

YOUR EVENTS, YOUR HAPPENINGS, YOUR LIFE

CABARRUS NOW

MAGAZINE

2010

In This Issue

Cabarrus Voices...Looking Ahead
Commerce, Community & Choices
Carolina Mall

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COVER: Everyone loves a fireworks display to start off the new year with a BANG!

Cover Photo by: Know1Knows

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A NOTE FROM THE EDITOR

"I personally feel fortunate to be an American and have the opportunity to experience the challenges of small business ownership, face crisis, help my neighbor, and in the end become a stronger person." - Nadine Long, Editor



Welcome 2010, The Year of Optimism.

At the close of 2008 AFYN, Inc. announced the launch of a brand new publication, CabarrusNow Magazine. It was to fill a unique literary niche in the community not addressed by the existing local publications. It was an exciting time of anticipation and creative challenge for all of us at AFYN, Inc. As the year rushed forward we faced many challenges, as did so many small business in Cabarrus County but through team work, determination and the support of our sponsors we were able to provide the community with 5 issues of a quality publication celebrating Cabarrus County and it's residents.

At the close of 2009 we want to thank our readers for welcoming CabarrusNow Magazine into your hearts and homes, our sponsors for believing in the Magazine, and our writers for sharing their literary talents with the community. We are looking towards 2010 with a sense of optimism not only for the businesses in the print industry but for all the businesses in North Carolina.



*From everyone at
CabarrusNow Magazine*



TIME

By - Mary Ivie Norvell

Time is an asset we are given, which is not to be taken for granted or looked upon lightly, but one to be invested with utmost wisdom. Someone once said, "Time is the most valuable gift we have to give, for it is the one thing that can never be given back."

Time accelerates at such fast pace, we sometimes find ourselves running to catch up with it. To stop time, or embrace it to oneself is impossible, regardless of our desire to save but one moment. Nothing can stop time from becoming the irretrievable past, a fixed-determinate about which we can do nothing. Time happens. It is what we do with time that can make a difference.

Some talk about having too much time on their hands, while others seem stressed and stretched for the lack of time.

I over heard a woman in the checkout lane at the super market complain to the store clerk, "My, what a long day this has been. Will it never end?"

The clerk glanced at the three carts filled with groceries waiting to be checked out was quick to say, "Are you kidding? I've been so busy I forgot to go to lunch!"

The elderly woman went on to say, "Time does seem to fly when you're busy. Since my husband passed away, I just don't seem to have much to keep myself occupied, and I've never been one who enjoys going places and doing things alone."

This was the key. Nothing to occupy those hours which for so long were taken up with a husband to love and care for, meals prepared and shared, and her escort to see a movie with. She was locked into a lonely time zone all her own, one that seemed not to move forward or backward,

but stood with the flow in which we think and feel life's existence, a time not fluid, but stagnant and meaningless, because she could find no use for it.

The store clerk seemed not to possess enough of the precious commodity. Hurriedly she marked the numbers of the customer's license on the check given to her in payment for the groceries.

Peering at the clock she said, "You should be at my house. I have three children that I promised to take to the park for a picnic after school today. And, I promised to bake cookies too!" Ripping off the cash register receipt, she handed it to the woman. Quickly surveying the waiting line, she reached into her pocket and pulled out a tiny piece of paper. "Here," she said, quickly writing down her phone number. "Call me later and give some thought to joining us at the park. The children would love to have you. She winked and smiled broadly. And, so would I."

The woman folded the paper tightly into her hand. "Thank you for the lovely thought." And, with a tremble in her voice she said, "I just might do that young lady!"

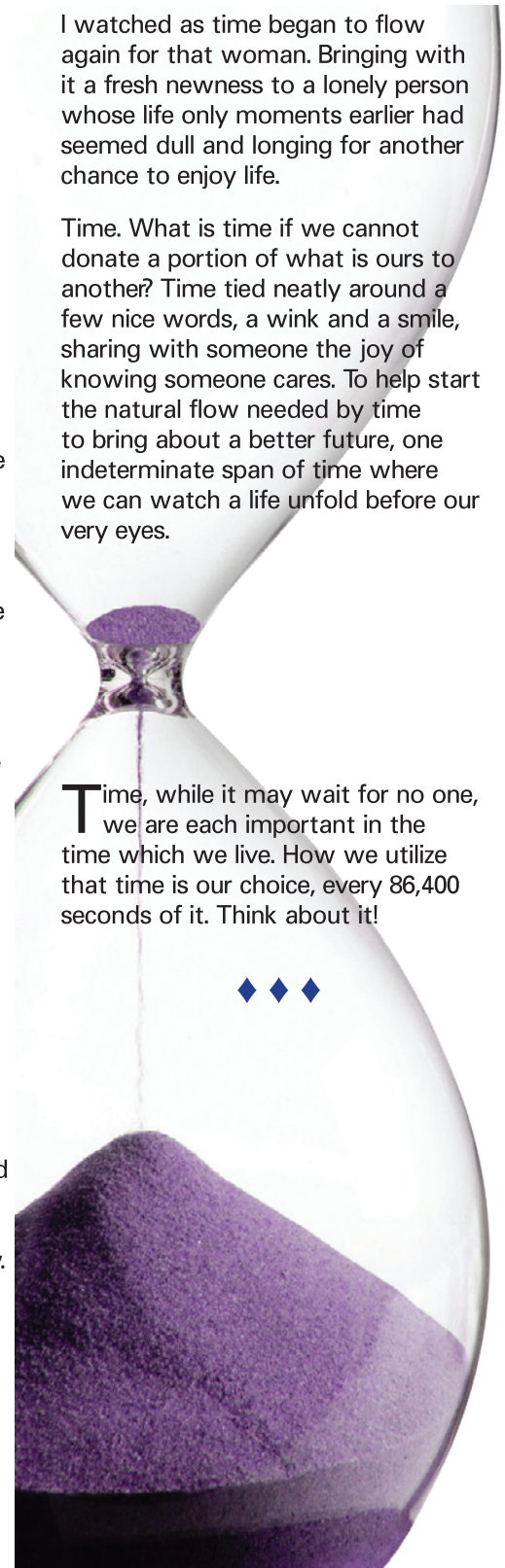
The clerk gave her a nod as the register started clicking and scanning once again. I watched as the woman walked away. She stopping and stood at the door for a brief moment. Then looked back at the friendly clerk and smiled. Her face seemed brighter now. Somehow, she did not appear so lonely now. She turned and left the store.

Only a short period had passed since I stepped into that grocery line, but what a difference it had made. I may never know what came from that invitation, but with one nice gesture and a mere moment in time,

I watched as time began to flow again for that woman. Bringing with it a fresh newness to a lonely person whose life only moments earlier had seemed dull and longing for another chance to enjoy life.

Time. What is time if we cannot donate a portion of what is ours to another? Time tied neatly around a few nice words, a wink and a smile, sharing with someone the joy of knowing someone cares. To help start the natural flow needed by time to bring about a better future, one indeterminate span of time where we can watch a life unfold before our very eyes.

Time, while it may wait for no one, we are each important in the time which we live. How we utilize that time is our choice, every 86,400 seconds of it. Think about it!



Commerce, Community, and Choices

By - Sarah Gillespie

As 2010 begins, I find I have never looked forward more to a new year than I do this year. Recession, recession, recession. Failed financial institutions, foreclosed homes, and unemployment the highest in more than a decade are just some of the issues we have been bombarded with this past year. Perhaps everything was not all doom and gloom, but with the negative news cloud showering pessimism down nearly every day, I kept wondering when it would all be over. Everybody is scared. Scared to lose our homes. Scared to lose our jobs.

Homelessness and hunger are scary and are very real for many people in our country. The fear can be paralyzing. But we have the choice to allow the fear to defeat us or to choose to defeat it.

Maybe it is the hope of a new year. Maybe it is the desire to overcome. But I believe we have the choice to look around us and look around Cabarrus and realize that we have and can have more options than we know.

Head Back to School

Maybe you need a fresh start, and with the new year, a new career path. Perhaps, you are looking to advance in your current career, and you need some training to do so. Well, many options surround Cabarrus County for traditional and non-traditional students and for associate degree or bachelor degree programs. With Rowan Cabarrus Community College and Cabarrus College of Health



Sciences right here, and UNC Charlotte only right next door, a new beginning is close by as well. More and more businesses are requiring employees to have higher education, and more and more job seekers are meeting those requirements. Being able to have not only the experience but also the education will create a more desirable candidate. Fortunately, scholarships, grants, and loans are available for many to utilize in the pursuit for higher education, so dreams do not have to be put aside because of financial inability.

Do It Yourself

The idea of "do it yourself" has been inspiring people to attempt and tackle many things from home improvement projects to arts and crafts. With books, magazines, and even a television network devoted to doing it yourself, more and more people are picking up the hammer or paintbrush. But, just because we are inspired does not mean we are successful, and when we are finished experimenting and left with a less than stellar product, we are going to pick up the phone and ask for help, and hopefully, help will be available.

Well, why not do it yourself? Why not be the help the rest of us need? What are your skills? What is your passion? What can you do better than most of us? If you have answers to these questions, maybe you have something you can market. Maybe you are a carpenter or a painter. Maybe you are good with animals or with children. Maybe you are crafty or artistic. The possibilities are numerous, and even though starting a business may seem like the worst idea now, it may be the best idea for you. Once you come up with a skill, research your idea. Find out what the need in our area is. Find out what it may cost to get started. You may run across some bumps in the road, but you will

have the greatest reward in the end, you did it yourself.

Network, Network, Network

Networking online has become a big part of our lives in recent years, and while most of us are more familiar with social sites such as Facebook and Twitter, professional networking sites like LinkedIn and Monster exist to assist the ever evolving business world. From creating a profile and posting a resume to connecting with potential employers and searching job postings, the possibilities are endless for employers and employees alike. In a world where virtually everyone is connected through their cell phones and their laptops, having an online presence is merely another tool we all need to take advantage of. Whether looking for a new career or looking to advance in a current career, getting to know people and letting others get to know you and your assets is the key to moving forward.

However, networking online is not limited to profiles and postings. On MeetUp.com, you can find groups not only in your area but also with your interests. Groups for business networking, women in business, and business growth exist in Cabarrus County. In addition to being online, personal interactions are equally valuable and joining a MeetUp group is not your only option. Consider visiting the Cabarrus County Chamber of Commerce. While the Chamber helps businesses get established and make associations with events all year long, they can also help job seekers find job openings in our County.

In 2010, let's forget about what we don't have and remember what we do have. We have choices; and we have each other. Let's get and keep commerce coming in Cabarrus.



Love Knots One At A Time

By - Kristen Jones

Some people might call it a healing process, others might say it's an act of kindness, and some might just call it a miracle, but to the women at Union Chapel United Methodist Church it is what they love to do.

On January 17, 2009 Union Chapel United Methodist Church, located in Albemarle, North Carolina started a prayer shawl ministry. It is a group of approximately fifteen women who come together each Monday of every month to knit or crochet prayer shawls for people in need of prayer.

Prayer shawls are gifted to people for just about any type of life changing circumstance such as sickness, graduation, 50th wedding anniversary, or a newborn baby. So far 172 shawls have been made. The individual making the shawl picks out the color and type of yarn and pattern making every shawl a unique creation.

Margaret Almond and Eunice Swaringen have made a majority of the shawls. So far Eunice has made 41 prayer shawls and Margaret has made 30 shawls. Every Sunday there are at least two or three shawls to be blessed by the Reverend Ross Tracy.

Next on the prayer shawl ministry's agenda is to give prayer shawls to the Butterfly House in Albemarle, North Carolina. The Butterfly House is a hospital where abused children go to get help. "This is a very caring ministry, many have been blessed by these prayer shawls", says Millie Snodgrass.

For one member of the ministry, Margaret Almond, knitting the shawls has been a healing process for her. She told me that when she knits or crochets a shawl she doesn't shake nervously, she is calm. A while back Margaret had an aneurysm, a condition many people don't survive. Margaret fought the odds and is now

able to continue her work with the prayer shawl ministry.

It seems that every Sunday there is a new story of a "miracle" or a "blessing" that has occurred related to the gift of a prayer shawl. It's not about the big things in life that make life grand, but the small acts of kindness that mean the most. In

years to come this tiny ministry will grow and touch many more lives. We never know who could be touched next, it may be you.



Rev. Ross Tracy holds examples of prayer shawls.

Carolina Mall

By - Ken Upright

As new “Big Box” stores and nationally known retailers spring up across the county, Carolina Mall hopes to rekindle fond memories of the past and move aggressively into the future. It is vital to give shoppers a reason to return time and again and Carolina Mall plans to link the past to the future.

A part of the mall's efforts to make Carolina Mall the heart of Cabarrus includes large black and white photographs, showcasing people and places around the county. The historic photos feature the early years of textiles in the area as well as Lowes Motor Speedway and other sites of importance.

The late Harry Truman once said, “The only thing new is the history that you do not know.” A stroll through Carolina Mall provides longtime residents and newcomers alike with a look at what makes Cabarrus County special.

Just as fashions change, styles in décor need to change to keep things fresh and exciting. Xtreme Play manager Julie Austin notes, “I like what they have done with the black and white photos, it is really different and people are noticing them.”

Austin's business is an innovative alternative for shoppers who want to ensure that their children enjoy the visit as

well. “We offer a safe environment for children to play and have a good time,” Austin said.

Belk, Sears, and J.C. Penney remain solid anchors while companies such as Victoria's Secret, Aeropostle, American Eagle, Hibbett Sports, and Bath and Body Works

favorite, “The Red Pig” is open for business again at the entrance near the parking deck.

Mindy Figueroa of Kannapolis appreciates the malls effort to keep shoppers coming back. “I have shopped Carolina Mall for years and I prefer to keep my dollars local when possible.”

In today's economy, businesses are looking for ways to better market and make themselves stand out among the competition and Carolina Mall is doing just that. The new look at the mall is bright and retailers hope that is the forecast for the economy as well.



Built on the site once home to Cabarrus Country Club, the mall property also includes a small cemetery with markers revealing dates from the late 1700's. A security

compliment longtime tenants Phidipidees, Radio Shack, Shoe Show, and Waldenbooks to better serve the growing and diverse

guard pointed out that the daughter of one of the decedents mows the grass at the small brick-walled resting place.

Special events have long been featured at the mall and everything from school art exhibits, car shows, and once, a taping of the popular “Dating Game” show was hosted by the mall.

community. The food court at the mall offers something to suit most any taste and Cabarrus' longtime

While business and the promotion of its tenants will always be the primary goal, building upon relationships with

the community will bring shoppers back to the mall.

Salespeople count on return clients and referrals and many longtime salespeople at the mall have forged personal relationships with their customers. School teacher Dawn Rosenthal appreciates the small town nature of Carolina Mall. "It is a small mall, not a mega-mall. It is still personal and I like that," she commented.

Sharlyn Smith of Concord enjoys the convenience of Carolina Mall. "I have lived here all my life and it is always easy to get in and out without a hassle. I almost always find what I am looking for here," she said.

Carolina Mall moves into 2010 with a refreshing new look and the hope that the people of the area will consider them to be the heart of the county. Have you been to the mall lately?



Carolina Mall has something for everyone. Come on in...walk the mall for exercise, shop and enjoy the scenery.



The Carolina Mall's Food Court offers a wide variety of main course food selections as well as ice cream, candy, and pretzels.



The Red Pig Cafe was originally located in Downtown Concord, NC. They chose the Carolina Mall for their new home when their old building was demolished to make room for the new jail.

Looking for that special ring? Carolina Mall offers a great selection of jewelry stores.

Please support our local businesses. See our online directory at: CabarrusNow.com

Internet Killed the Radio Star

By - Travis McGaha

In 1979, new wave group, The Buggles, released "Video Killed the Radio Star." The song was the first music video played on MTV in the '80's, and it started a revolution that eventually brought a sharp change in how people listened to music. Instead of being content with what was on the radio, people wanted to watch music videos!

More than 20 years later, it is funny to see how music has shifted again. Now, people around the world are plugged into their mp3 players and iPods, and with the advent of the internet, we are sitting in front of a virtual 24 hour buffet of music. You can get just about anything you want anytime you want it. You don't have to wait for the music store at the mall to open. If you need 80's music at 2:15 a.m., iTunes is there for you to download songs to your heart's content, but in order to have that convenience of downloadable music, there is a price to pay, usually about 99¢ per track. Over time, the music we download can get pricey. Also, once you load up your mp3 player, you are stuck with the music that is loaded on it. At best, you may be able to shuffle the play list, which can get boring after a while.

Today, we are going to explore how the internet is helping us listen and learn music all over again. To begin, how often do you hear someone mention a new band or singer and have no idea who they are or if you would even like them? Well, Live Plasma is a very cool online music discovery tool that can help you navigate the world of music and learn about new Bands and groups through a visual interface that links similar groups together. After you type in the name of a musician or group, Live Plasma will draw up a virtual map with your band in the center and then draw lines out to other musicians of

a similar nature that you might enjoy. Live Plasma has been an online project since about 2005 and has grown and evolved into a very comprehensive research tool that is great for finding new music and hidden musical gems.

Another more scientific approach to music was invented by Stanford graduate Tim Westergren called the Music Genome Project. The project makes an effort to establish a "DNA Map" of music by breaking down songs and identifying around 400 different attributes ranging from things such as musical instruments, vocal styling, and guitar effects. By analyzing the different attribute markers, songs are classified together making it possible to have very similar music choices appear together in a group.

Ok, enough with the science, how can this entertain you? The sister project to the "Music Genome Project" is the "Pandora Internet Radio" Project. Pandora is a free service where you can enter your favorite artist and Pandora will pull from the Music Genome database and provide you with a free audio stream through your computer of your favorite music as well as other similar artist and styles. As you listen to the music, you get a picture of the album cover and name of the artist and song. You have the option to skip over songs you don't like and tag ones you do

to help refine the music stream. Over time, the radio station learns and adjusts to your likings. You can set up many different types of music streams that are based off of different artist and genres of music. The great part is that if you have a Blackberry mobile phone, iPhone, or iPod Touch, you can download the Pandora Radio Application, which will allow you to access your personal internet radio stations on the go. For me, this is especially great when I am waiting around the airport or doctor's office.

If you have a compatible mobile device like an iPhone or Blackberry, another awesome free music application is "I Heart Radio." This application gives you access to more than 350 broadcast radio stations from around the United States. The handy application lets you browse stations by state, genre, or call sign. Now, you can enjoy your favorite morning show from anywhere.

We have only scratched the surface of internet radio and how it can easily be made portable with our mobile devices. Dozens of other specialty applications exist to let you hear sports broadcasts, folk music, foreign broadcast, and a wide variety of other entertainment.

Don't be afraid to open your horizons to some new music. Go to liveplasma.com, discover some new tunes, download Pandora Radio, and begin to explore the wide world of free internet music. Until next time, remember, MTV may no longer play music, but the internet will keep you rocking no matter what.



Cabarrus County Welcomes The National League of American Pen Women, Inc.

By - Mary Ivie Norvell

The Installation Ceremony for the North Carolina Piedmont Branch of The National League of American Pen Women, Inc. took place at the Cabarrus Arts Center Historic Cabarrus Courthouse in Concord on December 4, 2009.

Those present to welcome the new Branch were National President Taylor Collins who traveled here from Washington, D.C., The Honorable Scott Padgett, Mayor of Concord the Honorable Jeffrey Barnhardt, NC State Representative and wife Jody and Ms. Chris Benschoff, Concord Adult Services Librarian.

The National President gave a welcome speech to the new Branch, followed by Mayor Padgett who welcomed the Branch in saying how pleased he was to have a prestigious organization like the National League of American Pen Women Branch in Concord. "There are only two other NLAPW Branches in the State of North Carolina, says Mayor Padgett. And I am happy to have the third one right here in our area.

Representative Barnhardt welcomed the N.C. Piedmont Branch, and relayed a message of acknowledgment and welcome on behalf of Senator Fletcher Hartsell, N.C. Representative Linda Johnson and N.C. Representative Fred Steen Jr. Mr. Barnhardt spoke about the importance of the Fine Arts in our State.

President Taylor presented Certificates of Membership to new members, Melinda Metz, Nancy Lynch, Kristen Jones, Nadine Long, Katherine Gonzalez and Joyce Lavene. This was followed by the Installation of Officers: President Mary Norvell, Vice President Melinda Metz, Recording Secretary Kristen Jones, and Treasurer Nadine Long. The N.C. Piedmont



Branch Charter was presented to President Mary Norvell.

The new Branch, founded by long time member and founding president of the Ocala, FL. Branch, Mary Ivie Norvell. She served on local state and national boards since 1994 and will serve as National Membership Chair for the remainder 2009-2010 term.

With the help of Melinda Metz who worked diligently alongside Norvell interviewing prospective members and setting up meetings to introduce the League to the community over many months. We are now, as NLAPW member's, part of the framework our founders envisioned over a century ago. We hold within our ranks the greatest past and present creative legacy of women in the Arts ever gathered, and as caretakers and contributors, all of us must strive to be worthy and retain our rightful hard-won place in history.

Mission & Vision: Founded in 1897, the National League of American Pen Women is the oldest womens' arts organization in America. The League, recognized for its support and creation of art, music, and letters, is comprised of professional women artists, writers, poets, composers and arrangers.

The mission of the League, a not-for-profit 501(3) (c) corporation, is to

encourage, recognize and promote the production of creative work of professional standard in Art, Letters, and Music, and through outreach activities provide educational, creative, and professional support to members and non-members in these disciplines.

The core values of the NLAPW are respect, knowledge, creation and preservation of the arts.

The Pen Arts building, League headquarters is located at 1300 17th Street NW in Washington, DC 20036-1973. For information about our local branch, please call, 704-2733746 or online at minorvell@carolina.rr.com For national please call 202-785-1997. or go online at www.nlapw.org or nlapw1@verizon.net.



Cabarrus Voices...Looking Ahead

By Mary Ivie Norvell

With the economic forecast still unknown, now may not be the time to loosen our belts, however, in a discussion recently with the Honorable Scott Padgett, Mayor of Concord, it was encouraging to hear that some relief is in the fore see-able future.

Although this past year has been quite challenging and uncertain for many, the Mayor, the City Council and the staff have worked diligently to find ways to do more with less, and better serve our citizens and customers everyday. Mayor Padgett's thoughts are, "We have

available and there have been no cuts in public safety!"

The New Year is here and with it comes hope for a better future with several upcoming transportation projects that will dramatically improve quality of life, economic opportunity, and environmental impact in our City.

In the Mayor's Message he states, "In the near future, over \$389 million in road improvements will take place in Concord. With an additional \$340 million that will complete I-485 in Mecklenburg County, connecting it to I-85, which will greatly benefit

Concord. The majority of the improvements will receive state and federal funding. This certainly is good news and is essential to the economic recovery of our community!"

"One of the most important projects in North Carolina is to widen the remaining four-lane section of I-85, largely through Cabarrus County, to match the rest of the highway from Durham through Charlotte. Governor Purdue recently announced

that construction on I-85 in Cabarrus County would begin eighteen months ahead of schedule in mid-2010. Along with the completion of I-485, the state will use the design-build-finance model for the first time in North Carolina to widen I-85 to eight lanes from Exits 49 to 55."

"The completion of I-485 will distribute traffic at Exit 49 and around Concord Mills. This area has approximately 1,700 hotel rooms, and hundreds of other shopping, dining, and entertainment-related businesses vital to the local economy. These projects will greatly benefit Concord residents as well as visitors to our area."

"The Poplar Tent and Highway 73 interchanges: Improvements at Exits 52 and 55 are just as important as widening I-85. Traffic volume at these interchanges has greatly outgrown the design. Both are to be re-worked to include traffic signals, sidewalks, bicycle-lanes, and other changes to improve traffic flow and safety. City council supported the concerns of local residents in regards to the Pitts School Road realignment on the Barbee Farm and communicated with the NCDOT to find an acceptable alignment adjustment. This realignment was announced on November 19, 2009."



bottomed out now, barring something unforeseen happening." He went on to share with me some of what Cabarrus County has to look forward to in 2010,

Reflecting back at 2009 for just a moment, Mayor Padgett said the City Council cut spending last year by seventeen percent, and have twenty positions frozen. The Mayor is proud of the Council and their ability to make strategic cuts, and still provide basic services at a high level.

When asked about the crime rate he says, "We have a proactive police department, with the best equipment



The future may not yet be clear, but remember there is light at the end of the tunnel. Change may be gradual but, change is here and more is on the way. President Abraham Lincoln once said, "Keep your nose to the grindstone." Something we all must do as we wait out the times.



"A NEW DAY IS DAWNING AT THE GLENN CENTER" and in the lives of our students" says Robert Kirk, principal of the Center for the past two years and assistant principal for two years prior. Kirk loves his job and wants only the best for his students.. He thanks his mentor, Dr. Austin Obasohan for his recommendation for the position.

With the help of an outstanding Community Leadership and Resource Committee, he shared with me the vision of the Glenn Center, which is to educate students to become successful citizens in an alternative school that is restorative, relational and adaptive. A positive shift in 2009 was from punitive to restorative, holding high academic and behavioral standards.

Kirk states, "Risk is a caution and not a condemnation, which essentially proves that early intervention has the power to change students' lives."

The Ralph Glenn Center in Concord is an Alternative Learning Placement (ALP) School for Cabarrus County

middle and high school students long-term suspended from their respective home schools.

The Opportunity Middle School receives candidates from six county middle schools and Opportunity High School receives candidates from seven county high schools.

"W.O.R.K.S." (Working on respect, Kindness and Self-esteem) creates a learning environment for middle school students who fall under the EC umbrella as behaviorally and emotionally disturbed.

The fourth and last alternative setting is The e-Learning High School, an after-school-day program, providing juniors and seniors with virtual classroom experiences.

In Spring of 2009, Opportunity High served forty-nine students. W.O.R.K.S. served eleven students. After-School Recovery served twenty-nine students.

Improvements to the Glenn Center in 2009 included, lighting, signage, access, security and seating.



Looking forward to 2010, Mr. Kirk says the Glenn Center plans to do full experimentation with Aquatic Research Lab, and looks forward to completing Cabarrus County School's Wellness Center.

The Glenn Center, Cabarrus County Opportunity School for Middle and High School students. This is an opportunity school not an entitlement school. Designed for those students who need an alternative setting to continue their educational pursuits while refocusing on their skills.

"What we need to help keep us going says Robert Kirk, is your help in time, talent and money. If you are not familiar with the Glenn Center, please call or stop by and check it out. You will be amazed to see the work that goes on here to help students reach their academic goals and take their place in society and in the work-place.



"Get Plugged In To University Research"

North Carolina Cooperative Extension-Cabarrus County Center, 715 Cabarrus Avenue-West, Concord. Get info on horticulture, agriculture, community development, family resources, consumer sciences and 4-H youth programs. Most programs are free to public. For more information 704-920-3310, 8AM - 5PM, Monday through Friday or visit <http://www.cabarrus.ces.ncsu.edu/>

Cabarrus County Library System

Please visit their website at www.Cabarruscounty.us/library for a list of local library activities near you!

Piedmont Farmers Market-Winter Tailgate Market

Jan. 9 - April 10 - 9AM until NOON
518 Winecoff School Road Concord NC / Admission: Free
The Piedmont Farmers Market will be open on the second and fourth Sat. in Jan. - March and the second Sat. in April.
704-425-5559

Gallery Talk - photographer Alison Overton

Cabarrus Arts Council, 65 Union Street S, Concord.
Jan. 14 - 7PM / Co- sponsored by the Cabarrus Art Guild.
Admission: Free / Info 704-920- 2787

Greater Charlotte Antique & Collectibles Show

Cabarrus County Arena / Jan. 15 - 17 & Jan. 29 - 31
Friday - Saturday 9AM - 5PM, Sunday 10AM - 4PM
Admission: \$5.00 Adult / \$4.00 Senior

Countergirls

Jan. 17 - 4PM / Old Courthouse Theatre, 49 Spring St. NW, Concord
Admission: Adult \$15; Seniors \$12; Children under 12 \$10
Ticket Info: 704-788-2405

Art Exhibition, All in the Approach: Abstract, A

Jan. 19 - March 11 / Admission: Free / Gallery hours are 10AM - 4PM / Cabarrus Arts Council, 65 Union Street S, Concord. For information, call 704-920-2787

David Domingo - Presented by Jeff Whittington

Jan. 21 - 7:30PM/ Admission: \$10.00 per person
Davis Theatre, 65 Union St. S, Concord.
Ticket Info: 704-920-2753

Community CPR Class

Jan. 23 - 8AM - 1PM / Kannapolis Fire Dept. Station 1
300 Firehouse Dr., Kannapolis / Admission: Free for residents and \$3 for non-residents. Registration open until 5:00 p.m. on the Friday until the class is full. Info call 704-920-4260.

John Brown Quintet

Jan. 30 - 8PM / Davis Theatre, 65 Union St. S, Concord.
Admission: \$34 per person / Ticket Info. 704-920-2753

The Wedding Affair With More

Jan. 31 - 11AM - 4PM / Cabarrus Arena and Event Center
Admission: \$10.00 per person / Event Info. 704-920-3976 or www.gngtps.com / A parking fee of \$3.00 to \$5.00 may be charged.

Nonsense

Feb. 11 - Feb. 21 8, Sun 2:30PM / Old Courthouse Theatre, 49 Spring St. NW, Concord / Admission Adult \$15 / Sr. \$12 / Children \$10
Ticket Info. 704-920-3976

Gallery Talk, artist Kenn Kotara

Feb. 11 - 7PM / Cabarrus Arts Council, 65 Union Street S, Concord. / Admission: Free / Co- sponsored by the Cabarrus Art Guild. For more information, call 704-920- 2787.

Carolina Alpaca Celebration

Feb. 13 - 14 Sat. 8AM - 6PM , Sun. 8AM - 6PM
Cabarrus Arena and Events Center / Admission: Free
Event Info. 704-436-8855

Valentine Party

Feb. 13 - 7PM - 10PM / Rocky River Vineyards, 11685 Reed Mine Rd, Midland / Admission: \$25 per person / Register by Feb. 10th at: 704-781-5035.

Youth Sports Registration Day

Feb. 14 - 10AM - 2PM / Harrisburg Elementary Concession Stand
This is the final day of registration for Baseball, Soccer and Softball.

Late Registration For Youth Sports

Feb. 16 - 18 - 8AM - 6PM / Harrisburg Town Hall / A \$25 late fee applies in addition to the regular registration fee. A bag of 10 - 15 non-perishable groceries items accepted instead of late fee.

Buffalo Creek String Band-Presented by Jeff Whittington

Feb. 18 - 7:30PM / Davis Theatre, 65 Union St. S, Concord
Admission: \$10.00 per person / Ticket Info. 704-920-2753

Art Walk

Feb. 26 - 6-9PM / Historic Downtown Concord / Admission: Free
Enjoy the ambiance of Concord's downtown and beautiful art displays at a variety of locations. Maps showing each location will be available for download by Friday, February 19. For info 704-920-2787.

Scottsing presents Eighth Day in Concert!

Feb. 27- 6PM / Admission: \$5.00 at the door with a love offering going to the cure of Cystic Fibrosis. Scottsing presents Eighth Day, Betty Tilley and Travis Trexler in concert at the East Rowan High School Auditorium in Salisbury. Info at: www.scottsing.com

Billy D. Washington

March. 6 - 8PM / Davis Theatre, 65 Union St., Concord
Admission: \$32 per person / Ticket Info. 704-920-2753
Witty and philosophical comedian and keyboard player opened all of Areatha Franklin's shows nationwide 2003-2006 at her request and has appeared on HBO and Comedy Central.

Youth Sports Camp

March 7 - 9AM - 2PM Sponsored by Harrisburg Youth Association and Providence Baptist Church. This is a free event. Visit our website for additional details.

The Man Behind the Pen

By Nadine Long

Born at Cabarrus Memorial Hospital, Ken Upright was added to the Cabarrus County census in 1965. Since then he has become a pillar in this community. As a child Ken attended Woodrow Wilson Elementary School, Carver Jr High and Al Brown High School. He can still name most of his teachers by grade and can credit each of them with being part of his success as an adult.

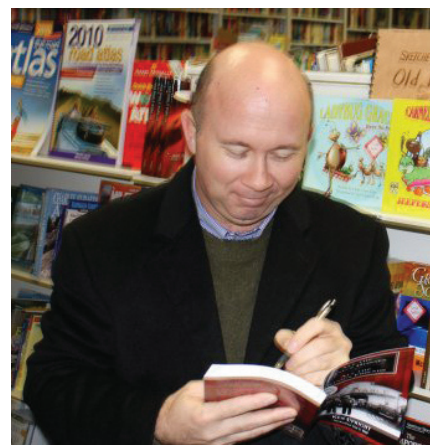
Ken has been in the public eye since before graduating high school. He wrote articles for the Southern Pines Pilot and Sandhill Citizen and created charcoal drawings on post cards to sell. After high school Ken went to work for the Food Lion on Highway 29 (by First Assembly Christian School) where he made the acquaintances of many local residence.

Faye Childress of Donna's Hallmark store had come to know Ken's natural ability for entertaining people and making them laugh. One day she pulled Ken aside showing him an advertisement for a position as a radio announcer with Ford Broadcasting. She encouraged him to apply saying "I think you would be good at this". Ken spent the next 10 years on the air from noon to 6pm spinning the sounds of Southern Gospel music for WRNA, WRKB and WLTC.

As time change so do careers Ken left the radio business to seek a career that allowed him to better use his creative talents, but soon found out that the saying "Starving artist" was literal. He found himself managing the Bashian Oriental Rug Showroom and over the next 10 years was able to help his clients create the atmosphere they desired by combing rug patterns and colors with their existing home decor.

During this time Ken was able to begin compiling his memories surrounding his childhood experiences in Kings Town where his Paw-paws barn has stood since 1934. These memories Ken had shared with his boys John and Jason since they were very small feeling that it was part of a family legacy and wishing his own boys had been able to part take in some of the social experience surrounding the barn.

December 11th, 2008 Ken was able to combine his barn stories with many other contributors' stories and published a book entitled "All the King's Horses and All the King's Friends. This book captures the historical happenings at a local barn dating back as to the mid 1920's.



Now Ken can be spotted at book signings at "Corner Books and More" and other local book stores throughout the community, while beginning his next literary project.

"As defining as a Norman Rockwell drawing, Ken Upwright sketches a vision of a simpler time..." *All The Kings Horses and All The Kings Friends* warmly reflects the generation that came to define the foundation of Americana." -

John Hancock, WBT AM/FM Radio



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M.O.M.'s New Years Resolution

By - Ryan F Platt, MBA

January begins a new year, and a new decade. It is a time of reflection and renewal. It is a time of letting go of the year before and looking forward with optimism, enthusiasm and hope to the year to come. It is a time to begin again!

We all make so many New Year's Resolutions, whether it is to begin an exercise regime, improve our eating habits, lose weight, take control of our finances, improve relationships, increase our closeness with God—the list can be endless.

For so many families and individuals the past two years have been very difficult financially. The question is, "How can you position yourself financially for a better today and an improved tomorrow?" We have created The Money Optimization Model® to help families begin building a healthy financial life.

The Money Optimization Model® focuses on 6 major financial categories:

- Taxes
- Spending
- Savings
- Protection
- Investments
- Giving

We will discuss the first 3 in this issue, and the remaining three in our following issue.

#1 – Taxes

Taxes are the largest eroding factor of our money that we will face in our lifetime. Most of us only think of income taxes when we think of taxation; however, we must not forget about Sales Tax (averages 8% in North Carolina), Property Tax, Capital Gains Tax, Gasoline Tax,

Communication Taxes (on your phone bill) and more. This means that we all need to have a clear strategy in place to maximize our after tax income, while minimizing the taxes paid during our lifetime. Unfortunately, most of us don't and our government counts on that lack of a strategy, because without a strategy we will most likely pay 50% or more of our hard earned money back to the government in the form of taxes!

#2 – Spending

All of us can control our spending. We all have developed certain spending habits, and habits can be hard to break; however, it is imperative to understand where and how we spend our money so that we always have enough. One technique to understanding how and where we spend our money is to begin carrying a small notebook with you and make a note every time you spend money. In this way, you will have a record of your spending. By doing this for 2-3 months, you will be able to make the appropriate changes. Your goal should be NOT to spend more than 50% of your gross income (this includes fixed expenses such as mortgage/rent, utility bills, property tax, and homeowners association dues). By spending less than 50% of what you earn, you will have a great deal of flexibility, especially if your income decreases in the future.

#3 – Savings

Savings is different from investing. Savings is defined as "sums of money laid away." The goal of savings is not to earn the best rate of return, but instead to be liquid, available, secure, and if possible earn enough interest to keep pace with inflation. Your goal should be to "save" 5-7% of your income until you reach your savings goal. Your savings goal will be dependent on your career, your

location, and your spending. A good rule of thumb is 4 – 6 months of expenses.

We will review the 3 remaining categories of The Money Optimization Model® in our next issue.

Ryan F Platt is a registered representative of and offers securities, investment advisory and financial planning services through MML Investors Services, Inc. Feel free to contact Ryan at rplatt@finscvcs.com.



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Hockey in North Carolina?

By - Trevor Curtis

Attention please: Four out of five people reading this magazine need to read this article. According to a survey last year in the Raleigh News-Observer, four out of five North Carolinians have no idea that North Carolina has both semi professional and professional hockey teams, and the fifth one, the one in the Charlotte Checkers jersey, probably knows most everything contained within this article.

Yes, Virginia, North Carolina has hockey teams. The Carolina Hurricanes is a National Hockey League or NHL team located in Raleigh, NC. The Hurricanes won the most coveted trophy in NHL history, the Stanley Cup, three years ago, and according to ESPN, the Hurricanes have the best hockey fans in the country. If you travel approximately three hours east of Cabarrus County you can find the Fayetteville Fireantz a member of the Southern Professional Hockey League or SPHL. Both of these teams may be far from home but they provide



The Extreme Ice Center is a new facility in Indian Trail used by the Checkers to practice, the facility features the area's largest public skating rink and youth hockey leagues with groups starting as young as four years old. They also have a fitness center for those who don't skate, and figure skating classes for future Hamills, Boitanos and Yamaguchis. This facility is a testament not only to our expanding population but also hockey's growing appreciation south of the Mason-Dixon Line.

So, if you're looking for a fun and new way to get out and about during the cold winter months try hockey. It is not only fun but it's aerobic, and it helps improve hand-eye coordination and balance.

their fans with action packed entertainment in great locations.

So, that brings us to our local team, the Charlotte Checkers of the East Coast Hockey League or ECHL. They play in the enormous Time Warner Arena, but don't worry out about paying big bucks. Unlike most events at the arena, Checkers tickets are reasonable and offer a lot of fun. The Checkers are the only team in their league to have cheerleaders.

They are also known for providing opportunities for their fans to skate with the team pre and post -game. The entire experience is a great opportunity to introduce your children not only to hockey but also to ice skating.



For more information about youth leagues, contact Extreme Ice Center at 704-882-1830 or visit xicenter.com. For Checkers tickets, go to Ticket Master or the team website, gocheckers.com



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Get Involved in 2010

By - Mary Ivie Norvell

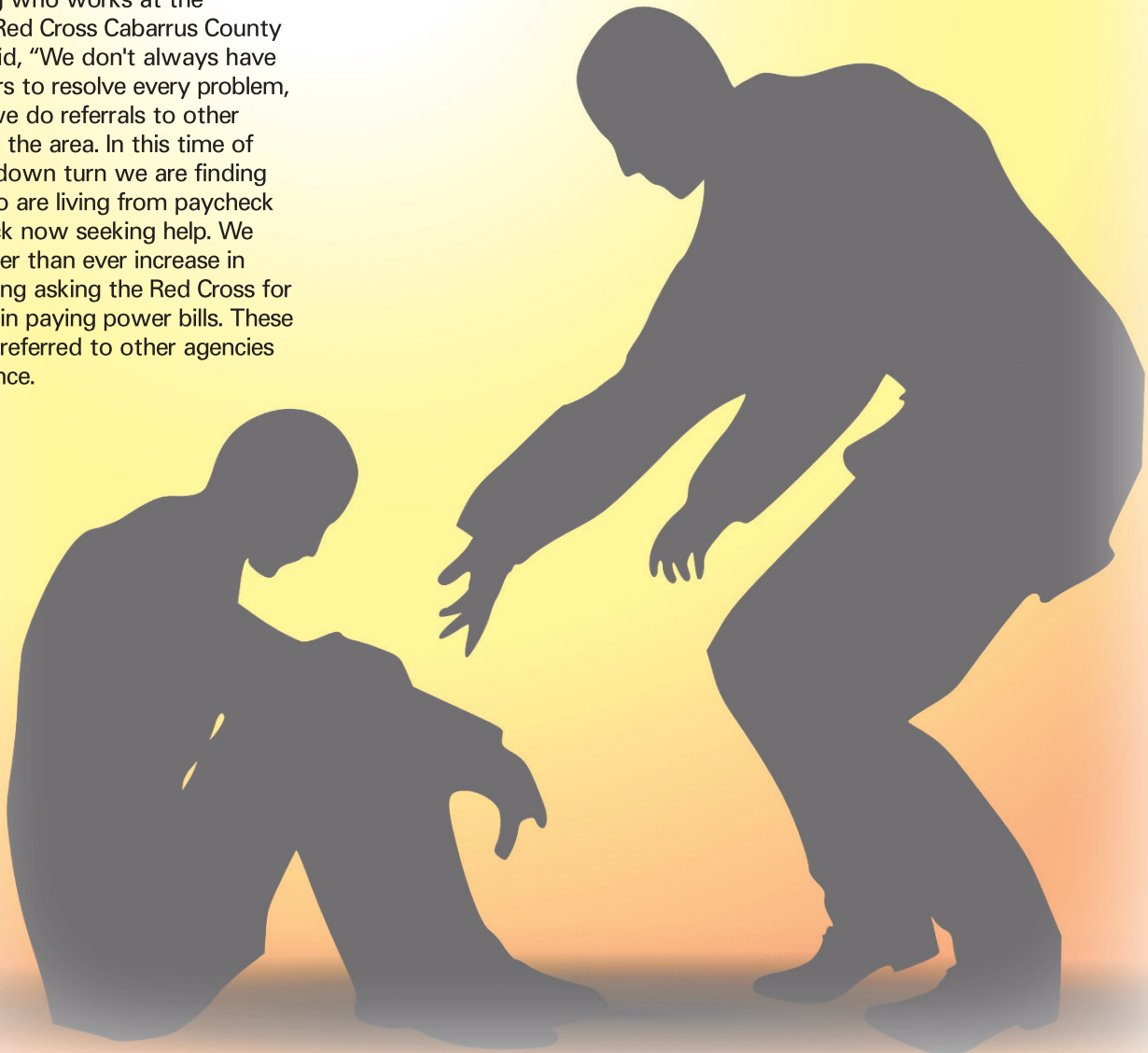
Get involved in a cause you believe in and be involved in what the solution can be...

A quote from Nancy Litton, Executive Director of the American Red Cross Cabarrus County Chapter said to me over the phone when I questioned her as to the best way to get involved in helping others during this time of economic downturn. She stated the need for people to consider giving of their time, money and blood.

Karen Long who works at the American Red Cross Cabarrus County Chapter said, "We don't always have the answers to resolve every problem, however, we do referrals to other agencies in the area. In this time of economic down turn we are finding people who are living from paycheck to paycheck now seeking help. We have a larger than ever increase in people calling asking the Red Cross for assistance in paying power bills. These people are referred to other agencies for assistance.

Since July, the Red Cross has responded to seventeen local disasters, assisting fifty-six people with emergency housing, food, clothing and basic personal needs. They have given \$8,053 in direct financial assistance to disaster victims, assisted thirty-two military families with emergency messages, hosted forty-six bloodmobiles collecting 1,059 units, and certified six hundred and seventy-eight people for CPR/first aid.

It takes many hands to help those in need during times of disaster as well as with this economy down turn. Some may be as close as your next-door neighbor, or right there in your own family. As Nancy Litton says, "Get involved in something you believe in and be involved in part of what the solution can be."



Plastics : The New Environmental Villain

By Nadine Long

Communities and businesses across the USA are supporting efforts to reduce, reuse and recycle plastic bags. These simple, steps can help reduce waste, and help us to keep our environment cleaner longer.

Reduce: Shoppers can always decline a bag at checkout, or bring their own canvas shopping bag.

Reuse: The majority of consumers reuse their plastic grocery bags at home for purposes ranging from waste basket liners to lunch bags to pet clean up.

Recycle: Plastic bags and plastic wraps are fully recyclable. So recycling plastic bags and wraps is important because this valuable material can be made into dozens of useful new products such as low-maintenance fencing and decking, building and construction products, shopping carts, and of course, new bags!

There is even a Hungarian technology company, Power of the Dream Ventures, Inc., that has created a

product called Turbocrete. This technology allows every waste material but metal - plastic, glass, organic and inorganic compounds - to be mixed into concrete. Turbocrete has the same desirable qualities of conventional concrete.

Across the country, many grocers and retailers accept plastic bags and wraps for recycling.

In many grocery stores and some retail stores, plastic bag recycling bins are located at the front entrance or near checkout areas. So next time you head to your local grocery store or retailer, remember to return those plastic bags, and plastic wraps from paper towels, bathroom tissue, napkins, diapers even the plastic bag that delivered the newspaper!



Recycle the Following Wherever Plastic Bags Are Collected:

- All clean plastic bags labeled #2 (HDPE) or #4 (LLDPE)
- Grocery bags
- Retail bags (remove hard plastic or string handles)
- Plastic newspaper bags
- Dry cleaning bags (remove paper and hangers)
- Bread bags
- Seal-able food storage bags (with hard parts removed)
- Plastic wraps from products such as paper towels, bathroom paper, napkins, diapers, and cases of soft drinks

Make sure bags are clean and empty. Do not include used plastic food wrap, bags with food residue, or material that has been painted or glued, as other substances may contaminate the recycled material.

Reference: American Chemistry Council

“Recycling at Cabarrus County Household Hazardous Waste Facility”

246 General Service Drive (off Hwy. 49), Concord.

New hours - Monday through Friday, 8:00-5:00 p.m

For additional information, call 704 9203278 or log on to www.cabarruscounty.us/waste/recycling.html.

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What Are Constellations?

By Nadine Long

On a dark clear night you can go outside and see 1000 to 1500 stars, maybe you have even spotted the Big Dipper (northern hemisphere) or the Southern Cross (southern hemisphere) and broken them into smaller constellations.

The constellations are shapes created by story tellers, farmers and astronomers over the past 6,000 years to help us tell which stars are which. Trying to identify which is which can be difficult without references. The constellations help by breaking up the sky into more manageable bits. They are used to help us memorize the locations of the stars. For example, if you were to find three bright stars in a row on a winter evening, you might identify it as part of Orion. Then as you look further you can identify the rest of the constellation: Betelgeuse in Orion's left shoulder and Rigel is his foot. Once you have found Orion, you can locate Orion's Hunting Dogs, who are always nearby. Before calendars farmers needed a way to identify between the seasons. Since different constellations are visible at different times of the year, a farmer would use the constellations to tell them what month it was and when to plant or harvest their fields. For example, Scorpius is only visible in the northern hemisphere's evening sky in the summer.

This dependence on the sky became a strong part of many cultures. Perhaps there is something about the mystery of the night sky that makes people want to tell stories about the constellations. Orion was a great hunter. He traditionally holds

a bow or shield in his hand as he stalks Taurus, the Bull. Behind him, his faithful dog, Canis Major, is chasing Lepus, the Hare.

The constellations have changed over time and today, many of the constellations have been redefined so now every star in the sky is in exactly one constellation. In 1929, the International Astronomical Union (IAU) adopted official constellation boundaries that

defined the 88 official constellations that exist today's sky.



North Polar & South Polar Constellations

By Nadine Long



- | | |
|------------|---------|
| Apus | Ursa |
| Circinus | Orion |
| Hercules | Dorado |
| Mensa | Musca |
| Octans | Pavo |
| Tucana | Volans |
| Cassiopeia | Cepheus |

- Chamaeleon
- Crux
- Hydrus
- Norma
- Triangulum Australe
- Camelopardus
- Draco

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"Things are as they are. Looking out into it the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations." - Alan Watts- American Writer

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