

GASTON ALIVE

MAGAZINE

HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

School Band Rocks! **Howren Music**

p9

Ben Dungan Hot Doggin' It!

p6

Rick's Best BBQ Ribs

p10

gastonalive.com



New Patients Welcome!

Smile Whitening
for **LIFE** \$99

Restrictions apply. Call for details.

FREE Orthodontic
Consultation

Braces or Invisalign. Call to schedule.

www.OakRidgeDentalArts.com

Taking care of All your family's dental needs

Meet our Stanley Team



Full service dentistry in Gaston County

Belmont location:
203 S Main Street

704.825.9635

Stanley location:
115 E. College Street

704.263.8845

Your 40 Day Transformation

Up To 40 lbs in 40 Days!

Our Proprietary, Physician-Supervised Weight Loss System:

- 10 years, physician experience in management of weight loss conditions
- Individualized weight loss protocols and formulas that are administered based on metabolic dysfunction
- Proprietary, physician-developed weight loss formulas in collaboration with US labs
- No hormones, no stimulants, no expensive slimming devices
- Safe and highly effective for patients with auto-immune, high blood pressure, diabetes, hypothyroidism and cardiovascular issues

Call For Your FREE Consultation!

*Consultation times are limited.



To Be Your Best... See the Best



Dr. Lidia Adkins
PCT, DC, CFMP

"If you are serious about losing weight, I can really help you."

CAROLINAS WEIGHT LOSS INSTITUTE

Weight Loss Designed For Your Body

You can schedule your
Free Consultation by calling
704-461-0265

216 South New Hope Rd, Gastonia

www.cwli.net



*This is an average. Results may vary.

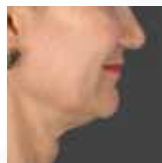
IW Med Spa Now Offers Ultherapy®

MENTION
THIS AD FOR
25% OFF
PACKAGES

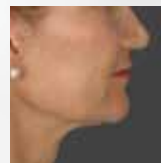
It's nonsurgical. Customizable. Beautiful.

Ultherapy is the only FDA-cleared noninvasive treatment that lifts and tightens your neck, chin and brow, and improves lines and wrinkles on the chest.†

CHIN AND NECK



BEFORE



AFTER 60 DAYS

Photos have not been retouched. Results may vary.

**CALL TODAY TO BOOK
A CONSULTATION!**

IWMS

I.W. MED SPA

110 East Main Street
Cherryville, NC 28021

704-435-1837



Download the latest version of our mobile and tablet app I.W. Med Spa for appointment management and online scheduling. Available in the Apple App Store and Google Play Store.

REFERENCE: 1. Ultherapy Instructions for Use. The non-invasive Ultherapy procedure is a U.S. FDA-cleared to lift skin on the neck, on the eyebrow and under the chin as well as to improve lines and wrinkles on the décolletage. The most common side effects reported in clinical trials were redness, swelling, pain, and transient nerve effects. For full product and safety information, visit www.ultherapy.com/US. All rights reserved. Ultherapy® and Ultherapy® are trademarks of Ultherapy®, Inc. ©2017 Ultherapy, Inc. All rights reserved. Ultherapy® is a trademark of Ultherapy®, Inc.

Ultherapy

Model

ASK ABOUT OUR
SPOTON LOYALTY
PROGRAM!

GIFT CARDS
ARE AVAILABLE!

Sake Express

Voted #1
Japanese Restaurant
in Gaston County!

Japanese Steakhouse & Sushi

BELMONT
675 Park St.
704.461.0400

GASTONIA
1327 E. Franklin Blvd.
704.864.4466

LAKE WYLIE
5360 Hwy 557
803.610.0146
(NOW OPEN!)

MOUNT HOLLY
349 W. Charlotte Ave.
704.827.4819



TRY OUR NEW
Bento Box!
FOR ONLY \$9.49

RESTAURANT HOURS

Belmont • Gastonia • Lake Wylie
Monday - Saturday 10:30 a.m. - 10:00 p.m.
Sunday 11:00 a.m. - 9:00 p.m.

Mount Holly
Monday - Thursday 11:00 a.m. - 9:00 p.m.
Friday 11:00 a.m. - 10:00 p.m.
Saturday 12:00 p.m. - 10:00 p.m.
Sunday 12:00 p.m. - 9:00 p.m.

[facebook.com/sakeexpress](https://www.facebook.com/sakeexpress) twitter.com/sakeexpress
www.thesakeexpress.com

Buy One
Get One
1/2 OFF
Any Entrée
of equal or lesser value up to \$9.00.
GASTON ALIVE
One coupon per customer please. Cannot be combined with any other offer. Does not include combinations. Expires 9.15.18.

Buy One
Get One
1/2 OFF
Any Sushi
of equal or lesser value.
(Excludes Mount Holly)
GASTON ALIVE
One coupon per customer please. Cannot be combined with any other offer. Expires 9.15.18.

Keep the summer heat out of your outdoor living spaces with exterior shades



Visit Our New Showroom!
3826 S. New Hope Road • Suite 10
Gastonia, NC 28056

We're Budget Blinds, and we're North America's #1 provider of custom window coverings. We do it all for you; design, measure and install – because we think everyone, at every budget, deserves style, service, and the peace-of-mind of the best warranty in the business.

**BUDGET
BLINDS**

Style and service for every budget.*

Blinds • Shutters • Shades • Drapes • Home Automation

Call now for your free in-home consultation!

Mention This Offer To Receive
25% OFF
Exterior shades

One coupon per customer please. Cannot be combined with any other offer. Expires 9.15.18.

Call Budget Blinds for a high quality, affordable and efficient shopping experience or visit us online at www.budgetblinds.com/southgastonia

704-864-8778

*Applies to selected window treatments from Budget Blinds. Restrictions may apply, ask for details. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchisees only. ©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



FROM THE PUBLISHER

Can you believe that school starts in just a little over two weeks? If you hurry, you still have time for a week or weekend at the beach, or to attend a Charlotte Knights game (the Gastonia Grizzlies are done).

When I was a kid I used to dread school starting... I always wished for a little more summer, or even better, that summer would just never end. I never understood those freaks of nature that couldn't wait for school to start.

But as I've gotten older, I have begun to enjoy the things that fall brings. Besides football I mean. Fall means maybe eventually it will cool off. It means back to school, karate and dance, back to the car pool and waiting in the pick-up line... back to the rhythms of life.

But not yet. I intend on savoring every last drop of summer like the last bit of homemade lemonade in the bottom of the glass. There's still a drop of sweetness there that I don't want to miss.

Happy August, ~ David



*PS Welcome to our guest columnist Heather McConnell Brown!
(see page 13)*

featured this month

06

BEN DUNGAN HOT DOGGIN' IT!

09

SCHOOL BAND ROCKS!

10

RICK'S BEST BBQ RIBS

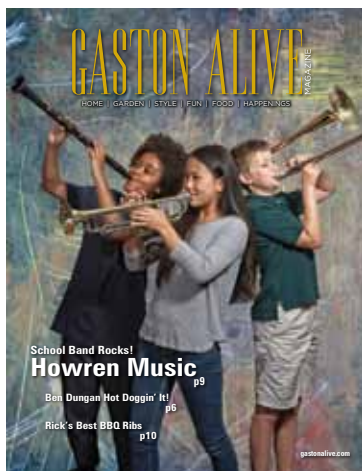
13

SUMMER IN A JAR



HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

on the cover



Since 1950 Howren Music has been supplying instruments to students in North and South Carolina. See related story page 9. Cover photo by Rick Haithcox, graphic design by David James.

our staff

PUBLISHER

DAVID HAMRICK

CONTRIBUTING PHOTOGRAPHERS

RICK HAITHCOX

SALES

DAVID HAMRICK

DESIGN

DAVID JAMES

CONTRIBUTING WRITERS

BEN DUNGAN

RICK HAITHCOX

DAVID HAMRICK

HEATHER MCCONNELL BROWN

INTERN OPPORTUNITIES

PLEASE CONTACT US BY EMAIL AT
INFO@GASTONALIVE.COM

EVENTS

CONTACT US ABOUT PARTNERING WITH US FOR YOUR
EVENT AT DHAMRICK@GASTONALIVE.COM



To be part of our team, or to submit art, photo or story ideas, please email us at: info@gastonalive.com

128 Birchwood Court
Mt. Holly NC 28120
www.gastonalive.com
704.650.8330

Advertising Info: 704.650.8330
info@gastonalive.com

GA|8|18

www.gastonalive.com
www.facebook.com/GastonAlive



Gaston Alive Magazine is published monthly in the Gaston County, NC area by Art FX Media. All editorial contained within is the property of the publisher and cannot be reproduced in whole or in part without written permission. The publisher accepts no liability for the accuracy of statements made by the writers or advertisers. ©2018 Art FX Media.

HAITHCOX PHOTOGRAPHY
109 SOUTH HOLLAND ST.
DALLAS, NC 28034
704-922-7696
WWW.RICKHAITHCOX.COM

CHRISTMAS WILL BE HERE BEFORE YOU KNOW IT.
CALL AND SCHEDULE YOUR PORTRAIT SESSION NOW.

HOT DOGS

LOVE AT FIRST BITE



I miss cable TV sometimes. Don't get me wrong. I don't miss the cable bill at all. However, I do miss the aimlessly clicking around, channel after channel, with the hopes of stumbling on something interesting to watch.



I'm probably romanticizing the experience a bit. In this day and age of streaming TV like Netflix and Hulu, not to mention the easy access to on-demand television, the days of mindless channel surfing is pretty much over. Now, I have to be intentional about what I want to watch. Now, I have to choose it. It can't choose me anymore.



I like when interesting TV chooses me. In a sea of bad, predictable television, you can always count on PBS to surprise you. And one day, back in 2004, it did.

It was called "A Hot Dog Program". Produced in 1999, it chronicled Documentarian Rick Sebak's journey across the country showcasing some of the coolest and most interesting hot dog joints. From Atlanta to Chicago to Cleveland to Pittsburgh, Sebak ventured far and wide

to introduce us to great hot dogs, the people that make them, and of course, the people that eat them.

From the channel that gave us the likes of Mr. Rogers, Big Bird, Bob Ross, and Ken Burns, of course, would give us a documentary on the hot dog.

But after watching this documentary from start to finish, all I could think about was hot dogs for at least a month after

“THEN I WANT TO BE THE DR. SEUSS OF HOT DOGS.”

But earlier this year, I thought about it again. I don't know why. I wondered if it would resonate the way it did 14 years earlier. And it did. And all I could think about a month after again was eating a hot dog.

But timing is everything. I had plans to hit every hot dog joint in Gaston County. That was my plan. Until real life got in the way - in the form of some blood work that said my triglycerides were elevated.

My diet would have to change. Drastically. And it has. But not to the point where I can't go out and enjoy a hot dog once in a while if I want. Now I look at it as a treat - a delicacy that I am able to delight in once in a while. And these days, it usually coincides with a little road trip.

I'd love to be the Rick Sebak of North Carolina and eat a hot dog in every county of the state. From Murphy to Manteo and Cherokee to Chowan, and all points in between. But that means I'd have to eat at

least 100 hot dogs. That could take a while. But I'm in no hurry.

Rock n' roller Warren Zevon once remarked that the secret to life is to 'enjoy every sandwich'. And I agree. I just want to enjoy every hot dog. However, the experts would debate whether or not a hot dog is even a sandwich.

I'm not stepping into the center of that controversial debate. I want to be a proud flag bearer of all things good about hot dogs.

If I can't be the Rick Sebak of North Carolina hot dogs, then I want to be the Dr. Seuss of hot dogs. I feel like he, of all people, should have written a book about them. Instead, he was too concerned about the green eggs and the ham.

I'll do it instead. My book would read:

I'll eat them on the go, or I'll eat them while I sit. I'll eat them at the ballpark. Or the flea market.

I'll buy them where they're bought, and I'll eat them where they're sold. I like my hot dog hot. I'll never eat one cold.

I'll eat one on my way into Home Depot, and I'll eat one on my way out. Extra slaw and chili please. Hold the sauerkraut.

And thus, that's the beauty of it all. All it takes is just one look. Or just one smell. And boom - you're done. The hot dog has you right where it wants you.

No one wakes up one day being in the mood for a hot dog. They want a good steak or a tasty burger. People crave a lot of different things, but rarely do they crave the hot dog.

That's the secret of the hot dog. You may never be in the mood for a hot dog. But they're always in the mood for you.

You don't choose the hot dog. Like good TV, it chooses you. Every time. 🌭



MILLTOWN MOBILE DOG GROOMING

CAGELESS-CONVENIENT-STRESS FREE

Benefits of Mobile Grooming.

- Eliminates stress and separation anxiety
- Cageless-Convenient-STRESS FREE
- No exposure to other animals
- Personalized attention
- Convenience – no dropping off or picking up
- Eliminates long stays at the grooming shop
- The same groomer each visit encourages bonding and trust with your dog
- Services performed in a clean, climate controlled and safe environment
- Great for older dogs



**ACCEPTING
DOGS 50 LB
AND UNDER**

MILLTOWN
MOBILE DOG GROOMING



Call now to schedule an appointment!

704-689-8511

www.milltownmobiledoggrooming.com • milltownmobiledoggrooming@gmail.com

**MENTION THIS
AD AND RECEIVE
\$10 OFF
FULL GROOM**

One coupon per customer please. Cannot be combined with any other offer. Expires 9/15/18.

GROOMING SERVICES

Full Groom

- Massage bath with all-natural shampoo and conditioner
- Facial scrub
- Fluff drying by hand
- Hair cut/styling – owner's choice
- Ear cleaning & plucking
- De-shed
- Nails trimmed

Tail-Waggin Bath

- Massage bath with all-natural shampoo and conditioner
- Facial scrub
- Fluff drying by hand
- Brush out
- De-shed
- Nails trimmed

Extras

- De-matting
- Full shave down for severely matted pet
- De-skunking
- Medicated soaks



Enrollment Is Now Open!

Offering Classes in dance, musical theatre, gymnastics, cheerleading and baton. **Classes start September 4.** Musical Theatre Students need to audition by September 9.

Call Today!
704-998-1652



111 West Central Avenue, Mt. Holly, NC
mainstreetdanceworks.com

**CLASSES
START AT
\$29/MO**

Be Mosquito Free!



Call Today And Get Scheduled
For Your First Treatment!

- Barrier Spray to rid your yard of mosquitoes for up to 28 days
- Gaston County Owned and Operated
- Kid and Pet-Friendly
- No Contracts Required
- Special Event Spray
- Ask About our Fire Ant Treatment Solutions Residential and Commercial

704.747.6716 • mosquitofreeandmore.com



Kommander-Pro Series

A Clean Cut For Every Budget.



KINGS MOUNTAIN, NC

www.tractorsusa.com

126 Bessie Drive • Kings Mountain, NC 28086
Toll Free: 888-428-7902 • Phone: 704-482-7061 • Fax: 704-739-3713

KubotaUSA.com

Optional equipment may be shown.



© Kubota Tractor Corporation, 2018

MUSIC FOR LIFE BEGINS AT By David Hamrick

HOWREN MUSIC



We are talking today with Dennis Howren of Howren Music in Gastonia.

GA: Dennis, how long have you guys been in Gastonia-what's your history?

Dennis: My dad taught instrumental music at Belmont Central High School. He saw the need first hand for students to have affordable, quality instruments. He started Howren Music in 1950 and began supplying instruments throughout North and South Carolina.

GA: So you rent and sell band instruments?

Dennis: Parents are extremely supportive of their student's interests and activities, especially when it involves the arts. For 68 years we have refined our programs to fit into any family budget. Whether you rent or buy we will supply you with the perfect fit.

GA: Are the plans flexible?

Dennis: We have a monthly Rent-to-own plan whereby you can rent the instrument for as long as you wish with all rental payments applying to the purchase. The "Rental" feature allows you to return it if the child wishes to pursue another activity. But if you rent it long enough you'll own it. We also have a 12-month payment plan with a return option and a buyback feature, as well as two Cash Discount programs where you will save hundreds of dollars.

GA: What is the one thing most parents want to know about renting a band instrument?

Dennis: Some parents simply want to know the bottom line. Others want to know they are getting a quality instrument. But the trend today is "Do I want to deal with a cold National Chain, take a chance online, or do I want to deal with my local, neighborhood company?" Howren Music has been in the Gaston schools for decades. If you want to speak to the owner you can always reach a Howren. We're here, we're accessible and we're ready to help. Try that with a national chain.

GA: Do you rent instruments for band and orchestra?

Dennis: Unfortunately Gaston County Schools does not have orchestra programs but they have some fantastic bands and we supply Instruments, Accessories, Repairs and Lessons. But we also have orchestra instruments and rent them as well.

GA: Is the Rent-to-own program the way to go for most parents?

Dennis: There is no way to know how long your child will stick with band and parents don't want to end up with an instrument that no one plays. Our Rent-to-Own program allows you to rent an instrument monthly. You can return it at any time and have no further obligation. However, if your student loves it and sticks with it you will eventually own it as all payments apply to the purchase price. We also offer a Repair and Replacement agreement that maintains the playability of the instrument. Middle schoolers and moving parts. . .yeah you're gonna have repairs. But don't worry, our certified repair department has seen it all. We'll get your child's instrument back to like new condition in short order.

GA: What do parents need to do to insure they have an instrument for their child?

Dennis: Simple - They can go to www.howrenmusic.net and rent online or they can drop by the store on Garrison Blvd or in Charlotte to pick one up. The process is quick and streamlined. They can also secure any accessories and the beginner book. Look at the students on the front cover. They all just started their path to being musicians. They have a real, quality instrument and they are excited, motivated, involved and ready to play. . . Music!





RIBS ON THE BIG GREEN EGG



BY RICK HAITHCOX

SMOKEHOUSE RIBS

Publishers Note:

These are without a doubt some of the best ribs I have ever eaten! You can make these ribs without a Big Green Egg, just adapt as necessary.

Select a nice couple racks of pork ribs from your local grocer.

Remove the membranes and cut racks in 1/2. The membranes are on the back side of the ribs (bone side). Use a spoon to loosen the edge then peel away. Make sure to remove all the membrane..it will not cook.

Cover the meat side of each slab with a thin coating of yellow mustard. (I use a mixture of mustard and olive oil, mix the 2 together in a small bowl). The mustard doesn't add any flavor, just gives the rub something more to adhere to. Generously coat both sides (2/3 on meat side, 1/3 on bone side) with the rub. (see below) Be sure to get the ends and sides of the Butt. . Let meat rest in fridge over night or up to 24 hrs. before grilling. Warm at room temp for about 30 min. before cooking.

Cook indirect in a rib rack at 325 deg. for 90 min. Use Hickory or apple wood chunks for smoke (I use a mixture of 2/3 Hickory to 1/3 Apple wood chunks soaked in water.) Place a good amount around the edges of your grill and a few on the hot coals.

Most important, prepare your favorite drink and sit in the shade and enjoy the smoke / meat smell of the ribs slowly smoking on your grill for the first 90 minutes.

Remove ribs after 90 minutes and brush with mixture of melted butter, your BBQ sauce of choice and honey, then place in aluminum pan with about one inch of apple juice. Cover tightly and bake on grill or oven at 350 deg. for about 1 hour.

The final step.....coat with your favorite BBQ sauce and place on medium hot grill for a few minutes on each side and serve-yum!

Note: you really do not need a heavy BBQ sauce. Do Not use a smoke flavor BBQ sauce, your cooking method has already infused the great hickory smoke flavor to your ribs. I sometimes totally skip the very last step of putting them back on the grill after the covered step. You can always serve more sauce on the side...

Enjoy! ~Rick

RIB AND BBQ RUB:

- 1/4 cup salt
- 1/4 cup turbinado sugar
- 1/5 cup brown sugar
- 1 tsp granulated onion
- 1 tb black pepper
- 1 tb chili powder
- 1 tsp granulated garlic
- 1 tb paprika
- 1/2 tsp ground nutmeg
- 1 tsp ground cumin
- 1 tsp thyme leaves

**Store in air tight container in cool dry place.*

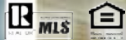




Helping You Make The Right Move!

704-879-7155 • 5130 Wilkinson Blvd., Gastonia, NC 28056

www.buddyharper.com



FEATURED HOMES



MLS 3413433 \$289,900-Long Creek-Charlotte
4BR, 2.5BA Beautiful Home



MLS 3359643 \$220,000-Gastonia
6.62 Acres Robinson Road



MLS 3417179 \$182,500-Southgate-Gastonia
3BR, 1.5 BA Great Schools



LET US BUILD YOU A CUSTOM GARAGE OR STUDIO

CONCRETE-REPAIR/REPLACE
EPOXY FLOORS • DRIVEWAYS

FREE
ESTIMATES!



IRON GATE FORGE

980-210-2750 • garages@irongateforge.com

GASTON ALIVE

HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

A VEHICLE. A PLATFORM. A MEDIUM. A CATALYST.

*Our Owners Are Local / Our Staff Is Local
Our Readers Are Local / Our Advertisers Are Local*

GASTON ALIVE PARTNERS WITH MANY OF GASTON COUNTY'S FINEST LOCAL BUSINESSES

CHECK US OUT AT
GASTONALIVE.COM AND [FACEBOOK.COM/GASTONALIVE](https://www.facebook.com/gastonalive)

704.650.8330

PARTING THOUGHTS

SUMMER

IN A JAR



By Heather McConnell Brown

With the end of summer upon us, I started thinking about why this season means so much to everyone. Of course, for some of us...me included, summer is a time off from school, a time to recharge and renew. But I believe summer is even more special because of the influence it brings throughout the rest of the year.


Henry Thoreau once said, "One must maintain a little bit of summer, even in the middle of winter."

Summer is a burst of color, everything is alive and blooming and ready for harvest. One of my favorite things about summer is fresh produce. A quick stop by the roadside market at a farm near me is both aesthetically pleasing to my senses as well my taste buds. Every color of the rainbow can easily be found and the tastes are just as numerous and unique. Around this time every year, I find myself trying to seize the day and cling on to the last little bit of summer. If only we could bottle the extended daylight, the lightning bugs, the hydrangeas but most of all summer's produce.

Growing up in the South, my family would always have a huge garden and can. Let me explain, I grew up calling it "canning" or to "can". Other parts of the country, further North and across the pond, they often refer to this process as preserving, curing, infusing or processing. It's the same thing...trust me, but for the sake of this article, I am using what I grew up calling it.. "canning". But first let me explain, when I say can...I don't mean one or two pint jars. I'm talking cases and cases of green beans, tomatoes, jams, pickles and enough bags of corn that one could make a highway to the beach.

Today not many people can. The loss of this art makes me sad. Technology and industrialization have altered the landscape of how we bring food to our table. But during the summer months, I love nothing better than planning our meals around harvest schedules and the colorful bounty of food offered at local markets. Don't get me wrong, I am happy that canning is not a necessity and an ample supply of food can be found year round with a quick drive to the nearest grocery store.

What I miss is the time spent on the porches, the kitchens and in the garden. There isn't an app for this...there isn't anything quick about preserving foods. Maybe this is why people today don't "can" as much anymore. Canning to me is more than just tradition and what it represents to my southern roots. Canning today is more like a hobby. People can for pleasure and to spend time with their family. The rewards are plentiful. To me opening a jar of jelly on a snowy day in January, allows me to taste a little bit of summer. It's more of a promise, of what will come in a few months.

It's not too late for you to preserve summer, too. Stop by our local farmers market and I'm sure you can easily spot some mason jars filled to the brim with summer. This fall you will also find these jewels at your local fairs. Try some of them - be brave, try something pickled. I have always thought of these Mason jars as beautiful reminders of summer - traditions, memories, and flavors..just think of it as love or in this case, "summer in a jar." 





RIGHT WAY EXTERIOR SOLUTIONS



*10-year workmanship warranty + *FREE UPGRADES

20-year workmanship warranty

- ✓ Roofing
- ✓ Gutters & Gutter Guards
- ✓ Windows
- ✓ Siding

Roof Replacement*, Roof Repairs, Roof Maintenance, Roof Inspections

Lifetime warranty

Lifetime warranty

We have our neighborhood covered the Right Way.

-Mark Zimmerman
Owner

Call

704.820.6633

www.RWexteriorsolutions.com



LAKE WYLIE THE No. 1 STORE Liquors

5081 ROUTE 49 • CLOVER/LAKE WYLIE SC 29710 • 803-831-8181
NEXT TO BP GAS STATION ON HIGHWAY 49

10% DISCOUNT WITH THIS ADVERTISEMENT

OLD FORESTER – GREAT BOURBON SINCE 1870

GA01

One coupon per customer please. Cannot be combined with any other offer. Minimum purchase of \$25 pre-tax total. Expires 9.15.18.

PLEASE PRINT NAME AND ADDRESS



Back To School Special!

WHAT BETTER WAY TO START A NEW SCHOOL YEAR! LETS KICK THOSE ELECTRONICS TO THE CURB AND GET OUTSIDE!

8 Lessons for \$300
(Savings of \$60.00)

Call Carolyn 803-818-0312 for more information.

JON WALKER



jonwalkerstables.org

4933 Granny Trail, Gastonia,
704-864-6529

My House Smells So Fresh!

We use only natural products and 100% therapeutic grade essential oils to clean your home or office!

Bonded • Insured
Background Checked



Julieth Kontos, Owner



Organic Cleaning Services

www.organiccleaningcharlotte.com
704-813-1699

Owner Ben Dorantes and Staff

ASK US ABOUT CATERING YOUR NEXT EVENT!

Hours
Mon.-Thur.: 11a-10p
Fri.-Sat.: 11a-10:30p
Sun.: 11a-9p

704-866-7744
3070 East Franklin • Suite #2 • Gastonia
(Right Below Best Buy)

BUY ONE ENTRÉE GET ONE

1/2 OFF!*

*WITH PURCHASE OF 2 BEVERAGES, 2ND ENTRÉE MUST BE OF EQUAL OR LESSER VALUE. One coupon per customer please. Cannot be combined with any other offer. Expires 9.15.18

\$5.00 OFF!

ANY PURCHASE OF \$25.00 OR MORE. One coupon per customer please. Cannot be combined with any other offer. Expires 9.15.18



gastonalive.com

Presorted
Standard
U.S. Postage
PAID
Greenville, SC
Permit # 1431

Summer is the time for making memories...

We help take the worry out of retirement so you can live your life and spend time with those you love most.



BELMONT CAPITAL

ADVISORS, INC.

Retire(meant)TM for living



BELMONT CAPITAL ADVISORS

704.825.1560 | 123 N. Main Street, Belmont NC | **www.belmont-capital.com**

The Kolos Disclaimer: Securities offered through Kolos Capital, Inc., Member FINRA and SIPC and investment advisory services offered through Kolos Management, INC, both located at 11525 Park Woods circle, Alpharetta, GA 30005 (678) 356-1100. Belmont Capital Advisors, Inc. is neither an affiliate or subsidiary of either Kolos Capital Inc. or Kolos Management Inc. Kolos Capital, Inc., does not provide tax or legal advice. The opinions and views expressed here are for informational purposes only. Please consult your tax and/or legal advisor for such guidance.