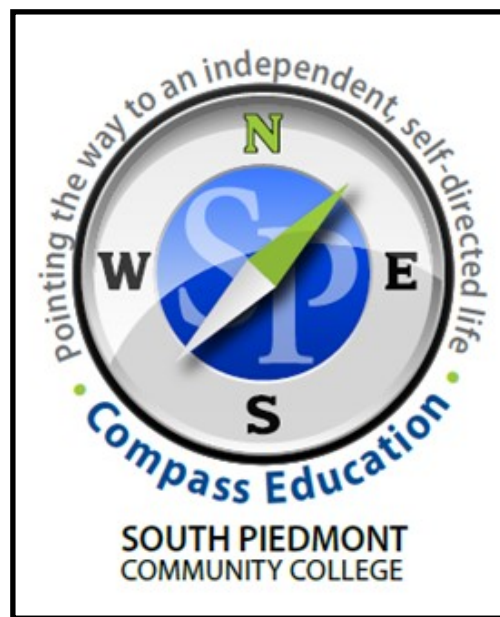
Creative Food Concepts has hired completers of the Comp Ed program. “Their attention to detail, ability to follow specific directions and upbeat attitude brings a smile to everyone’s face. We look forward to hiring more of your students in the future,” said Chad Nichols, Vice President of Creative Food Concepts.

A growing number of Union County companies are joining Creative Food Concepts and are hiring Comp Ed students. These employers have noted some very positive traits. Work attendance is high, and employees are dedicated to their work. The turn-over rate for

employees with IDD is no higher than that of other employees performing similar jobs. They are loyal, hardworking employees and are usually not “job hoppers.”

I hope to walk into a local business and see Gary working soon. He may not remember me, but I will always remember him.

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# UNIONVILLE BBQ

**Different Look, Same Great Taste!**

Despite COVID-19, the Unionville BBQ will continue for the 71st year in a row!

The school fundraiser will consist of presold Whole Boston Butts, only this year. A limited number of butts will be smoked, but the BBQ tradition continues on November 6, 2020.

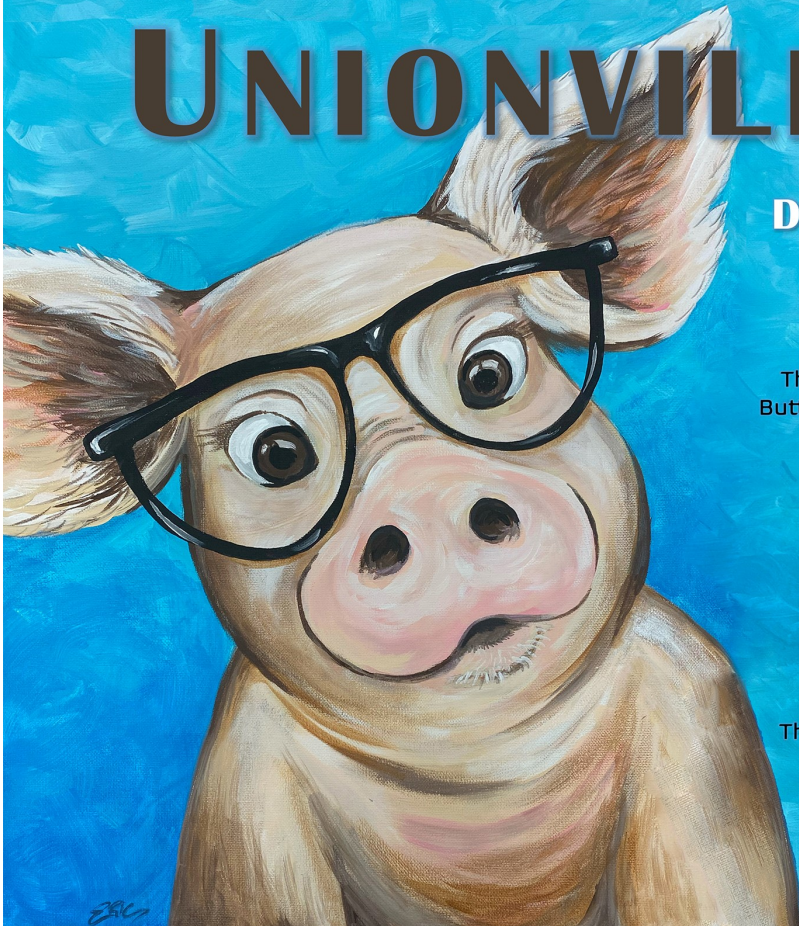
More information can be found on our school website.

<https://www.ucps.k12.nc.us/Domain/50>

Unionville Elementary School, North Carolina  
4511 Unionville Road  
Monroe, NC 28110

The school hopes to host a sale for their famous Brunswick Stew in the winter if the health restrictions improve.

**Nov. 6, 2020**



# RECIPES

## BREAKFAST EGG MUFFINS

FROM THE KITCHEN OF: Lisa Hill

PREP TIME: 10 minutes

TOTAL TIME: 30 minutes

### INGREDIENTS:

2 cups cubed ham  
6 eggs whisked  
6 slices of bread broken into pieces  
2 cups shredded cheddar cheese  
2 cups milk  
1 teaspoon salt  
1 teaspoon dry ground mustard

### DIRECTIONS:

Preheat oven to 375 degrees.  
Chop ham into cubes.  
Crumble bread into small pieces.  
Mix the bread, cheese and ham together. Spread evenly in a greased 13x9 casserole dish.  
Crack and beat the eggs.  
Add milk, salt, and ground mustard to the eggs and mix well.  
Pour over the ham, cheese, and bread in the casserole dish.  
Bake at 375 for about 40 minutes.

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## HOMEMADE CHOCOLATE

FROM THE KITCHEN OF: Fran Newbill

PREP TIME: 5 minutes

TOTAL TIME: 20 minutes

### INGREDIENTS:

1/2 cup coconut oil  
6 tablespoons cocoa  
2 tablespoons maple syrup (or local honey)  
2 teaspoons vanilla extract  
Dash of salt  
(Optional: peanuts, pecans, raisins, or dried fruit)

### DIRECTIONS:

Melt oil if needed.  
Combine and mix all ingredients well.  
Pour mixture into candy molds, ice cube trays, or a mini muffin pan with wrappers. (Optional: Drop in peanuts, pecans, raisins, or dried fruit for added flavor.)  
Place in the fridge or freezer.  
Chocolates will set up in 10-15 minutes.

# COMMERCE

## Leader, Provider, Contributor & Partner - Union Diversified Industries

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

Imagine WANTING to go to work every day...For those who have their dream job, this is a little easier to visualize, but for most adults, work is something we *have* to do, a place we *have* to go, and a means to earn tender for bills we *have* to pay.

I toured the Union Diversified Industries, Inc. facility with Executive Director David Casper, and I left wanting a job!

As we walked through the production room, all eyes were on us. There were waves, lots of smiles, and I heard a few clients say, "Hi boss!" from around the room. No one was complaining. No one was gossiping, and everyone was diligently and happily assembling pipe fittings.

David explained as we walked, "UDI is a unique place. We are a leader, provider, contributor, and partner."

UDI was originally incorporated as "Union County Vocational Workshop (UCVW)" in 1970 and began as a Monroe Jaycee's project. At the time, UCVW served ten clients. In 1985, UCVW became Union Diversified Industries, Inc. (UDI), and in the last 50 years, UDI has grown tremendously.

UDI currently has 84 clients and over 20 on their staff. "UDI is a *leader* because we are the first program of our type in Union County to serve adults with developmental

disabilities, and we employ the most adults with developmental disabilities," David said.

UDI *provides* its clients with many valuable services. Their well-rounded day program offers community outings to visit museums and farms, monthly and yearly events, social interaction with peers, creative arts programs, community living support services, and paid work. These services prepare UDI clients to live and work as independently as possible in their homes and community.

"We are a provider in that we provide habilitative services. We offer a mix of services in the facility, out in the community, or at their home, prevocational training, and employment opportunities," David said. "We give them their goals and train them on activities for daily living and let them work and earn money."

UDI plans to complete an efficiency apartment inside their facility to use as a training room. The apartment model will be used to further enhance the Community Living and Supports (CLS) program. This habilitation service program will include instruction on personal care and hygiene, housekeeping chores, monitoring the client's health, assistance with

speech devices and mobility, and support to the client's family. By learning basic cooking, cleaning, and other home-related skills, clients will be able to help their families and caregivers while gaining self-confidence and self-worth.



"I told the Lord, 'I'll do whatever you need me to do here. I need you to pave the way.'"

David Casper





Some adults with IDD need round-the-clock care and supervision, and sometimes caregivers of adults with IDD need a break, or an emergency means their loved one requires care. UDI's respite services provide primary caregivers with relief from providing care for an individual with IDD. Respite services may include overnight, weekend, emergency, or continuous care for up to ten consecutive days.

David said, "As a *contributor*, we are taking individuals who were reliant on the system for everything they had. We're giving them the opportunity to work which makes them a contributor to their own family, to their community; they are now patronizing businesses with their funds, and they are giving to their local churches."

Another valuable day program service is UDI's Creative Arts program. Clients are led and encouraged to express themselves through painting, music, and jewelry making. Client artwork is available to purchase during the Spring and Fall Art Walks in Downtown Monroe and directly through UDI.

UDI is eager to *partner* with businesses in the community. Clients assist with packaging, assembling, and woodworking. UDI currently partners with Charlotte Pipe and Foundry to provide paid work for UDI clients. "UDI has worked with Charlotte Pipe since 1997," David said.

"I want you to meet someone," David said as we stopped in the production room, "He's really the one who chartered the course of my life."

David shared that when he was a teenager, he volunteered with special Olympics at Cane Creek Park, and he was paired up with a young man who went by the name "Stone Cold Billy."

Fast forward to 2017... David visited UDI in Monroe to interview for the Executive Director position, and before his interview, he was given a tour. David said, "At the first table we came to, this guy flips around, and it's none other than 'Batman Billy' and he *knew* me!" "I've got to have this job," David told his wife, "This is too full circle."

As a leader, provider, partner, and contributor, UDI strives to shift the same principles from inside the company's walls to outside the walls. David rhetorically asked, "How do we connect with the *leadership* of this county? How do we *provide* meaningful value to Union County for what we do? How do we *partner* with the



right organizations to make sure we're doing things and how to do we *contribute* and get contributions?"

UDI held their first Enhancing Lives breakfast in December of 2019, and they plan to celebrate their

50th-anniversary with a banquet when social gathering restrictions are lifted.

4%



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an issue of 4%?

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<http://www.ifitsdigital.com/4--magazine.html>

(Scroll to the bottom of the page for links to each issue.)





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# NOTEPAD

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# SOCIAL ENGAGEMENTS

## LET'S DO SOMETHING

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Due to current social gathering restrictions, and unforeseen future cancelations, the social engagements section of 4% has been suspended.

Below are some website links for finding events and activities in Union County.

Union County <https://www.unioncountync.gov/living-here>

Fairview <http://www.fairviewnc.gov/>

Hemby Bridge [https://hembybridgenc.govoffice2.com/index.asp?SEC=2E1E2B66-15C7-408D-9FA0-F5AC79EDECA0&Type=B\\_EV](https://hembybridgenc.govoffice2.com/index.asp?SEC=2E1E2B66-15C7-408D-9FA0-F5AC79EDECA0&Type=B_EV)

Indian Trail <https://indiantrail.org/132/Community-Events>

Lake Park [https://lakeparknc.gov/index.asp?SEC=22ABA417-9CC6-480D-9C08-04908FAEBFF8&Type=B\\_LIST](https://lakeparknc.gov/index.asp?SEC=22ABA417-9CC6-480D-9C08-04908FAEBFF8&Type=B_LIST)

Marshville <https://www.marshville.org/index.asp?SEC=56DB4A43-BAD3-4209-872D-E8A0ABACDEB7>

Marvin <http://www.marvinnc.org/upcoming-events>

Mineral Springs <https://www.mineralspringsnc.com/>

Monroe <https://www.monroenc.org/Community/Things-to-Do>

Stallings <https://www.stallingsnc.org/Our-Community/Community-Calendar/Events>

Unionville <http://www.unionvillenc.com/page4.html>

Waxhaw <http://www.waxhaw.com/>

Weddington <https://www.townofweddington.com/calendar>

Wesley Chapel [https://www.ci.wesley-chapel.nc.us/index.asp?Type=B\\_EV&SEC={78CD06E6-B23E-4D8D-BAAC-32F2D3AC8204}](https://www.ci.wesley-chapel.nc.us/index.asp?Type=B_EV&SEC={78CD06E6-B23E-4D8D-BAAC-32F2D3AC8204})

Wingate <https://www.townofwingatenc.gov/229/Events>

We would still love to hear from you!

If you email an advertisement for an event that will be held in Union County, we will be happy to share it on the 4% Magazine Instagram and Facebook pages. The event name, location, date, time, and a contact name and number must be included in your submitted ad.

darcy@ifitsdigital.com  
Thank you for your understanding.

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# T R A I N I N G F O R L I F E

COLIN COLE

BY: Darcy DeMart

PHOTOGRAPHY: If It's Digital & Submitted

Living out a childhood dream is not something many people accomplish; much less the dream of playing professional football.

Colin Cole was born in Toronto, Canada, on June 24, 1980. Years before, his parents moved to Canada from Jamaica to create better lives for their families. The two later met in Toronto and married. Colin is the youngest of seven children, five boys, and two girls. When Colin was five, the Cole family moved to Florida.

“I was too heavy to play pop warner football as a child,” Colin said, “but I always loved the game.” He would play with kids in his neighborhood. “Growing up, the neighborhood kids would laugh and tease me. It created a drive in me.” That drive led him farther than any of them could have imagined.

On the playground, Colin began developing his raw talent. His first taste of “organized” football wasn’t until he started playing on the JV team at South Plantation High School in Plantation, Florida. He played defensive line, tackle, fullback, and tight end. Colin shared, “I was the overweight kid, the chubby kid...but football was that one thing, that catalyst, that really made me feel empowered. I took advantage of

that, and I had a blast doing it.”

Colin also played basketball and wrestled in high school. He won Florida’s state wrestling title as a senior and said his time on the mats helped him on the football field as well. “I had to pay attention to aspects of balance, and I became more aware of my body leverage and hand placement,” said Colin, “which is also important in being a defensive lineman.” Colin recommends wrestling for any serious athlete trying who wants to improve their balance, speed, and agility.

During wrestling season, Colin said he always had to “make weight” for meets. “I grew up in the Jamaican culture, and my mother’s cooking was fantastic,” Colin said as he laughed, “I was always the guy who had the garbage bag on in the boiler room trying to drop





pounds before the weigh-in.”

The skill and discipline Colin learned through wrestling and football proved to be valuable as he received offers to play football at Virginia Tech, Florida State University, the University of South Florida, and the University of Iowa. “Iowa felt the most comfortable,” Colin said, “and it was a big wrestling school.”

Cupid put in some time at the University of Iowa as well. Colin met his wife, Kaye, in 2001 when she was visiting with her brother, Richmond Williams, who was on a recruiting visit. At a recruiting dinner, they were seated across the table from each other, and a candid photo was taken. The following year, Richmond committed to play football at Iowa, and Kaye decided to attend as well, to get her PhD. “We reconnected, went on a date, and have been together ever since,” said Colin.

Colin and Kaye celebrated their 15<sup>th</sup> wedding anniversary in March. They have three children, Karys 11, CJ 9, and Cash 7.

Colin graduated from the University of Iowa in 2003 and signed with the Minnesota Vikings as an undrafted free agent. Later the same year, he signed with the Detroit Lions. In 2004 Colin went to Wisconsin to play with the Green Bay Packers as a defensive tackle. He played for Green Bay until 2008 and then signed with the Seattle Seahawks (2009-2011).

In 2011 Colin suffered an ankle injury that put him out for six games. After returning, he reinjured the ankle and ultimately had to have four surgeries in one year to repair the damages. Colin finished up his NFL career with the Carolina Panthers (2013-2015). During Colin’s professional football career, two hundred and sixty-two (262) times, unfortunate souls were on the receiving end of one of Colin Cole’s tackles.

“When I signed with the Carolina Panthers, I was able to extend my career an additional three years,” Colin said. Colin gives credit to being healthy enough to extend his football career to his diet. His former teammate, Braheem Brock, introduced him to the Be Your Greatest (BYG) program. BYG was developed

by Sari Mellman.

The program used a sample of Colin’s blood to determine the best diet for him. “My weight was at a perfect place, and I was still very, very strong, and still very capable of playing football,” said Colin, “During that time, I was only eating 6 or 7 different things.”

“I got to  
*live*  
my dream.”  
-Colin Cole

Colin hasn’t slowed down much since his last official football game, but his training has changed. He ruptured a disc in his lower back in 2017, so he had to stop running and going to group classes at Orange Therapy. “I love training,” Colin said. “I like the class atmosphere and training with a group.” Colin now exercises on an elliptical runner twice a day, lifts lighter weights and

focuses on his nutrition.

Colin also enjoys yoga. “I tried yoga for the first time when I was in Green Bay and hated it,” Colin said. “I tried again in 2010 when I was in Seattle, and I became a yogi. I was going almost every day.”

The entire Cole family stays active in the community with fundraising events as well as athletics. “One of the many things I can say that I learned from my wife is about giving back,” Colin said.

Colin and Kaye are involved with the National Multiple Sclerosis Society, the Leukemia and Lymphoma Society, Charlotte Breast Friends, and many others. In 2018, Kaye ran for LLS Woman of the Year and contributed to a total of \$1,495,942 raised in the Charlotte area. Colin was by her side for her entire



campaign.

In 2018, Colin pursued broadcasting and currently hosts two podcasts, “Transitions from the Trenches” and “Legends of Kinnick,” which can be found with the following links <https://www.podparadise.com/Podcast/1445068386> <https://www.podparadise.com/Podcast/1484136989>

Colin and Kaye’s children are following in their footsteps as well. The three have played basketball, soccer, and flag football, and the boys have started wrestling. CJ ran his first fundraising 5K in 2019, and Karys pitched an idea to her school for a school-wide food drive with a twist...to collect allergen-friendly foods in addition to traditional donation items. Colin said, “I want them to be active and involved, but I also want them to enjoy being children.”

Colin Cole and his family are a beautiful example of using their physical and mental abilities and dreams for the greater good.

Stay tuned for more of Colin’s contributions in our community in his roles as husband, father, leader, and friend.

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