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MAR 2025

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#AGENTS OF CHANGE

MORE THAN A MEAL: CIRCLE CITY RELIEF'S MISSION OF FAITH

The smell of hot pizza fills the air as laughter and conversation echo through the School 60 parking lot. It's Sunday afternoon, and for the past fourteen years, this place has become a sanctuary of warmth, hope, and connection. Every week, familiar faces gather—not just for the food, but for something much deeper. A sense of belonging.

Circle City Relief began with a simple idea: no one should go hungry, and no one should feel forgotten. What started as an inspiration from a mission trip in 2009 has grown into a faith-driven lifeline for the 34th and Meridian community. Over 624,000 slices of pizza and 2.4 million food items have been shared here—not as handouts, but as invitations to something greater. But beyond the food, Circle City Relief is about feeding the soul—sharing the word of God and guiding people toward His love and grace.

The work doesn't stop when the last meal is served. Throughout the week, stories unfold. People find guidance toward emergency and long-term housing. Some take their first steps toward recovery. Others embrace faith, seeking biblical counseling and mentorship to navigate life's challenges. Circle City Relief lives out Matthew 25, reminding everyone that in serving others, we serve Christ Himself.

At GJ Insurance Group, we believe in the power of faith, community, and action. That's why we are honored to support Circle City Relief. For every referral we receive, we will donate \$10 to help continue their mission of spreading the love of God and providing support to those in need. Because change doesn't happen in a single moment—but it can start with a single act of kindness, rooted in faith.

JOIN US:

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BY Grant Jenkins

LET'S BUILD HOPE FOR THE FIGHT AGAINST POVERTY

Let's change lives! We'll continue to support our community and you can always join by sending friends to us for a policy review. We'll offer to make a donation to those in need every time.

If you've already told others about how they can just reach out to us for an unbiased estimate and we'll donate to the community, **THANK YOU!** You're a true hero!!! Now, let's keep spreading the word!



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We often run easy-to-win customer appreciation **PROMOTIONS** to keep you feeling rewarded, too. Stay tuned to this monthly **MAGAZINE** and our **FACEBOOK** page for new announcements!

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- **A \$10 DONATION TO A WORTHY CAUSE!!!**
- + 1 ENTRY FOR OUR **LUXURY PRIZE QUARTERLY DRAWING!**



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My March EVENTS

BY ETHAN WHITAKER

7

Employee Appreciation Day
An extra pat on the back, anyone?

8

Ballet and Cabernet
Swan Lake, Columbia Club, 6pm

13

Happy Birthday, Larry Peacock!

16

Monster Jam

Lucas Oil Stadium, 3pm

21

Happy Birthday, Bilal Ahmed!

23

The Red Hot Chili Pipers

Allied Solutions Center for the Performing Arts, 7pm

SPECIAL THANKS FOR TRUSTING OUR AGENCY...

IT'S SO REWARDING TO SHARE FRIENDS !!!

Program Rules: Those recommended must receive a no-obligation quote on an eligible policy for rewards to be granted. They do NOT need to purchase a policy. There is no limit to the number of chances you can create for yourself when entering our prize drawings. Odds of winning are entirely dependent on the quantity of qualified chances created during the contest period. You do NOT have to be a customer to participate. The agency is not responsible if the law states you cannot win due to age or any other reason.

COOK THIS RECIPE



GREEN PECK:



By Leia, Office Mascot

March is basically a casserole conspiracy. **March 19 is Poultry Day, March 25 is Pecan Day, and March 26 is Spinach Day.** No wonder they decided to make this **National Nutrition Month**, too! And since we're tossing everything in, let us also mention it's **Frozen Food Month** - the perfect time to learn how one bake can make four masterpiece dinners. Future-you will thank you, but meal prep magic starts now!

Ingredients:

- **4 lbs** boneless, skinless chicken breasts
- **6 cups** low-sodium chicken broth
- **2 large** onions, finely chopped
- **4 cloves** garlic, minced
- **16 cups** fresh spinach
- **1 ½ cups** pecans, chopped and toasted
- **2 cups** plain Greek yogurt
- **2 ½ cups** shredded cheddar cheese
- **1 ½ cups** uncooked brown rice
- **2 tbsp** Dijon mustard
- **1 tsp** garlic powder
- **1 tsp** onion powder
- **2 tsp** smoked paprika
- **2 tbsp** olive oil
- **1 ½ tsp** salt
- **1/2 tsp** black pepper
- **1/2 tsp** red pepper flakes
- **1 tsp** dried thyme
- **3 cups** water



Instructions: **1.** In a large pot, bring chicken, broth, garlic powder, onion powder, and smoked paprika to a boil. Reduce heat and simmer for 15-20 minutes, until chicken is tender and easy to shred. Remove from liquid, let cool slightly, then shred using two forks. **2.** Heat olive oil in a large pan over medium heat. Add onions and cook for 5 minutes. Add garlic and cook for 1 minute. Stir in spinach, salt, pepper, and red pepper flakes. Cook until wilted. Remove from heat and mix in toasted pecans. **3.** In a bowl, mix Greek yogurt, shredded cheese, Dijon mustard, thyme, and smoked paprika. Stir in the shredded chicken and spinach-pecan mixture. **4.** Preheat oven to 375°F. In a large baking dish, spread cooked brown rice on the bottom. Top with chicken-spinach mixture. Sprinkle 1 cup shredded cheese. **5.** Bake the portion being served immediately for 25 minutes until golden and bubbly. Arrange the other three portions in three freezer-and-oven-safe containers. Let it cool, then seal and freeze for up to 3 months. **6.** To bake from frozen, place in the oven at 375° for 35 minutes, covered with foil.



The truth is, you only have to get through these instructions once to turn multiple days into "I'm too busy to cook day" without a shred of guilt. Compliments of your insurance agents here, always ready to make your life simpler - and more festive!



The gravity of

LIFEWISE

CARPE DIEM

By Ed James

Celestia had always been a girl with her head in the stars - both figuratively and literally. At sixteen, she aced every test in school without breaking a sweat, yet spent most afternoons crafting homemade storybooks about space. Her imagination was vast, filled with fascinating tales of rocket ships and intergalactic explorers, but life felt like an unremarkable rerun outside of her stories. School was uninspiring. The world felt small, and her future? A big question mark. It was 1969, and a gifted program wasn't an option for a girl like her.

Fortunately, Celestia had very resourceful parents. Marsa, her mother, was her best friend and the woman who could turn a grilled cheese sandwich into a life-altering experience. Celestia's friends, Skye and Venus, practically lived at their house after school, mainly for Marsa's legendary snacks but also for her contagious laughter and amusing insights, which she delivered with the humorous grace of someone who had no patience for teenage moping.

One day, Marsa came bursting through the front door, waving a paper like it contained the meaning of life itself. "Did you all know today, **March 20th**, is the **International Day of Happiness**? And you're about to be very happy, indeed. Look at this!" She flaunted a NASA flyer

she grabbed at the library: a six-week educational program where students would learn about space, meet real astronauts, and even tour actual rocket ships.

The girls stared at it, at each other, then back at Marsa. Shrugging, Celestia said, "That sounds kinda groovy, but eh..."

Marsa gasped. "Kinda groovy?! Celestia Orion, if you don't snatch this opportunity out of the air like a hungry falcon, I will enroll myself and make NASA question all its hiring policies - heaven knows what that might do to humankind!"

The girls laughed but continued to hesitate. They weren't just unenthused - deep down, they also didn't believe they could compete at that level. Space was for geniuses, for the truly exceptional, and despite their talents, they weren't sure they fit the mold.

Marsa clapped her hands like a coach rallying a losing team at halftime. "Now listen up, you brilliant little astronauts-in-denial. It's time you learned something my mother taught me a long time ago: whether you want it or not, every day, you'll choose how you'll live your life. And apathy? Not on the menu. Here are your actual options..."

1) Live Today Like It's Your Last. "If today were your last day ever, would you want to spend it sitting here, eating grilled cheese, not knowing if you have what it takes to experience the wonders of space?"

Marsa demanded, pointing at them like a courtroom attorney delivering a closing argument.

Skye hesitated. "I mean... your grilled cheese is pretty spectacular."

"Flattery will get you nowhere, young lady!" Marsa roared. "Would you rather your last day be filled with awe or regrets? Choose wisely."

The girls exchanged glances. Marsa was making an excellent case. Still, doubt lingered. "But what if we're not good enough?" Celestia muttered. "What if we apply and fail?"

Marsa folded her arms, smirking. "If you're this afraid of failing, maybe I should've

waited to add you to our insurance - you might be too scared to drive to the enrollment office after all," she quipped.

2) Live This Year Like It's Your Last. "Fine, so you probably have more than a day left," Marsa conceded. "But you still gotta realize your dreams in the next 365 days. Will you take action, or will you leave it to chance? If you had one year to live, wouldn't you want to fill it with the kind of stories people long to read?"

Celestia shifted uncomfortably. "I mean, I guess when you put it like that..."

"Good," Marsa said. "Because whether you realize it or not, this is the year. It is always the year. You either take a chance on yourself or waste it with self-doubt and meaninglessness. You decide."

3) Live Today Like It's Your First. "Now, let's say this is the first day you ever hear about all that's supposed to be out there in space. Then you learn about the incredible machines some very smart humans built to defy gravity and travel right into it. Wouldn't you be blown away and want to see every inch of all that?" The girls started to nod. Slowly but surely.

"Think about it," Marsa pressed. "If this was your first day on Earth, and you'd never been told you weren't good enough, would you hesitate? Or would you be having the time of your life, driving yourself and your best friends to get the grooviest adventure of your lives started?" That one hit home.

4) Live Today Like You're Getting a Do-Over. "Remember when I had that accident, and thanks to great insurance, we were able to do things over?" Marsa persisted, "What if you didn't enroll in this life-changing program, then lived to regret that decision, but, by some miracle, were given a second chance to apply through some sort of cosmic insurance policy? Would the thought of possibly failing a test still be as terrifying as the prospect of a dull life then?"

Celestia suddenly had a vision of her future self, working an unfulfilling job and wondering what could have been. No spaceships. No other planets. Just pointless paperwork. She nearly broke out in a cold sweat. "Mom, I'm getting the car."



Laugh ^{a lot}

By Ayesha Qamar

5) Live Like You're Stuck in an Eternal Loop.

As the girls crammed their mouths full of sandwiches and hustled toward the door, Marsa called after them, "One last thing! What if you had to relive this exact life forever? Wouldn't you want it to be the kind of life worth repeating? You get one shot at making sure it's that good!"

Celestia mumbled, her mouth full, "Mom, we get it. Let's go. Now!" So, they went, applied, and got in. And those six weeks birthed or paved the way to life stories beyond their dreams! All because they decided (or were strongly encouraged) to seize something - the moment, the day, the weeks, the year. Doing so changed everything.

Celestia went on to study the History of Science and Technology with a concentration in Astrophysics. Eventually, she ran the Space Wing at one of the largest museums in the region - a job she adored for over forty years and one she obviously didn't mind living on repeat.

Now, at 72, she stood before an eager crowd, preparing to open a lunar eclipse viewing event. That night, in honor of the just passed **International Women's Day on March 8th**, she would highlight local remarkable women in the sciences, including her two best friends, Skye and Venus. And, in a poetic twist, she would also announce her retirement. In reality, Celestia felt it was time to seize the opportunity to embark on yet another journey: publishing her fantastic space stories - for the fun of it!

She exhaled, glancing at the speech in her hands, thinking, "What a ride this has been! And to end it this **March 13th** with a **total lunar eclipse** and a perfect blood moon to welcome me into a new voyage is just...wow."

As the moon turned a stunning reddish shade high above, Celestia smiled to herself, silently thanking her late mother for being a seizing force for happiness in her life. She had insisted that a life lived with urgency - mistakes and all - is always better than any well-thought-out story that's only been imagined. She was not wrong. She hardly ever was...

PROTECT & GUARD

They say laughter is the best medicine, but let's be honest - if that were literally true, insurance wouldn't be so crucial, and doctors wouldn't have a job. Instead, let's consider laughter as a high-yield investment in life's best moments, a force multiplier for happiness, and a secret weapon against the damaging effects of stress. Since **March 19th is Let's Laugh Day**, let's reflect on five powerful benefits of a real, genuine laugh - the kind that takes over your body and leaves you lighter, even if nothing has technically changed.



The Built-In Stress Reliever.

There's a reason why life feels a little easier when you're laughing - it's science. A deep, natural laugh triggers the release of endorphins, your body's natural feel-good chemicals. It also lowers cortisol, the stress hormone that, in excess, can make life feel like a never-ending insurance claim process you file without our agency's help. When you laugh, your muscles relax, your brain gets a mini-vacation from overthinking, and even if your problems don't disappear, they momentarily shrink in importance. The best part? Unlike a spa day, laughter is free - and, by the way, so is our laughter-filled policy review!



The Social Catalyst. Nothing bonds people faster than shared laughter. Think about your closest friendships - aren't they often built on inside jokes, ridiculous stories, and moments of total comedic absurdity? Laughter makes you more likable, approachable, and magnetic. It's the difference between being the person everyone wants at their table versus the one people "accidentally" forget to invite. A good laugh breaks down barriers, makes social situations more natural, and - let's be real - makes work infinitely more enjoyable.



The Body Warranty Extension. Do you know what's better than a juice cleanse? Laughing your way to better health.

Studies show that **laughter boosts your immune system**, increases blood flow (which is essential for heart health), and even provides mild pain relief. Some research even suggests that people who laugh more live longer - which makes sense because it's hard to be overly stressed about life's chaos when you've mastered the art of finding humor in it. So next time you're worried about your health, maybe don't just add supplements - add more stand-up comedy, spontaneous moments, and time spent with friends who make you cry...laughing.



The Perspective Shifter. Life is unpredictable, and sometimes the only difference between a meltdown and a funny story for later is your ability to laugh at the absurdity of it all. Missed a flight? Showed up severely overdressed (or underdressed)? These moments can either feel like disasters or comedic plot twists - it all depends on your ability to zoom out and laugh at yourself. The people who navigate life best are the ones who see life as one long improv show, and the spotlight stays on those who can roll with it.



The Peace Warrior Who Bears Great Insurance. Do you know what kills laughter? Anxiety. It's hard to appreciate life's funny moments when you're constantly worried about what could go wrong. A solid insurance policy is an amazing defense mechanism, allowing laughter to tag along as its highly effective sidekick. Knowing you're covered frees up mental space to actually enjoy life. It gives you the peace of mind to say yes to spontaneous moments, plan with confidence, and find humor even when things don't go as expected.

So today, seek out what makes you laugh, even if that means simply embracing the ridiculousness of everyday life. And if you're already laughing freely, congrats - being irreverently covered is exceptionally good life planning! You're welcome.



YOU'RE SO OVER IT!

BY Larry Peacock



grocery years ago. will require than five

AROUND THE CORNER

Have you ever heard of **Get Over It Day**? Let us tell you what should go down this **March 9th**, then: on this worthy holiday, consider yourself heavily encouraged to let go of the things that weigh you down - the big, the small, and the utterly ridiculous. As insurance agents, we specialize in helping people move past life's unexpected surprises. But let's be real: much of what holds you back isn't all that catastrophic. It's the little things - petty grievances, outdated anxieties, and clutter (mental and physical) that serve no purpose other than keeping you stuck. You may have a list of your own, but here are five things we're sure are not worth holding on to any longer:

1. GRUDGES. That argument from 2014? The friend who didn't invite you to their wedding? The coworker who stole your idea and presented it as their own? Let it go. Carrying a grudge is like drinking poison and expecting the other person to suffer. In reality, they've likely moved on, leaving you to stew in your own frustration. Reclaim

your energy for something that actually serves you - like plotting your next vacation or perfecting your skill so you can become even better (than they'll ever be...oops).

2. REGRETS. Everyone has a few "shoulda, coulda, woulda" in life. The job you didn't take. The coverage you opted out of before a costly incident. The haircut that aged you five years overnight. But dwelling on past decisions doesn't change them. Instead, consider this: every choice led you here. And if you're reading this article, you're clearly a sensible person. Keep moving forward!

3. WORRIES. Worry is just interest paid on a debt you may never owe. We stress about things that might happen - only for them not to happen or for something entirely different to blindsides us instead. So why waste the energy? Prepare where you can by stocking up on great insurance with us, but stop the mental loop of doomsday scenarios. You deserve some peace!

4. TAX RETURNS FROM 2001. Unless you're trying to win an award for "Most Cluttered Filing Cabinet," it's time to shred and move on. The IRS isn't coming for your receipts from 20+ Very few instances records from more years ago - ten max. You are officially released from the burden of outdated paperwork.

5. INADEQUATE INSURANCE. If your policy is outdated or insufficient, now's the time to fix it. Nothing undermines peace of mind quite like thinking you're covered, only to find out - too late - that you're not. The good news? This is one thing you can absolutely get over today. Give us a call, and we'll take care of it.

So, what's on your **Get Over It** list? Whatever it is, today is as good a day as any to drop it and move on.

Open When...

DR. JULIE SMITH

Bestselling author of *Why Has Nobody Told Me This Before?*

You have big decisions to make
You're overwhelmed with stress

Open When...

You're dealing with difficult people
Your friends are not your friends
You're under pressure
Fear shows up
You struggle to say no



Have you ever wished you had a wise, compassionate friend who could sit with you in your most challenging moments and whisper the exact words you need to hear? That's exactly what Dr. Julie Smith offers in *Open When* - a book that feels less like a self-help manual and more like a heartfelt conversation with someone who truly understands.

Following the success of *Why Has Nobody Told Me This Before?*, clinical psychologist Dr. Julie Smith delivers yet another game-changing guide packed with real-time strategies for handling life's messiest moments. But what sets *Open When* apart is its beautifully structured, "break-in-case-of-emergency" approach. Each chapter functions as a lifeline, offering immediate, practical advice for when you're feeling overwhelmed, anxious, betrayed, or lost. You don't have to read it cover to cover - you simply flip to the section that resonates with your current struggle and dive right in.

The magic of *Open When* lies in Dr. Julie's ability to make

A book by DR. JULIE SMITH

complex psychological concepts accessible and deeply relatable. Her writing is warm, direct, and jargon-free, making it easy for anyone - whether you're a mental health veteran or a self-help skeptic - to absorb and apply her insights. She doesn't just tell you what to do; she walks you through the "why" and "how," helping you reframe your thoughts and take control of your emotions in real-time.

From battling imposter syndrome to navigating heartbreak, confronting loneliness, and healing from past trauma, this book covers an astonishing range of emotional hurdles we all face. And yet, it never feels overwhelming. Instead, it serves as a steady, reassuring presence - reminding you that you are not alone and you have the power to move forward, no matter how difficult the road ahead may seem.

If you've ever found yourself stuck in a mental spiral, unsure of how to shift your mindset or regain your balance, *Open When* is the book you'll want within arm's reach. Whether you're facing a personal crisis, supporting a loved one, or simply looking for ways to strengthen your mental resilience in these tumultuous times, this book is a must-have. It's more than just advice - it's a companion for life's toughest moments and one you'll find yourself returning to time and time again.

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As your local field guides, we have reserved this space to feature them, so you too can be in the know... Have fun trying them all!

Now, have you received services from other professionals in our area who have exceeded your expectations? They might be a good fit for our exclusive – and FREE – Business Directory, too!

Tell us all about them through this link:

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Did you **WIN** the

**\$1,000
Airline
gift card?**

Find out on our
Facebook page by
MID-MARCH!

As always, stay tuned for updates on all ongoing and new promotions, too! **If not now, you can win NEXT!**

LAST MONTH'S

**REBUS
PUZZLE**

answer is:

**BUT ON
SECOND THOUGHT**

From this original clue:

**BUT
THOUGHT THOUGHT**

Winner will be announced on our Facebook page by **mid-Mar.** Stay tuned!

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The professional help you need to cure your impostor syndrome on or before **"I am in Control Day"**

March 30



RX:

Peace of mind from better coverage. Get it from us as needed.



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