

# Gaston *Alive!*

Home • Garden • Style • Fun • Food • Happenings

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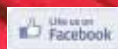
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# Gaston County Welcomes Dr. Abby Blowe

Dr. Abby Blowe



## GA!: Dr. Blowe-tell us about your new practice- where is it located?

**Dr. Blowe:** My new practice is in Mt. Holly on Highland Street. It's the office that most people will recognize as the former Spurlin Family Dentistry office. Dr. Spurlin is moving to Alabama to be closer to her family. While I know the community will be sad to see her leave, it is a wonderful opportunity for both of us to "come home".

## GA!: You say you are "coming home"? Are you originally from Gaston County?

**Dr. Blowe:** Yes! I grew up in Bessemer City and have lived in Belmont for a little over a year. Gaston County is definitely "home" to me. I am so excited to finally be able to work in the community where I live. I am looking forward to being able to serve the Belmont-Mt. Holly area and become involved in many community activities. I want people to see my face outside of the office a lot, and recognize that I value my role in supporting the other businesses in their town.

## GA!: If I am an existing patient, should I expect any changes?

**Dr. Blowe:** Patients can expect the same professional, friendly, and reliable dental care that they have always received. I have always made it a priority to meet each patient's needs with compassion and professional expertise. I realize that some existing patients may have questions during this transition, but I am willing to answer any questions they might have to ease their minds.

## GA!: Are you welcoming new patients?

**Dr. Blowe:** Of course! During this time of transition, we welcome anyone in the area who needs a new dentist. I would love the opportunity to serve them. All they have to do is call the office, and we will get them set up for their first appointment.



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# about the cover



This month's cover was shot in studio by Rick Haithcox. Cover model and musician in her own right, is Ashley Erickson. Gretsch Chet Atkins guitar courtesy of Tony Rogers. Cover graphic design by David James.

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**GA! My Doctor says I need physical therapy-can I choose my own rehab facility, and do I need a prescription?**

**Donna:** Yes, the choice is yours- patients love the new Union Road location because it is next to Riverwood Medical making it convenient for those patients in that area; Court Drive location is close to the hospital area. No prescription is necessary - we have direct access if your insurance company does not require a prescription.

**GA! Compleat Rehab has two convenient locations-do they offer the same services?**

**Donna:** We offer aquatic therapy at both Gastonia locations. Aquatic Therapy is great for patients with arthritis, fibromyalgia, joint replacements. Balance therapy and therapy to relieve Vertigo is popular and therapeutic massage is located at both locations. Compleat KiDZ offers pediatric therapy for Physical, Occupational, and Speech Therapy at the Court Drive location. Questions...call us at 704-824-7800.



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B2R

BETWEEN 2 RIVERS

// MUSIC  
FESTIVAL

CELEBRATES LIFE, FRIENDS,  
GOOD MUSIC AND GOOD TIMES

*By David Hamrick*



**GA! Met Recently With Paul Hendricks & Chad Hutcheson Of The B2R Music Festival To Find Out More...**

**GA!: First, let's talk about what, when and where.**

**Chad:** It is an all day music festival benefiting two great charities on North Main Street Downtown Belmont. The event is October 13th and runs from 2pm to 10pm.

**GA!: This is you're the second year for the festival, is that correct? How—and why- did you get started?**

**Paul:** It started as a collaboration between some local music lovers and ourselves. Chad had the idea of having a second anniversary celebration in his parking lot with a few local bands. The next thing we knew, we were blocking off main street with 11 bands, some from as far away as Austin, TX.

**GA!: There is a committee involved...are those local music lovers?**

**Paul:** There is a committee made up with different people with their own special skill set. Brian Deal is our entertainment coordinator, Monique Prato is our Volunteer coordinator, Chad handles the food and hospitality, and I handle the marketing of the event. We all become stagehands on the day of the event, though.

**GA!: Belmont is pretty well known for its' beach Friday nights, how is this different?**

**Chad:** Friday Night Live is a great concert series and great for Belmont, and in no way do we want to take away from that. That is why we schedule our event away from any weekend with a Friday Night Live. Our event features many bands crammed into one day with their own original sound that differs from the beach music sound we are used to hearing at downtown events in Gaston County.

**GA!: What kind of music can we expect this year? Is there a theme?**

**Paul:** Expect a blend of Americana, Southern Rock, Country, and what we like to call Texas "Red Dirt" Country

**GA!: Is the music lineup different this year?**

**Chad:** Almost completely different. The only returning band from last year is the Piedmont Boys from Greenville, SC. Both our Headline and Opening acts hail from Austin TX. Our other bands are from Charlotte, Salisbury, and Gaston County's own Josh Fosdick Band.



**Want To Go? Tickets are \$10 in advance /\$15 at the gate.  
www.b2rmusicfest.com or at The String Bean in Belmont.**



## GA!: Who are the charities involved, and how do they benefit?

**Chad:** Our charities are Gaston County Hospice and The Wounded Warrior Project. These charities will receive all gate proceeds along with a portion of the proceeds from the Between 2 Rivers Century Metric Bike Ride the morning of October 13th. The Wounded Warrior donation is being made in honor of Maj. Joseph McCormick.

## GA!: How are you able to contribute 100% of the gate proceeds to charity?

**Paul:** Easy answer, our corporate sponsors. We are fortunate to have many members of the local business community, most of them right here in Gaston County, sponsor our event. The sponsorship money goes towards everything from appearance fees, stage, lights, sound, etc.

## GA!: Will there be vendors, food, etc.-and should I bring a folding chair?

**Chad:** Just like last year, there will be a variety of food vendors on Main Street, plenty of cold drinks, and of course, a beer garden with the latest "Octoberfest" offerings. Definitely bring your folding chair. Our stage s are set up this year at opposite ends of main street facing each other, so claim your spot in the middle and turn your chair around after each band's set!

## GA!: What makes your festival different?

**Paul:** The fact that you can pay \$10 for a whole day of great music, and that \$10 is going to make a difference in someone's life.

### NO JUSTICE

*This five-piece band from Stillwater, Oklahoma has developed over the years into a balanced compound of roots, red dirt, country and blues. No Justice is a diverse band that's been inspired by a lot of different artists, and because of that, they appeal to just about anybody, from 5-year olds to 50-year olds, from cowboys to punk rock chicks.*



### WALT WILKINS AND THE MYSTIQUE ROS

*Picturesque prose and boogie in your boots, the music shows the emotional depth of the man and the harmonious skills of the artist and his compadres. Walt's albums have been followed with critical acclaim with best of the year pick lists and considerable airplay on XM and Texas radio.*



### THE PIEDMONT BOYS

*Based out of Greenville, SC in the foothills of The Appalachian Mountains, Country/Southern Rock is the name of their game. Straight forward, to the point, hard hitting Outlaw Music is what you will hear at their shows and on their cd's along with some crafty story telling love songs that will make you cry or smile. The last "Real Cowboys" in America love this band and you will too.*



### JOSH FOSDICK BAND

*Taking major inspirations from the likes of John Mayer, Ray Lamontagne, and Stevie Ray Vaughn, John Fosdick is breaking onto the scene in hopes to refine himself and redefine the genres of music he's representing. Thoughtful, deep lyrics and catchy instrumentals make for music that appeals to the masses and has potential to offer a contribution to the evolution of the next generation of rock/pop/blues music.*



### MT. WOODLAND BAND

*Mt. Woodland: Mt. Woodland has spent recent time playing local venues in and around their hometown of Salisbury, NC where they have gained a steady following of friends and fans. When on stage the guys enjoy showcasing a few of their own original songs; some of the band's biggest musical influences include Johnny Cash, Lynyrd Skynyrd, Cross Canadian Ragweed, and Reckless Kelly.*



### BAYLOR DRIVE

*An alternative country/indie rock band hailing from Charlotte, North Carolina. Spotlighting the music of lead singer and principle songwriter Brandon Thompson, the members of Baylor Drive synthesize a wide range of influences to form a unique brand of subtly intense music. When listening to the band, you may be reminded of artists ranging from Ryan Adams to Pink Floyd; from Counting Crows to the Jayhawks.*





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# COOKING WITH THE GLENNS





## *Farro Salad With Lemon Vinaigrette*

Recently, I had the opportunity to go on a once in a lifetime trip to the Robert Mondavi Winery in Napa, specifically the To Kalon Vineyards in Oakville. While there, we had lunch in the vineyard and to start we were served a farro salad. This was a great pairing with the Robert Mondavi Fume Blanc. So once I got home and had some friends over for dinner I did my own creation of a vegetable farro salad.

First I should start with what farro is. Farro (also known as spelt) is not wheat, but a plant and grain all its own. A grain of farro looks and tastes somewhat like a lighter brown rice. It has a complex nutty taste with undertones of oats and barley, but lacks the heaviness of many whole-grains. Farro tastes more elegant. Because farro contains a starch similar to that found in arborio rice, it behaves much like risotto, releasing a creamy, binding liquid when cooked. Unlike risotto, farro doesn't become gummy, instead, it retains its tender, distinct bite, even if it sits awhile after cooking.

### **Farro Salad**

*½ Pound of asparagus, cut to 1 inch lengths on the bias*

*2 Carrots, sliced thin*

*12 Mushrooms, cleaned, destemmed and quartered*

*1 ½ Cups dried semi-pearlized farro (available at specialty shops)*

*2 Cups Chicken Stock*

*Bouquet Garni – Sprig of Rosemary, 2 Sage Leaves and Clove of Garlic-peeled*

*Water*

*Salt and Pepper to taste*

In a pot place farro, chicken stock and enough water to cover by 1 ½ inches. Add the bouquet garni. Bring to a boil and boil for 20-25 minutes until farro is tender. While the Farro is boiling, bring a pot of water up to boil and add the asparagus and carrots. Par-boil for 4 minutes. At 3 minutes, add the mushrooms and par-boil for the remaining time. Immediately drain and rinse under cold water to stop cooking.

### **Lemon Vinaigrette**

*¼ Cup freshly squeezed Lemon Juice*

*Zest of ½ Lemon*

*1 Small shallot finely chopped*

*2 Teaspoons finely chopped parsley*

*½ Teaspoon sugar*

*1/8 Teaspoon salt*

*¼ Teaspoon freshly ground pepper*

*¼ Cup Olive Oil*

In a bowl add all the ingredients except the Olive Oil. Mix until combined. Slowly whisk in the Olive Oil to make an emulsion.

Drain the farro once cooked and discard the bouquet garni. Let cool and dry. Add vegetables and toss. Add the vinaigrette and serve cool.

Enjoy,  
Glenn and Glenn



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# A Creative Passion

## Susan Lambert Designs

*By David Hamrick*



We're talking today with Susan Lambert, a local artist who works with metals and glass to create jewelry. Her award winning work has been featured in several national jewelry magazines and books. A resident of Mount Holly, Susan and her husband moved to North Carolina in 2006.

### **GA!: How did you get started making jewelry?**

**Susan:** When I was a child, I would make necklaces out of buttons and yarn and pieces of broken jewelry. People would pull out their jewelry box and give me pins and chains that they didn't want so I could use them. I even used some old prisms off lights. That was an early start with some pretty strange looking necklaces. The flashier the better!

In college, trendy jewelry was fairly easy to put together, and with the usual college budget of zero, if I wanted an accessory, I learned to recreate what was fashionable, with a few pieces to sell to pay for the endeavor. As my experience in college Art courses grew, so did my wardrobe and the scope of my pieces. Creating jewelry was usually something I did for myself with some sales to friends, but I began working in earnest around 1993, setting up a studio, signing up for my first Art show, setting up a booth, and selling pieces. As my work evolved, some galleries also featured my work.

### **GA!: How did you learn?**

**Susan:** At first I was self taught, stringing beads and semiprecious stones, and using purchased findings. Wanting the pieces to be more unique and more artsy, I signed up for a glass fusing class. We worked with a new material that had just become available, dichroic glass. Dichroic glass sparkles and reflects more than one color. It melts so beautifully, layering colors and melting the glass with endless possibilities. There was a kiln and a small box of glass in the trunk of the car when I came home that evening. (a great birthday gift!) I fired up that kiln within a few days creating glass cabochons for jewelry. I would set the pieces in silver, or wrap them in silver wire, and also did some bead embroidering around them with tiny little glass beads.



After working with glass fusing for several years, I took classes with masters in glass work, learning the art of lampworking, melting glass rods to create handmade glass beads. I also went to an art center every week for about 6 years for studio work in metal smithing and lost wax casting. These



experiences all worked toward a goal of combining glass and metals to create unique and personal jewelry.

## **GA!: What kind of jewelry do you specialize in and what makes it different?**

**Susan:** The jewelry I make is made with components created by me. Usually I make the clasps, charms, earwires, beads and focal points. The jewelry isn't assembled from purchased pieces, but is unique with the beginning of each design started in my imagination, sketchpad and workbench. Sheet silver, glass rods, silver and copper wire, are the beginnings of every piece. I am in charge of the entire process, which is great fun because there are times I change the design as ideas come to me. I'm not a production worker although some of my everyday wear has classic stable designs repeated with variations in color, chain, clasps or focals. Each piece is individual, wearable, fun and kind of quirky, with mixed metals and lots of color. The mix of color and use of transparent and opaque glass is important to me and I want it to be evident in my work.



## **GA!: How can people find your work?**

**Susan:** Autumn on Main is coming soon and I will be participating in that. Also my work is sold at Sweet Peas Unique Gifts in Mount Holly and on line in my Etsy shops. *Gaston Alive! Magazine* is the only place a person can get the pendants made from glass Sundrop Bottles and they have been quite popular.



I have about 5 art shows lined up for the fall and holiday season, and also teach classes in adult jewelry making at Gaston School of the Arts. The best place to find information on shows and classes, and to shop for beads and jewelry is to check my website, [www.susanlambertdesigns.com](http://www.susanlambertdesigns.com) or my facebook page, [www.facebook.com/SusanLambertDesigns](http://www.facebook.com/SusanLambertDesigns).

## **Susan Lambert Designs**

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Sometimes in life we get struck - by a new thought, a new idea, or even a new direction. Something hits us and it becomes instantly embedded in our brain, heart, or soul. Once that happens, no matter what we do, we are unable to get it out of our heads. From that point on it lingers and lingers until it's ready to be used or acted upon.

That very thing happened to Paul Hendricks many years ago. He was walking through Downtown Belmont when he wandered into the home that currently houses the Belmont Historical Society. That's when he would become struck by a simple book title - "Between Two Rivers: The Centennial of Belmont, NC" by Ross Yockey.

It was at this moment that he thought to himself, "Hey, that would be a great name for a music festival!"

The only problem at the time is that Hendricks was not in the music business. Far from it, actually. He was in the insurance business.

But as of a couple of years ago, you can now officially say Hendricks is in the music business. That is when he met Brian Deal, and they began to connect through their love of music. The ball started to roll from there.

In 2011, both Deal and Hendricks hooked up with Chad Hutcheson with The String Bean in Belmont, and they began to collaborate and organize a music festival that would just so happen to take place in between two rivers (The Catawba & the South Fork) in a little place called Downtown Belmont. And just like that, a music festival was born.



**by Ben Dungan**  
**[bdungan@charter.net](mailto:bdungan@charter.net)**

Last year, the inaugural Between 2 Rivers Music Festival was held in August. And despite the summer heat and humidity, the event was a huge success. Over 1,500 attended in the first year. All proceeds from the gate went to support two charitable organizations - Gaston Hospice and the Wounded Warriors Project. Each organization received a check in the amount of \$3,500.

Hendricks and Deal are back at it again with the second annual Between 2 Rivers Music Festival. And this time, they are going to hold it in October to take advantage of our area's perfect weather.

The lineup of performers will be similar as last year with six bands performing on two stages from 2 p.m. to 10 p.m. The sounds of Texas and the Carolina's will take center stage again this year with the band, No Justice, closing out the festival on the Main Stage that day.

Like last year, both Hendricks and Deal felt it was important to continue to work with and support the Wounded Warriors Project and Gaston Hospice again as their charities of choice.

With one year under their collective musical belts, they hope to blow last year's numbers out of the water. The more people they can bring into Downtown Belmont that day, the more money they can raise.

*For more info see related article page 10, or [www.b2rmusicfest.com](http://www.b2rmusicfest.com)*

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Gastonia, North Carolina 28066

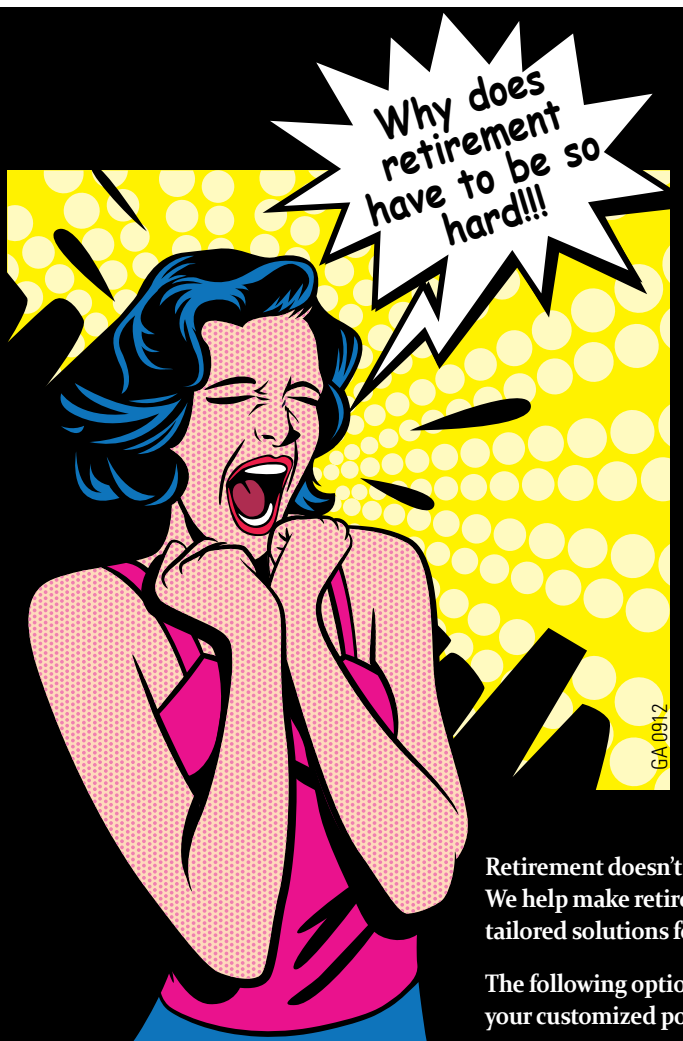
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Southern Railway Station, Cramerton, N.C., circa 1920





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