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OUR STORY

CELEBRATING WHITE COUNTY'S
local spirit

Welcome to The Eagle Flyer – White County's newest digital shopper, where community pride and support for local businesses soar high!

At The Eagle Flyer, our journey is fueled by a heartfelt belief: we firmly stand behind the idea that supporting small, local businesses is not just a choice, but a responsibility we owe to our community. These businesses aren't just faceless entities; they're the heartbeat of White County, each one infused with the dreams, hard work, and dedication of our neighbors and friends.

Why do we advocate for shopping local? It's simple – when you support local businesses, you're investing in the prosperity of our entire community. These businesses are the backbone of our local economy, generating jobs, fostering innovation, and contributing to the unique character of our neighborhoods. It's the local diner where you grab your morning coffee, the boutique where you find that perfect gift, and the family-owned hardware store where you get expert advice and a friendly smile.

But it goes beyond transactions – it's about relationships. It's about knowing that the business owner you support is the same person who sponsors your child's little league team or donates to the school fundraiser. It's about recognizing that when we support local, we're not just fueling economic growth; we're strengthening the bonds that tie us together as a community.

With The Eagle Flyer, we aim to celebrate and showcase the incredible businesses that call White County home. From cozy cafes to bustling boutiques, from family-owned farms to innovative startups – our magazine is a testament to the diverse and vibrant entrepreneurial spirit of our county.

And here's the best part – we're not just here to promote businesses; we're here to empower them. That's why **we offer a FREE directory listing in the back of our magazine** for any business that wants to be a part of our community. It's our way of saying thank you for all that you do and providing a platform for your voices to be heard.

So, as we embark on this journey together, let's remember the power we hold as consumers. Let's choose to support local, to shop small, and to invest in the future of our community. Together, we can build a stronger, more resilient White County – one purchase, one business at a time.

Join us at The Eagle Flyer as we celebrate the spirit of White County and the remarkable individuals who make it shine. Together, let's soar to new heights!





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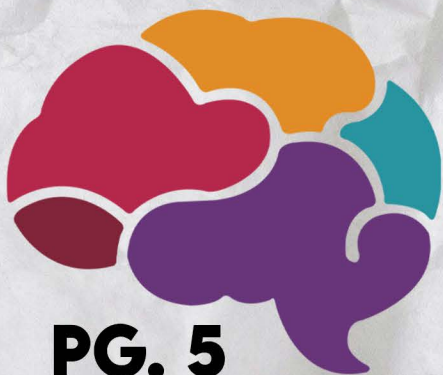


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**FINDING CALM
IN THE CHAOS**
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THE

Eagle Flyer

BUSINESS DIRECTORY

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FINDING CALM IN THE CHAOS

Stress Awareness

BY BLAYED DILLON SMITH

April is Stress Awareness Month – a time dedicated to shining a light on the silent epidemic of stress that affects millions of people worldwide. In today's fast-paced world, stress has become an unavoidable part of daily life, impacting our physical health, mental

well-being, and overall quality of life. But amidst the chaos and uncertainty, there are ways to find calm and regain control – and Stress Awareness Month serves as a timely reminder of the importance of prioritizing self-care and mental health.

Stress is a natural response to life's challenges, triggering the body's fight-or-flight response in the face of perceived threats or dangers. While occasional stress can be beneficial, helping us stay alert and focused in times of need, chronic stress can wreak havoc on our health and happiness, leading to a host of physical and psychological symptoms, from headaches and fatigue to anxiety and depression.

But here's the good news: stress is not an inevitable part of life, and there are steps we can take to manage and alleviate its effects. This Stress Awareness Month, consider making self-care a priority by incorporating simple yet effective stress-relief techniques into your daily routine.

One of the most powerful tools for combating stress is mindfulness – the practice of being fully present in the moment, without judgment or attachment to the past or future. By cultivating mindfulness through practices such as meditation, deep breathing exercises, or yoga, we can train our minds to remain calm and centered, even in the midst of life's storms.

Physical activity is another essential component of stress management, as regular exercise has been shown to reduce stress hormones and boost mood-enhancing endorphins. Whether it's going for a brisk walk, hitting the gym, or practicing a favorite sport, finding ways to stay active can help release pent-up tension and promote a sense of well-being.

In addition to mindfulness and exercise, it's important to prioritize self-care in all its forms – whether that means indulging in a relaxing bubble bath, spending time with loved ones, or pursuing hobbies and interests that bring joy and fulfillment. By nurturing our bodies, minds, and

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spirits, we can build resilience to stress and create a foundation for a happier, healthier life.

But perhaps the most important message of Stress Awareness Month is this:

YOU ARE NOT ALONE.

If stress is taking a toll on your health and well-being, don't hesitate to reach out for support. Whether it's talking to a trusted friend or family member, seeking guidance from a mental health professional, or joining a support group, there are resources available to help you navigate life's challenges with courage and resilience. So as we observe Stress Awareness Month this April, let's commit to taking proactive steps to manage stress, prioritize self-care, and cultivate a greater sense of peace and balance in our lives.

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The graphic features a man in a grey polo shirt with a logo on the chest, set against a dark wood background. On the left, there are teal icons for Facebook and Instagram. A teal arrow points from the text 'SIGN-UP OR LEARN MORE' to a QR code on the right. The bottom of the graphic has a dark blue banner with white text.



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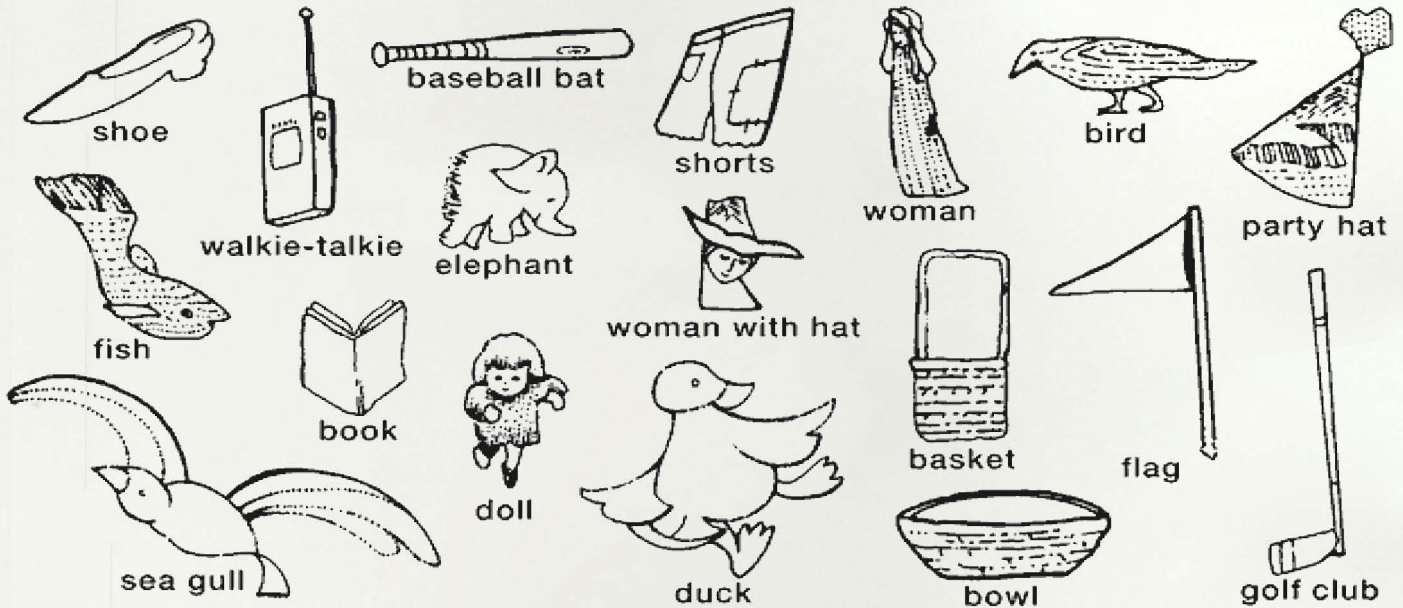
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'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.'

Jeremiah 29:11