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Summit Eye Associates

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about the cover



This month's cover shows the team from Summit Eye Associates, see related article page 10. Cover shot on location by Rick Haithcox, production assistance by Darylene Finklestein. Cover graphic design by David James.

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ALL ABOUT YOGA



FROM THE PUBLISHER

Recently I bought a car. Within twenty four hours the previous owner sent me a text asking if he had left a set of keys in a “secret” utility compartment. Upon checking, I discovered a small set of keys, attached to a yellow and green John Deere key fob, just where he suspected he had left them. Relieved, he texted me and asked if I would mail them to him. He lives in Hickory, at least an hour round trip away, and didn’t want to make the drive. Frustrated, I wondered why he didn’t just come pick them up. Mailing a set of keys would require that I find something suitable to mail them in, and a trip to the post office- a joy any time- but especially during the holidays. I am very busy, and this seemed like just another thing to add to the list, caused by someone else’s forgetfulness. “Lack of planning or attention on your part does not constitute an emergency on my part” or something to that effect.

But then I thought, geez, where is my humanity? When did I get so busy that I can’t do a small favor for the guy waiting to pull out into traffic from the big box store, or the lady with the fussy child that is behind me at the grocery store? With so much to do during the holidays, do we have a moment for our fellow man? My guess is, not so much. We are so convinced of our own importance and self-imposed busy schedule, that we become irritated when others intrude into our time or space.

The holidays are a time of year when we pause and reflect on what is truly of value. And at the end of the day, what really matters is the people in our lives, and how we treat ourselves and each other. Everything else is just filler. So perhaps this holiday season you would like to resolve with me to be kinder, gentler and more patient.

My holiday wish for you is a less hustle and bustle, more quiet time for yourself, quality time with the people you love, and a liberal sprinkling of peace, joy, and laughter.

Merry Christmas,
David

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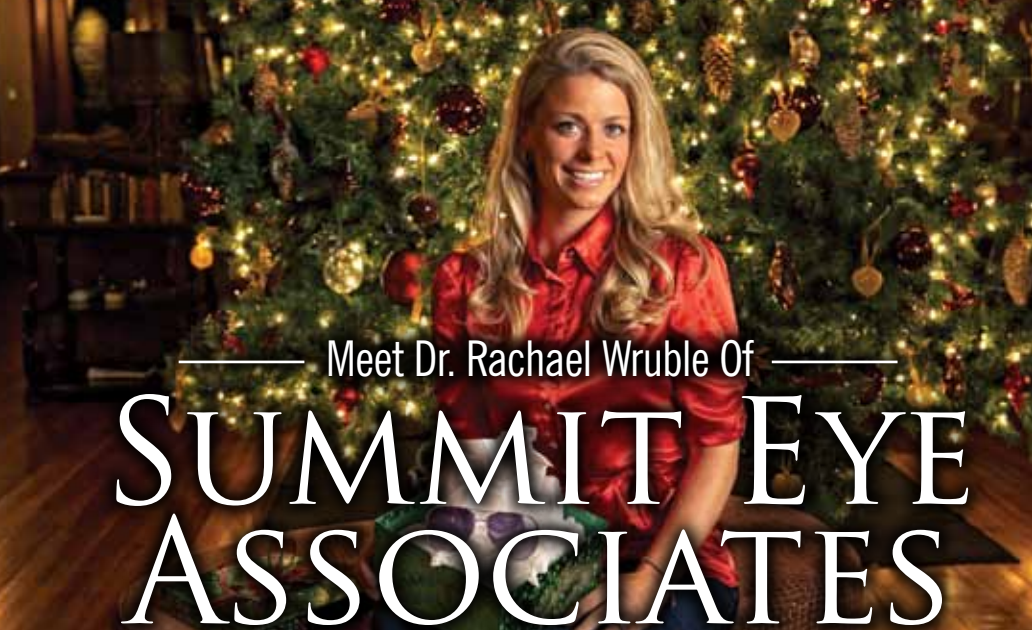


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Gaston *Alive!*



— Meet Dr. Rachael Wruble Of —

SUMMIT EYE ASSOCIATES

Gaston Alive! is talking today with Dr. Rachael Wruble of Summit Eye Associates

Dr. Wruble (along with all the lady eye doctors of Summit Eye) has relocated to Gaston County. Not only has she moved here from Michigan with her husband, but several members of her family are soon to call Gaston County “home”.

GA!: Dr. Wruble, tell us a little about yourself, where are you from, school, etc.

Dr. Wruble: I am from Bad Axe, MI (The Thumb of Michigan) and started in the Professional Golf Management program at Ferris State University in 2001 but completed my Bachelor of Science in Chemistry. An additional four years later, I completed my Doctorate in Optometry from the Michigan College of Optometry followed by a residency, right here in North Carolina, at the W.G. Hefner VA Hospital in Salisbury.

GA!: What brought you here from Michigan?

Dr. Wruble: During my time on the Ferris State golf team, I traveled to many areas in the United States. A life-changing experience occurred while playing in a golf tournament at Tega Cay. On that March day, the weather was beautiful while back in Michigan there was still snow on the ground. I fell in love with the area and knew I would move here someday.

GA!: What is your role at Summit Eye Associates?

Dr. Wruble: My primary role is to provide comprehensive primary eye care for all types of patients, from infants to senior citizens and everyone





in between. This includes eye exams for a patient that is nearsighted to more serious conditions like glaucoma and multiple sclerosis. In 2013 I took on a new role as a partner of Dr. Ann Hoscheit and Dr. Sandi Farnham.

GA!: What would your patients be surprised to know about you?

Dr. Wruble: I am a celebrity! Just kidding, but I am "Dancing for Future Stars" to raise money for the Boys & Girls Clubs of Greater Gaston. I have two left feet so wish me luck on this wonderful adventure!

GA!: What are your areas of interest or specialty?

Dr. Wruble: I love challenging contact lens patients. I often hear, "I can't wear contacts." My personal experience as a

contact lens wearer for 20 years (non-compliant for many of those early years) and my family history of Keratoconus (disease of the cornea) has motivated my passion for getting the perfect contact lens for my patients.

GA!: What makes Summit Eye Associates different?

Dr. Wruble: We often hear "you are the first doctor who has listened to me." At Summit we have yet to see a pair of eyeballs walk into the office without being escorted by the owner. We take care of the entire person.

GA!: We heard about "The Big Give Back", what can you tell us about that?

Dr. Wruble: In honor of the practice's 10 year anniversary, we dedicated \$10,000 for area non-profits. The winners were selected through Facebook interaction. In addition, we celebrated for 10 days by extending 'random acts of kindness' to our patients or the community. An important part of our giving is that we don't just write a check – we want to engage through volunteer efforts.



GA!: What hobbies, sports, causes, interest you?

Dr. Wruble: I love hot yoga and any outdoor activities. I am a Michigan sports fan including the Michigan Wolverines, Detroit Tigers, and Detroit Lions. Since coming down to North Carolina I have become a fan of the local sports teams. I enjoy volunteering through Gastonia Rotary East, Leadership Gaston, Gaston Chamber Gaston Jaycees (just to name a few), and am committed to organizations that will improve the quality of life for Gaston County.

GA!: What part of your practice has been the most meaningful, or you have enjoyed the most?

Dr. Wruble: The best part is seeing a child smile the first time they put on glasses and see clearly or hear that the child is doing better in school because I fixed their vision problem.



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The Home Stylist

By Jodi Kines



Jodi Kines –Jodi has a degree in Interior Design from Winthrop University, and is the owner of Plan-It Design, LLC in Belmont, N.C.
Contact Jodi: jodi@planitdesign.us



Wrap it up!

Have you ever envied someone else's fabulously wrapped gifts or flipped through a magazine staring at the beautifully wrapped packages all nestled under the tree and wondering how they do it? Just like all design, the interest is in the details. It's all about adding layers and varying textures to create interest. It's about the 'little extras' that make very simply wrapped gifts seem extra special.

I love the idea of starting with an inexpensive, solid base and adding personality with a few printed papers and creative embellishments! A few years ago, I invested in an enormous roll of brown kraft paper, including the industrial roller/cutter that you see at most department stores! I use it year-round with a variety of ribbons, bows, and other special elements to give each package it's own personality without having to store multiple rolls of partially used gift wrap; plus, I can always tear the perfect-sized sheet!

Natural and Rustic

Having the brown kraft paper for a base, I often tend to use a more natural, rustic approach. There are countless ways you can achieve this look – just look to nature for inspiration! Use natural fiber ribbons, such as twills, jutes, burlaps or cotton twine all in neutral tones. Try adding pine cones, cinnamon sticks, rosemary sprigs, holly twigs, or spruce and pine cuttings from your local tree farm as gift toppers. These will add dimension, texture and even some wonderful scents! Layering packages with ribbons and embellishments can make even a simple, rustic design feel unique and sophisticated.

Bright and Bold

If you prefer to have more of a pop of color under your tree, then go bright and cheery with a contemporary spin on the Christmas color palette. Mix up the traditional red and green with splashes of bright pinks, limes and oranges – don't





be afraid of bold colors and patterns (think stripes or polka dots!). Layer strips of printed paper over a solid paper base for a “ribbon” effect and top it off with coordinating tulle, thinner ribbons, or even pom pom fringe. A bright ornament or even colorful feathers can dress up your package and add the perfect finishing touch to this fun take on holiday wrapping.

Opulent and Elegant

When you want a more luxurious, elegant feel, try a solid black, white or metallic base paper,



layered with coordinating ribbons in velvet textures or beaded edges. Add layers of gold, silver, copper or bronze ribbons, shimmery accents, and glittery toppers for the ultimate sophistication. One key to this look is keeping it neat and simple, not overdoing it, and aiming for a flawless finish (even using double sided tape for a completely clean, crisp look).

Mix It Up

While I love the idea of every gift under the tree coordinating perfectly, it’s not always practical and can make sorting presents for delivering very cumbersome. With that in mind, a few years ago, I began wrapping all of our gifts in the brown kraft paper, but varying the ribbons and embellishments based on certain groups of friends or family members.

I use one type of ribbon for packages going with us out of town to visit my husband’s family and another for those traveling with us locally to my family’s celebration. I use a little brighter color scheme for the ones for our immediate family (including our kids) and more unique, personal touches on the gifts that we hand out to family and friends throughout the season. All of the packages coordinate beautifully under the tree, but with the color-coded ribbons allow us to easily grab the gifts we need when we are loading up the car to head out to various holiday celebrations. We can quickly grab any packages we need for a family road trip or holiday dinner with friends and aren’t crawling around, trying to read name tags by the light of the tree as we search!

With Christmas just around the corner now is a perfect time to think about getting creative with how you present your gifts. Never under-estimate how incredibly special it feels to be given a gift that has been wrapped with care and creativity! Choosing a theme for and coordinating your holiday gift wrapping is a fun way to simplify the wrapping process and, once nestled under the tree, can add a fabulous finishing touch to your Christmas décor.



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By David Hamrick

GA!: How did you get started in Yoga?

Rachael: I personally am not a huge fan of exercise in general-my body does not approve of- running, biking and things like that. In fact, in my early twenties before yoga, even walking caused pain in my hip. A friend invited me to my first yoga class, and I figured I would give it a shot. I was instantly hooked. I felt like I had gotten a great "workout," but I also just felt so calm, and revitalized.

GA!: Yoga seems to be really popular right now. Did it change, or are people becoming more aware?

Rachael: I think that people are becoming more aware, but along with that awareness is the development of new styles of yoga and even hybrid classes, like yo-pi (yoga/pilates) for example. One of my favorite things about yoga is that it is such a personal practice that it can be tailored to meet anyone's needs.



GA!: What are the benefits of Yoga?

Rachael: Too many to list! Physically it can help with strength, flexibility, balance, and improving circulation and lung function among other things. Yoga is also a great complimentary therapy for healing many types of disease. Depending on the style of yoga someone practices, it can be helpful for some cases of sciatica, scoliosis and other back issues, headaches, carpal tunnel, arthritis, rehabilitation after injury or surgery... even conditions such as PTSD, dealing with the emotional and the physical symptoms. The list goes on and on. Some people use it as their primary form of exercise, and it can certainly be helpful in weight loss. Mentally, the meditation and breathing practices help to relieve stress, which is possibly one of the main reasons why yoga tends to keep people interested. It's certainly more than just physical exercise. It is also a practice in which students learn so much about themselves physically, emotionally, mentally, even spiritually. It deepens our awareness of ourselves, the way we move through life, the way we treat others, and we begin to take our yoga "off the mat."



GA!: Is Yoga good exercise?

Rachael: Certain types of yoga are great exercise. Again, there are so many styles and it depends on the person. The majority of classes in this area are largely based on the physical fitness aspect of the practice. One thing that most people don't realize is that a gentle yoga class can be just as good for exercise as a power yoga class. Often times, the more slowly and mindfully you move through the postures and connect your mind, body, and breath, the more you will benefit physically and mentally. Some people are not made for intense physical exercise. Some will never lose weight, if that is their goal, doing intense physical exercise. Gentle yoga, for example, may be the perfect "exercise" for them because of the focus, the intention, and mainly the stress relief. However for those that need more intense physical exercise, vinyasa (flow), or power yoga may be their best friend.



GA!: What if I am a beginner at Yoga?

Rachael: So many things I would love to say to beginners. One really important thing I must say is to have compassion for yourself in your practice. It's not about what your pose looks like. Every person is different. Every pose fits everyone in a different way. It's not about whether or not you can "make it through" the whole class the first few (hundred!) times. Always take rest when you need it! That's why it is called a yoga "practice." Sure, it's great to challenge yourself, but it is never about "nailing it." It's about learning about yourself, and giving your body and mind what YOU need...finding balance. You are not going to love every class, every teacher, or every style. You have to find what is going to work for YOU.

GA!: There are several opportunities to explore Yoga in Gaston County. Tell us about your studio, On Track Yoga.

Rachael: On Track Yoga is a small, intimate space, where students of all levels, all ages, body types and personalities can find a class that meets their needs. Our classes are fairly small, and students can receive some extra attention if desired due to the size of the classes. I think one thing that sets us apart from other studios is the intention of healing and increased mindfulness with which the studio as a whole approaches the practice. The majority of our students are, or were beginners when they came to us. It is our intention to teach them yoga, not just as a form of exercise, but as a lifestyle. "Yoga" means "union; to yolk; to join." Not only do we practice to connect body/mind/spirit to find balance within ourselves, but we seek to come together as a community to support each other on our journey.



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I gave my "To-Do" list to Mr. Handyman...

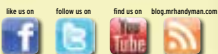
and he took care of everything!



To-Do list

- | | |
|--|--|
| <input type="checkbox"/> Put up shelving | <input type="checkbox"/> Caulk around tub |
| <input type="checkbox"/> Hang window treatments | <input type="checkbox"/> Install moulding |
| <input type="checkbox"/> Grout tile floor | <input type="checkbox"/> Repair wood on deck |
| <input type="checkbox"/> Powerwash deck | <input type="checkbox"/> Install backsplash |
| <input type="checkbox"/> Repair kitchen drywall | <input type="checkbox"/> Hang mirror in hallway |
| <input type="checkbox"/> Fix cabinet hinge | <input type="checkbox"/> Change ceiling light bulbs |
| <input type="checkbox"/> Install smoke detectors | <input type="checkbox"/> Fix door knob |
| <input type="checkbox"/> Paint living room | <input checked="" type="checkbox"/> Get more free time... |
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Festive Christmas Cookies With Chocolate Kiss Blossoms

Dear Santa,

I hope things have been well at the North Pole, 2013 has been a year of ups and downs for many. As you make your rounds this year I have made up a special batch of cookies I'll leave them in front of the tree with the low fat milk. I understand from Mrs. Claus that everyone at the Pole has caught the fitness bug and that the reindeer are sponsoring the 'Reindeer Romp' 5k in the spring.

Ingredients

- 1 ½ cups all-purpose flour
- 1 cup of slivered or sliced Almonds (lightly toasted)
- ½ tsp baking powder
- ½ tsp salt
- 7-8 ounces of Almond Paste (one tube or can)
- ½ cup of sugar
- 2 sticks of butter (1 cup) softened
- 1 egg
- 1 tsp vanilla
- ¼ cup Turbinado Sugar
- ¼ cup of Hazelnut flour

Method

Pre heat oven to 375 degrees, in a food processor pulse the Flour and Almonds till finely ground add baking powder and salt set aside. In a mixer cream butter, sugar once fluffy add egg, vanilla and almond paste in pieces till well incorporated. Slowly add dry ingredients and mix.

Mix Turbinado sugar and Hazelnut flour, by tablespoonful roll cookie dough into balls and then into sugar flour mixture. Place balls on cookie sheet about an inch and one half apart. Press a thumb print into each ball.

Bake cookies about 10 minutes, place a chocolate kiss in each indentation and bake for 2 more minutes or until cookies are lightly browned. I also tried rolling them in coconut flake but the taste testers unanimously agreed the hazelnut was better.

Santa, I know you have lots on the sleigh this year for the good girls and boys, and I would like to add one more Christmas Wish. My wish is that everyone would join me in this season of giving to first, remember the reason for the season and second support their local charities. I know that in my support for Gaston County Hospice, Gaston County Toys for Tots, Gaston County Habitat for Humanity I receive ten times the blessings back on every dollar and hour I invest.

Merry Christmas to all, and till next month Make it Your Own.



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This silverplate pendant showcases a copy of a vintage map of Gaston County found in a 1932 encyclopedia. Is your hometown included under the glass of this pendant? The map is adhered with a special gloss, then sealed with glass to magnify and enhance the colors and printing. A silver colored 2mm ball chain finishes the nostalgic look of this 1 inch pendant. Handmade by a Gaston County Artist.



Map Pendant \$22



Sundrop Glass Pendant

Carry a bit of Gaston County with you with this fun pendant created exclusively for Gaston Alive! magazine. Kiln fired glass from upcycled Sundrop bottles, these pendants are each one

of a kind, handmade by a Gaston County Artist. The back of the pendant features a textured surface which magnifies through the front of the smooth round green glass. Approximately 1.5 inches in diameter, the pendant is finished with sterling silver wire and hung on a silver colored 2 mm, 24 inch ball chain.

Sundrop Pendant \$28

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Gift Box \$31

Gaston County Restaurant & Dining Guide

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	LUNCH	L	OUTDOOR DINING	T	\$	\$11-\$20
	DINNER	D	BEER/WINE	T	\$	\$21 AND UP
	SUNDAY BRUNCH	SB	LIVE MUSIC	J		

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704-823-3000 • www.centerstreettavern.com
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