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The Art Of Caring p10



Jimmy Wayne Comes To Mt. Holly p12

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I'm Carolyn, I've been on Dr. Adkins's program for 28 days and I've already lost 27 lbs. My blood pressure is at a normal reading, my blood sugar is also and I already recommended this program to my friends.

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's 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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about the cover



This month's cover was shot in studio at Haithcox Photography, Dallas N.C. Pictured is award winner Julie Best of Brightstar Lifecare, with client Mrs. Daneen Novinc . See related story page 10. Photo by Rick Haithcox, cover graphic design by David James.



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JIMMY WAYNE & ANGEL TREE

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BEN REMEMBERS RADIO

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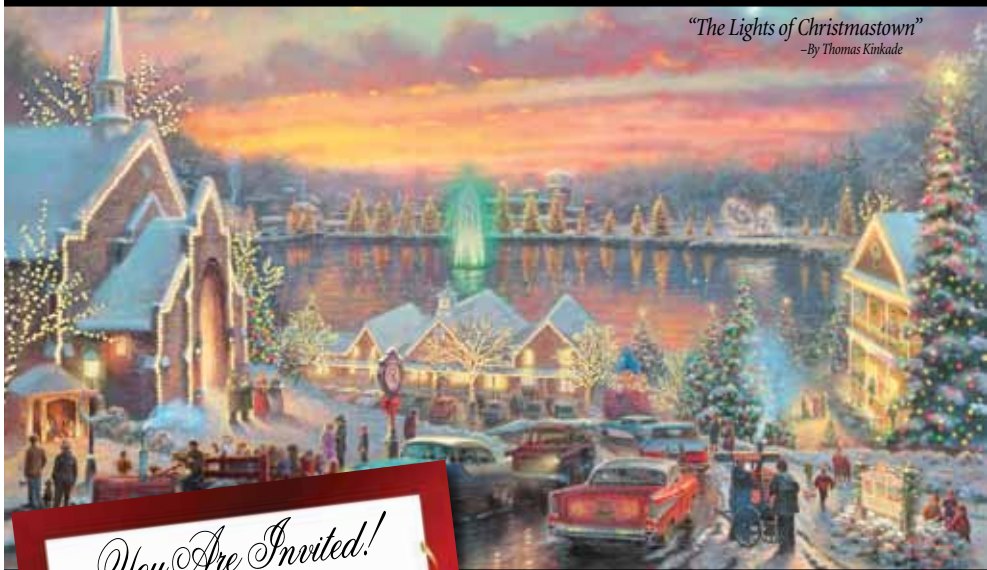


20
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BrightStar Cares!

Meet Heather Evans and Maddie Arias of BrightStar. BrightStar provides Lifecare, Kidcare, and Staffing.

GA!: Heather and Maddie, we'd like to know about the two of you. Where did you grow up, go to school, etc? How did you meet?

Heather: I'm originally from Mississippi where I graduated with a B.S. and M.S. degree in Education from Mississippi State. My husband, Joey, and I have been married for 10 years and have a daughter, 9, and two boys, 5 and 3. We moved to Gastonia six years ago for Joey's job where we met Maddie and her family.



Owners Maddie Arias and Heather Evans.

Maddie and I first met at church, but really got to know each other well when Maddie was our postpartum nurse at Gaston Memorial when my middle child was born.

Maddie: My husband, Juan, and I are originally from Costa Rica. We've lived in North Carolina for most of our lives and graduated high school together in Lincoln County. I received a Bachelor of Science in Nursing from Western Carolina School of Nursing and immediately started to work at Gaston Memorial as a postpartum nurse, where Heather mentioned we met. Juan and I have two children, a son who is 8, and a daughter who is 4.

GA!: What led you to bring BrightStar to Gaston County?

Maddie: Working at the hospital, I've been exposed for a decade to families of newborns that simply need an extra set of hands and the comforting presence of a skilled caregiver to help them through late nights or long days when they get home. It wasn't until Heather began to share with me the challenges her family was experiencing while trying to provide her ailing grandmother with quality care at home, that I began to realize the prevalence of the unmet need for personal care by families at every stage of life. Since then, we've dedicated ourselves to answering the question of, "Who can help me care for my grandmother, my mother, or my daughter?"

GA!: I know you have the three divisions, Lifecare, Kidcare, and medical staffing. Can you share with us more about these services and what you do?

Heather: Our range of services simply allows us to help more clients accomplish more, more often. When anyone calls our office, our ultimate goal is to be able to say, "Yes, we can." BrightStar is a private-duty companion, personal care, and skilled nursing service. What that means is that any client, regardless of their age or the complexity of their need, can trust that we have an experienced and reliable caregiver ready to meet their unique needs. It also means that we can adapt quickly to evolving needs. While many



of our clients only need assistance with every day activities such as meal preparation, medication reminders, bathing and toileting, it is comforting to know that we are able to provide nursing services such as medication administration, wound care, and hospice assistance should their needs ever change.

GA!: Tell us about your team?

Maddie: We consider building our team one of the most important aspects of our business. Every staff member in the office and caregiver in the community is credentialed, knowledgeable, and aligned with the values of our organization. Potential clients can expect to meet with me or Heather. We are both very involved in every aspect of the business and we enjoy our personal connections to our clients. Also, every client can expect to meet a third member of our team, our Director of Nursing, Kristy McNair. Kristy oversees



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every client's care and works together with the client and family to develop a customized plan of care. Many of our clients are more at ease knowing that a nurse is involved and available when needed.

GA!: A local BrightStar caregiver has been recognized nationally. Tell us more about this award?

Heather: Recently, a client nominated one of our Nursing Assistants, Julie Best, for the national Caregiver of the Year Award. This award recognizes one caregiver from among 10,000 in the BrightStar system as the individual who best exemplifies BrightStar's commitment to compassionate care. Based on the nomination letter and the quality of care Julie provided her family in a time of need, Julie was named as the 2012 award winner. She will receive a scholarship from BrightStar that will help her further her education and ultimately receive her nursing degree. We're so proud of Julie and all our caregivers!



GA!: What do you do for fun?

Maddie: Heather and I are a part of the same church family at Bethlehem Church and our children attend Gaston Christian School together. If we're not on a school field trip, chasing down a kid pursuing a runaway soccer ball, or attending to the needs of our families, we're probably trying to help yours!

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PAPER ANGEL



By David Hamrick



William Henry Signature Salon and Country Star Jimmy Wayne team up to give back!

Activist, singer, poet, songwriter and country music star Jimmy Wayne will be in Gaston County at William Henry Signature Salon & Spa Mt. Holly to support William Henry's desire to give back to the community through the Salvation Army's Paper Angel Tree program. For every \$50.00 or more gift card sold at both salons, WHS will donate 10% of that sale to the Paper Angel program. It only made perfect sense to merge forces with local star Jimmy Wayne, as he was impacted by the Paper Angel Tree program as a young boy and since has continued to do major work with the Salvation Army. Recently we spoke with Jimmy from his home in Nashville.

GA!: For those that don't know, what is your connection to Gaston County?

Wayne: I was born in Kings Mountain, and grew up in Bessemer City. I spent a lot of my early years in foster care, and probably went to every school in a hundred mile radius. Actually I think I counted 12 Junior Highs.

But eventually I graduated from Bessemer City High School and attended Gaston College.

GA!: Folks are probably familiar with your song Paper Angel, and the book, but how did the Paper Angel program come into being?

Wayne: There was a Colonel White with the Salvation Army, who was actually walking in a mall in Virginia with his wife back in 1977 I think it was. It was Christmastime. They were discussing how to come up with a project that would help children, and they came up with the Paper Angel Program.

GA!: What was your first exposure to the Paper Angel program?

Wayne: My sister and I were recipients of the program. My mom depended on the Paper Angel program for food and gifts at Christmas; otherwise we would have gotten nothing.



GA!: What were the holidays like for you as a kid?

Wayne: Depressing. To a kid in a home, the holidays are depressing. Your birthday always gets skipped, and it was hard to see all of your friends with new bicycles and presents and you and your sister got nothing.



GA!: You've come a long way since then-what are the holidays like now?

Wayne: I look forward the holidays now... I love Fall and all of the colors. Now I don't need to be helped, and I feel very fortunate to be in a position to help others.

GA!: Has the need changed?

Wayne: Go to any Salvation Army warehouse during the Christmas distribution, and you'll see the broken, the poor, waiting in line for bags of food and toys. I have seen the lines so long that kids have fallen asleep on the sidewalk.

GA!: Was the song Paper Angel accepted and appreciated from the beginning?

Wayne: Absolutely not. I really had to fight for it, that song was really kicked around... it was even kicked off of the album once I had recorded it. People even laughed at the whole idea, but I just believed in it, and never gave up.

GA!: Were you musical from the beginning-was your family?

Wayne: My mother was a singer, played piano and guitar, harmonica. Everyone in my family is talented. They may not perform, but I think we all got that creative gene. I played in rock bands as a kid, but my dream was to be a professional songwriter. I had started writing poetry at 12, and in 1998 I moved to Nashville.

GA!: What do you think makes you successful in the music business when so many aren't?

Wayne: There are so many tremendously talented folks-more talented than me- who will never get a shot because of their look, their weight, their color, what have you. I know I am incredibly lucky, and really sincerely appreciate the people who buy my music.

Want To Go?

What: Jimmy Wayne will do an acoustic solo set with a meet and greet to follow, time permitting.

Where: William Henry Salon, 104 North Main Street, Mt. Holly

When: December 14, 7-8:30 p.m.



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MUSIC

BEN'S RADIO PAST AND FUTURE



by Ben Dungan
bdungan@charter.net

Ben is the membership coordinator at Gaston College's WSGE Radio.

I have always loved radio. From as early as I can remember, I was listening to the radio.

As a kid, I would fall asleep listening to Top 40 music on radio stations WROQ-FM (95.1) and WBCY-FM (107.9). But it just wasn't music I would tune in for. I even enjoyed listening to late night talker, Hello Henry Boggan on WBT, as well as listening to Steve Martin and Gil McGregor describe all of the action during a Charlotte Hornets basketball game.

There were also many a Sunday when I would try to find a way to get out of church early enough just so I could hear the number one song that week on American Top 40 with Casey Kasem.

Radio has always spoken to me, way more than TV ever has. TV has always come across more scripted and stiff, whereas radio has always felt more relaxed and off the cuff.



As I got older in the late 80s and early 90s, radio had moved on and left me behind.

Radio is fresh and exciting when you're a kid. But eventually I lost interest in it. The music it was spewing out just seemed tired and over played.

I had my own music to consume and with it, I could create my own personal radio station.

And then one day, I discovered WSGE 91.7 FM, the radio station that sits right smack dab in the middle of the Dallas campus of Gaston College.

And in a roundabout way, I also rediscovered my love for radio again.

You know what it's like when there are commercials on every station. You start hitting the scan button on the radio in hopes of something catching your interest.

Well one day late in the year 2000, I was doing just that - scanning and hoping. And on that particular day, I got what I was looking for.

Joe Havery was on the air that day hosting Rock n' Roll Relics. I didn't know Joe at the time, nor did I know what program I was listening to. All I knew is that some radio station out there was playing "Love Street" by The Doors.

"Love Street" isn't just any song by The Doors. It wasn't one of their 'hits' I had heard on radio a million times before.

I knew right then and there I had to know what hip radio station was playing this song. After all, if they were capable of playing this great song, what else were they capable of playing?

And the rest is history.

I signed up to be a volunteer later that year and eventually made it on the air for the very first time in February of 2001.

And fast forward to the present and I am still here at WSGE.

Radio means different things to different people. And there's no question that it has its challenges ahead, especially in reaching the kids of today. There is a whole generation of kids out there that doesn't have radio station call letters memorized like we did or even know where to find their favorite station on a radio.

I am 36 years old, and radio still speaks to me. And I feel radio done right can speak to anyone.

Content is king. After all, if you provide great content, people will find it and consume it. But instead of tuning in (like we used to), we'll be streaming or logging in to our favorite radio stations.

But at the end of the day, I'll always be a radio guy (who just so happens to listen with his hi-tech devices).

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704-864-8882



HOURS

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Tues., Wed., & Fri.
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Thursday
9:00 a.m. - 7:00 p.m.
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9:00 a.m. - 2:00 p.m.
Closed Sunday



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COOKING WITH THE GLENNNS





Strawberry Mille-Feuille

This year my wife and I are celebrating our 25th wedding anniversary. We had the opportunity to travel to the south of France to celebrate and take in the local culture. The south of France is a beautiful area to travel, with food for the most part, based on the sea. In the most cases, we could get three courses for one price, with one course always a dessert.

While this version is made with strawberries, feel free to substitute other fruits, apples sautéed with cinnamon or sliced poached pears. The choice is yours.

This is a very easy dessert and your guests will be impressed with the flavor and the simplicity.

Strawberry Mille-Feuille

1 sheet of frozen puff pastry defrosted

5 Tbs Sugar

Pastry Cream (see below)

½ Cup Whipping Cream

10 ½ oz quartered strawberries

Confectioners Sugar for Topping

Preheat the oven to 350 degrees. Roll out the puff pastry on a lightly floured surface into a rectangle 1/8 inch thick. Roll the pastry around the rolling pin, and then unroll it onto a baking tray lined with parchment paper. Refrigerate for 15 minutes.

To make the syrup, put the sugar and ¼ cup water in a saucepan. Boil for 5 minutes then remove from the heat.

Cut out three 12 x 5 inch rectangles from the pastry and place them on a large baking tray. Prick with a fork, cover with a sheet of parchment paper and place a second baking tray on top to prevent the pastry from rising unevenly. Bake for 6 minutes, and then remove the top baking tray and paper. Brush the pastry with the syrup and bake for another 6 minutes until golden on top. Cool on a wire rack.

Whisk the pastry crème. Whip the whipping cream and fold into the pastry crème. Spread half of this over one pastry rectangle and top with half of the strawberries. Repeat with the second layer. Cover with the last layer of pastry and dust with confectioners' sugar.

Pastry Crème

3 Egg Yolks

¼ Superfine Sugar

1/8 Cup Cornstarch

1 1/8 Cup Milk

¾ tsp Vanilla

¼ oz Butter

Whisk together the egg yolks and half the sugar until pale and creamy. Sift in the cornstarch and mix together well.

Put the milk, remaining sugar and vanilla in a saucepan. Bring just to the boil and then strain over the egg yolk mixture stirring continuously. It will be lumpy at first but will become smooth as you stir. Boil for 2 minutes and then stir in the butter and leave to cool. Transfer to a bowl, lay plastic wrap on the surface to prevent a skin forming and refrigerate.

Ciao,
Glenn and Glenn



Donna Annabel

Questions About Physical Therapy? **Ask Donna!**

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.



Court Drive Location



Union Road Location

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.

704-824-7800
www.CompleatRehab.com

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Gastonia, NC 28054

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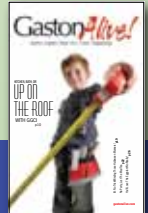
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Gaston County Restaurant & Dining Guide

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

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704-823-3000 • www.centerstreettavern.com
\$-\$\$ **B L D Ⓞ C Y T ♪**

Christy's Place
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\$ **B L**

City Café
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Friends Sports Bar & Grill
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704-825-1401 • www.friendsportsbarandgrill.net
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\$-\$\$ **L D**

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www.thesakeexpress.com
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\$2.25
per piece-no limit*

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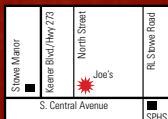


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