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OUR
100TH
Issue

A DENTIST'S FAMILY TRADITION

P12

Favorite Homemade Cinnamon Rolls *p14*

Coffee House Music *p19*

Catching Up With Cancer Services *p22*

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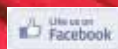
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about the cover



Pictured is Dr. Abby Blowe of Blowe Family Dentistry. Dr. Blowe is a dentist who is the child of a dentist, and is married to a dentist, see related story page 12. Cover graphic design by David James.

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CATCHING UP WITH
CANCER SERVICES



FROM THE PUBLISHER

You may have noticed the “Our 100th Issue” graphic on the upper right corner of this month’s cover. There is a story that goes with that.

A little over eight years ago I left what I thought was a secure job in the financial industry to start my own business. There were several reasons, not the least of which was being really disillusioned with corporate America, but

the bigger driving forces were to be able to control my own destiny, and to have some creative input to the product or service I provided.

After looking around at various business ideas-recycling, a kid’s sports league franchise, video production-I settled on the community magazine business, and bought a franchise out of Atlanta. Not too long after starting the magazine, I met with a respected local business man in his office. After some polite conversation, he pointed to a stack of magazines on a bookshelf behind his desk. “See those magazines?”, he said, “My advice would be to get out now-that is a stack of local magazines that failed.” But instead of being discouraged, I was perhaps a little angry, but even more resolved that this “little magazine idea” would work.

Business wise things moved fairly slowly for the first six to twelve months-actually it felt like I was pushing a boulder with my nose. During that time I met with the franchise in Atlanta in an attempt to get them to agree to change the somewhat dated cover design, graphics, and overall look and feel of the magazine. They would agree... and then nothing would happen, and I was increasingly frustrated. I felt like I was back in corporate America, only without a guaranteed income.

It’s funny how life works sometimes; just when you think the worst thing has happened, in hindsight you realize it was the best thing to happen. About a year in, the financial house of cards that the folks in Atlanta had concealed from me finally collapsed, and I was on my own. I felt foolish for investing money, and trusting them, even though I had done what I thought was reasonable due diligence. But I immediately changed the cover design, the overall look and feel of the product, and Gaston Alive! was born.

The October 2012 issue that you are holding (or reading online) is our 100th issue. Some days we feel 100, but most of the time it seems like we just started this project. During the last eight years several publications have come and gone, and we keep plugging away, trying to help small business owners get their message out. We believe in local business and local business owners. Entrepreneurs aren’t saints, but they are some of the most imaginative, courageous, creative and hardworking people you could ever meet, and it has been a joy to get to know them.

And to you, the reader, let us say thank you. Thank you for embracing the little magazine that could, and for supporting those business people whose livelihoods depend on local dollars-everything from pizza to dance lessons. You don’t know how often and how gratifying it is when we are

out in the community and hear “I just love that little magazine!” Thank you-we don’t get tired of hearing it, and we promise to work hard to make sure you keep on loving it.

All the best,

David

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

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Meet Dr. Abby Blowe with **BLOWE FAMILY DENTISTRY**

By David Hamrick



Dr. Abby Blowe

GA!: Dr. Blowe-tell us about yourself...

Dr. Blowe: I'm a Tarheel born and bred. I attended college at The University of North Carolina at Chapel Hill, where I received undergraduate degrees in Psychology and Spanish. I also attended UNC Dental School where I met my husband, who's also a dentist. I spent so many years in Chapel Hill that it will always be a place close to my heart. However, Gaston County will forever be "home". I grew up in Bessemer City and my parents still live there. My husband and I moved to Belmont after we finished school. It is really wonderful to finally be so close to my family and work so close to home.

GA!: Dr. You have a degree in Spanish?

Dr. Blowe: Yes. I speak fluent Spanish. I spent two years of college studying abroad in Seville, Spain, and it was a wonderful experience. Learning Spanish in a classroom is entirely different than using it to navigate a foreign country. It definitely gave me a whole new level of understanding of the language. At the time, I didn't fully appreciate what a great skill I had mastered. Being fluent in Spanish allows me to be able to communicate with an underserved demographic of our community. I am really excited about being able to incorporate that skill into dentistry and serve Spanish speaking patients in my practice.

GA!: What other services do you offer or specialize in?

Dr. Blowe: I come from a family of dentists. My father is a dentist, I have two uncles that are dentists, AND my husband is a dentist. In my family, we know dentistry! I consider myself very lucky to have purchased Spurlin Family Dentistry, which has an outstanding staff that also knows dentistry.



We offer all general dentistry services to meet a wide range of patient needs: cleaning, sealants, fluoride treatments for children, x-rays, oral cancer screenings, dental fillings, tooth extractions, crowns, bridges, and full or partial dentures.

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GA!: Why would a new patient choose you and Blowe Family Dentistry?

Dr. Blowe: I pride myself on giving patients honest information that allows them to be a vital part of the treatment process. I always take the time to help them understand what we are doing on each visit and why we are doing it. That is what I think most sets us apart from other offices.

Blowe Family Dentistry is a comfortable setting with a caring and approachable staff. We work together as a team to make every appointment a relaxing experience. I know that may be a foreign idea for some people, but this is a misconception we try to change every day. I don't think going to the dentist has to be something people dread.



Our Caring Staff



GA!: What's been the funniest or most unusual thing that has happened to you as a dentist so far?

Dr. Blowe: Dentistry isn't usually considered a "funny" profession, but people might be surprised at some of the things that happen in a dentist office. One of my favorite stories to tell is about a patient who called the office and needed a new set of dentures because their dog had eaten the old set! I'm sure that most people thought that dogs only ate homework!!

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COOKING WITH THE GLENN'S



Cinnamon Rolls (makes about 32 rolls)

*1/2 Cup sugar
2 Teaspoons salt
2 Cups milk (warmed)
2 Pkg yeast dissolved in 1/2 Cup lukewarm water
2 Eggs (beaten)
6-6 1/2 Cups flour
1/2 Cup butter melted and cooled*

Stir sugar and salt into milk, mixing to dissolve. Add yeast/water mixture to milk. add eggs. Gradually add 3 Cups flour mixing well by hand. Add melted butter, mixing well. Add additional flour to make a soft dough. Place dough on board and cover and let rest for 10 minutes. Knead about 10 minutes, adding only enough flour to keep dough from sticking. Place in a large bowl cover and let rise until double (about 2 hours). Punch down and let rise about 45 minutes. Divide dough in half and roll out in a rectangle that is about 15 x 12 inches and 1/2 inch thick. Spread with half of the cinnamon mixture. Roll up, seal, and cut into slices about 1 1/2 to 2 inches thick. Repeat with other half of dough and filling grease a baking pan (about 12x 14 with sides on the pan)

Cinnamon Roll Filling

Stir together below ingredients:

*1 Cup softened butter
2 Cups sugar
6 Teaspoons cinnamon*

Cinnamon Roll Glaze

*1 Cup powdered sugar
3 Tablespoon milk
1/2 Teaspoons vanilla*



Favorite Cinnamon Rolls

Our guest chef this month is Susan Lambert.

It's autumn and a good season for baking. The warmth from the oven along with the aroma of fresh cinnamon rolls makes a cool day welcome and cozy. I usually make cinnamon rolls some afternoon, knowing they'll be great for breakfast the next day, but of course, we'll have some hot from the oven. They are also great to share with friends, who exclaim 'ooh Cinnamon Rolls! Did you make these?'

My family has a long line of bakers, not by trade, but with a rich background of many recipes passed from generation to generation. I can picture in my mind, Grandma visiting our house, and spending a day in the kitchen, wearing her apron, warm breads and rolls lining the counter top. I feel that I learned from a 'master baker' because she would teach me how to stir in the ingredients and let me help knead the bread, learning how that dough should look and feel, how it should rise, and the fun part, punching down the dough for its second rise. My reward would be a small loaf of bread, just for me, straight from the oven, with butter melting on the tiny slices. I imagine my Grandmother as a young child at the turn of the 20th century learning to bake from her own mother and possibly enjoying her own little loaf of bread.

In that same tradition, my own children also bake. As kids, they always enjoyed helping make this cinnamon roll recipe. Maybe it was because the helper had their own little cinnamon roll baked in a small pan, straight from the oven. As adults, they still bake and these rolls are oftentimes in our plans when we are together. Many glasses of milk, cups of coffee, and great conversations have been shared at the table while enjoying these rolls.

These rolls can be made with many variations, plain, iced, or the transformation to pecan rolls, which is my favorite. Plan on this taking an afternoon because of the rising, and know also it is a large batch so you can share with friends.

Enjoy,
Susan

For Pecan Rolls:

In the bottom of the pan put a layer of pecans, then sprinkle a light layer of brown sugar over that. Sometimes I sprinkle a bit of cinnamon on that too. Then place the cut rolls on that layered goodness, with the spirals facing up and down, spacing the rolls slightly apart with room for them to touch when they rise. Cover and let the rolls rise till they're noticeably puffy, they should spread out and start to crowd one another. Bake 350 for 20 minutes. If they are brown too fast on top, put a loose piece of aluminum foil over them. Bake the rolls till they're brown around the edges and beginning to turn golden brown across the center. When done, invert pan on top of foil and let sit for a minute. Remove pan.



For Rolls With No Pecans: Omit the pecans and sprinkle a layer of brown sugar into the bottom of the greased pan. When the rolls are done drizzle a glaze over them while they are still warm (but not hot from the oven).

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WiredCoffeeEspresso.com Coffee/Tea/Gelato



by Ben Dungan
bdungan@charter.net

I don't like tomatoes. When I tell people this, they are highly offended. Same goes for coffee - I'm just not a big fan.



Photo courtesy of David Lowe.

But I do love a coffee shop. But for me, it's less about the coffee, and more about the vibe it projects.

In college, I oftentimes would study in a coffee shop instead of spending my time in the sterile atmosphere the school library provided.

Apparently, I am not alone. Many people love coffee shops. It has become what Ray Oldenburg, an American urban sociologist, calls a "third place". If your first place is home, and your second place is work, than a third place is a neutral public space for a community to connect and establish bonds. It's a place where you choose to spend your time.

When I think of coffee shops, I also think of folk music. After all, many singer-songwriters have cut their teeth in the comfort of a coffee shop. Back in the 1960s, two unknown performers got their musical start in a coffee shop. Their names were Bob Dylan and Joan Baez - maybe you have heard of them?

So when I saw that a coffee shop in Gaston County was hosting live music on a regular basis, I had to check it out.

Todd Williams is the owner and operator of WiredCoffeeEspresso.com. It's not a virtual coffee shop by any means - it's the real deal, offering an assortment of coffee-related drinks, as well as gelato (italian ice cream) and muffins and pastries.

Williams, the former sound engineer turned barista, opened up WiredCoffeeEspresso.com back in 2008 as a way to channel his new passion - coffee.

Williams spent over twenty years on the road running sound for many bands throughout the United States and Canada. Burned out on the constant travel that the music business requires, he decided to settle down and stay in one place for a change.

For twenty years, it was his job to make the music sound as good as it could. Now he had a new challenge - making coffee taste as good as it could.

Though Williams has a passion for serving high quality coffee, he also still has a passion for music. In fact, he has hosted live music at his establishment off and on over the past five years. However, in the last few months, he's been making a concerted effort to host live music on a consistent basis.



Photo courtesy of David Lowe.

Now Williams gets to dabble in both passions - offering quality coffee and music. When passion and talent intersect, that's where the magic happens.

But Williams will tell you, he's always evolving and thinking. He's always looking to make things just a little bit better.

But they seem just fine to me, right here on the corner of Wired Coffee Way and Live Music Lane.



Photo courtesy of David Lowe.

New York-based singer-songwriters Julia Haltigan & Freddie Stevenson will perform at WiredCoffeeEspresso.com on Monday, Oct. 15 at 8:00 p.m. More details are available online at www.wiredcoffeeespresso.com.



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My name is Kimberly and I've been on Dr. Lidia Adkins' diet for about 20 days. I have lost a total of 22 lbs. I am super excited. I have tried every weight loss there is. I can't even name them all but I have never lost this amount of weight in such a short time. It works, it works, it works!

Hi I am Nancy and I have been on Dr. Lidia Adkins' plan since the end of April this year (2011). This is my second cycle (I had 6 weeks maintenance between treatments). So far I have lost 80 lbs in only 10 weeks because I don't count the maintenance. This to me is just unbelievable. My size changed from 26 to 18. I feel wonderful, my attitude on life has changed and I am happy, happy, happy!



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Finding Out More About Cancer Services Of Gaston County

We are talking today with Kim Elmore, Community Outreach Director for Cancer Services of Gaston County.

GA!: Kim- tell me about Cancer Services...what are your main programs or services?

Kim: Cancer Services of Gaston County is a local non-profit agency that has been around since 1977. Our mission is to serve the community by actively promoting healthy lifestyles and to provide support and services needed by people living with cancer. Our services are free of charge. We also provide prevention education and awareness in schools and in the community.

GA!: What's the best or most meaningful part of working at Cancer Services?

Kim: Hopefully, making a difference in someone's life. Hearing those words, "You have cancer" is devastating. It takes its toll not only on the patient, but the family and caregivers. It is devastating emotionally, physically and financially. Being able to help in any way to take some of that burden off is very rewarding. I used to be over the tobacco education program and I always said that if I reached just one kid and kept them from picking up a cigarette, then I had made a difference. That is such a good feeling!

GA!: Tell me about Faces Of Hope?

Kim: Faces of Hope is one of our 3 major fundraisers. It will be on Friday, April 5, 2013 at Daniel Stowe Botanical Garden. We sell tickets, and have a silent auction and raffle. The name comes from the fact that we choose every year a new

face or faces of hope who are featured at this event. They are our clients who share their story of how they faced cancer.



Pictured from left to right is: Beverly Washington, Leanna London and Dawn Carr.

GA!: How are you funded-I know you have a fund raising event coming up?

Kim: We are a United Way partner. We also are a Susan G. Komen Charlotte for the Cure grantee. We apply for area grants through



the Carrie E. and Lena V. Glenn Foundation and participate in Run For The Money. We have 3 major fundraisers: The Gaston County Amateur Golf Tournament which was in September, Pumpkin Pi 5K which will be Nov. 3 at Lineberger Park, and Faces of Hope Party, April 5, 2013 at Daniel Stowe Botanical Garden. We also rely on community support from local businesses and individual donations.

GA!: So you can either provide services in house, or act as a liaison for services...what would be an example of each?

Kim: Our clients can come to our office and pick up liquid nutrition (Ensure), adult diapers and juice and Gatorade. We also have medical equipment like wheelchairs, canes, walkers and shower seats that we loan out. We also have wigs and bras that women going through breast cancer can come and try on which we provide free of charge. In terms of being a liaison, we can help get our clients into medication and co-pay assistance programs to help them with medical costs.

GA!: Tell us about your educational programs.

Kim: We provide tobacco education programs in the schools and out in the community trying to educate our kids about the dangers of tobacco. We offer a Cessation program to help people quit smoking. We also provide BSE (breast self-exam) and TSE (Testicular self-exam) programs in the school and community and we offer a breast health program to women to name just a few.

GA!: What is the most important or useful thing that Cancer Services does that most folks aren't aware of?

Kim: Just the services that we provide to help Gaston County residents living with cancer and the fact that our services are free of charge. Also, that we even exist. We are often confused with national organizations.

GA!: Are you involved with Relay For Life?

Kim: That is the American Cancer Society. We do not receive any funding from Relay for Life.



www.gastoncancerservices.org



*Kim Elmore,
Community Outreach Director*

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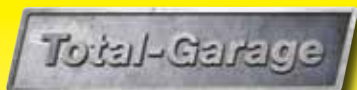


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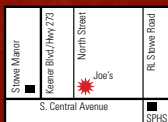


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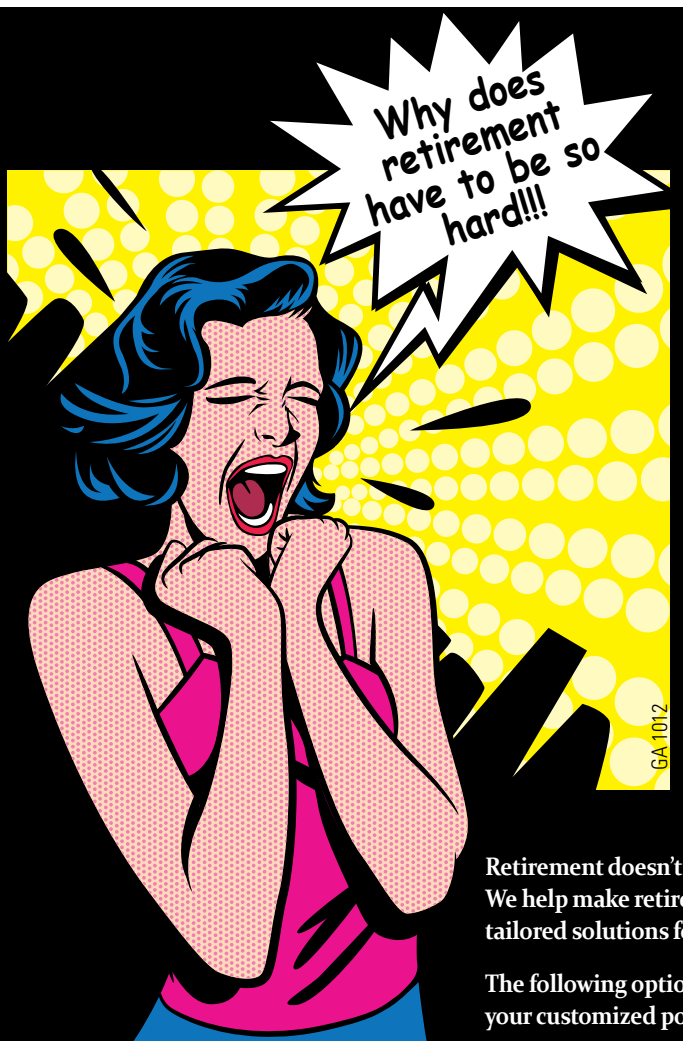
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