

April 2020

Volume I, Issue II

4%

We're in the Happy Business

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Waxhaw Welcomes Gunn's Fitness

Quiet Time

Learning to Unplug

TJ Burgess

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EDITOR'S MEMO



HAPPINESS IS AN INSIDE JOB

MY happiness *is* MY responsibility.

Oh, how I wish I had known this a long time ago!

I spent way too many years of my life, expecting others to “make me happy.” What I realize now is that it is a terrible burden to place on another human being, and one no one can fulfill.

Why should I expect someone else to provide for or cater to my emotional needs all the time? Relying on other people to fill my “happy cup” used to set me up for disappointment and pain.

I have also learned I can’t be happy all the time, and that is ok. I have grumpy days where the thought of talking to anyone before noon is exhausting, and needing to go out into the world seems like a chore.

I always think to myself, “Good grief! How can you wake up and already be in a bad mood?” My mom used to say I “woke up on the wrong side of the bed.” Apparently, I still haven’t completely figured out which way I should roll out.

On the bad days, I have to “do life” anyway. A morning workout usually provides an attitude adjustment for me and puts me back on track with a positive outlook for a good day. There’s nothing like wearing myself out first thing to put life back into perspective. :)

I also have learned how much I enjoy and need time alone. I love people, but sometimes I need the solitude and silence that only being alone can offer.

Focusing on the people and things that contribute to my happiness is a useful way I avoid negativity on those not-so-happy days. The love of family and friends, nature, faith, humor, and purpose keep me grounded and grateful.

Conversely, other people’s happiness *is not* my responsibility. This practice is a whole lot harder for me because it makes me feel selfish. I am a pleaser, and I love seeing people happy and doing well. Sadly, I have lost myself numerous times in the pursuit of “making *them* happy.” I will probably carry that burden again.

Moving forward, I will strive to find my happiness daily, and in healthy doses, I will nurture those around me.

As a friend, I can offer support or a listening ear.

As a significant other, I can offer love and grace.

As a human being, I can offer respect and kindness, and, no matter what, I will always pray that we all find our happiness.

Darcy :)

www.ifitsdigital.com/4--magazine.html



4%

by if it's digital

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PRINTED IN THE USA

ON THE COVER

Wedding Rings on a
Single White Rose

Photo: if it's digital



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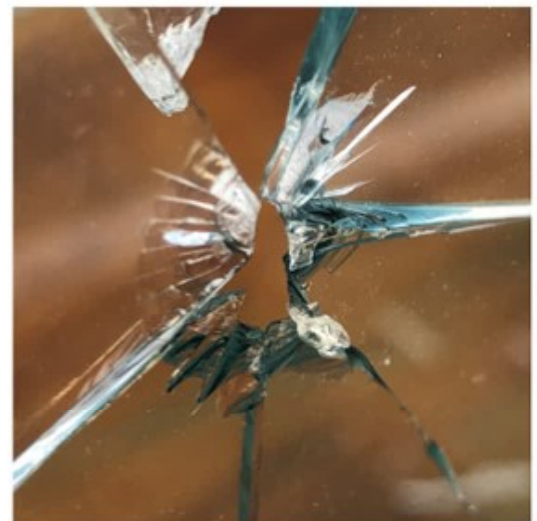
38 Quick Reference Listing

JANUARY IMPERFECTIONS

I mentioned in the first issue of 4%, "4% will be imperfect - because I am."

Readers have helped identify two mistakes in the January 2020 issue. Thank you for reading and for helping 4% improve!!!

- SOCIAL ENGAGEMENTS - The correct date for the American Red Cross Rhapsody in Red Charity Ball is May 2, 2020. Get your tickets!
- WORD SEARCH - The word BODY is missing.



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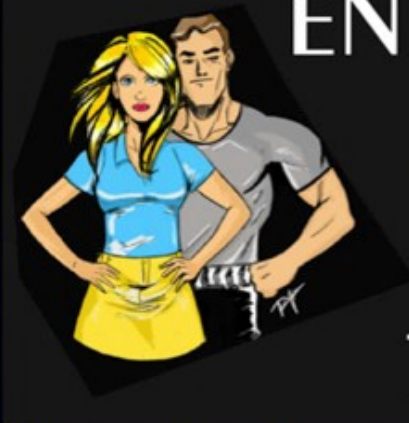


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E DIBLES & I NGREDIENTS

H2O

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

It's incredible how something with no odor, taste or color is so crucial to our survival.

Water is used for washing our clothes, preserving foods, farming, bathing, brushing our teeth, cooking, nourishing plants, lawn maintenance, generating electricity, recreation, firefighting, manufacturing, transportation, and drinking.

The Earth is about 70% water, and the majority of water is in the oceans. Less than 5% of all water on Earth is fresh water, and it is found in lakes, glaciers, soil, snow, ice, air and rivers.

The average adult human body is between 50-65% water. Water is needed to regulate body temperature, absorb nutrients, deliver oxygen to cells

all over the body, remove waste, digest food, hydrate skin, protect organs, protects the eyes, nose and mouth, and help the entire body function properly. Our organs contain very high percentages of water.

With so much water in our bodies, it is important to make sure we drink enough to stay hydrated and healthy. For each person, the amount of water they need each day will vary. You have probably heard a million times, "You need to drink eight 8-ounce glasses of water a day." Depending on your body weight, this may be too much or too little.

When you exercise, sweat more than usual, are sick, or feel thirsty, your body needs more water. Women who

are breastfeeding also need more water. We lose water when we sweat (on average 2-3 cups per day), use the bathroom, and breathe.

There are numerous ways to calculate the amount of water your body needs. One of the simplest calculations is to take your body weight and divide it by two. This is the number of ounces you will need on a typical day. (If you weigh 130 pounds, drink 65 ounces of water each day). Another way; drink when you're thirsty. Your body will let you know.

Always talk with your doctor before beginning any diet, supplement, or exercise plan.

4%

Drink up!

Your Weight	H2O DAILY	16.9 oz. Bottles
100 lbs.	50 oz.	3
120 lbs.	60 oz.	4
140 lbs.	70 oz.	4
160 lbs.	80 oz.	5
180 lbs.	90 oz.	5
200 lbs.	100 oz.	6
220 lbs.	110 oz.	7
240 lbs.	120 oz.	7
260 lbs.	130 oz.	8
280 lbs.	140 oz.	8
300 lbs.	150 oz.	9
320 lbs.	160 oz.	10
340 lbs.	170 oz.	10



LOVE OUR LOCALS

TJ BURGESS - GOingFORTH

BY: Darcy DeMart

PHOTOGRAPHY: Submitted

"I'm going to be a police officer when I grow up," Watinia Goforth Burgess (TJ) would tell her dad. He would laugh and say, "Oh, no, you won't." This was a big and ongoing joke between them. Mr. James Edward Goforth was a Lieutenant with the Monroe Fire Department, and TJ knew, even as a little girl, that the fire department and the police department had a bit of a rivalry.

TJ's father passed away in 1983. He had served the Monroe community, through the fire department, for 27 years. Her mother passed away five years later, just months before TJ graduated from Monroe Middle School. The dream of becoming a police officer followed TJ through high school, and on November 1, 1997, TJ's law enforcement career began. She joined the police force with the Monroe Police Department in Monroe, NC.

"I always felt it was my calling from God to help people, so I joined the Monroe Police Department," TJ said.

TJ has held numerous positions with the Monroe Police Department, including Patrol, Narcotics Detective, Criminal Investigator, Evidence Custodian, Crisis Intervention Team (CIT), Sergeant of Narcotics, Lieutenant of Investigations, and Community Police Lieutenant. She is currently head of the Narcotics Unit.

I asked TJ if she thought she would pursue any higher ranks with the police department before she retires. "I don't know, she said, "It is special that my dad was Lieutenant Goforth with the Monroe Fire Department, and now there's a Lieutenant Goforth with the Monroe Police Department.,"

Four men in TJ's life absolutely adore her. She and her husband, Tommy Burgess, were married in 2003, and they have three sons, a six-year-old, and twins who are four. She and Tommy met years ago through mutual friends, and since the time they met, TJ said he has been a constant blessing. "He's always been so good."


From 2006-2013, TJ served on the Turning Point board. Turning point offers support and advocacy to victims of domestic violence, sexual assault, and child abuse.

During a meeting, a board member casually mentioned that Turning Point needed someone who could relate to the women they help because they had been through something similar.

At that point, TJ decided to share her testimony...


In 1993, the summer after high school graduation, TJ began what turned out to be a terribly abusive relationship. "At night, he would point his .357 revolver at me and laugh. I could see the red dot from the gun's laser on my chest and body. He thought it was funny to scare me," TJ said. She continued, "He said that if he ever did shoot me and kill me, he would say it was an accident while cleaning his gun, and he would get away with my murder. I believed him."

"I left him several times," TJ said, "I kept telling myself through these years that he loved me and that I could change him with my love." In early 1997, TJ packed her things and left while he was gone. He found out where she was and confronted her. As they stood outside, he held a gun under his chin. "He said I would read about it in the



"I want to be able to help. Lord knows, we all need it sometimes."

-TJ Goforth Burgess



paper and know it was my fault,” TJ said. “I knew that if I turned away from him, he would shoot me...I got in the car with him.”

He took TJ back to his house and held her there. “I didn’t sleep. I remember it was foggy out, and he would point the gun out the door. I could see the laser going through the fog. It was like a horror movie,” TJ said. Her prayers were answered a couple of days later.

He let her go!

TJ applied for the police department not long after. During her training, she received one more phone call from her ex. She was finally strong enough to tell him it was over, and she completed rookie school. “Being a police officer was what I always said I wanted to do,” TJ said, “He always told me I couldn’t do it.”

“The night of December 18, 2004, I was standing in my kitchen looking at the Christmas tree when the phone rang,” TJ recalls. She received a call from a Charlotte Mecklenburg Police Department (CMPD) detective asking about her ex. “I was told that he’d just been arrested for shooting and killing his girlfriend,” she said.

TJ was asked to share with the CMPD about their relationship. She told them about him pointing his gun at her and saying that if he ever did shoot and kill her, he would say he was cleaning his gun. She remembers one detective shook her head and said, “that’s exactly what he told us when we arrived on the scene of this girl’s murder.” Reliving this part of her life was very difficult for TJ. “I really didn’t want to go down that road again,” she said, “It was like PTSD.”

When TJ’s ex learned that she was willing to take the stand against him and testify, he decided to take a plea agreement for second-degree murder. He was given 18 years in prison and was released on November 18, 2019.

In 2013, Prince Media produced a drama, GoForth, which was based on real events surrounding TJ and her lifetime best friend, Megan Gaskins. The short film was nominated for several awards in several festivals, including the Stellae Awards (Pan Pacific Film Festival) in Los Angeles, the Short Film Festival in NYC, and the “With Love, Michelle” Film Festival in San Antonio.

This year, TJ will celebrate her 23rd year with the Monroe Police Department, and she and Tommy will celebrate their 17th anniversary. TJ said she will probably retire from the police force in 5-6 years.

To keep themselves extra busy before and after they retire, TJ and Tommy opened Lucky Ducks Kid’s Consignment in Downtown Monroe on March 10, 2020. The shop sells

children’s clothes and other kid’s items. They accept consignment kid’s clothing size newborn and up.

Lucky Ducks will be an asset for parents as well as the community. “The Monroe Police Department has 24-7 access to any items they need from the store,” TJ said, “If they are dealing with a case involving children, they can come over and get what they need. I want to be able to help. Lord knows we all need it sometimes.”

4%



TJ (standing), Tommy & Megan

Lucky Ducks
Kids Consignment

114 East Franklin St. 📍 Monroe, NC 28112 📞 704-321-1761

If you or your children are in immediate danger, call 911.

If you can safely talk to a Turning Point staff member, call 704-283-7233 for assistance.

Police/Emergency: 911

**Turning Point Domestic Violence Hotline:
704-283-7233**

HELLO, MY NAME IS GYM

GOT GUNNS?

BY: Darcy DeMart

PHOTOGRAPHY: Submitted and by if it's digital

After a photo session with Santa and two precious little girls, the girls' mom wrote her email on the sign-in sheet. I didn't see the address until later.

gotgunns@gunnsfitness.com

I HAD to know more!

Regina Gunn Arndt is originally from Long Island, New York. She was an athlete growing up and played basketball, volleyball, and soccer in high school. She attended Wingate University and worked with multiple athletic teams and was an assistant student athletic trainer for the Charlotte Checkers. Regina graduated from Wingate University in 2005 with her Bachelor of Science degree in Athletic Training.

After graduating from college, Regina

spent some time traveling around the country before moving back to North Carolina to stay. She and her husband, Kevin, have two daughters, ages 3 and 4 1/2. "He is the most supportive human being I know," she said about Kevin. "As a team player, he allows me to live out my passion, and I am so grateful for that."

Regina has been a personal trainer since 2007 and has her certification with the National Strength and Conditioning Association (NSCA). In her first couple of years as a trainer, she quickly realized that if she was going to provide the level of care and overall experience she wanted to give her clients, she would have to have her own business.

In 2009, Regina opened Gunn's Fitness and has lead boot camps,

personal training sessions, and group work out classes exclusively in Matthews until this past November.

"For our ten year Gunn's Fitness anniversary, I decided it was time to give back to my community," Regina said. On November 4, 2019, she added another training location in Waxhaw, at The Athletic Barn. "We live in Waxhaw, we love Waxhaw, and Waxhaw has embraced us."

Regina has competed in multiple Spartan races, Warrior Dashes, 5ks, half-marathons, and one fitness competition. She has also competed in two Half-Ironman triathlons, each consisting of a 1.2-mile swim, a 56-mile bike ride, and a 13.1-mile run.

Regina and Gunn's Fitness also



heavily promote nutrition. Regina leads nutrition workshops once a month using food props as a learning tool. During her “nutrition in plain sight” workshops, she explains balancing macros and appropriate portions.

In addition to her nutrition workshops, Regina has partnered with IDLife supplements, which uses DNA testing to create a personalized health and fitness guide based on a person’s unique genetic profile.

The genetic information collected helps determine how an individual’s body responds to diet and exercise. Some information in the DNA report includes food sensitivities, recovery, aerobic potential, muscle

performance, weight regain after dieting, dopamine, food reward, and caffeine metabolism. The DNA report is designed to help each person to learn to eat, train, and live to their body’s potential and allows Regina to serve her clients better.

Gunn’s Fitness training services vary from boot camps to personal training, and in-home training, and clients range from kids to adults.

“I am so blessed to have Gunn’s Fitness for ten years,” Regina said. “We’re not a gym. We’re not a studio. We’re a family.”

got gunns?

4%



**Dale Ann Plyer - Richard G. Long, Jr. - Ashley J. McBride
Lisa H. Beaman - Terry Sholar, Of Counsel**

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COMMERCE

IN THE HAPPY BUSINESS :)

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

Getting engaged is an exciting time for couples and their families but the stress of planning a wedding can become overwhelming.

When? Where? What's our budget? How many guests will we have? Wow! There are there sooooo many flowers to choose from! What about food? Where will we live?

I always try to remind the couples I work with that their wedding day is a very important and special day, but the days and years that follow are the most more important. Choose vendors you are comfortable spending your money with as well as your big day. They will be part of your memories forever.

Union County has fantastic wedding and event vendors. With so many to choose from, your dream wedding or event is only a few phone calls away.

This list provides a timeline for planning as well as a handful of the local vendors in our area who are "In the Happy Business" and ready to help.

♥ 10-12 MONTHS BEFORE WEDDING DETERMINE BUDGET

CHOOSE THEME, COLORS & OVERALL DESIGN

SCHEDULE ENGAGEMENT PHOTOS
if it's digital 704-201-4763

CHOOSE YOUR WEDDING DATE

HIRE A WEDDING PLANNER
Angela Helms 970-471-6929
Events to Remember 980-721-2827
Anna's Wonderful Weddings 704-659-3100
FDP Weddings & Events 980-280-6229

SEND SAVE THE DATES

SELECT WEDDING PARTY

BOOK CEREMONY & RECEPTION VENUE(S)
The Bottle Factory Venue 980-721-2827
Rolling Hills Country Club 704-289-4561
Center Theatre 704-282-4542
Seed Mill Barn 704-709-7204
Cotton Gin Barn 704-709-7204
Morning Glory Farm 704-989-0046

Morgan Academy Homestead 970-471-6929

HIRE A PHOTOGRAPHER
if it's digital 704-201-4763
Chain Reaction Studios 800-277-0902

HIRE A VIDEOGRAPHER
Chain Reaction Studios 800-277-0902

SET UP PHOTOBOOTH RENTAL
if it's digital - Photobooths 704-201-4763
PICME Photobooth 980-721-2827

START MAKING YOUR GUEST LIST

CREATE WEDDING WEBSITE

HIRE A CATERER
Stone Table 704-225-7675
Kate Clyde's Catered Creations 704-624-2051
Touch of Class Catering 704-292-7277
SMS Catering Services 704-504-7344

SHOP FOR A WEDDING GOWN
Dar-Lynn's Bridal & Formal Wear 704-847-2116
Ellie's Bridal & Formal Wear 704-289-9325
Wedding Dress Me 704-578-1906
Simpson's Formal Wear 704-289-2000

DECIDE WHERE YOU WILL LIVE? Will you need to rent, purchase, or sell a home?

Brittany Austin - Keller Williams 704-254-9534
Wendi Hensel - Allen Tate 704-957-7770
Bill Heisner - CaraWill Realty
Richard Price Realty 704-288-0688
Whitley Mortgage 704-283-9465

♥ 6-9 MONTHS BEFORE WEDDING PURCHASE WEDDING DRESS

ARRANGE ROOMS AT HOTEL(S)

HIRE PASTOR/CLERGY
Sally Goodwin
Jeff Helms 980-721-2825

HIRE MUSICIANS, BAND OR DJ
Bass FX 704-320-5752
DJ Jeremy 704-609-7329
Raise the Roof Charlotte 704-249-4165
DJ Wizard 704-290-7750
Union Symphony Orchestra 704-283-2525

DECIDE ON BRIDAL PARTY DRESSES

Dar-Lynn's Bridal & Formal Wear 704-847-2116
Ellie's Bridal & Formal Wear 704-289-9325
Wedding Dress Me 704-578-1906
Simpson's Formal Wear 704-289-2000

HIRE A FLORIST

Robin's Main Street Florist 704-624-7673
The Petal Shoppe of Monroe 704-289-2780
Monroe Florist & Gifts 704-283-2623
August Lily Florist 704-296-5459
Waxhaw Florist 704-843-7956
Sweet T Flowers 704-843-8248
Not Your Granny's Florist 704-634-2947
Marshville Florist & Gifts 704-624-2220

HAVE ENGAGEMENT PARTY

CHOOSE WEDDING INVITATIONS & STATIONERY

Kathy Magee Designs 704-648-5611
if it's digital 704-201-4763
KT Print & Design 704-635-8292

PLAN FOR YOUR HONEYMOON

Luxe Travel Group susanshuretravel.com
Mann Travels 704-282-1063

ARRANGE TRANSPORTATION

Limo Johnny 704-649-3068

BEGIN PREMARITAL COUNSELING

PURCHASE/RENT GROOM'S TUX

Dar-Lynn's Bridal & Formal Wear 704-847-2116
Ellie's Bridal & Formal Wear 704-289-9325
Wedding Dress Me 704-578-1906
Simpson's Formal Wear 704-289-2000

SIGN UP AND COMPLETE YOUR GIFT REGISTRY

♥3-5 MONTHS BEFORE WEDDING

FINALIZE YOUR GUEST LIST

BOOK BAKER & DESIGN CAKE

Three Boys Bakery 860-402-3214
Custom Creations by Naomi 570-801-2006
Five Star Bakeshop 704-776-9026
Sweet Lilly's Bakery 980-328-9651
The Cupcake Queen 704-256-1292

RESERVE RENTAL ITEMS (CHAIRS, TABLE, LINENS, DÉCOR, TENT, DANCE FLOOR)



Simply Charming 704-283-5525
The Fun Train Party Rentals 704-907-1946
K's Party Rentals 704-218-7860
Lilly Rose Wedding Design 704-236-5202

START THE PROCESS OF GETTING YOUR PASSPORT, IF YOU WILL NEED ONE

SELECT LOCATION FOR REHEARSAL DINNER

SELECT GROOMSMEN ATTIRE & SCHEDULE FITTINGS

MAKE REHEARSAL DINNER GUEST LISTS

PURCHASE WEDDING FAVORS (bubbles, sparklers, candy bar items, etc.)

HAIR & MAKE UP TRIALS

Jack Rabbit Salon & Boutique 704-289-9881
Hair Worx 704-289-4181
Lia Watson 704-756-8384
Stacey Halo Hair Salon
Studio 50 704-283-5260
Cali Stott Artistry hello@calistottartistry.com
The Beauty Fairy 704-267-4660

FINALIZE YOUR GUEST LIST

CREATE RECEPTION TIMELINE

FINALIZE MENU AND BEVERAGES

FINALIZE DESIGN OF INVITATIONS

SELECT CEREMONY READINGS

CHOOSE MUSIC FOR CEREMONY & RECEPTION

CREATE "MUST-HAVE" LIST FOR PHOTOGRAPHER

PURCHASE WEDDING BANDS

Mark McSheehan 704-289-2893
Tucker's Jewelers 704-283-1514
Diamond's Direct 704-532-9041

CHOOSE WEDDING ACCESSORIES (veil, shoes, jewelry, undergarments, etc.)



♥6-8 WEEKS BEFORE WEDDING

Mail invitations.

BEGIN DANCE LESSONS

Terry Beeson 704-254-7754

PURCHASE PERSONAL ITEMS (guest book, unity candle, cake servers, toasting glasses, etc.)

PURCHASE BRIDAL PARTY GIFTS

M-Bellish 704-283-9640

47K Marketplace 704-771-0284

Silver Lining 704-283-2125

Peddler's Paradise Monroe 980-279-6606

FINALIZE & CONFIRM DETAILS WITH ALL VENDORS

♥3-5 WEEKS BEFORE WEDDING

FINAL DRESS FITTING

CONFIRM DETAILS WITH FORMAL WEAR SHOP

SCHEDULE FITTINGS FOR BRIDESMAIDS & FLOWER GIRL

PICK UP YOUR WEDDING DRESS

FINALIZE WEDDING PROGRAMS

HAVE BRIDAL PORTRAITS TAKEN

PICK UP WEDDING RINGS

APPLY FOR MARRIAGE LICENSE

RECORD RSVPS & MEAL CHOICES

HAVE BRIDAL PORTRAITS MADE WITH YOUR PHOTOGRAPHER

♥1-2 WEEKS BEFORE WEDDING

GIVE A FINAL HEAD COUNT TO CATERER.

PICK UP MARRIAGE LICENSE

PROVIDE YOUR DJ WITH A LIST OF SONGS

PROVIDE FINAL MEAL CHOICES & GUEST COUNT TO CATERER

CONFIRM TIMELINE WITH PLANNER

CONFIRM REHEARSAL PLANS

PLAN FLOOR & SEATING PLANS

CREATE SEATING CHART OR PLACE CARDS

CONFIRM RENTALS & FLORAL DELIVERY DATES & TIMES

CONFIRM ARRIVAL TIME FOR ALL ATTENDEES

MAKE LAST MINUTE SEATING ADJUSTMENTS

ORGANIZE WEDDING DAY ATTIRE

CONFIRM HONEYMOON RESERVATIONS

CONFIRM RESERVATIONS FOR OUT OF TOWN GUESTS

GET A MASSAGE

Monroe Massage & Yoga 704-565-9011

PACK FOR HONEYMOON

GATHER ALL DOCUMENTS FOR TRAVEL (passports, insurance cards, etc.)

CONFIRM REHEARSAL PLANS WITH FAMILY AND WEDDING PARTY

CONFIRM RESERVATIONS FOR REHEARSAL DINNER

PICK UP FORMAL WEAR (tuxes, shoes, etc.)

♥WEEK OF WEDDING

GO THROUGH LISTS AND MAKE SURE ALL BASES ARE COVERED

ARRANGE RETURN OF ALL RENTALS

PACK WEDDING DAY EMERGENCY KIT

GET MANICURE/PEDICURE, HAIRCUT, ETC.

PACK WEDDING-DAY ITEMS (wedding attire, rings, vows, marriage license, accessories, snacks, etc.)

♥DAY BEFORE WEDDING

ENJOY YOUR REHEARSAL & REHEARSAL DINNER

SLEEP WELL TONIGHT

♥WEDDING DAY

DON'T FORGET TO EAT!

HAIR & MAKE-UP

DRESS FOR WEDDING

GET MARRIED!

♥AFTER THE HONEYMOON

HAVE WEDDING GOWN & FLOWERS PRESERVED

WRITE THANK YOU NOTES

CHANGE LAST NAME

CONTACT YOUR PHOTOGRAPHER TO ARRANGE PICK UP OR DELIVERY OF WEDDING PHOTOS, DIGITAL FILES, & ALBUMS

LIVE HAPPILY EVER AFTER.... :)

4% ♥

PHOTO CORNER

I love the dramatic contrast you get with a silhouette!

This photo was from an engagement session at the Charlotte Motor Speedway. After the session, we started to drive out of the tunnel, and decided to stop for “just one more.”



PHOTOGRAPHY BY: Darcy DeMart, if it's digital

Camera Settings:

ISO 200 f8 1/250 sec 100 mm no flash

During the editing process, the image was converted to black & white.

NOTEPAD

Schedule a massage.

Secretly pay for a stranger's meal.

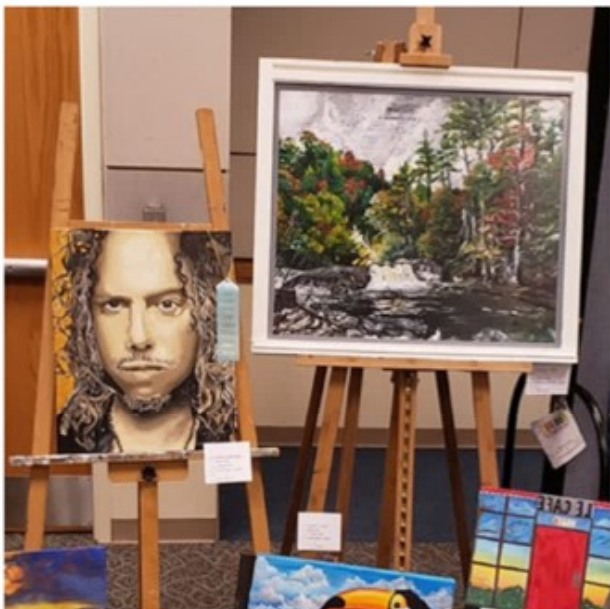
SUPER KIDS

STUDENT ARTIST SHOWCASE

COPY AND PHOTOS SUBMITTED BY: Union County Community Arts Council

The Union County Community Arts Council hosts the Student Artist Showcase, a juried show, in the spring of each year highlighting the artistic talent that is cultivated throughout Union County schools. Each year, art teachers throughout the county select the top artists from each class, in turn, those artists display their artwork for the judges in hopes of the top prize. The Student Artist Showcase is a free community event that highlights the council's art and education initiatives that serve over 42,000 Union County students each year.

The 2020 Student Artist Showcase will be held on May 2&3 in the South Piedmont Community College Conference Center; 4209 Old Charlotte Hwy., Monroe, NC.



HEALTHY MINDS

THINK. SPEAK. LISTEN.

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

Conversations.

We have them every day. We speak in person, on the phone, through text messages, on social media, and in emails. We even speak without uttering a word.

Conversations might be with the same person several times in the same day or with several different people over a 24-hour period.

Have you ever thought about how strong and healthy your conversation skills are? Do you dominate a conversation, cut people off, or make every chat about you, or are you passive, quiet, and leave most exchanges feeling unheard?

There are healthy ways to communicate with ourselves and each other, and there is a respectful way to say just about anything.

A conversation is a two-way exchange, a bit of a freestyle dance where no one always leads. In a conversation, sometimes you are the speaker, and sometimes your sole responsibility is to listen. If you initiate a conversation, pause every once in a while. Be sure to allow the other party/parties to chime in and find appropriate times to inject your next thought after their response.

Speak with respect. No matter the topic, being respectful during a discussion is crucial. If a party in the conversation feels disrespected by words or tone, the conversation can become harmful or end altogether.

Listen - really listen - when someone else is talking. People who remember names or facts about a person have a gift. The little details of a conversation can be beneficial later. That first date, when he mentions liking a specific football team, or she shares her favorite color or flower will come in handy.

Ask yourself if you are listening to respond or listening to hear. We need to listen to contribute to the conversation and remember that anytime we're talking, we're not listening or hearing the other person.

Choose healthy topics. It would be fantastic if we only had to talk about our kids, vacations, or favorite foods, but the

subject matter can cover anything, and some of those topics aren't fun. I mentioned before that there is a respectful way to say anything. When we find ourselves in a conversation with an uncomfortable or potentially hurtful topic, it is crucial to speak and debate with respect and humility. Be mindful of your words. If you have to be stern, be direct, and say what you mean in a calm and mannerly way. You will never change another person's opinion by being louder or rude, but the damage from one conversation can be detrimental.

Watch your tone. If I had a dollar for every time I misunderstood someone's tone or someone misinterpreted mine, I would be a millionaire. It is incredible how the same words with different tones project entirely different meanings. A critical or cold tone can have a negative emotional impact on others. If they perceive they are being belittled or scolded, their impression of you or your message may become muddy. On the other hand, a cheerful tone in a serious conversation may seem like you don't care or are in denial.

Negativity is no fun, and negative talk breeds more negative talk. It ultimately makes us feel bad and is exhausting. Don't get sucked into complaining or gossip.

Volume speaks volumes. Speaking too loud can appear aggressive or rude while speaking too quietly may come across as being shy or unsure. If you have to repeat things often, you may have a

naturally low volume speaking voice and need to try to project more. If your natural voice sounds like an "outside" voice, lowering your speaking volume will lessen misunderstandings.

\$@#*&! Cursing during conversation is normal and natural to some people, while it is very uncomfortable and offensive to others. If you are speaking with someone who doesn't use these words, chances are, they don't want to hear you swear either. Limit the bombs in public, at work, and in social settings where profanity is not acceptable.

Carefully choose your big words. Most people don't care if you know the longest word in the English dictionary. You will sense if you're speaking to an audience who does, but

*Think before
you speak and
listen before
you think
again...*

for the rest of the population, keep it simple. (For those who are curious, the longest word in the English dictionary is “pneumonoultramicroscopicsilicovolcanoconiosis,” a type of lung disease. I was a bit disappointed it wasn’t “supercalifragilisticexpialidocious”.)

Be safe. People are less likely to share with people who are judgmental or critical. No one is perfect, and finding fault with another person or situation is unhealthy for both parties.

Think before you speak to avoid hurtful, untrue, or unnecessary babble. A little extra thought will make you more present in your conversations. Think before you speak and listen before you think again.

Be trustworthy. Some conversations are private and must remain that way. Trust is easily broken if confidential information is shared.

Facial expressions and body language say a lot. Eye rolls, pursed lips, “that face,” crossed arms, body position, looking away, fake smiles, checking your phone, blinking more often, and a closed posture may indicate some form of negativity, anxiety, or hostility. Smiling, good eye contact, nodding, and a relaxed posture show interest and respect. Learning to hear what people don’t say through non-verbal communication is more important than the words they speak.

What does silence mean? Are you comfortable with silence? In some cases, a lull in conversation means absolutely nothing. Sometimes a conversation has reached its end, and nothing else needs to be said. However, if something hurtful was spoken during the conversation, silence may be a way of non-verbally communicating that hurt or as a time for someone to collect their thoughts.

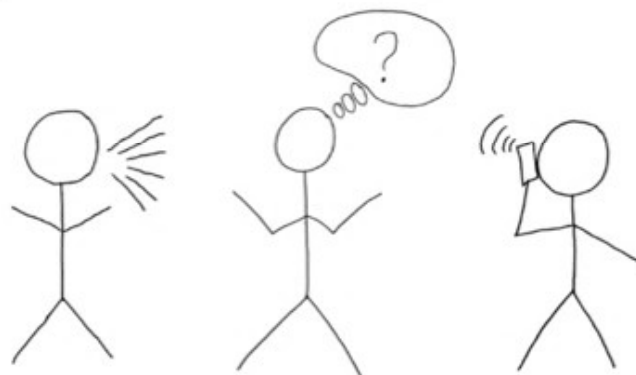
If someone is silent, be patient. They’ll speak when and if they are ready. The pause in a conversation allows the speaker and listener a chance to process the last thought before proceeding.

Know when to change the subject. Not everyone is interested in the things you are or shares your opinions. If you find your friends glossing over while you talk, you’re the only one who’s been speaking for a while, or things are getting uncomfortable, wrap up quickly and switch topics. Heeding verbal and non-verbal cues will allow you to know when to find something different to discuss.

It’s ok to agree to disagree. If a conversation gets heated or seems to be going nowhere, it may be time to part ways for a while to cool off. Learning to avoid your own and other people’s triggers will keep your communication and relationships healthy.

Learning the way we communicate and how to better our verbal and non-verbal skills is as vital as learning how others think, speak, and listen.

4%



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SOULS IN ACTION

JUST A LITTLE TRIM...

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

For many people, the thought of sharp scissors and a short haircut can bring on feelings of stress and panic.

Not for Stephanie Marzec. "I'm ready!" she said, "I feel like all I do is pull it up in a pony tail and it's so heavy."

Each year, the average human grows about six inches of hair. Stephanie's hair grows quickly and she has donated her long, dark locks a total of five times; in high school, after her wedding, when she had her first baby, after her mom was diagnosed with cancer, and a few weeks ago in February.

For Stephanie, donating her hair is very personal. Her mom, Denise Harris was diagnosed with an aggressive and rare form of uterine cancer in 2013. After her surgery, she had four strong chemotherapy treatments which caused her to lose her hair.

"I was going to lose my hair," Denise said, "Stephanie wanted to go bald. I talked her out of it because she was going to be in a

wedding two weeks later. She still went really short, but she wanted to buzz it all off. I'll never forget how sweet she was, and that she wanted to do that."

Denise is a hairstylist at Studio 50 in Monroe. They kindly allowed me to come in and take pictures and talk



"Luckily, my hair grows quickly, and I like the extreme when I get a lot cut off."
-Stephanie Marzec

during her most recent transformation.

Denise separated Stephanie's hair into two sections and braided them. Then the snipping began. First, the right braid, and then the left. Each of Stephanie's braids measured about 13 inches.

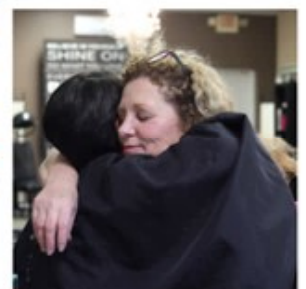
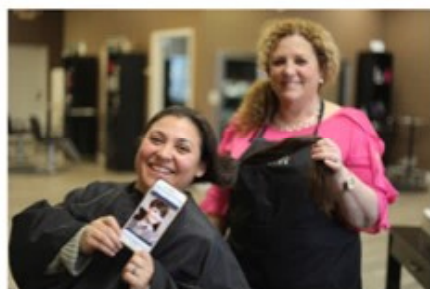
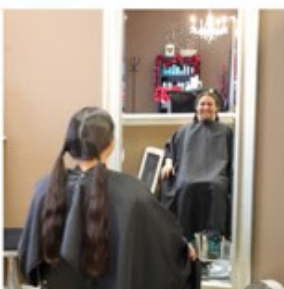
"Ahhhhhh! It already feels so much better!" Stephanie said as the first braid was cut. "It feels so light."

Each time Stephanie has donated her hair, she has sent it to Locks of Love in Florida, but she hopes to find a local company that makes and donates prostheses to children with long-term hair loss. "I would love to know that I helped a child in our community," Stephanie said.

4%

If you are considering making a hair donation, the most common requirements are...

- ♥ 10" minimum length
- ♥ Send hair in ponytail or braid with a rubber band on both ends
- ♥ Colored or permed hair is ok as long as it is in good condition.



WORD SEARCH

F S K I R K N I H T R O S S S V G U L P N U X E G L F
 R C N G D E S I M O R P R O D O C I S U M S U F U A M
 T I M E L H F E S T S D I K N S S R O H Y O F R M E I
 E E O D O G I L R W E E I N E W F E O P T K V I S H S
 T N O U O R T I E V W O R G P E E L S K I P L E H A S
 F C R C H A P P Y C E H E A R D S A Q U L Y E F O T I
 E E G A X N T R R U T O O O F D P X K L I M L W N S O
 D C F O O D I A M O N D D N E I R F O E B B O N E S N
 U E E C T P E C N E L I S S E N I S U B I O Q U Y A O
 T N E H E A L T H Y W U R C R G N A L O S O U J M R I
 I T D N D R N S S E R D E O O Y G H A O N T I U O G T
 T E U C U E E A K J E W V C S B E I T K O C E N O E A
 A R C J D N V C B R I D E V E N T G I F P A T K N U C
 R A A U A T O B O J Y I N C K V S I G O S M S E O L I
 G R T K T L L F U V I H U W H A N D I R E P W Y C B N
 U S I J C E N T E R T H E A T R E S D E R A S D R H U
 K F O U R P E R C E N T H C W E W T S V T B P L C D M
 M E N T A L I S T E N C R O I S F I T E J D E E Y H M
 V E T T E U O H L I S K F U G X W A R R B M A R I L O
 L O O H C S Y T I N U M M O C E O D F J I W K U C K C
 E Y A I E U R E J M E N I L E M I T I F C B Q P C Y J

- | | | | | | | |
|----------------|-----------|--------------|-----------|----------------|----------------|----------|
| BONES | DETOX | FOUR PERCENT | HONEYMOON | MUSIC | SCHOOL | TECH |
| BOOK | DIAMOND | FRIEND | HOUR | NEED | SCIENCE CENTER | THINK |
| BOOTCAMP | DNA | GRANDPARENT | JOB | PROMISED | SERVE | TIME |
| BRIDE | DRESS | GRATITUDE | KIDS | PURE | SILENCE | TIMELINE |
| BUSINESS | EDUCATION | GROOM | LISTEN | QUIET | SILHOUETTE | TOXIC |
| CENTER THEATRE | EVENT | GROW | LOVE | REFLECT | SLEEP | UNPLUG |
| CLOCK | FAMILY | HAPPY | MENTAL | RELAX | SPEAK | VENUE |
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THE ART LIFE

GENE STOWE - "INHERIT THE LAND"

BY: Darcy DeMart

PHOTOS SUBMITTED BY: Gene Stowe

For over twenty-seven years, Author, Gene Stowe has worked diligently on a local story of diversity, a family far ahead of their time, and justice.

In January of 1993, Gene visited Marvin A.M.E. Zion Church in Marvin, North Carolina. He was preparing for a story for Black History Month to be published in the Union Observer. As he talked with members of the church, someone mentioned showing him "the house."

"They took me out on Crane Road and showed me this house," Gene said, "It had once been a grand house, but it had deteriorated after being vacant for a couple of decades."

As Gene inquired more about the house, one of the men he had been interviewing, Robert Houston, explained that his mother was raised by two white women, and they gave her the house and land.

Today, a lot of people would not find this unusual, but this happened around the turn of the century when many families around the community of Marvin consisted of sharecropping farmers who were formerly enslaved. At that time, it was not typical for them to own land.

With the help of the Heritage Room staff at the Old Union County Courthouse, interviews with residents of Marvin and Robert's family, and historical transcripts, Gene has compiled and recorded the history of Robert's mother, Mittie Bell Ross.

In 2006 Gene released his book, "Inherit the Land," which reveals, in detail, the story of the Ross family. The following is a very condensed version.

In 1974, Robert Baxter (Bob Ross), son of former slave, Rosa Howie, was taken from his mother and went to

live with and work for Susan Ross, a white woman in Marvin.

When Susan Ross died in 1886, Bob continued to live with her daughters, Maggie and Sallie Ross, and her son, Dennis Clay. Bob married Alice soon after Susan passed away, and in 1887, the two had a daughter, Mittie Bell Ross. Mittie also lived and worked with Maggie and Sallie. The sisters often introduced Mittie as their little girl.

Mittie married Tom Houston around 1906, and Sallie and Maggie Ross built a house for them on the Ross family land.

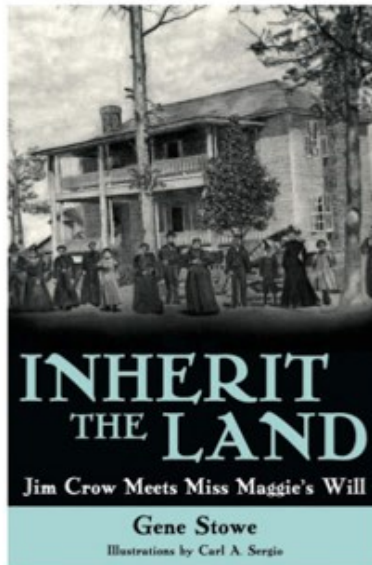
On November 20, 1907, the Ross sisters, Maggie and Sallie, wrote identical wills.

Sallie Ross passed away in 1909. Her obituary described her kindness and faith: "But whilst she gave her attention to the business of this world, she was not unmindful of the claims of the world to come...Her religion was not of the demonstrative kind which proclaims itself publicly and on special occasions where it can be 'seen of men.' Hers was of the kind that prefers to reveal itself quietly all the year-round in the

payment of honest debts, in dealing kindly and mercifully with those dependent upon her, and in keeping her promises to the letter whether made to rich or poor, white or black."

When Maggie Ross died in 1920, much of the Ross homeplace and estate was left to Bob Ross and Mittie Bell Ross Houston.

The inheritance included Mittie and Tom Houston's



home, 800 acres of land, the organ from their parlor, hundreds of dollars in cash, and two gold watches.

The news spread, and one hundred nine of Maggie Ross's cousins sued in an attempt to break the will. They claimed Maggie Ross was mentally incompetent because she was leaving Mittie and Tom so much of the Ross estate and that Mittie and Tom had manipulated and forced Sallie and Maggie through the years.

Over one hundred people were interviewed to be on the jury for the trial. In the Spring of 1921, three farmers, a car mechanic, Belk (Waxhaw) manager, a miller, a veterinarian, and five others, were selected as jurors.

The trial was held in the Old Union County Courthouse.

Transcripts from the trial included testimonies from neighbors and others in the community. J. G Parks, described the typical interaction between Maggie and Mittie during their shopping trips to the Belk store he managed in Waxhaw. "Miss Maggie would object to buying things of high prices. Mittie would pout, and Miss Maggie would say she would have to buy it to keep Mittie from pouting."



Postcard of Union County Courthouse



Robert Houston in front of his parent's (Bob & Mittie Ross Houston) home.

When the proceedings ended two weeks later, a jury of twelve white men upheld the will.

Maggie's displeased cousins got a second trial in 1924. Again, the people of Union County defended Maggie Ross's wishes, and the family she loved inherited the land.

4%

Gene Stowe is currently working with Director, Cylk Cozart, and producer, Jim Johnson to bring this story to life with a documentary. Cozarts Entertainment produced a trailer to introduce the documentary that will be filmed this Spring. To view the trailer, visit <https://www.youtube.com/watch?v=jgD7V2fXr-k>.

The documentary is expected to premiere this Fall at the Dowd Center Theatre in Monroe.

To fund the film, Gene is working to raise \$300,000. Donors will receive acknowledgment in the film, and investors of \$10,000 or more will have special Executive Producer recognition as well as shares in the film's profits. Donations can be sent to Inherit the Land, 1632 Pageland Highway, Monroe, N.C. 28112.



Sallie & Maggie Ross's home. 1897



Sallie & Maggie Ross with their home. 1898

SOCIAL ENGAGEMENTS

LET'S DO SOMETHING!

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

Wednesday Night Trivia 7:00 pm
Southern Range Brewery, Monroe

Wednesday Night Trivia
7 pm - 9 pm
Dreamchasers, Waxhaw

Saturday Morning Run/Walk Club
Meet at East Frank Superette and Kitchen Downtown Monroe at 7:30 am

3rd Tuesday of Every Month
American Red Cross Blood Drive
125 Pedro St., Monroe
1:30 pm - 6:00 pm

April 3
Wingate University Orchestra and
Union Symphony Orchestra
Oberon 7:30 pm
The Batte Center, Wingate University

Union County Community Arts Council
Breakfast for the Arts
Rolling Hills Country Club
7:30 am Breakfast / 8:00 Art Showcase

April 4
Easter Extravaganza
Parks Williams Athletic Complex,
Monroe
11:00 am - 2:00 pm

Eggquest 2020 - Egg Hunt, Easter Bunny,
and Baby Animal Petting Zoo
AW Shucks Farms 10 am - 1 pm

Hop to IT
Chestnut Square Park, Indian Trail
10 am - 1 pm

Wingate University Orchestra and
Union Symphony Orchestra
Oberon 2:30 pm
The Batte Center, Wingate University

Spartan Race - Porter Farms, Concord

April 9
Sunflower Dog (book release event)
Camellia Gardens, Monroe 6 pm

April 10
Art Walk/Car Cruise-In - Monroe
6:00 - 8:00 pm

April 11
Art Walk - Downtown Monroe

April 12
Easter

April 18
9th Annual Crisis Run
Union County Crisis Assistance Ministry
Wingate University
9:00 am

Deeper Shade of Blue
Big Lick Bluegrass Festival
Oakboro, NC

A Jazzy Evening with "Groove Masters"
Marvin AME Zion Church
Visit Eventbrite.com for tickets or purchase them the day of the show.
6:30 pm - 8:30 pm

Touch a Truck
Chestnut Square Park, Indian Trail
10 am - 3 pm

April 23
Hits After Six
Chestnut Square Park, Indian Trail
6 pm - 9 pm

Music on Main - Main Street, Monroe
6:30 - 9:30 pm

April 25
Union County Youth Ballet
Little Mermaid
The Batte Center, Wingate University
2:00 pm and 7:00 pm performances

Queen's Cup Steeplechase - Waxhaw

Union Symphony Orchestra
Salute to Cinema, Center Theatre
Monroe 7:30 pm

April 27
Turning Point Classic Golf Tournament
The Club at Longview - Weddington
704-288-1810 11 am - 6 pm

May 2
American Red Cross - Rhapsody in Red
Monroe

National Fitness Day

Paws in the Park
Chestnut Square Park, Indian Trail
10 am - 3 pm

May 2&3
Union County Community Arts Council
Student Artist Showcase
SPCC, Monroe

May 4
HELP Pregnancy Center Golf Tournament
Firethorn Country Club, Waxhaw
704-289-5133

May 5
Cinco de Mayo

May 8
Car Cruise-In - Downtown Monroe
6:00 - 8:00 pm

May 10
Pops on the Plaza - Monroe
6:30 pm

May 16
Armed Forces Day

Savage Race, Charlotte

May 23
Retro 5K
Chestnut Square Park, Indian Trail
5 pm - 9 pm

May 25
Memorial Day

May 28
Music on Main - Main Street, Monroe
6:30 - 9:30 pm

June 6
Family Fun Day
Crooked Creek Park, Indian Trail
2 pm - 9:30 pm

Foam Glow 5k (Night Race)
zMax Dragway, Concord

June 12
Flag Retirement Ceremony
Main Street Plaza, Monroe 7:00 pm

Car Cruise-In - Downtown Monroe
6:00 - 8:00 pm

June 15-18
Camp Back to Basics - AW Shucks
Farms
www.campbacktobasics.com 9am - 5
pm

June 19
Comedy Under the Stars
Crossing Paths Park, Indian Trail
7 pm - 10 pm

June 20
First Day of Summer

No Limits Fitness - Powerlifting Meet
10:00 am

June 22-25
Camp Back to Basics - AW Shucks
Farms
www.campbacktobasics.com 9am - 5
pm

June 23-26
Firefighter Youth Camp - Fire Station
#4
8:00 am - 4:00 pm

June 25
Music on Main - Main Street, Monroe
6:30 - 9:30 pm

PLEASE NOTE:
EVENT TIMES, DATES AND
LOCATIONS ARE
SUBJECT TO CHANGE.

**BE SURE TO CHECK WITH
EVENT HOSTS IN ADVANCE.**



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QUIET TIME

LEARNING TO UNPLUG

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

Ding! Chime! Ring!

UGH!!!

Have you ever told your phone to “be quiet”?

If you own a phone, you are probably guilty of the *occasional* overindulgence of screen time.

As a society, we have become dependent on our phones for almost everything; business, social activity, shopping, games, ordering groceries, texting, sales, dating, photography, home surveillance, and research. Every once in a while, we use our phones to make an old-fashioned phone call.

We “need” our phones for a large percentage of our daily activities. Most of the time, this isn't a problem. However, when families and relationships become fractionated because the lure of the screen becomes more appealing than the people in the room, or certain aspects of social media corrupt reality, it's time to unplug.

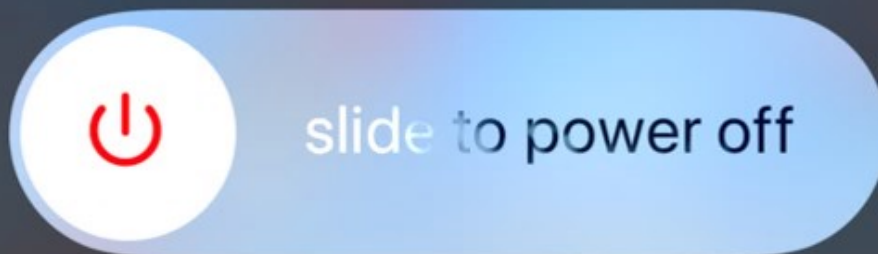
Family time, one-on-one conversation, and personal quiet time are vital in maintaining healthy relationships and sanity.

Try a little tech detox.

- Put all electronics away during meals. I promise - the texts and posts can wait.
- Choose specific times to check messages, emails and social media accounts. Handling all notifications in a designated amount of time will save time and your wits.
- No electronics in the bedroom; TVs included. I'll never forget hearing a doctor say, “Bedrooms are only for sleeping and intimacy.” Got it, doc.
- Limit, or eliminate, the people you “follow” on social media who are negative, toxic, exes, or famous. All can be detrimental to your well-being, and banishing them helps minimize getting caught up in negativity or jealousy. If you're not ready to unfriend, block, or unfollow, at least keep scrolling.

Practicing conscious unplugging will allow time to nurture existing relationships, enjoy hobbies, and spend time on your health and happiness.

4%



RECIPES

BOURBON FRUIT SALAD

FROM THE KITCHEN OF: Libby Helms

PREP TIME: 10 minutes

TOTAL TIME: 11 minutes

INGREDIENTS:

Seedless Green Grapes
Seedless Red Grapes
Strawberries
Sliced Peaches
Blueberries
Blackberries
1.7 oz (or 1 mini bottle) of your favorite bourbon
2-3 tablespoons Honey

DIRECTIONS:

Wash and cut the fruit into bite size pieces.
Mix all the fruit in a large bowl.
In a separate bowl, mix the honey and bourbon.
Pour honey and bourbon mixture over fruit just before serving.

If you're lucky enough to get the last of this fruit salad, have a spoonful of the honey bourbon mixture from the bottom of the bowl.
We won't tell. :)

COCONUT PROTEIN BALLS

FROM THE KITCHEN OF: Melissa Ann

PREP TIME: 15-20 minutes

TOTAL TIME: 20 minutes

INGREDIENTS:

1 cup cashews
1 cup of dates
1 scoop chocolate protein powder
1 tablespoon dried coconut (optional)

DIRECTIONS:

Soak dates for 10 minutes in boiling water.
Blend the cashews in a food processor.
Drain the dates and blend them with the cashews.
Add the protein power and blitz until the mix gets crumbly.
Roll the mixture into 4 balls.
Sprinkle the coconut on parchment paper and roll the protein balls in the coconut. Place them in a plastic container and store in the refrigerator.

TRAINING FOR LIFE

MOVE!

BY: Darcy DeMart

PHOTOGRAPHY: if it's digital

* You don't have to be a competitive athlete to enjoy the benefits of physically training your body. Lifting weights, swimming, running, yoga, walking, Pilates, biking, yoga... (the list goes on)...are all types of exercises that can help you function better during normal activities.

When you are stronger physically, it makes simple tasks like bringing in the groceries or picking up your children easier.

The following exercises are just a few that you can do almost anywhere to help make daily activities a little easier.

Get off the Couch. Yes, I mean that literally. Stand up from the couch or your chair and sit back down. Repeat 10 times. If you see that you are using one hand for support as you get up, alternate "helping" hands. Eventually try not to use either hand to stand. (Take this to the next level by sitting on the floor and standing up. Don't forget to alternate "helping" hands.)

Jumping Jacks. Try to do 10, 25, 50...depending on your fitness level.

Push-Ups. Again, try 1, 5, 20... (Keep your knees on the floor if you need the extra support.)

Walk. If you live or work in an area where it's safe to walk, make a point to walk as much as you can.

Crunches. Squeeze those abs! I can already see a six-pack forming.

Air Squats. From a standing position, squat down until

your backside is just below being parallel with your knees and stand back up. Be careful not to lean too far forward as you squat. If you need to, use a low chair or stool for a little confidence, but don't rely on it forever. You can do it!

March in Place. You can do this while you watch tv. Get those arms moving too.

Walk on Your Toes. The next time you head for a break or to get another water from the fridge, walk on your toes.

Bicep Curls. If you don't have any dumbbells, grab a couple of soup cans or water bottles and do 4 sets of 10.

Touch Your Toes. From a standing position, or while seated on the floor, reach as far down to your toes as you can and hold for 5-10 seconds. As you breathe out each time, try to reach a little farther.

Disclaimer.....performing these exercises probably won't turn you into a professional bodybuilder or give you the ability to run a 4-minute mile, but they are a good start to becoming more active and healthy. They can also be an addition to your current exercise routine.

For a personalized workout, hire a personal trainer or join a gym with trainers or coaches on staff.

Whatever you do, **MOVE!**

*CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE ROUTINE.

4%





*She sets about her work vigorously;
her arms are strong for her tasks.*

Proverbs 31:17

WITH GRATITUDE

Please submit your photos (and a few words) of the people, places, and things you are thankful for to 4percentmagazine@gmail.com.

(Professional photos must include a copyright release.)

COPY & PHOTOGRAPHY: Submitted :)



"Nature"



"Family"
-Trinity H.



"I am thankful for my sweet, hardworking, supportive husband."
-Amber W.



"Grateful for hard working farmers!"
-Jane B.



"Whenever I need to smile or need a gratitude adjustment, I look at this picture. This was probably the first time we all were genuinely happy since losing our mom the year before. We all stopped whatever we were doing to get this shot, and I'm so glad we did!"
-Tracy T.



"I am extremely grateful for the caregivers, staff, and nurses who take care of my Mom at Monroe Rehabilitation."
-Johnnie M.



"God reminds us with His beauty to be thankful."
-Lynn S.



“Being able to wake up to these views! There is nothing more beautiful than God’s artwork to start your day!”
-Courtney H.



“Flowers”



“I’m so grateful to be a part of this beautiful lady’s life.”
-Tim M.



“Grateful for precious family and priceless moments.”
- Debby M.



“I am thankful for tiny treasures from a 3-year-old...”



“I would love to say how thankful I am for Mrs. Sheila Crunkleton. She has done so much for me and my family. I can confidently say that this community and many individuals shine brighter because Sheila has poured into them.”
-Ashton R.



“Daffodils make me smile...”
-Donna L.



“My boys.”
-Leigh W.



“Enjoy every moment in life with family and friends like it is the last because you don’t know if there is a tomorrow.”
-Carmen C.



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

WASH YOUR HANDS & SAY YOUR PRAYERS


Tips to prepare for and keep our community safe from colds, flu, stomach bugs, and the Coronavirus.

- Wash your hands (15-20 seconds).
- Practice good hygiene.
- Don't touch your face.
- Limit business meetings, travel, and crowds.
- Stay home if you are sick.
- Disinfect your home and office.
- Open up your windows to allow airflow.
- If you have symptoms, call your doctor.
- Limit the things (and people) you touch in public.
- Work and shop from home, if possible.
- If someone is sick in your home, give them their own space to recover.
- Be extra careful if you are (or are in contact with) anyone more susceptible to illness.
- Stay home as much as possible.
- Plan ahead and refill your prescriptions.
- Check on your neighbors.
- Say your prayers.

For more information and updates, visit the Centers for Disease Control and Prevention (CDC) webpage at <https://www.cdc.gov>.

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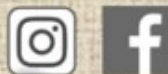
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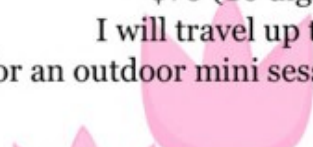
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Get everyone out of the house for a little fresh air.
I'll have two outdoor locations picked out, and ready.

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PHOTOGRAPHY

"We'll take pictures next time he's home from college..."

"I always have to work..."

"We haven't had family pictures since 'So-n-So' was a baby."

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"I always have to work..."

"We haven't had family pictures since 'So-n-So' was a baby."

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FAMILY PORTRAITS

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SMILE :)

Social Distancing

We don't have time.

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"ARE YOU BORED?"