

Global Gazette

The latest news, updates, and announcements

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Quote of the Month:

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."
- Martin Luther King Jr.



January: Martin Luther King Jr. Day

January 16th, 2023 was celebrated as Martin Luther King Jr. Day. This national holiday is a time to reflect on the life work of MLK Jr. and to serve communities. This month our workshop focused on learning about the accomplishments and life work of King as well as his philosophies of nonviolence. King's 13 years of nonviolent leadership led to more progress toward racial equality in America than had been accomplished in the past 350 years. His priority was to fight against poverty, racism, and militarism using the six principles of nonviolence. At 35 years old King became the youngest person to win the Nobel Peace Prize. MLK Jr. fought peacefully and without hesitation for the people's rights even when faced with immediate danger to himself and his family. In 1968 the world lost a great leader, but his memory lives on in the dozens of schools, parks, and a national holiday established to celebrate his legacy. Global's monthly donation is in support of The King Center in Atlanta, GA. This non-profit is dedicated to King's life work and was founded by his late wife, Coretta Scott King. The center hosts educational and community events bringing together all generations to learn and honor the influential work of MLK Jr.

Global Export Trips Resume



Global kicked off 2023 by resuming international trips to develop our Export department. This month, a few employees on our Export team traveled to the Bahamas to meet with Sawyer's Fresh Market and Solomons Fresh Market. The following week our team enjoyed the opportunity to visit a variety of Ram's Supermarket locations and Horsford's Valu Mart in St. Kitts. These trips allow us to make connections with store leaders and gain insight into international market trends. As we plan into the year ahead Global is continuing to work on breaking into the Asian market with a trip to Singapore, Hong Kong, and the Philippines.

Global Scholarship Application

Our annual scholarship is still open for applications!

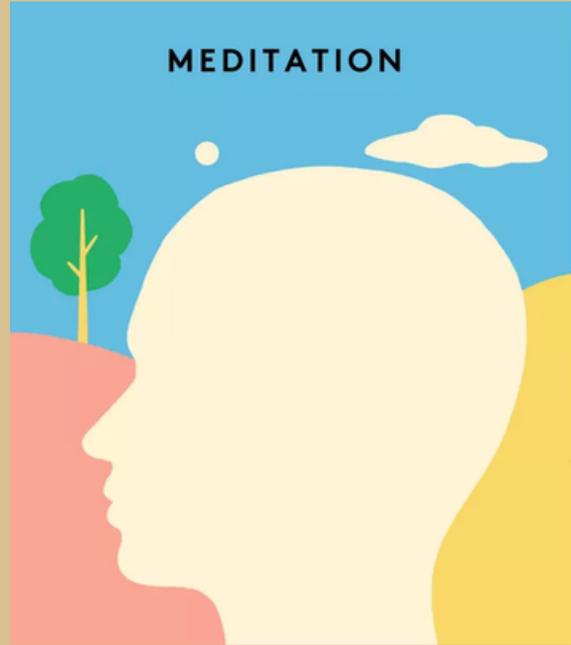
The scholarship is open to any student with a 3.0 GPA, exemplary community participation, and 2 letters of recommendation. An employee-led volunteer committee selects two winners for a scholarship of \$2,500. Please feel free to share this opportunity with every student you know looking to continue their education in the 2023-24 school year!

The deadline to submit an application is March 31st, 2023 at 2:00 pm (CST)

Apply Today!

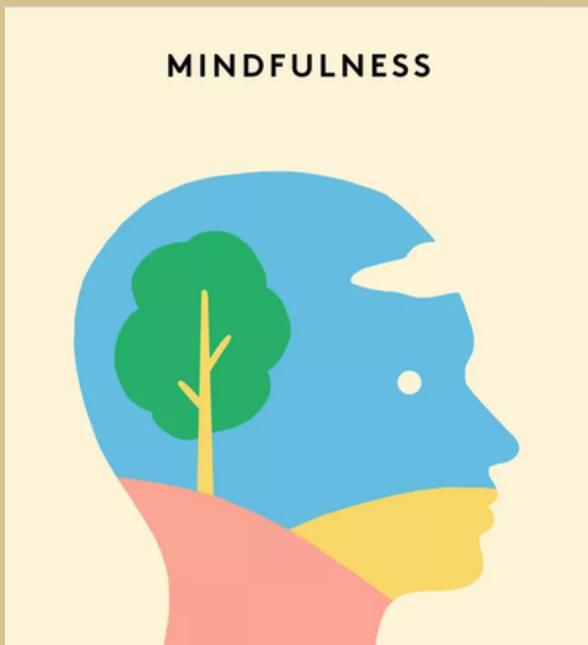
Ways to Wellness: A Mindful Year

In 2023 our monthly mental health workshops with Isabella Villa, AM, LCSW will focus on integrating mindfulness into the daily lives of our employees. We started off this year with our first workshop dedicated to understanding and practicing mindfulness. This topic had been featured in a workshop last year that was just the tip of the iceberg. Feedback from our previous sessions showed employees were looking for a simple tool to help them be more present, balance a busy schedule, and handle stress. Mindfulness is one tool that can be used simply and effectively to reduce feelings of anxiety or stress and increase our presentness which increases life satisfaction. Skeptics of meditation may be put off by the idea that mindfulness will work for them. However, mindfulness is not what we typically think of when we think about meditation. It is not the practice of just clearing your head and thinking of nothing. It is actually the opposite, putting your focus only on what is immediately around you.



The practice works with three principles: staying present in the moment, approaching your thoughts nonjudgmentally, and returning to your anchor when you find yourself distracted. By being able to create distance from heavy or

distracting thoughts we are able to reduce the risk of spiraling or falling into them. This allows us to focus on the task at hand instead of being stuck ruminating on past situations or overthinking future complications.



It is important to remember that mindfulness does not mean we never think about our problems or worries, but that we approach them in a non-judgmental, thoughtful, and more limited way. Dedicating specific time to think about these issues can help us be more connected with others, maintain focus, and perform better.