

## Martin Luther King, Jr.—Honoring His Legacy of Service

When is the last time you actually gave any thought to the man Martin Luther King, Jr.? Yes, every January we celebrate his birthday and most of those who work get the day off in his honor, but do we stop to think about his legacy? To recount, Martin Luther King, Jr. was a Baptist minister and activist who was the figurehead of the American civil rights movement between 1955 and his assassination in 1968. Much like Mahatma Gandhi, he advocated nonviolence. His most memorable moment was his "I Have a Dream" speech that he gave on the steps of the Lincoln Memorial in March 1963. [Click here](#) to read the speech and [click here](#) to hear/see it.

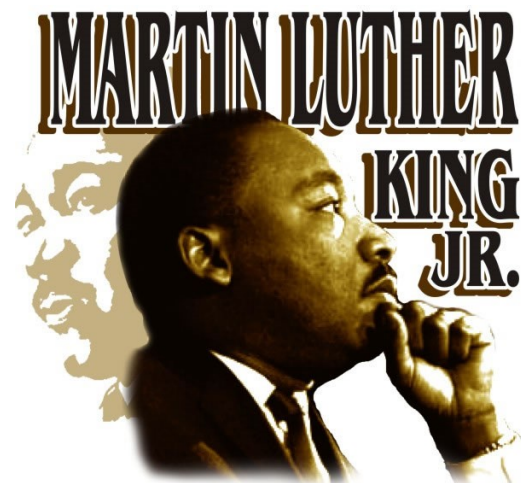
Monday, January 17, 2022 is MLK

Day of Service. It is suggested that we honor his memory by serving our community—a theme we have addressed several times in this newsletter. "In honoring Dr. King's legacy each year on MLK Day, we have the unique opportunity to reflect on the gains we have made, and re-commit ourselves to the work that remains as we strive for a more just society." (Points of Light). Here are some ways to participate: 1) search for volunteer opportunities; 2) listen, learn, act to end racism; and 3) nominate people in the community who use their time, talent and treasures to advocate for causes they care about for the Daily Point of Light Award. [Click here](#) to learn more.

## January 2022

### Filling Station Events & Happenings

- 4 Food Distribution & LCC Computer Lab 9-1
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1929 1968

## Treasure Mapping—Try it in 2022

We mentioned this is an earlier edition of this newsletter. Treasure mapping is nothing more than a physical representation of your goals. You can create a "dream book." You can post images and words on your mirror or refrigerator door. You can create a "vision board" on a piece of poster board or something more elaborate. Generally this is a collage of images and text that acts as a reminder of what you want to accomplish or what you want to have in your life as well as how you will do it. Research shows that our minds process visuals 60,000 times faster than we process text, so it make sense that a picture of what we want would imprint on our brain better and clearer than mere words.

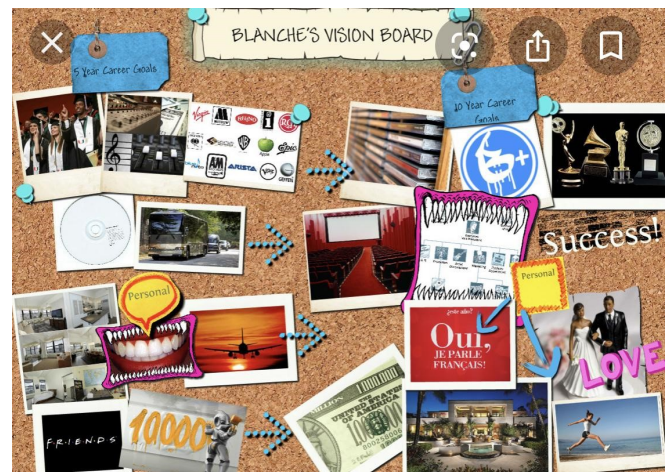
When you want to achieve something, have you ever tried closing your eyes and imagining that you have it? In your mind's eye, you can touch it, feel it, and see it very clearly. This is ideal, but few of us are able to maintain that visualization. This is where treasure mapping comes in. It is a simple tool for keeping hold of that vivid image, so you can refer to it frequently. Think of it as a pirate treasure map or one from one of the computer games. Your treasure map won't point the way to buried treasure, but to achieving your heart's desires.

So here are the five steps to make your own treasure map:

- Identify your goals
- Think about the goals—how would your life look if it was achieved? What picture or image might symbolize its achievement?
- Visualize the journey to achieve that end goal. For example if your goal is to be working as a registered nurse—see yourself picking out a school and signing up for the needed courses.
- Gather the images (pictures) that best represent that goal. For example, in the case of the goal to be an RN—cut out the logo of the school in which you might enroll, cut out a picture of a stethoscope, cut out the picture of a nurse—paste a cutout of your face on the image.
- Paste all these images up where you can see them daily.

You can have multiple goals—large and small. As you achieve them, express thanks and remove them from your vision board. Accept this or better—sometimes you may not end up with exactly what you envisioned—but something even greater. Imaging that!

Below are a few examples of vision boards. [Click here](#) to view more.





## Winter Doldrums

The winter weather in eastern North Carolina is certainly unpredictable. We might see temperatures higher/lower than normal; we might see wet weather; we might even get a bout of winter mix. Generally speaking bad winter weather usually finds us confined to the indoors.

Some people are more affected by the winter season. Symptoms of the winter blues include: feelings of sadness; lack of motivation to complete tasks; trouble sleeping; and wanting to stay in bed with the covers pulled over one's head. In some cases there may be appetite changes, a wont to eat foods high in carbohydrates; weight gain; and tiredness/low energy—all signs of seasonal affective disorder or SAD. Reduced sunlight in fall and winter can disrupt your body's internal clock.

How might you avoid some of these symptoms? Here are some suggestions: 1) catch up on sleep (7 to 9 hours per night);



2) get some light—daily exposure of 20-60 minutes to a bright, artificial light; 3) eat lots of fruits and vegetables; 4) sharpen your mind (learn something new, read, take a class); 5) manage your stress (learn meditation or breathing techniques); and 6) get up off the couch (take an exercise class, so exercises at home; do an online exercise class).

So don't let Old Man Winter get the best of you! Recognize the symptoms and take action!

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## Chicken Rice Vegetable Soup

One of the most favored soups on a cold day is chicken soup. WebMD touts the medicinal benefits of chicken soup—but it is also a “feel good” soup that will help you to push away those winter blues. Here is one recipe that is sure to please the family.

Take a whole defrosted or fresh chicken. Remove giblets, rinse, put into a large pot. Add chicken broth until covered. Bring to a boil then reduce to simmer. Cook until chicken falls off the bone. Remove chicken from the liquid onto a cookie sheet with side. Remove chicken from the bones. Throw out bones, skin and gristle. Cut up chicken (can save some of the breast to use in other recipes) and return to the pot.

Dice up one medium onion, dice 4 stalks of celery (including celery leaves) and dice 4 large carrots. In a separate frying pan add some vegetable oil to cover bottom and heat. When oil is hot add vegetable. Cook until onions are translucent. Add vegetable to the pot. (Optional: Add one cup of white wine to the frying pan and cook on high stirring constantly to reduce by half. ) Add wine reduction and 1 cup of white rice to the pot. Add salt, pepper, lemon pepper and Bell's seasoning to taste. Bring to a boil then simmer until rice is cooked. Add three Tbsp. butter and stir. Serve with crackers or bread. It will warm you right up!

## Winter Driving Tips

In eastern North Carolina in any given year we may or may not get snow, ice or a winter mix. But when we do, we are mostly advised to stay off the roads as our local governments and NCDOT do not have the equipment or supplies (salt) to be able to efficiently handle the issue. Here are a few winter driving safety tips from the American Automobile Association:

- **Keep a bundle of cold-weather gear in your car**, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.
- **Make certain your tires are properly inflated** and have plenty of tread.
- Keep at least half a tank of fuel in your vehicle at all times.
- Never warm up a vehicle in an enclosed area, such as a garage.
- **Do not use cruise control** when driving on any slippery surface, such as on ice and snow.
- **Stay home.** Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- **Drive slowly.** Always adjust your speed down to account for lower traction when driving on snow or ice.
- **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- **Increase your following distance** to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- **Know your brakes.** Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- **Don't stop if you can avoid it.** There's a big difference in the amount of iner-

tia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

- **Don't power up hills.** Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- **Don't stop going up a hill.** There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

If you do have to drive a long distance in winter:

- **Be Prepared:** Have your vehicle checked by a reputable facility before hitting the road.
- **Check the Weather:** Check the weather along your route and when possible, delay your trip if bad weather is expected.
- **Stay Connected:** Before hitting the road, notify others and let them know your route, destination and estimated time of arrival.

If you get stuck in the snow:

- **Stay with your vehicle:** Your vehicle provides temporary shelter and makes it easier for rescuers to locate you. Do not try to walk in a severe storm. It is easy to lose sight of your vehicle in blowing snow and become lost.
- **Don't over exert yourself:** When digging out your vehicle, listen to your body and stop if you become tired.
- **Be Visible:** Tie a brightly colored cloth to the antenna of your vehicle or place a cloth at the top of a rolled up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.

(Continued on next page)



Education · Nutrition · Connection

*Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.*

PO Box 222  
221 Main Street  
Pollocksville, NC 28573  
252.224.1127

[info@fillingstation1075.com](mailto:info@fillingstation1075.com)  
<https://fillingstation1075.com/>  
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

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- **Clear the Exhaust Pipe:** Make sure the exhaust pipe is not clogged with snow, ice or mud. A blocked exhaust pipe can cause deadly carbon monoxide gas to leak into the passenger compartment of the vehicle while the engine is running.
- **Stay Warm:** Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps. Pre-pack blankets and heavy clothing to use in case of an emergency.
- **Conserve Fuel:** If possible, only run the engine and heater long enough to remove the chill. This will help to conserve fuel.

Safe travels!

## IN THE MIDST OF WINTER

Lord:

In the midst of Winter, when the days are cold and wind can pierce remind us of the warmth of your love.

In the midst of Winter, when days are short, dawn comes late, and dusk arrives early remind us that in the darkness your light still shines.

In the midst of Winter, when the flowers of spring still lie hidden in the earth, when leaves are off the trees, and the world can seem bleak remind us that Easter is but a short time away.

And when in our lives we feel as if we are experiencing a season of winter, reach out to us with the power of your resurrection so that we may feel the warmth of your love and see your light that alone can take away the darkness of our soul.

- Cal Wick

