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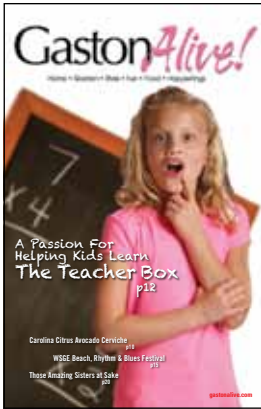
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about the cover



Our cover model this month is Jessica Airhart of Gaston County, daughter of JP and Mari Airhart. See related story about The Teacher Box-Libby Lou's Gifts, located at 730 Union Road, Gastonia, pg 12. Cover photo by Rick Haithcox (704) 922-7696, cover graphic design by David James (704) 806-0796.



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Advertising Info: 704.650.8330
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our staff

PUBLISHER
DAVID HAMRICK

CONTRIBUTING PHOTOGRAPHERS
RICK HAITHCOX PHOTOGRAPHY
DAVID HAMRICK
ERIC GARNER

SALES
DAVID HAMRICK
ERIC GARNER

DESIGN
DAVID JAMES

CONTRIBUTING WRITERS
BEN DUNGAN
GLENN SAWYER
GLENN STRYKER
DAVID HAMRICK

PROJECT MANAGER
SUSAN LAMBERT

FINANCE
LINDA HAMRICK

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COOKING WITH THE GLENNNS





Carolina Citrus Halibut Avocado Ceviche

Many times I hear from our readers, "that sounds delicious, but I can't make that..." so this month we have a recipe that is so easy and foolproof there can be no excuses.

Summer here in the South is hot and sticky, and this year has been no exception. Fresh, cool ingredients cooked without heat, flame or oven will keep your house cooler as well as provide a nice respite to the usual summer fare. This dish makes a complete light meal or it can be a starter or part of a summer pot luck.

Ceviche is a simple dish that is cooked chemically in citrus juice. It originated in Spain but is just as suited to our Carolina ingredients. For mine I use either fresh or frozen white fish (I prefer Halibut because of its light flavor and texture but, Sole, Cod or even Catfish would work), shrimp and scallops. For the vegetables I use fresh bell peppers and cilantro, and I finish the dish with fresh cucumber, tomatoes and avocado.

Ingredients

Halibut filet roughly a pound
Shrimp medium peeled and de-veined
Scallops
Bell pepper finely diced
Cilantro 1/2 of a bunch chopped
1/2 medium red onion finely diced
1/2 medium Vidalia onion finely diced
2 lemons or oranges
5 limes
1/2 cup white wine
Cucumber medium diced
Tomato medium diced
Avocado sliced
Corn chips or broken tostada shells



Cut the fish shrimp and scallops into 1/2 in cubes/pieces place in a 4 qt. glass bowl or dish add pepper, onions and cilantro. Juice the citrus into the bowl, and add the white wine. Make sure all the ingredients are covered with the liquid, and if not, add more. Cover with plastic wrap and refrigerate for 2 hours or more, as this will keep for 3 days. If you don't want to mess with fresh citrus, you can use bottled juice.

To serve, mix in cucumber, place several chips in a bowl or shallow wide glass, add ceviche, top with some tomato and avocado and serve.

In addition to being delicious, with layers of bright fresh flavor, this dish is super low cal and low fat. (if you want no fat simply skip the avocado) Give it a try this week!

Enjoy,
Glenn and Glenn



“A Distinctively Different Parent-Teacher Store!” By Eric Garner

We are speaking today with Lou Ann Gibson and Libby Stines, owners of The Teacher Box and Libby Lou’s Gifts. . .

GA!: What prompted you to open a full time educational supply business in Gaston County?

Lou Ann: Libby was in the educational supply business for 15 years before working with me as a teacher assistant. After retiring from teaching, I was ready for a new challenge. Knowing that learning doesn’t stop in mid-afternoon or for the summer, we wanted to become partners and open The Teacher Box. We are the only store within 30 miles that provides materials and resources for teachers and parents.



GA!: You’ve been open now for three years. How has your business evolved during that time?

Lou Ann: Initially, we started out focusing on the supply needs of teachers and students. We had a small gift section in the store to allow our customers access to purchase gifts for teachers, co-workers, and friends. The customer demand quickly grew. Last fall, we added additional floor space and created LibbyLou’s Gifts and Accessories within The Teacher Box. We sell market totes, bags of all sizes, candles,

lotions, jewelry, tumblers, frames, etc. We carry popular brands such as Lilly Pulitzer, Coton Colors, Natural Life, Scout, Woodwick, Aspen Bay, John Wind, Moon and Lola, Mainstreet, Gloryhaus, Sloan Ranger, Nora Fleming, Susan Shaw, Towne and Reese, and much more! We also provide monogramming and vinyl lettering so our customers can personalize the gifts they purchase.

GA!: What do parents say when they visit the store?

Libby: Usually we hear them say... "Wow! We didn't know that you had all of this!" Then, we determine their need and personally help them find the right product. Some parents just want help to enrich their child's classroom experience. Often we hear that their child is struggling with a particular subject and they ask if we have the resources that can help get them up to speed. Some just want to know how to get their child from B's and C's up to A's. Others are home-schooled families who want to know what we have to support their children and prepare them for college.

GA: Are there educational items in your store that go beyond what is taught in the classroom?

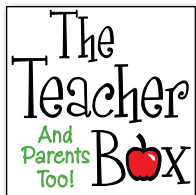
Libby: Absolutely. We have educational toys and games for toddlers so they can have fun while developing basic learning skills and adapt faster once they enter school. Parents as well as daycare centers and pre-schools like the early development resources we carry. On the other end of the spectrum, we have things like Algebra and Language workbooks and SAT Preparation materials for high school juniors and seniors. We think of ourselves as supporting all levels of learning from birth to graduation.

GA!: How do you keep up with the current needs in the classroom?

Lou Ann: We strive very hard to go the extra mile in finding the newest trends for our store. We attend trade shows where we attain great information from our suppliers. Also, teachers come in and keep us up to date on program changes and any new curriculum. This helps us help the teachers by making sure we stock the materials they need.



fun place to visit. Libby Lou's Gifts and Accessories offers a full collection of home and personalized gifts. We have something for every age and occasion and invite everyone to visit our store.



GA!: What do you want the community to know about your store?

Lou Ann: Most people think we only serve teachers but we are so much more. Churches need supplies for Bible School and Sunday School so we carry a lot of religious themed items. Businesses, as well as churches, daycares, and preschools often need large bulletin board paper or laminating for poster board and other items. Our environment portrays a "preppy and chic" style and we are a



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WSGE 91.7 Beach Rhythm & Blues



by Ben Dungan
bdungan@charter.net

Gaston College has been in the business of education for nearly 50 years. And as of last year, they are now in the music festival business.



Last year, Gaston College hosted their first ever Beach, Rhythm and Blues Festival on their Dallas campus. Over 750 people attended

the first year and this year looks to be bigger and better than last.

Last year, two bands took part in the festival, and this year they have three acts scheduled to perform including Ms. Jody, Jim Quick & Coastline and the Rick Strickland Band.

Music festivals taking place on community college campuses is not a foreign concept. In fact, North Carolina hosts one of the largest and longest-running music festivals on the campus of Wilkes Community College in Wilkesboro. That festival is MerleFest.

The MerleFest of today looks nothing like the MerleFest of 1988. In fact, it wasn't even called MerleFest in the first year. It all started as a fundraising event to help raise money to build a garden on the Wilkes Community College campus. The late Doc Watson, a native North Carolinian and legendary bluegrass and flatpicker, was recruited to help with the project. And the rest, as they say, is history.

What was supposed to be a one-time event, has turned into one of the largest festivals in the United

States. Just this year, over 76,000 people attended the Wilkes Community College campus over a four-day period. It has become the primary fundraiser for the WCC Endowment Corporation that ends up funding scholarships, capital projects and other educational needs.

Now in its second year, Gaston College hopes it can grow the Beach, Rhythm and Blues Festival much in the same way.

Beach music has been a strong favorite for many years on Gaston College's radio station, WSGE-FM 91.7. So it made sense to tie the two entities together. This way the College can celebrate this Carolina musical tradition and raise money at the same time. All proceeds from the Beach, Rhythm and Blues Festival goes to support the operations at WSGE.

But it's not just about raising money. This festival is a great public relations tool for Gaston College. Most people who call Gaston and Lincoln counties home are quite familiar with the role Gaston College plays in the community. This event will allow residents from outside of those areas to get a visual glimpse of what Gaston College is all about.

MerleFest all started with a few flatbed pickup trucks and some live music. It also started with a vision - a vision of something bigger than just a concert on a college campus. The folks at Wilkes Community College knew that music has a way of bringing people together. And there is no question beach music has been doing that in our area for a long, long time.

You don't have to be at the beach to enjoy beach music. Beach music is a state of mind - offering up feelings of good times, great friends and fun in the sun.

So, if you can't be at the beach on Saturday, August 25, then Gaston College's Beach, Rhythm & Blues Festival might be the next best place to be.



**The 2nd Annual Beach, Rhythm & Blues Festival featuring Ms. Jody, Jim Quick & Coastline and The Rick Strickland Band will be held on Saturday, August 25 from 2:00 - 8:00 p.m.
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Those Amazing Sisters At

By David Hamrick

Sake



Lisa Nguyen

Linda Nguyen

We're talking today with Lisa and Linda Nguyen, owners of the popular of Sake Express restaurants here in Gaston County.



GA!: When you started years ago, did you have any idea that Sake would become so popular?

Lisa: I started working at Sake 13 years ago with my parents. At the time Sake wasn't so popular yet. It took a couple years for people to enjoy and understand the concept of a Japanese Express Steakhouse.

GA!: Congratulations on your new restaurant 1327 East Franklin beside Taco Bell and Morris Jewelers-is the first of 100 new Sake Expresses?

Linda: Thank you so much!! This restaurant definitely has been one of our biggest projects. We do have future plans for Sake Express, but for now we want to concentrate on this newest location and our other two in Belmont and Mt. Holly. Don't worry though- this won't be the last you hear about Sake!

GA!: I hear you will have sushi at the new location?

Lisa: Yes, that's correct! I have always loved sushi and wanted to incorporate sushi into my restaurant. We are excited! We will have different types of sashimi and specialty rolls for everyone. In addition we added an appetizer menu with all sorts of sushi salads and things. So be sure to stop by our newest location in Gastonia to try our sushi. Just in case you don't find something to suit your taste, our creative sushi chef can make something especially for you!

GA!: Why do you think people love Sake so much?

Linda: I think customers love and enjoy Sake so much because our food is good, affordable, fast and healthy. We also strive to give the best service and treat everyone like family. I would like to also say that Lisa and I would like to sincerely thank all our loyal customers that have been coming and supporting Sake Express all these years. We definitely appreciate every single one of you guys. Second we would like to thank our wonderful Sake Team, without them none of this could be possible. Thank you all for loving Sake and making our dreams come true.



GA!: There is always a line at lunch time, but you guys seem to move folks through pretty rapidly...

Lisa: Yes, our drive thru is a big part of our lunch business. We understand our customers' need to get their food in a reasonable time. Here at Sake we offer call in, so orders can be picked up through the window for customers that are on a time crunch. You can also you call your order in while waiting in line. Our team is trained and experienced to be quick while still giving great service.

GA!: Have there been particular challenges being a female and minority owned business?

Linda: It's always challenging owning your own business, especially in this line of business. I think being a female and a minority in today's world causes some people and companies to underestimate us. Occasionally it has been a challenge; some people will try to take advantage of us and at times try to pull a fast one on us because they think we lack the knowledge and experience.



GA!: Tell us about the funniest or most unusual customer or experience you've had at Sake...

Lisa: I think the funniest had to be this one customer that came in to order a Teriyaki Chicken and asked if it came with the little green trees. I asked her if she meant broccoli and showed her a piece of broccoli and she says "yes, I like that chicken that comes with the little trees."



GA!: Both of you have kids-what is a day like when you aren't at work?

Linda: Yes, I have a beautiful two year old girl named Kaylyna and Lisa has 2 children. Calvin is 14 and Sabrina is 12 years old. A typical day not at work for me will usually begin at 7am when I drop off Kaylyna at daycare and go work out. Even being away from work Lisa and I have little meetings to discuss about the restaurants and answer our emails. We stay busy throughout the day taking the kids to dance, tutor, and football practices. So the little time I have left I like to take time out for myself and catch up on personal errands.

GA!: What do you do relax, and where did you go on your last vacation?

Lisa: To relax I like to spend time with my husband and children. We like to go to the movies and dinner when we do have time. Our last vacation was just a couple of weeks ago to Virginia Beach for my daughter's dance competition.

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

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