



January 2020

Volume I, ISSUE I

4%

Introducing 4%

McBeast

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Training For Life

3 More...

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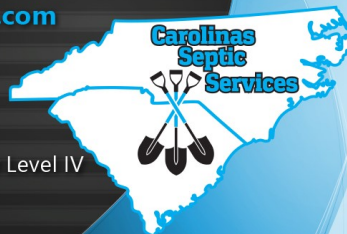
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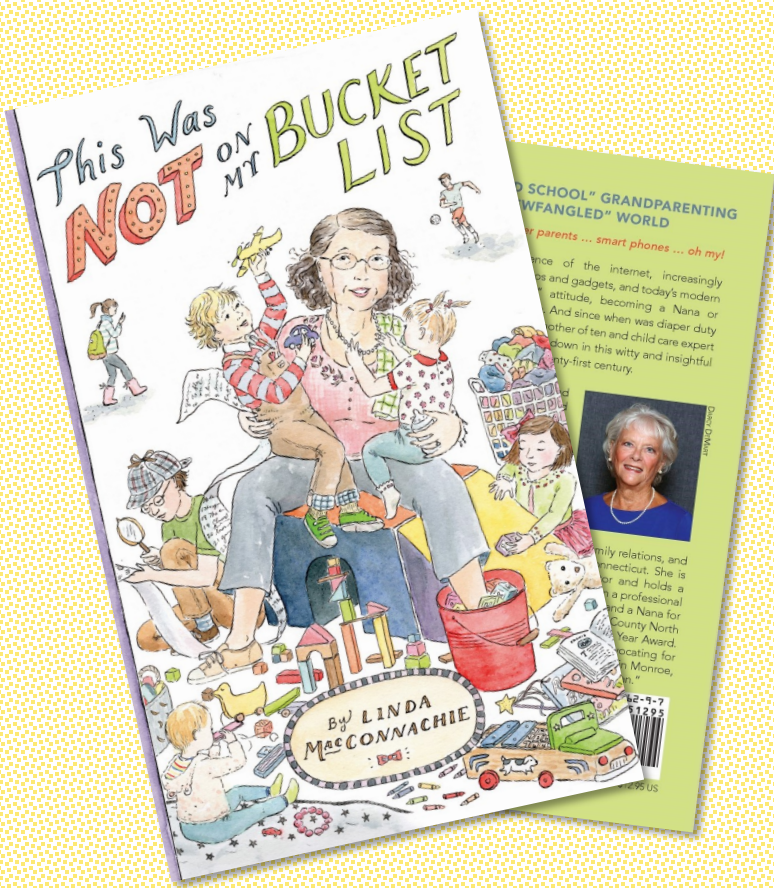
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This Was NOT on My Bucket List!
Navigating Old School Grandparenting in a
Newfangled World

by Linda MacConnachie

Grandparenting has changed in the twenty-first century and Linda MacConnachie, grandmother of 10, knows this all too well.

Her newly released book is funny, wise and sharp. It is the perfect addition to the library of any grandparent or guardian.

Copies are available on Amazon, through Warren Publishing, and locally at 47K Marketplace in Monroe.

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EDITOR'S MEMO



INTRODUCING 4%

I love my job as a wedding, portrait, sports, and event photographer. I opened **if it's digital** in 2001, and for the last 19 years, I have been blessed to work with the best people and businesses in and outside Union County.

In combining the work I love, my passion for health & fitness, and the people and businesses of our community, I am excited to introduce the very first issue of **4%** magazine.

Why the name **4%**?

4% is one hour of the day. Through stories, ideas, and support, I hope to encourage readers to find time to make their lives more full, healthy, and happy.

What can you expect?

- **4%** will include articles about people and businesses in our community.
- **4%** will provide information on making our bodies, minds, and souls healthy and happy.
- **4%** will cover nutrition and a couple of recipes. (The recipes won't all be healthy. Some will only make you happy.)
- **4%** will be positive and fun. Negativity isn't allowed here.
- **4%** will highlight local art, including paintings, music, dance, written works, theater, sculpture, pottery, and more.

- **4%** will introduce a different fitness center in our area in each issue.
- **4%** will be imperfect - because I am.
- **4%** will provide resources in support and celebration of our local businesses, large and small.
- **4%** will include pictures of my office assistants, Indi and Charlie. :)

This issue will focus on two of the most common New Year's resolutions; to get in shape and to lose weight.

Please follow **4%** on Facebook and Instagram for additional information, online links to issues, and things to do in our area. **@4percentmagazine**

With excitement and gratitude, I look forward to this journey.

Darcy :)

4percent@ifitsdigital.com



4%

by if it's digital

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We strive to provide the best information and resources possible, however we do not confirm or endorse all the opinions and views communicated in the articles or advertisements. We are not responsible for any products or services advertised. Always check with your doctor or healthcare provider before beginning any diet, supplement, or exercise plan.

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ON THE COVER

Tim "McBeast" McBride

Photo: if it's digital



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Happy New Year!

DOWD CENTER THEATRE

Main Street Downtown Monroe

A multi-use, 561-seat performing arts theatre in the heart of Downtown Monroe, the Dowd Center Theatre will offer music, movies, plays, dance, speakers, gallery space and much more for the cultural enrichment of Monroe, Union County and beyond.



MONROE SCIENCE CENTER

Monroe is proud to present a hands-on experiential learning center geared towards children through middle school. Nestled across from the Union County Library, the Monroe Science Center will showcase what distinguishes Union County through interactive exhibits designed to challenge, educate and entertain the most curious minds.

Opening Spring 2020



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

“3 more...” The Value of Personal Trainers

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital/submitted

Personal Trainers are a tremendous asset to anyone ready to tackle their physical health goals or take them to the next level.

Certified personal trainers earn their certification to work through courses and testing. Central Piedmont Community College offers classes in Matthews and Charlotte to earn a World Instructor Training Schools (WITS) certification. Other nationally recognized certifications are National Council on Strength & Fitness (NCSF), National Academy of Sports Medicine (NASM), and American Sports & Fitness Association (ASFA).

With a Personal Trainer, you can expect...

- Motivation - You get your own cheerleader. Yay!
- Attitude - Your body will release endorphins, or “feel-good hormones,” when you work out. Seeing results and feeling better builds confidence and improves your overall attitude. It feels good to accomplish goals.
- Accountability - Your workouts will be scheduled, so your trainer will expect you to be there. They also know when you've been bad...They are kind of like Santa.
- Personalized Workouts - Your trainer will assess your current physical condition and will ask you about your needs and goals. From this assessment, they will be able to create your customized workout plan.
- Better Results - Your personal trainer will push you and test you. You are stronger than you think!
- Safety - Your personal trainer will instruct you on the correct form for each exercise in your workout to help prevent injury.
- BFF - Your trainer will become a new friend. They are on your side and want to see you succeed.

- Variety - Your personal trainer will change your workouts from time to time (or possibly daily) to keep them interesting and fun.
- Math - They will count your reps for you! (Yes, some days it's a struggle just to count to ten.)
- Specialties - Some personal trainers offer very specific programs or techniques to guide their clients. They may specialize in running, bodybuilding, powerlifting, or a specific sport. Fore!

The price range for hiring a personal trainer varies from trainer to trainer. Some trainers have a set fee while others offer a free assessment and will quote you based on different factors. The cost may change depending on location, number of sessions, and how long each session will last.

There are numerous rewards clients receive from working with a personal trainer. “Star tailors my workouts to my personal goals and my body type. He reassesses and adjusts as my needs change,” Kaitlyn Holland said about her trainer, Etienne “Star” Starling. “I can confidently use the gym equipment and select proper weights. I have become stronger, not only physically, but mentally as well. As a result, I am a



better wife, mom, and employee.”

Clients are not the only ones who benefit from personal training sessions. “I love sharing my knowledge of fitness and nutrition and seeing how that changes the lives of my clients,” says personal trainer, Leigh Watts. “I get random texts from clients about the successes they have had. They can’t wait to tell me, and it makes me so proud!”

Some personal trainers take their training and expertise to the next level. To celebrate turning 40, Leigh began competing in fitness competitions. She and her husband, Austin, will compete in their next competition in May, two days before her 45th birthday.

There are a few things to consider when choosing a personal trainer...

- Visit your doctor first, especially if you have any known medical conditions.
- Are they certified? Ask to see their certification.
- Do they know CPR?
- What are their fees?
- Get references. Ask the trainer’s past and current clients about their experiences.
- How long have they been certified and training clients?
- Ask yourself what keeps you going. Do you prefer someone with a soft approach to your workouts, or do you need to be pushed to stay motivated? Your trainer’s style and your personality need to be in harmony.
- Are they available to work with your schedule?
- Ask for a free consultation. You’ll learn a lot about them in a short amount of time. If you are not comfortable, in any way, keep looking.
- Are they insured?

Once you find and hire the right trainer for you, it’s time to show up, work hard, and choose a healthy, sustainable diet.

Your results are as much your responsibility as your trainer’s.

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January 2, is National Personal Trainer Awareness Day

#PersonalTrainerAwarenessDay

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SUPER KIDS

CUTHBERTSON HIGH SENIOR BELLA MALLOZZI DEFIES THE ODDS AND REACHES HER DREAMS

BY: Union County Public Schools 06/06/19

PHOTOGRAPHY: Union County Public Schools

Graduation is a momentous occasion for any high school senior as it represents the culmination of 13 years of hard work, dedication and focus.

But for Cuthbertson High senior Bella Mallozzi, graduating from high school has an even deeper meaning.

“When I think of graduating, it makes me feel invigorated. I may have been tasked with more than a regular kid, but I’ve beaten it,” she said. “In this moment, I feel like I’m kind of fearless and can conquer anything in my path.”

Those “tasks” that Bella refers to are the 38 brain surgeries she’s had due to hydrocephalus, a medical condition in which she experiences buildup of fluid in cavities deep within her brain.

Hydrocephalus has caused Bella to spend countless days in the hospital and suffer debilitating headaches. The surgeries have impacted her short-term memory and caused issues with language reception and processing.

But it has never held Bella back.

Instead, these medical setbacks have only fueled her desire to succeed against all odds.

Today, Bella not only has a 4.65 GPA, but she is also a Presidential Scholar semi-finalist, peer tutor, honor student and member of several extracurricular clubs.

She volunteers every week at a retirement home, and spends countless hours working to overcome challenges of her medical condition with a level of

determination practically unheard of at such a young age.

Reflecting on the summer before her freshman year, Bella laughs when she talks about meeting with her Cuthbertson High counselor to discuss the dozens of clubs and advanced coursework she planned to tackle during her high school career.

Then, she experienced seven brain surgeries in two months and subsequently suffered from brain damage.

In dealing with that blow, Bella said her family was her rock. She also credited her “incredible support system” at Cuthbertson High for helping to propel and motivate her throughout her four years in high school.

“I’ve had a lot of exceptional teachers here who have advocated and cheered for me along the way,” she said. “There’s a vulnerability in knowing that your head doesn’t always perform the right way. It’s such an indescribable feeling to know you have a support system that you can fall back on and come to about anything.”

When talking about her medical condition, Bella uses language similar to that of a veteran surgeon. That makes sense, considering her personal experiences with hydrocephalus have inspired her to become a neurosurgeon and help children who have similar illnesses.

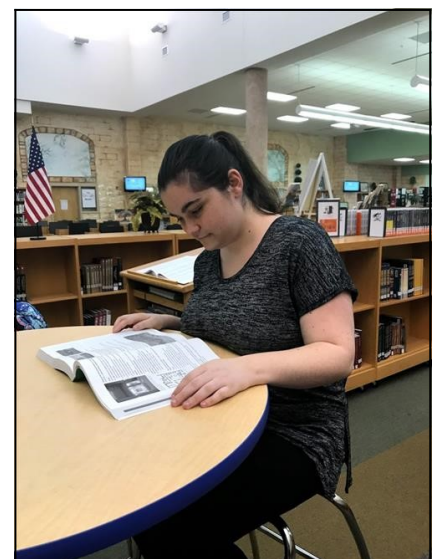
“When I was diagnosed at two years old, they said a lot of scary things. They said I wouldn’t walk, would be

developmentally challenged and would have deficits,” she said. “As a doctor, I want to be able to look at a mom and say, ‘I know this is really scary but I’m going to heal your child, and your child can overcome and go to college or do whatever they want to do.’”

However, a neurosurgery career is still years away. For now, Bella is preparing to attend the University of South Carolina as a Stamp Scholar in the fall.

Even before that, she’ll need to take that momentous walk across the stage on June 10 as a high school graduate.

“I feel like I made it. There are things we can control in life and things we can’t, but I feel like I have the coping skills and experience to handle what gets thrown at me,” she said. “I’d like to think I’ve never abandoned any goals in the name of having this illness. No goal is unachievable when you’re working with an incredible support system, and that’s what I have.”



LOVE OUR LOCALS

Tim “McBeast” McBride

BY: Darcy DeMart

PHOTOGRAPHY: submitted/if it’s digital

“My passion is to find a cure,” says Tim McBride. On September 28, 2019, his passion took him to Rockingham, NC, where he ran 51 miles in the Hinson Lake Ultra 24 Hour Classic. This wasn’t his first long-distance run or his first fundraiser.

Tim runs every single day to raise money for cancer research. His running streak, as of December 4, 2019, was up to 2,900 days. That equates to almost eight years. Yes, eight! Yes, years!

According to the United States Running Streak Association, the official qualifications for a running streak are, “to run at least one mile (1.61 kilometers) within each calendar day. Running may occur on either the roads, a track, over hill and dale, or a treadmill.”

Tim’s running streak began December 26, 2011, soon after his brother in law, Gordon Springs was diagnosed with lymphoma. Lymphoma is a blood cancer that affects the immune system when it develops in a white blood cell in the lymph nodes. Gordon is currently one of approximately 845,000 people who are either living

with or in remission from lymphoma in the United States.

Since Gordon’s diagnosis, Tim has completed 12 marathons, 22 half marathons, two 50+ mile runs, and has personally raised over \$100,000. He admits he has lost count of his 5k and 10k races.

Tim grew up in Morehead City, NC, and attended The University of North Carolina at Chapel Hill, where he met his wife Debby (Springs), who is from Monroe. They have two sons, Boe and Nolan, a daughter-in-law, Ashley, and one granddaughter, Merritt. They are expecting a second grandchild this year.

A couple of years ago, Tim earned his nickname when one of his son’s friends said, “your dad is a beast,” and his son replied, “no, he is McBeast.”

To keep his streak alive, Tim runs whenever he has time; at night, when the sun is shining, through the mud and even when it snows. For those of us who don’t run, the big question is, “Why?” He always answers,



“Cancer patients don’t get to take a day off, so I don’t either.”

Tim is recognized around the country for decorating his beard at races. In 2018 he had green, yellow, and purple beads braided into his beard for a race in New Orleans, Louisiana, and this past November, he ran in Youngstown, Ohio, as Santa.

Tim’s social media accounts are full of posts and pictures from races as well as daily runs dedicated to children, friends, family members, and total strangers he is supporting. Running is something he enjoys, and while he benefits from it mentally and physically, his gift of fundraising may save someone’s life.

“I’m tired of children losing their parents. I’m tired of parents losing their children,” Tim said. His wife, Debby, makes custom race bibs when an individual or business donates \$25 or more for him to run in honor or memory of someone on their behalf.

Tim is retired, but running and working part-time at Treehouse Vineyards and Wingate University, keep him busy. He also leads book studies and teaches Sunday School at First Baptist Church, Monroe. “I’m in the process of hiring a coach to help me with my running,” Tim said. “It’s going to become a part-time job for me. I want to improve as a runner.”

Tim’s second-longest distance run was on February 2,

2016. It was World Cancer Day and the 50th anniversary of the date his father passed. Tim explained, “Cancer took my father away from me over 53 years ago, and I lost my mother over 38 years ago to cancer.” Tim ran 50 miles that day, mostly alone, to honor his parents.

Without the excitement of hundreds of other racers or spectators to draw energy from, Tim ran for 12 hours and 35 minutes. The week before his run, he mapped out a five-mile loop that began at First Baptist Church on Main St. in downtown Monroe, NC. His path took him past Monroe High School, where the ROTC students came out to run with him on several laps until he was “off-campus” again, and they had to turn back.

Tim’s route also passed Monroe Middle School, where he was then employed as their Data Manager. With each lap, the students outside would cheer him on with chants and high fives of encouragement. Several friends came to support him throughout the day, and some ran or walked part of a lap or more with him. He completed his 50 miles at 7:36 that evening, with family members and friends. The following day, Tim ran again to keep his streak alive.

“I can decide to quit any day I choose,” Tim says. “A cancer patient doesn’t have that option. They have to keep going every day with no days off.”

Bible verses, Tim says, help give him inspiration and

“They shall mount up with wings as eagles; they shall run and not be weary.”
Isaiah 40:31

I run for
YOU





strength, especially during his long races and trying days. “I can do all things through Christ who strengthens me.” Philippians 4:13, is one of his favorite verses.

Through the year, and more often in November and December, Tim puts on one of his Santa suits and visits children and adults in hospitals, nursing homes, and businesses. If you’ve been extra good that year, he and Mrs. Claus might even run by your house to bring you a candy cane. The money raised from his “Santa gigs” supports cancer research, as well.

“I always make the same resolutions... lose weight, read the Bible more, run more, etc.”

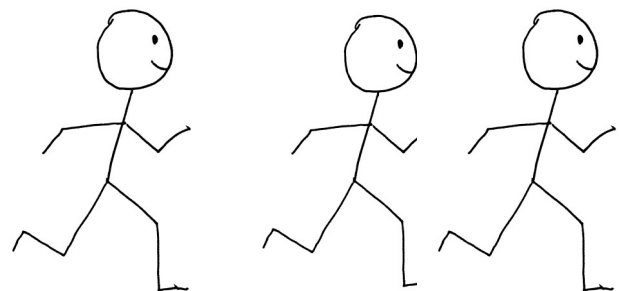
In 2017, Tim ran for the Leukemia & Lymphoma Society (LLS) Man of the Year. His fundraising efforts contributed to a cumulative total of \$1,424,687. The money raised through LLS helps fund clinical trials.

Tim will begin his 2020 race season on January 9, with the Dopey Challenge at Walt Disney World in Florida. “I’ll run a 5k on Thursday, a half marathon on Saturday and a full marathon on Sunday,” Tim said. “One goal for 2020 is to complete a 100k race since I turned 62 this past November. He would also like to run the Hinson Lake 24 Hour Ultra again.

When I asked Tim who he would be running his 2020 races for, he simply said... “I run for you...” **4%**

To learn more about how you can support Tim McBride’s fundraising efforts and help fight cancer, go to www.TeamMcBeast.com. All proceeds go to LLS.

You can also follow his journey on social media. Instagram: @timmcbeast Facebook: Tim McBride



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| Go for a walk. | Draw or Paint (be creative). | Dance. |
| Take a yoga class. | Write in a journal. | Talk to a counselor or life coach. |
| Listen to music. | Try a new recipe. | Meditate. |
| Be still. | Take a bath. | Cook or eat a healthy meal. |
| Learn something new. | Ride a bike. | Write a poem. |
| Pray. | Unplug. | Learn to play an instrument. |
| Go to the gym. | Stretch. | Go to a park and swing. |
| Breathe. | Go for a drive, alone. | Do a puzzle. |
| Play. (You're never too old.) | Run. | Call someone you love. |
| Go outside and enjoy nature. | Buy flowers for yourself. | Declutter. |
| Get a massage. | Spend time with your pet. | Stay up late to look at the stars. |
| Read a book. | Plant something. | Hydrate. |
| Go swimming. | Have a picnic at the park. | Visit a museum. |

HELLO, MY NAME IS GYM

The Enterprise Fitness Center

BY: Darcy DeMart

PHOTOGRAPHY: submitted/if it's digital

This February, the Enterprise Fitness Center will celebrate its 40th year in Union County.

In 1980, John Howie purchased the Monroe Athletic Club for \$10,000 and opened the first Enterprise Workout Center. Over the next seven years, the club's membership and facility grew rapidly as well as the number of trophies and awards John was accumulating at bodybuilding and powerlifting competitions.

In 1987, John was paralyzed from the chest down after he dove into a shallow area of White Lake and hit his head. Only five months after his accident, he returned to work and continued to expand the gym.

For the last ten years, the Enterprise Fitness Center's home has been at the Shops at Nottingham off Hwy 74 in Monroe.

The 13,000 square foot facility is open 24/7 except the hours between 6 pm Saturday and 1 pm Sunday.

The Enterprise Fitness Center has over 7,000 pounds of free weights, machines, a group fitness and yoga classroom, a "functional fitness" room, and cardio equipment to meet the various needs and workout preferences of its members.

"We have the expertise to address the needs of an 8-year-old football player or a 90-year-old senior," John said, "We service any fitness level at any age." The current age range of members is 10 years old to 92 years young.

John earned his A.A. Degree from Wingate College in 1972, B.S. in Physical Education from Western Carolina University in 1977 and M.S. Nutrition/Dietetics Degree from East Carolina University in 2010.

John meets with about 15 members each week for their "weigh-ins." He assesses each member to determine their needs, preferences, and goals and assists them with a customized exercise program and diet plan. "If you don't like it, you're not going to do it," John said about exercise, "A person's accomplishment level is comprised of two things; genetic potential and total commitment...A lot of gifted people aren't motivated to carry themselves to the next level," so it is important to create an exercise plan they will enjoy doing.

With over 123 years of experience between them, the staff at The Enterprise Fitness Center continues to educate, train, and support their members. They have trained local, state, and national bodybuilding

champions, sponsored powerlifting competitions, served as the host gym for the MET-Rx Strong Man Competition, and coached hundreds of Union County residents in their weight loss and fitness journeys.



Enterprise Owner
John Howie

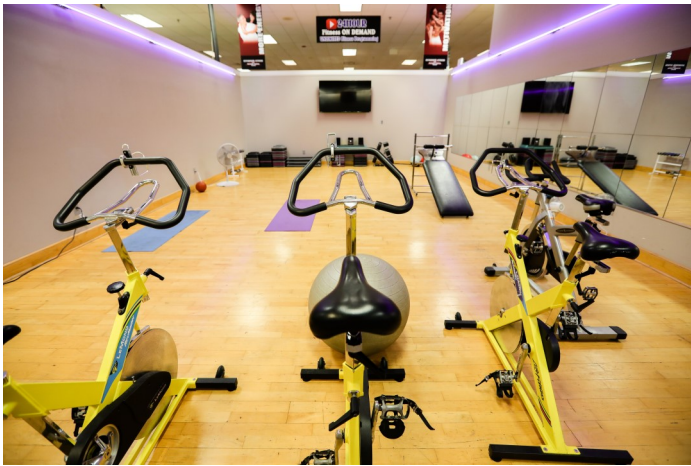
"One member has been with us since 1980," John said, "He went to the Army for a while, but his membership has never lapsed."

The Enterprise Fitness Center has gone from a gym with a "musclehead" reputation to one that is diverse in its members and services.

"Your body needs a little bit of everything; resistance, cardio, and range of motion," says John, "we have a little bit of everything."

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Congratulations! You made one of your New Year's Resolutions to get in shape but walking into a gym for the first time can feel a bit like going on a blind date. You may be excited or nervous and there are so many unknowns.

Here are a few things to consider when shopping for a new gym.

- What are your health/fitness goals?
- Have you talked with your doctor and had a physical?
- Is the gym's location convenient for you?
- Do you plan to hire a personal trainer?
- Is a nutritionist available to assist you with a diet to help you meet your goals?
- Does the gym offer a program for senior citizens?
- Is there a juice/snack bar?
- Is there a physical therapist on staff?
- Was the gym recommended by a current member?
- What type of equipment does the gym have? Free-Weights/Machines/Cardio/Pool?
- If needed, is childcare available while you work out?
- Is there adequate and safe parking?
- What do you already like to do?
- What other amenities are included? (tanning, massage chairs, etc...)
- Are group classes offered? Are they with live instructors or virtual classes?
- Are there showers available in the locker rooms?
- Is the gym open on the time of day you will want or need to exercise? Is the gym open 24/7?
- What are the membership fees and is there a contract?
- Does the gym offer guest passes?

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COMMERCE

Monroe's Theatre and Science Projects are Wrapping Up

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

Exciting things are happening in Downtown Monroe!

The Center Theatre and Science Center projects are underway, and the Center Theatre will be opening soon. The two projects will bring arts, entertainment, science, and education to Monroe, making downtown a destination for everyone.

CENTER THEATRE
120 S. MAIN ST., MONROE, NC 28112

The Center Theatre first opened in 1940 and was a popular spot until it was closed in 1991. The 1930's style movie theater is in the final stages of renovation and will be opening soon as a performing arts venue for public and private events.

For those who grew up in or close to Downtown Monroe, the Center Theatre brings back a lot of memories. I remember when there was a second theatre upstairs, and the power went out, so we had to feel our way back downstairs and outside. It was before we had a handy flashlight on our cell phones.

One of the first events that will be held at the new Center Theatre will be a concert by the Union Symphony Orchestra.

The orchestra will perform Saturday, April 25, 2020, at 7:30 PM.

Five movements have been selected:

Salute to the Cinema - Arranged by Strommen
Moon River from Breakfast at Tiffany's
As Time Goes By - Tribute to Henry Mancini arranged by Custer
Buster Keaton film - Arranged by Ben Model.

Conductor, Deanna Tham, will lead the orchestra.

The Center Theatre has also been chosen as the venue for a wedding in 2020.

SCIENCE CENTER
316 E. FRANKLIN ST., MONROE, NC 28112

The Monroe Tourism Development Authority (TDA) has purchased and is renovating a former grocery store to accommodate a hands-on learning facility. The 16,000 square foot building will be a state of the art science center for children.

Having this asset in downtown Monroe will attract residents from in and outside Union County. It will provide educational opportunities for Monroe residents, families, and schools as well as those from surrounding counties.

The Science Center, adjacent to the Union County Public Library, is conveniently located within walking distance to downtown businesses and restaurants.

TDA plans to open the Science Center this summer.

4%



Save the Date



US
unionsymphony.org

Bourbon Street Blues
2.15.20
Union Symphony Gala

HEALTHY MINDS

Happy New YOU! Grown Up Affirmations

You may have seen the adorable videos of kids repeating after their parents affirmations like:

- | | | |
|-------------------------|------------------------|-------------------------|
| I am smart. | I am dedicated. | I am important. |
| I am kind. | I am worthy. | I am grateful. |
| I am beautiful. | I am loved. | I am happy. |
| I am determined. | I am strong. | I am thoughtful. |

Seeing their innocent and positive energy is heartwarming, to say the least. I always hope that those little ones will grow up to be confident, tenacious and content adults because they were reminded daily, "I can do this" or "I am worthy of being happy."

It might seem silly as an adult to stand in front of a mirror declaring your worth, but that's not the case at all. Positive thoughts lead to positive actions so there is no better place to begin than in your mind. If you aren't comfortable talking to yourself out loud try writing down your strengths, thoughts, and goals.

THREE THINGS THAT MAKE ME HAPPY ARE:

1. _____
2. _____
3. _____

THE THREE MOST SUPPORTIVE PEOPLE IN MY LIFE ARE:

1. _____
2. _____
3. _____

THREE THINGS I AM GRATEFUL FOR:

1. _____
2. _____
3. _____

THREE THINGS I LIKE ABOUT MYSELF ARE:

1. _____
2. _____
3. _____

I AM GOOD AT:

1. _____
2. _____
3. _____

THIS YEAR, I WANT TO ACHIEVE THESE GOALS:

FOR MY BODY:

1. _____
2. _____
3. _____

(My reward for accomplishing these goals will be...
_____)

FOR MY MIND:

1. _____
2. _____
3. _____

(My reward for accomplishing these goals will be...
_____)

FOR MY SOUL:

1. _____
2. _____
3. _____

(My reward for accomplishing these goals will be...
_____)



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why

why

why

why

why

wh

4%

When you have purpose
in your life, your why
becomes your alarm clock.



@4percentmagazine

SOCIAL ENGAGEMENTS

LET'S DO SOMETHING

Tuesday Night Mingo (Music Bingo)
Dreamchasers, Waxhaw, 7 pm-9 pm

Wednesday Night Trivia
Southern Range Brewery, Monroe

Wednesday Night Trivia
Dreamchasers, Waxhaw, 7 pm-9 pm

January 1
Morrow Mountain State Park
First Day Hike! Shelter A
10 am-11 am

January 3
Treehouse Vineyards
Live Music, 7 pm-10 pm

January 4
Treehouse Vineyards
Live at the Vines, 7 pm-10 pm

January 5
Treehouse Vineyards
New Year's Murder Mystery
Doors open at 3:30 pm
Reservations Required

January 11
Treehouse Vineyards
Karaoke, 7 pm-10 pm

January 17
Treehouse Vineyards
Trivia - Sport Edition, 7 pm-10 pm

January 17
28th Annual
Union County Crime Stoppers BBQ

January 18
Treehouse Vineyards
Frank Sinatra Evening Dinner
Doors open at 6:30 pm
Reservation Required

January 24
Treehouse Vineyards
College and Young Adult Night
7 pm-11 pm

January 25
Treehouse Vineyards
Live Music, 7 pm-10 pm

February 15
Union Symphony
Bourbon Street Blues Gala
Monroe

January 31
Treehouse Vineyards
20s Dance Party, 7 pm-10 pm

March 14
LP Loves 5k, Monroe

March 22
Spirit of Spring 5k
Wingate University

March 24
American Red Cross
Rhapsody in Red
Monroe

March 28
Run for the Ridge 5k
Waxhaw

April 4
Spartan Race
Porter Farms, Concord

April 25
Queen's Cup Steeplechase
Waxhaw

April 25
Union Symphony
Center Theatre, Monroe
7:30 pm

May 16
Savage Race, Charlotte

EVENT TIMES, DATES AND
LOCATIONS ARE SUBJECT TO
CHANGE. BE SURE TO CHECK
WITH EVENT HOSTS IN
ADVANCE.

WE WILL ADD EVENTS, AS WE
LEARN OF THEM, TO OUR
INSTAGRAM AND FACEBOOK
PAGES.



SOULS IN ACTION

ENJOY THE PAUSE

BY: Darcy DeMart

PHOTOGRAPHY: Brittney Rowland Photography

The first time I met Sally McAteer was as we were preparing for the 2019 Union County Women's Leadership Coalition Conference. At the time, I didn't know she was one of the presenters, but there was something about her calm presence that left me curious.

A couple of hours into the event, the lights in the room were dimmed, and a quiet, soothing voice instructed the room of women to turn to the center of their tables. For the next 20 minutes, Sally gently led a chair yoga class. Her words were intentional, vulnerable, and moving. She bravely quoted scripture and talked about Jesus. "I don't adapt on the yoga, and I don't adapt on the Jesus," she said, "I am a Christian no matter where I am..."

Four years ago, Sally started Sally's Mat and began teaching her faith-based yoga classes at Lee Park Baptist Church. "People come that would never typically take a yoga class or would normally never step foot in a church," she says.

Sally studied yoga through two schools, Holy Yoga and Yoga Faith, and has her Master Instructor certification from Holy Yoga and is registered with the Yoga Alliance. With over 500 hours of training, she is also certified in kids yoga and prenatal yoga.

The majority of Sally's students are women, and many of them are moms. Sally is a wife and mother of three boys,

so she fully understands the importance of balance, intentionally finding time to slow down and pausing.

Before one of her classes, Sally had all her students put their cell phones and watches in a basket. "You should have seen their faces," she said. "People are dying for someone to tell them to let go...it was like freedom for them."



**"I exist to help the lost get found and the found get lost in Christ."
-Sally McAteer**

Sally's classes are led weekly on Monday, Tuesday, and Friday using an off the mat teaching method. She walks around the room and guides her students with her words. The lights are turned off to create a non-threatening and non-competitive environment. Only string lights light the room. She describes each yoga position as her students perform *their* version without comparing themselves or their ability to the people around them.

In the Spring and Summer, Sally teaches "Yoga and Lattes" in the park at the corner of Charlotte Avenue and Lancaster Road in downtown Monroe. After the class, everyone goes across the

street to Alice Jules coffee shop. She also offers Valentine's classes for married couples and women-only retreats in the mountains and at the beach.

For her own pause, Sally takes the last two weeks of the year off to spend with her family.

www.sallysmat.com
4%

Facebook: @sallysmat

THE ART LIFE

BILL COLT

www.billcolt.com

wwcolt404@gmail.com

(704) 996-4095

Bill Colt is an award-winning, mixed media artist with a very unique style. He uses different materials to prepare his canvases and make his paintings interesting and fun.

To create texture on the canvas, Bill uses joint compound and strips of raw canvas. He, then applies a collage, using mostly retro 1950's magazines, comic books, engineering manuals, tourist brochures and other things that he finds in antique or used book stores.

If you look closely at Bill's paintings, you will see bits and pieces of the collage that give his work an underlying "graffiti" dimension. He uses bright, vibrant colors, right out of their acrylic tubes, and high gloss varnish to further enhances the color. All of his paintings are on heavy-duty, one and a half-inch deep canvas. The edges are also collaged and painted so there's no need for framing.

Bill majored in art at the University of Virginia and later studied graphic arts at Johnson and Wales in Providence, Rhode Island. For many years, he worked as a pilot; flight instructor, commuter captain, and most recently as a corporate pilot for several companies in Charlotte.

Bill lives in Monroe, with his wife, Melody. They have two grown, and married, daughters, Kelsey and

Judith, and a new granddaughter, Anna Claire.

Bill is currently represented by three great galleries: the Wilde Meyer Gallery in Scottsdale and Tucson, Arizona, the Tracy Miller Gallery in Colorado Springs, Colorado and the A.T. Hun Gallery in Savannah, GA.

Bill is also the unofficial "large cow" painter for DelFrisco Grilles, with locations throughout the U.S. and a painting was recently purchased for the Diamonds Direct store in Charlotte.

Besides commercial sales, Bill also donates paintings annually to local charities for auction; the Red Cross, Union Academy, and the Union County Community Shelter, among others and is always happy to do commission work.



Bill recently painted angel wings on the East side of The Bottle Factory Venue in downtown Monroe.



WHY
WEEK
ON
WOMEN?
Save

An Amazing Invention - Might All Depend
DRAW
The First
NO LESS
NO TAX
You Can Draw Your
Friends, Anytime
REAL LIFE - Like A
Even if You CAN
A Straight Line



LOOKIN
THE STAR

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ANBA

TAN
AL OFF

PE
COL
18
erkeley

GO BUICKS FREE

Bill Colt

Send flowers, just because.

Make vacation plans.

E DIBLES & I NGR EDIENTS

ALL DIETS “WORK”

BY: Darcy DeMart and John Howie

PHOTOGRAPHY: if it's digital

All diets “work.”

That probably just made a few people mad and some nutritionists uncomfortable.

Person 1: “I tried that diet where you only eat celery and cucumbers, and I lost five pounds.”

Person 2: “Have you been able to keep that off?”

Person 1: “Uh...No. I gained ten since I stopped..”

I'll say it again...All diets “work.”

Person 2: “Well, I cut out carbs and lost 10 pounds.”

Person 1: “That's great! Are you still cutting carbs?”

Person 2: “No. I did it for a month. I like bread, ice cream, pasta, cupcakes, and...too much.”

The problem with many diets is that they are hard to continue for an extended period of time.

Humans love food, and it is very difficult to deny ourselves the tastes we crave.

The “**big**” secret is not to consume more calories than your body needs and/or uses. That sounds simple enough. Men tend to need more calories each day, age plays a factor,

and the more active you are, the more calories your body needs.

A nutritionist or dietitian can help you with determining the healthy number of calories your body needs for survival, weight loss, or weight gain.

Calories are the energy value of foods. Our bodies use that energy to breathe, walk, metabolize food, and to simply exist.

Technically, you can eat anything you want and not gain weight, *if*, you stay within your body's needed caloric intake or work out enough. Calories don't know if they are in a cheeseburger, fries, and soft drink from a fast-food restaurant or green beans and carrots from the garden washed down with a glass of water.

Yikes, we're uncomfortable again.

The nutritional value for fresh vegetables compared to fast food is very different, so in a perfect world, with no cravings, we would only eat calories from natural, healthy meals.

The burger, fries, and soft drink would contain about 786 calories. For the average person, that's about a third of the



total calories you would need for the entire day. On the other hand, you could eat almost five pounds of green beans and carrots before you would reach 786 calories.

The trick is to figure out how to balance the healthy foods you eat with your cravings for candy or cheeseburgers.

Nutritionist, John Howie, has a couple of suggestions. He says....,

“You may want to consider some type of rotation of good and bad choices.

Option One - Cheat Meal

Assume that you are on a 1200 calorie per day plan of healthy, clean servings of proteins, carbs, and fats.

Once a week, pick one meal where you plan to eat anything you want.

When you consider the total calories consumed in seven days versus the caloric excess in your cheat meal, you will find that the damage to your diet is extremely minimal.

Here's why it works...Let's say your cheat meal is Saturday night. Wednesday or Thursday, you begin to anticipate what you're going to eat for your cheat meal. You can think to yourself, “I can make it until then because it's going to be great.”

Conversely, after your cheat meal, you are convicted by how full and stuffed you feel and may feel guilty of your failure to maintain the pattern. This conviction gives you the willpower to get back on the program on Sunday morning.

Option Two - Timely Treats

Again, assume you are on a healthy 1200 calorie diet. Pick a time of day and satisfy your cravings with a bad food choice (treat) that contains 100 cal. It can be anything: A small piece of chocolate or 100 calories of cake, pie or candy.

The feelings of anticipation and conviction are similar to Option One, only your cravings are satisfied daily and in small doses. For some, this option improves the likelihood of continuing successfully.”

Now, back to my original statement. All diets “work” if you can sustain them and if you can stay within the number of calories your body needs. However, it is always best to maintain a well-balanced, nutritious diet.

Happy eating!

4%



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QUIET TIME

MASSAGE THERAPY

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

From the time we wake up, the noise of life begins; phone calls, radios, kids, spouses, pets, notifications, emails, the tv, social media, messages, noise, noise, noise...It's no wonder so many people choose massage therapy for a little quiet time.

People have been enjoying the benefits of massage therapy for thousands of years.

Massage therapy helps relieve pain and tension by applying constant or kneading pressure to the skin, tendons, muscles, and joints. It is also beneficial for blood flow, loosening muscles, and, in some people, can help decrease the frequency of migraines.

There are several different types of massage therapy, from therapeutic massage to prenatal massage and reflexology. The type of massage a client chooses may depend on their preferences, health needs, and the specialties of the massage therapist.

“The body is richly forgiving of lifestyle imbalances and physical misalignment,” says Katy Hartness Thompson, owner of Align Wellness in Monroe. “It is my sincere belief that, given the proper focus of health-centered regimens, we can all be restored, revived, and redeemed to some strong degree. Some spiritual part of us that is begging to be whole again will emerge.”

Business owners in our area have

recognized the benefits of massage therapy and have added weekly corporate chair massages as an employee benefit. Monroe Massage and Yoga offers corporate chair massages to several of Monroe's downtown businesses. Employees have the opportunity to take a break from their work and have a chair massage. Two words come to mind...work perk! :)

Returning to their desks relaxed and refreshed helps employees better manage a stressful day.

Using massage therapy to enhance your overall wellness or to manage an injury or health condition, is an appreciable way to spend 4% of quiet time. **4%**





PHOTOGRAPHY BY: Darcy DeMart, if it's digital

This picture was taken of the snowflakes on a car windshield.

The camera settings were:

ISO 100 f2.8 1/800 sec 100 mm no flash

Tips: use a tripod and take a LOT of shots

PHOTO CORNER

I had always heard no two snowflakes were exactly alike but until I personally took macro photos of them, I had no idea the unique beauty each one has. Some were cylindrical or near perfect hexagonal shapes while others were similar to flowers.

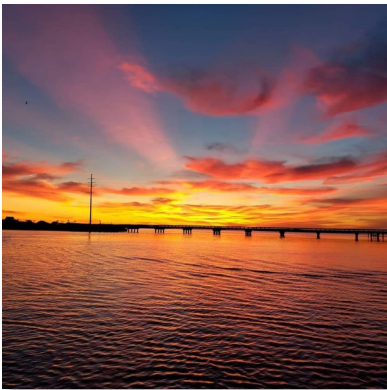
After reading more about snowflakes, I learned that depending on who you ask, there are anywhere from a few kinds to more than a hundred types of snow crystals or flakes.



WITH GRATITUDE

Please submit your photos and a few words of the people, places, and things you are thankful for to 4percent@ifitsdigital.com.
(Professional photos must include a copyright release.)

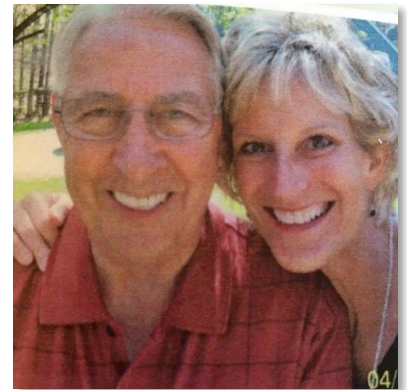
COPY & PHOTOGRAPHY: Submitted :)



“Harkers Island Bridge at Sunrise.” -Misty L.



“My parents. They believed in my dreams when I was little, supported me in the ups and downs, and helped me learn the lesson of life through sports. All of this has allowed me to develop into the person I am today.”
-Erin T.



“My first selfie with my dad. He was so tickled we were able to take this ourselves. My dad died 6 years ago at 80 years young! One of my thankful memories!!”
-Donna L.



“The Enterprise gym for helping me find myself and creating a family to surround us since we don’t have any close.”
-Rose D.



“I’m thankful for anyone who leaves the paper towel dispensers like this at the gym.”



“I’m most thankful for my precious granddaughter, Cora Louise. It feels like I’m starting life over again and seeing the world through her eyes. She is such a blessing.”
-Lynn S.



“Because of them, I am a better person.”
-Andrea F.



“Home. No matter where we travel, there is always great comfort when we are pulling back in the driveway of our little house.”
-Courtney H.



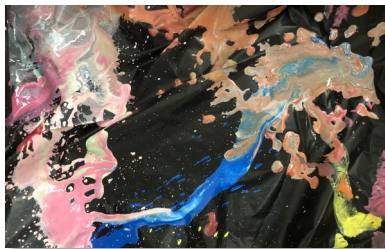
“I’m thankful for my husband who loves adventure and travel just as much as I do.”
-Aliyah S.



“I am thankful for my kids. They bring me joy and purpose. Even through the daily challenges of parenting, I embrace every second.”
-Eric H.



“I’m thankful for these two women who taught me to be strong in the toughest times, humble in the victories, and to love without end. I wouldn’t be who I am today without their support.”
-Lauren K.



“I’m thankful for accidental art.”



“Love is all you need.”
-Karen H.



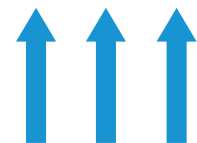
“For almost 52 years, Mary Helen has been by my side. I am blessed to have such a great wife/best friend.”
-Marion H.



“Peace”
-Linda P.



“My family”
-Darcy D.



It’s awesome when a husband and wife send in the SAME picture! ❤️

WORD SEARCH

HAPPY
 RESOLUTION
 FOURPERCENT
 HOUR
 NEW
 LLS
 MCBEAST
 RACE
 ENERGY
 SOUL
 RECIPE
 VALENTINE
 CLOVER
 BODY
 LOVE
 ULTRA
 DEDICATION
 ENCOURAGEMENT
 HEALTH
 SMILE
 NUTRITION
 RUN
 MILES
 MAD
 MIND
 POSITIVITY
 TIME
 TRAINER
 LIFESTYLE
 DIET
 HABIT

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L	L	A	P	O	S	I	T	I	V	I	T	Y	P	O	R	H	S	I	R

RECIPES

BANANA COOKIES

FROM THE KITCHEN OF: Linda Parker

PREP TIME: 10 minutes

TOTAL TIME: 25 minutes

INGREDIENTS:

1 1/2 cups rolled oats
1/4 cup peanut butter
1/2 cup dark chocolate chips
(walnuts as an alternative or
addition)
1 teaspoon vanilla
3 ripe bananas

DIRECTIONS:

Preheat oven to 375.
Mash bananas.
In a separate bowl mix all other ingredients together. Combine
bananas and other ingredients.
Place dollops of mixture onto parchment paper-lined baking
sheet.
Bake for 10-12 minutes or until lightly brown on top.
Let cool on wire racks.

CHEESY POTATO CASSEROLE

FROM THE KITCHEN OF: Darcy DeMart (Anderson Family Cookbook)

PREP TIME: 10 minutes

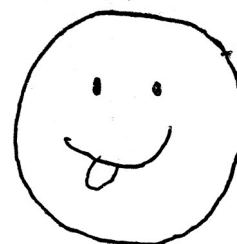
TOTAL TIME: 60-70 minutes

INGREDIENTS:

2lb frozen hash browns
1/2 cup melted butter
1 tablespoon salt
1/2 tablespoon pepper
2 tablespoons dried minced onion
1 can cream of chicken soup
1 pint sour cream
2 cups grated cheese
1/4 cup melted butter
2 cups corn flake cereal

DIRECTIONS:

Preheat oven to 350.
Thaw hash browns.
Mix corn flakes and melted butter.
In a separate bowl, mix the remaining ingredients and pour into a 9x13
casserole.
Top off dish with corn flake/butter mixture.
Bake for 45-60 minutes.



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www.treehousevineyards.com
704-283-4208

Union County Community Arts Council
https://unionarts.org
Facebook: @UnionCountyCommunityArtsCouncil
704-283-2784

Union County Public Schools
400 N Church St., Monroe, NC 28112
https://www.ucps.k12.nc.us/
704-296-9898

Union Symphony Society
201 N Main Street,
Suite 109, Monroe, NC 28112
www.unionsymphony.org
704-283-2525

Whitley Mortgage Associates, Inc.
121 E Phifer St.
Monroe, NC 28110
www.whitleymortgage.com
704-283-9465
1-800-968-9086

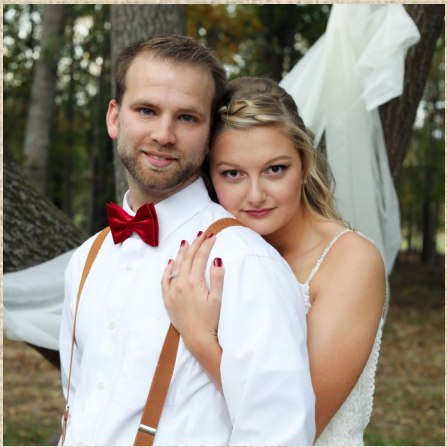
Yoga Girl and More Personal Training
Linda Parker
Facebook: @yogagirlandmorepersonaltraining
704-756-4116

Every effort has been made to insure this list is accurate.

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