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SEE SAVINGS
INSIDE **FREE**

INSIDE SCOOP

- Page 2 Renaissance Festival
- Page 3 Community Continues to Help Pillowtex Employees
- Page 4 Dressing for Success
- Page 5 Fish Tales & Other Stories
- Page 6 Computer Tips Q & A
- Page 7 Veterans Services Seeks Surviving Spouses-New Benefit
- Page 8 Local Entertainer Author Helps Other Enjoy Life
- Page 10 Cinderella at Old Courthouse Theater
- Page 11 Growth Companies in Economic Downturn

AUGUST HAPPENINGS & events

Page 12

- Page 14 Quick Tips - Fitness & Nutrition
- Page 16 Booze it, or Lose It
- Page 17 NASCAR Kids
- Page 18 Helping Your Garden Survive the Heat Wave
- Page 19 Reader's Contest Update: Part 3

 **SAVINGS INSIDE!**

VOLUME 2
ISSUE 2
AUGUST 2004



DON'T BE SAD...
THERE IS STILL FUN TO BE HAD
BEFORE SCHOOL STARTS!
see page 12

Reader's Contest
WIN YOUR OWN LIFE COACH! pg. 2



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Local Talent Reigns at Renaissance Festival

Renaissance Festival begins October 2, 2004

The local talent of the Carolinas reigns at the Carolina Renaissance Festival when it comes to recreating a festive English village full of entertainment, amusement, and artisans. The festival is well known for its national acts that make their mark once a year in the Carolinas. What the community often overlooks is the great deal of local talent that brings the village even closer to home. Look closely at the musicians, stage acts, marketplace artisans, dancers, and street characters for they may have been in the line at the grocery store with you. Many Carolina residents have made participating in the festival a favorite past-time or a full fledged career.

The festival offers a diverse repertoire of local musicians. John Trexler of Charlotte shares his talent by playing a plethora of traditional instruments like the hurdy-gurdy, penny whistles, and a form of the bagpipe. Carol Hedia, a Rock Hill resident, performs daily at the festival and is an award winning folk singer. Kathleen Kirksey, Huntersville, plays the harp while festival patrons stroll through the tree-lined lanes of the festival. Kathleen's four children participate as street characters in the festival.

In addition to the musicians, street characters represent a large portion of our local talent. Hundreds of characters bring Fairhaven village to life, introducing visitors to their unique role in the village from the town Mayor to the Court Jesters. A large percentage of the street characters are North Carolinians with a nine to five job during the week, and act as street characters at the festival by weekends. Many of these participants have been involved with the festival anywhere from one to eleven years. These actors and actresses are not short on training or talent. Festival street characters go through three weeks of rehearsals, three days a week. Judy Hill of Concord plays Tess the Sweep.

Moreover, The Carolina Renaissance Festival proudly boasts local stage acts. Charlotte resident Terry Foy, Zilch the Tory Steller, has made performing a full-time career. Foy performs his fables and tales in a slightly different language using spoonerisms. Stories we all know and love like "Goldilocks & the Three Bears" take a turn with Zilch's twist of a tongue. Foy's wife, Lolly, is also a predominant figure in the festival and is recognized by visitors as the beautiful Queen Eleanor. Jana Colgin of

Concord performs acrobatics, stunts, and fire-eating as Jana Lee. The Carolina Renaissance Festival is the home show for Jana. She started her Renaissance career in the royal court as a court jester and worked her way up to her own act. Jana now performs nationally.

Local dance groups make lasting impressions at the festival as well. The Queen's Caper Morris Dance Troupe performs a traditional English dance once used to encourage a hearty harvest. The troupe originated at the Carolina Renaissance Festival by a traveling performer who would commandeer local performers each year.

For more event information, call toll free; 877-896-5544, or on the web at www.renfestinfo.com.

THIS INFORMATION AND RENAISSANCE FESTIVAL PHOTOS ARE AVAILABLE TO DOWNLOAD AT: www.royalfaires.com/crfmedia

WHEN YOU GO:

What: The 11th Carolina Renaissance Festival

Where: North of Charlotte between Concord and Huntersville. The Festival is located on Highway 73 at Poplar Tent Road (between I-77 and I-85).

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WE'RE WAITING FOR YOUR VISIT!

When: Seven consecutive weekends (Saturday and Sunday) from October 2 through November 14. The Festival runs from 10:00 AM until 5:30 PM every day, rain or shine.

Advance Discount Tickets: \$14 for adults, \$5 for kids ages 5-12, available at Harris Teeter Stores region wide. Children under 5 are always free. Tickets purchased at the gate are \$1 more. Senior discount tickets (60 and over) are \$13 at the gate. Parking is free.

Information: Call (704) 896-5544 or toll free (877) 896-5544.

Web Site: www.renfestinfo.com



Readers Contest!

Win Your Own Life Coach And Experience What Our Previous Contest Winners Already Know

The statements below were taken from each winner's final story.

Lisa (June 2004 Winner) - Having the opportunity to work with Doug was an answer to prayer. For the first time in months, I began to feel that a better future was possible. It is difficult to summarize all the things I learned from Doug.

John (February 2004 Winner) My self-confidence has risen at work and the quality of my relationships has improved greatly. I am now able to make what seemed to be difficult decisions with new found clarity and confidence. For the first time in a long time, I have peace of mind.

Michelle (November 2003 Winner) I learned how to define the values that make me the unique person that I am today. I learned how to take my values and beliefs and turn them into a vision for my life. But most importantly I learned that when I am being exactly who I am and making decisions for me

based on that knowledge, I am happy.

WIN Six 60 minute sessions with Executive, Personal and Business Coach, Doug Scroggins. Publication of your entry (real names withheld on request) What do you need to do to win?

Write to us and tell us why you need and how you can benefit from YOUR OWN LIFE COACH and send to: I NEED MY OWN LIFE COACH Contest c/o The Connection, 500 Church St., Concord, NC 28025, Or send via email to contest@theccconnection.com

Please note that because of all the different software in use today include your entry in the body of your email rather than as an attachment.

Contest Entry Rules

- All entries must be received by August 31, 2004
- Readers of any age are eligible other than employees of The Connection or their immediate families
- If contestant is under 18 years of age then a parent or guardian signature indicating approval must accompany entry.
- Be sure to include your first and last name (and parent/guardian if under 18)
- Address, Phone Number and E-Mail Address (if you have one)
- All entries become the property of The Connection and may be used by The Connection in any and all media now known or hereafter developed for non-commercial and commercial purposes alike. Entry will not be returned unless specifically requested in writing; in which case, a self-addressed stamped envelope must be included with entry.

Community Continues to Assist Former Pillowtex Employees

On-the-Job Training Program in the Works; Community Events Planned

With July 31 being the anniversary of the Pillowtex closing, Cabarrus County is looking back at the many successes achieved during the past year and is looking forward as it addresses additional needs. Nearly one year ago, 4,340 workers within Cabarrus and Rowan counties were displaced when Pillowtex Corporation, the largest employer in the Cabarrus County, shut its doors. Today, 1,579 former Pillowtex employees statewide are still seeking jobs. Of those, nearly 1,100 live in Cabarrus County.

Cabarrus County continues to rally around those who are unemployed, while also celebrating with the thousands who have returned to the workforce, retired or gone back to school for retraining. Approximately 2,000 of these displaced workers took advantage of federal aid to return to school for retraining for other careers. The majority of these individuals enrolled in programs at Rowan-Cabarrus Community College (RCCC) an educational institution already experiencing a space crunch.

To ensure that the community college has enough room for this unexpected influx of students, the Cabarrus County Board of Commissioners quickly responded to this need by dedicating \$189,500 from the county's general fund to renovate a portion of the vacant Cabarrus County Schools administration building for classroom space for RCCC. Students in the heating and air conditioning program began taking classes in this new space last month. Phase II of the construction, which will cost the county \$2.9 million, will begin in September and will include a business and technology center as well as additional classroom space for diploma, certificate and continuing education programs.

Those who remain unemployed will soon exhaust eligibility for unemployment benefits under the Federal Trade Adjustment Act. The benefit exhaustions will be staggered so that all displaced workers will not lose benefits at the same time. Beginning this month, a little more than 100 individuals will lose benefits each month through October. In November, 329 former Pillowtex workers will lose their

unemployment benefits. Then, 192 individuals in December and 379 individuals in January will lose benefits. The remainder will lose benefits a few at a time through March.

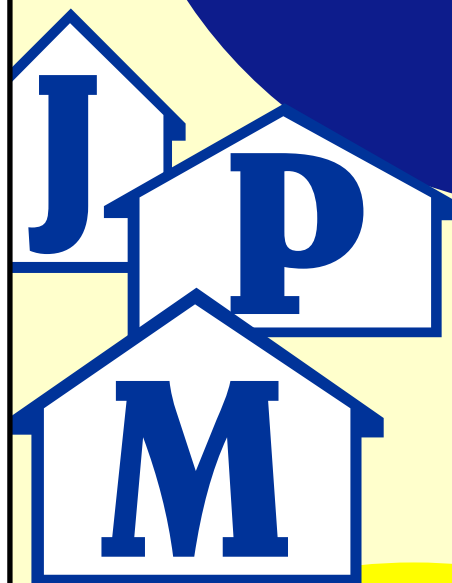
To accelerate the job search process, the local Employment Security Commission (ESC) has brought in 10 additional job counselors from across the state to work one-on-one with the more than 1,000 unemployed workers to help them either find a job, enter a training program or find other options. In addition, ESC and the North Carolina Department of Commerce have designated \$1 million of the state's National Emergency Grant to fund an on-the-job-training effort requested by Cabarrus County. This effort will use federal funds through the Workforce Investment Act to pay half of a \$10-an-hour wage to local employers who agree to hire laid-off workers for on-the-job training for up to six months. The purpose of this job-training effort is to provide incentives to local employers who are considering staff additions in the near future and to help the community by putting displaced workers back on the payroll. The Cabarrus Regional Chamber of Commerce is encouraging local business owners to consider participating in this program.

Much of the initial success in handling such a large community crisis can be attributed to the Community Service Center, which won a best practices award for community collaboration from the North Carolina Association of County Directors of Social Services. The Community Service Center, formed by a taskforce of community agencies and organizations including the Cabarrus County Department of Social Services, the Cabarrus Health Alliance and Cooperative Christian Ministry, was activated just days after the Pillowtex closing to assist the displaced workers and their families. The Community Service Center, initially housed in a local church, brought together community agencies, churches and local governments to assess the needs of these individuals, help them

continued on page 8 ►

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Dressing for Success

DOUG SCROGGINS, *The D&S Experience*

When I was just starting my professional career I was given a piece of advice that would serve me for years to come. The advice was, "Dress for where you are going, not from where you have been." Throughout my career I followed this advice, always dressing for the position above me (or even two or three levels above me). Doing so allowed others to see me for where I was going; to see me as a manager when I was an engineer; to see me as a Vice President when I was a manager; to see me as a CEO when I was a Vice President.

When I first heard this advice I took it as it was intended; to guide me to wear clothing that communicated success. I took it seriously, used it effectively, and benefited appropriately.

I have now learned that dressing for success means a great deal more than just wearing a suit and tie. I have learned that how a person speaks and acts should also reflect where the person is going and not where the person has been. Think about the language you use, both verbal and written. Does your language communicate optimism for where you and others can go, or pessimism for where you and others have been? What about the way you act. Do your actions communicate examples for others to follow or examples for others to ignore?

Dressing for success includes everything you say and do, including what you wear. It includes how you communicate those values

Rich. Rich is a Vice President for a telecommunications company. After teaching him what it means to dress for success, Rich stopped presenting himself for where he had been in his career and began to present himself for where he wants to go in his career. The changes to his attire, verbal & written communications and actions resulted in another change: Rich is being promoted to Senior Vice President; a promotion that Rich has been overlooked for over the past two years.

Rich didn't get a degree, start working longer hours or implement the latest management fad to earn his promotion. He earned it the old fashion way; by communicating respect, integrity, maturity, responsibility, honesty, drive, and compassion in everything he did, everything he said and everything he wore. He did it by dressing for success. What are you dressing for?

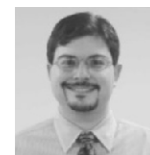
Doug Scroggins is an Executive, Personal and Business Coach and owner of The D&S Experience. The D&S Experience teaches individuals, groups and organizations to fulfill their personal and professional potential. Formerly a Fortune 500 executive and CEO e-doc Group PLC, London, England, Doug now focuses his life on helping the life of others.

For more information please contact Doug at fulfillyourlife@aol.com or on 704 892 4982.■

Your Credit and Prepared Buying What Can You Do?

JAY TARLOWE, *AmeriSouth Mortgage Company*

It seems a lot of people are curious about "credit" and the importance of proper reporting by credit bureaus. Hopefully the following story will illustrate when to look, how to review and even steps needed to question what is being reported on you to make home buying and other big purchases a little easier and more comfortable. Say for



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Jay Tarlowe

instance you are looking to buy a home or refinance your current home soon, and time is of the essence, a mortgage planner who is a licensed loan officer will gladly invite you into their office and pull your credit from all three bureaus and help you understand it. They may find you to be in great shape and let you

know that the world is your oyster. When it's necessary, they might make recommendations that could either take months of hard work, or only simple adjustments you'll need to make in the future. Some mortgage planners will gladly even sit down with you and provide a full credit evaluation and even get you ready to start the home buying process. Planning is part of their role, and proper planning prevents heartache and inevitable disasters

such as the following... Last year, a new real estate agent referred me a client of theirs who needed 100% financing. The real estate agent had taken the clients shopping, looked at over 50 homes and finally decided on a \$440,000 home. I was asked to do the loan after another lender supposedly dropped the ball. These borrowers had never been pre-qualified prior to the real estate agent spending over 60 hours shopping with his clients and racking up over 1,000 miles on the agents new car. When I looked at the credit, it turned out that the borrower's credit scores were under 550, their credit needed a lot of repair, and neither borrower had the income to support a purchase that large. Granted, I did get these borrowers into their first home but the stress, delays, and major disappointments could have been prevented. Before you start shopping for a home, talk to a mortgage planner/licensed loan officer and get pre-qualified before you shop. Generally all you'll need to show are 2 year's most recent W-2s (or taxes if you're self employed), 2 recent pay-stubs to prove income, and 2 months bank statements. Remember what I've said in past issues, if your credit scores are over 750, or even 640 in some cases you'll still be able to get you 100% financing, and you may not even have to show any of these things. Now, with this information we can find out how much home the banks will let you buy and what will work with your budget. At this point, you'll be ready to go shopping and all you'll need is an introduction to the right real estate agent for your individual needs. Mortgage planners will gladly help by introducing you to a seasoned realtor. With an understanding of your credit, and all the other pieces in place due to proper planning, you'll find your success.

continued on page 7 ►

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Fish Tales & Other Stories

Wag; the Fish Dog

GUS GUSTAFSON

The best fishing partner I ever had was a dog named Wag. Wag was a mixed breed, the color of a golden Labrador retriever, but much smaller. His ears were extremely small. Just behind his cheek bones were slits on both sides of his head. His most amazing feature was his webbed hind feet. They were probably the reason he was outlawed and never allowed to participate in any made for TV dog paddling shows. Wag was a kindhearted and honest fish dog. We spent hours together on many lakes in North and South Carolina. He stood sentry on the bow while I maneuvered down the bank with an electric trolling motor on the stern. Wag would point when a fish swirled or if he sensed that a fish might be lying under a fallen log or beneath a dock. When a fish was hooked, Wag's bark sounded like a cheer. The more the fish jumped, the faster his tail would wag, thus his name. When a fish was successfully landed and unhooked, Wag would lightly touch it with his nose, an indication to me that he wanted it returned to the water. In addition to being honest, he was a staunch believer in catch and release. Wag performed his best when fishing was slow. He became bothered if I didn't catch a fish in an hour or so. He would sniff the lid of my tackle box, a sign to me that I was using the wrong lure. I would open the box and Wag would use his right front paw to point to a lure that was sure to catch a fish on the next cast. He did his "fish dog thing" by scratching the slits behind his cheek bones with his back webbed feet. Once this ritual was completed, he would dive under water and search for fish. When he located a school, he returned to the surface, got back in the boat and pointed in the general direction of the fish he had found. More times than not, I would hook a fish on the first cast and the dog's tail would wag profusely. We fished together for a long time, even fished a few tournaments. After winning ten or twelve in a row, other anglers got suspicious. When they realized that Wag

was finding the fish and choosing the proper lures to use, he was banned from the tournament trail. As time passed, Wag couldn't swim as fast or as deep as he used to. He finally retired and spent his last years at a summer camp for homeless boys. Each time the kids came to fish, he was there to patrol the edge of the pond and point to nesting bream in the shallows.

.... be reminded that small fish have large tales.

Gus Gustafson of Lake Norman Ventures, Inc., is an outdoor columnist and a full time professional striper fishing guide on Lake Norman, NC. Visit his web site, *Striper Fishing' With Gus!*, at <http://www.lakenorthernstriperfishing.com/> or call 704 489 0763. For additional information, e-mail him at lknormanventures@aol.com. ■

Cooper Receives International Designation as Fair Executive



Mary Ann Cooper, manager of the Cabarrus County Fair, has been designated as a certified fair executive through the International Association of Fairs and Expositions (IAFE). This certification is awarded to individuals who achieve high standards and develop professional status in the field of fair management. Cooper is the first woman and one of only five professionals in North Carolina to receive this designation.

The certification is based on extensive contributions to the fair sector, participation in IAFE activities, evidence of management skills, community activities, references and

education.

In addition, Cooper recently was elected president of the North Carolina Association of Agricultural Fairs, which is comprised of 47 fair organizations. Cooper, who served the association as vice president in 2002 and 2003, is the second woman to be elected president.

Cooper, who first became involved with the Cabarrus County Fair as a volunteer in 1957, has been integral in providing an award-winning fair for residents in Cabarrus and surrounding counties. In 1979, she was appointed assistant manager to assist Cabarrus County Fair General Manager Clyde Propst Jr. In 1991, Cooper was promoted to a team managerial position with Harold McEachern, where she oversaw fair operations. In 1997, Cooper and McEachern began meeting with the Cabarrus County Commissioners to prepare for the county's oversight of the fair and to begin planning for a new Cabarrus Arena and Events Center. In 2002, McEachern retired, and Cooper was named fair coordinator for Cabarrus County. ■

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Computer Tips from Your Computer Mom - Q & A

Dear Computer MOM: I like to shop on the Internet because I can tell right away if something is in stock and it saves driving from store to store. But I'm never sure if I'm getting a good deal. Is there some way to check? **SM**

Hello SM: There are a couple websites that will do price comparisons for you. Try www.dealtime.com, www.bizrate.com or



COMPUTER TIPS

Cindy Shimko

different sites in their searches, so results can vary.

Dear Computer MOM: Sometimes when I'm on the Internet, a message pops up telling me that my computer is infected with a virus or spy-ware. How do they know? The box usually has a "click here" spot where I can get a free scan of my computer or free software to fix the infection. Sounds too good to be true, is it safe? **GU**

Hi GU: Free doesn't necessarily mean without strings attached. Often these "free" online scans will tell you at the end that they located a large number of problems on your computer but then ask you to pay a license fee for the removal tool. And that's the good case sometimes these free pop up offers are

actually spy-ware in disguise. When you click on the "scan now" and get a message that a small program has to be downloaded to your computer to complete the scan, they may also be downloading spy-ware software. Be very, very cautious when a pop-up ad offers anything for free.

Dear Computer MOM: I am trying to get better organized this year and want to start putting my Christmas card address list on my computer so I don't have to address all those envelopes this year. But what I can't figure out is how to get my computer to print labels after I type in the addresses. **PM**

Hi PM: You're planning ahead! Word processing programs, such as Word® and WordPerfect®, include a tool to help with printing envelopes, labels and even personalized letters. For example, in Word® the tool is called Mail Merge. Every version and each word processing program works a bit differently, so we don't have room for the details in this column, but basically the tool lets you specify what you are trying to print labels, envelopes or letters - and the specific size you are using. It will walk you through setting up your address data, or you can tell it to use an address list in a different file on your computer or use the address information included in Outlook® or another contact management program you might be using. Then you will merge your address data into a file to be printed either on envelopes, a sheet of labels or letter paper.

Dear Computer MOM: Sometimes I put files from the office on a disk to bring home and work on, but when I try to use the file on my home computer I get weird error messages that I don't understand. Or,

someone will e-mail me an attachment and sometimes I just can't open the attachment. What can I do? **CI**

Hi CI: To open any file one on a disk or one emailed to you, you usually need to have the program that created the file on the computer you are using to open it. Some programs will open files created by other similar programs for example, WordPad (which comes free on most computers) can open Word files. WordPerfect will also usually open Word files. Sometimes the formatting doesn't translate well, so the document might not look exactly the way it does in the program that wrote it, but at least it is usable. But if you don't have a program that will open the type of file you are trying to use, you won't be able to open it. One of the most common file types I get asked this about is Excel files - most computers do not come standard with a program that will open spreadsheet files.

So what can you do? First, identify what kind of file you have. The file extension (the last three letters after the period in the file name) identifies the file type. Here are some common ones:

XLS-Excel spreadsheet
PPT-PowerPoint presentation

ZIP, SIT, TAR-compressed files (to make a file size smaller, used often for email attachments). You will need the appropriate "Unzip" file. Note that some viruses have recently been hidden in zip files. If you receive an email with a mysterious zipped file (especially when someone you do not know sends the file and a password to you) do not open it.

JPG, TIF, BMP, GIF-picture (image) files.

AVI, MPG, MOV QT-video files.

PDF-a file type that displays/looks the same no matter what type of computer the viewer is using. You need Adobe Acrobat Reader to open it.

MP3, WAV, AU, AIFF- audio (sound) files.

EXE-an executable program. DO NOT OPEN unless you are sure this is a program you want to install on your computer. If it is a virus, clicking on it to open will start the virus running and infect your computer.

Sometimes there is a free reader/viewer program which allows you to look at (but not make any changes to) the file. Microsoft offers viewers for Power Point and Excel that can be downloaded free from its site. Adobe Acrobat Reader is widely available free on the internet. A good source if you do not have the program to open a file is www.tucows.com. Go to this website, type in the file extension in the search box, and the results will tell you what programs will open it. The programs on this site are generally free or inexpensive. ■

Computer Problems? We can Help!

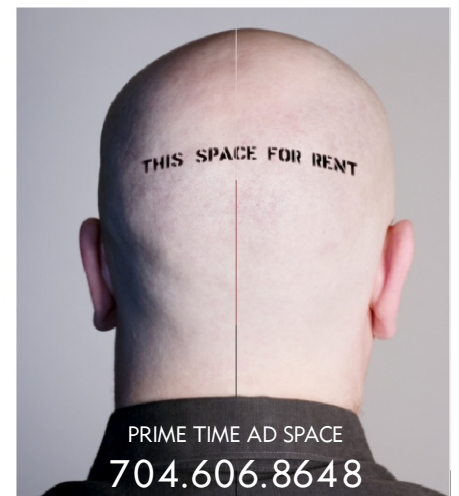
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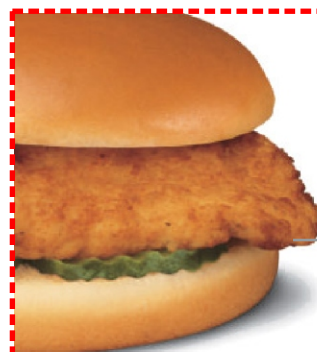
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continued from page 5 ►

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you within 2 weeks, or they'll let you go online to pay for it and even see it instantly. If you follow the other prompts, you may be prompted to choose from options like: Are you a victim of fraud; have you been denied credit, employment, insurance or have you experienced negative changes in your credit limits due to a credit decision within the last 60 days; or 2 or 3 other options. If one of

these reasons pertains to you, continue to follow the prompts to have a report sent to you usually within 2 weeks for FREE.

Jay Tarlowe is a Residential and Commercial Mortgage Planner at AmeriSouth Mortgage Company. Contact info: cell 704-895-6770, office 704-895-6770, ext 6207 or email jay@amersouth.com ■

Veterans Services Seeks Surviving Spouses; Eligible for New Benefit

Possible \$900 to \$1,300 in tax-free income plus health insurance

Widows or widowers whose spouses died while on active duty or from service-related causes and have remarried after age 57 may be eligible to keep their veterans benefits, according to a new federal law.



Cabarrus County's Office of Veterans Services encourages anyone who fits this description to call or stop by to determine qualification. There is a December 15 deadline to apply for

this compensation for those who remarried before the law takes effect.

"This could mean an additional \$900 to t

\$1,300 in tax-free income plus health insurance for qualifying spouses," said Lewis Williams, service officer for Veterans Services. The law also restores entitlement to related home-loan and education benefits.

Before this law, surviving spouses who remarried were not eligible for compensation unless their marriages ended. Now, surviving spouses who marry on or after their 57th birthday can continue to receive benefits.

The new law will become effective December 16. There is no application deadline for those who remarry after that date.

To learn more, call Veterans Services at 704-920-2869. ■

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continued from page 3 ►

Community Assist Laid Off Workers

apply for aid and provide immediate needs in the form of food, health care, prescription medications, clothing and rent and utility assistance.

The Community Service Center was staffed by volunteers and employees at various service agencies and organizations. Funding for the center came from grants totaling \$858,000 from the Cannon Foundation, a \$250,000 appropriation from the Cabarrus County Board of Commissioners and \$161,000 in donations from other groups, including grants allocated through the Foundation of the Carolinas from Duke Energy, Wachovia, Bank of America and Blue Cross/Blue Shield of North Carolina. By May, \$860,000 had been expended to provide emergency assistance to approximately 1,000 families. The remainder has been allocated to the 2005 budget for DSS and Cooperative Christian Ministry to provide continued assistance to the unemployed.

After several months had passed and fewer people were in need of ongoing assistance, the services at the Community Service Center moved to a more permanent home at Cooperative Christian Ministry. To lend support to this effort, Cabarrus County Department of Social Services provides a full-time employee to assist those with emergency needs. The Cabarrus Health Alliance also provides support. This service has helped people with one-time needs get back on their feet and also offers longer-term assistance to those with greater needs.

"We have seen lots of people who have come here for assistance and haven't had to come back," said Betty Jean Prewitt of Cooperative Christian Ministry. "We have seen many people get jobs. There are people who are now in school and are delighted at the opportunity. These individuals would never have been able to go back to school or further their education before because they could not afford it."

Even though the most urgent need has passed, many in the community continue to work together to offer additional assistance, not only to former Pillowtex workers but also to others who have experienced job losses.

Many churches participate in a recently formed Faith Community Recovery Network. Some, like First Presbyterian Church in Kannapolis, have opened long-term food pantries.

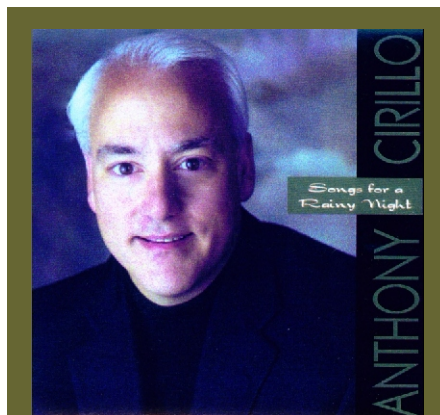
In addition, volunteers came together to reactivate the Cabarrus Literacy Council to help those individuals who do not read well enough to secure jobs. Ed Hosack, the former general manager of manufacturing for Pillowtex, is vice president of the council. Hosack also is an example of how individual citizens have worked to find solutions to this crisis. He established a non-profit organization, Life Builders Ministries, to assist those with more intangible needs. Through the faith-based organization, Hosack offers job search strategies for those in the hourly workforce and hosts a career transition network for unemployed professionals.

Cabarrus County and the greater community will have opportunities to remember, reflect and renew with two events. A Celebration of Hope, sponsored by the Faith Community Recovery Network, will be held July 29 beginning at 5 p.m. with a tailgating picnic at Fieldcrest Cannon Stadium. Refreshments and entertainment will be provided. Following the picnic, participants will get in free to the Kannapolis Intimidators baseball game. The event is open to recent Pillowtex employees and their families. Individuals will be asked to show proof that they worked for Pillowtex within the last 24 months, such a work badge or pay stub. "The idea is to bring people together so they can visit, see people they haven't seen in a while, and hopefully hear some good success stories," Prewitt said.

A community forum will be held August 10 at 8 a.m. at the Cabarrus Family Medicine conference center. The forum is designed for legislators, policy makers and leaders of businesses, churches and service agencies to learn about the challenges and successes of the past year and to discover ways to help bridge the gap. A panel of specialists will be presenting information on the current situation and future steps to assist displaced workers. Areas to be discussed include health care, human development and education, housing and employment. ■

Local Entertainer/Author Helps Others Enjoy Life

BY JERRY BALCERAK



Anthony Cirillo will be signing copies of his book & CD Saturday, August 21 from 11 AM-1 PM at the BOOK CONNECTION call 704-606-8648 for info

wedding bands in my 20's to nursing homes, campgrounds and casinos as I matured. I perform for 30 something's to literally 100 something's with a repertoire of more than 1,000 songs covering 1920 to 2003. And I do that upwards of 300 times a year before 40,000 people.

Mostly I perform without any instruments so that I can put on more of a show and patrol the crowd. Occasionally, for big parties, I bring out the heavy artillery, play guitar and play more of a band/DJ role. Whatever the season or theme, I have a show for it and never perform the same one twice.

I think what sets me apart is my ability to interact with the audience to bring warmth, charm and humor to each show. That is what makes people have me back and you will see that reflected in the videos that we produce.

The Connection What else have you done in the industry and other careers?

Anthony Cirillo - So what else? I have won several Billboard songwriting awards, have been to Nashville to record, appeared on telethons and radio programs and so on.

In my other life, I am a marketing consultant in the healthcare arena. I have worked for Fortune 500 companies and helped launch a Wall Street startup. All of my marketing skills and my creative skills are now being channeled into the older adult market. It is my goal to provide the very best in entertainment and to produce products that are uplifting and can contribute to the emotional and physical healing of our most beloved older adults.

The Connection Tell us about your book. What was the series of events that helped it take life?

Anthony Cirillo -

Who Moved My Dentures started out as story vignettes about people that I met during my entertaining and evolved into a book that debunks common misperceptions about the **long-term care industry**, i.e., continuing care communities, nursing and assisted living facilities, using real people's stories to illustrate the points made.

Along the way, I discuss how the industry is financed and policed, educate people about the differences in long-term care and offer useful tips and advice for people facing long-term care choices. But, at its heart, it is a story about people who are thriving and living life when others have written them off. Professionals in the field, those who care for older adults and the up and coming baby boomer generation who face choices for themselves will find this book both enjoyable and useful.

The Connection Could you give our readers a sample of the book?

Happy people live better lives for the most part and Anthony Cirillo wants to help as many people as he can enjoy a better life.

"The role of the arts in healing is becoming well documented. That is just another reason why I am so passionate about providing quality entertainment to older adults" says Anthony.

The Connection - Tell us the how and why of what got you into writing and singing.

Anthony Cirillo - I have always been a writer. And being a communications professional, you just sort of take it for granted. But I have noticed that people take notice of the things that I write so maybe, just maybe, there is something to all this.

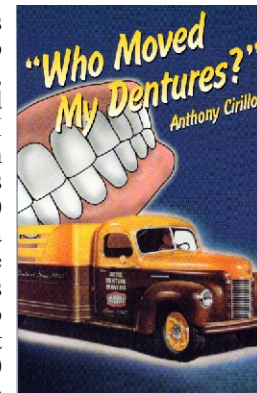
And that is why I started to take this business of writing a bit more seriously. That led to my first book, *Who Moved My Dentures* about the long-term care industry and also a series of columns for a popular healthcare e-magazine called *Health Leaders*. I welcome story ideas. I am particularly interested in stories about exceptional older adults. I am constantly amazed at the talent, wisdom, resiliency, warmth and humor that our older citizens have to offer. These are people that we can learn so much from and who society, by and large ignore.

The Connection But where did it all really begin.

Anthony Cirillo - OK, so it's not about "us." It's about me, me, me, me as a country song goes. Well it all started when I was about 10 and my dad wanted me to take guitar lessons, which I hated, took, and promptly quit. Dad had the idea that we would go out and perform together. Well Dad passed away when I was 11 and that guitar, tucked behind the door, beckoned.

So I taught myself to play guitar and then the bass too. And so I first became the bass player in the band to a singer who played bass to the lead singer who played bass to a singer without an instrument to a full fledged entertainer (and some would say comic.)

And so I played and played and you know what? I never stopped. From rock bands and



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continued on page 8 ►

continued from page 3 ►

Anthony Cirillo Here let's just start with the introduction...

If you picked up this book, you are probably a baby boomer who finds yourself having to learn more about the mysterious world of long-term care for mom, dad, a loved one or even yourself. Stop!

Before you flip to the back of the book for information on the how-to, let's back up a second and find out what you know or think you know already.

What are your preconceived notions about long-term care? In the broadest sense, I define long-term care as anything ranging from continuing care retirement communities to nursing homes and assisted living facilities.

"What do my perceptions have to do with anything?," you might ask. Well, everything. Most people have negative and false perceptions of these places. So going in, you may be approaching an important decision with a bad attitude.

See, most people think of these places as institutions. What you need to know is that they are regarded by those who live in them as home, every bit as much as the house or apartment you live in now.

The book is written to shed light on the reality of life in long-term care. I know. I have spent years inside these homes as an entertainer and singer.

"Your music is such a blessing to our residents. They truly enjoy getting to hear music that originates from the time when they were growing up. Your humor brings joy to all. They smile and laugh at your jokes. They act 10 years younger every time that you come to entertain."

That is an excerpt of just one of many letters I receive from activity directors in long-term care facilities. And to think I picked up the guitar when I was 11 with the thought of being a rock and roll king. Now I feel like a king being able to entertain these wonderful people.

And it is these wonderful people that I want to tell you about. Come inside with me as I illustrate through vignettes, the way life is really lived and loved. Through tender and sometimes hilarious moments I have shared

with these people, I have come to realize that most of the prevalent ideas about long-term care are not realistic.

In these places live thousands of older adults who take joy in the simple things that life has to offer, like singing a song. So here I was in 1995 finding myself drawn to entertain for them.

You will find greatness in this book, meeting people who have led wonderful lives, out of the limelight. These are people who never asked for anything to be handed to them. They took what life brought them, worked hard, and rarely complained about the bad times.

These are the quiet heroes. They may not be heroes in the way our veterans, armed forces, firefighters and police are considered. They may not be the stuff of myth or legend. And their achievements may not be well known. But they nonetheless possess noble qualities and show great courage part of the literal definition of hero in the dictionary.

These are people like eighty-nine year-old Milton Bainbridge who stood by his wife's side every day for six years as she lie in a nursing home battling the effects of a stroke. Then, after her passing, he continued to volunteer in the same nursing home. Would we do the same?

And look at 73 year old Ruth Ann Whitley, frail, suffering from a laundry list of health problems - stroke, heart attack and a nervous breakdown all in succession plus six different types of arthritis. Ruth Ann felt blessed every single day to be alive and to be living in a nursing facility. She truly considered it home. How would we react if it were us?

This collection of stories is my attempt to replace the common perceptions with the reality. This is not a how-to book about locating the best long-term care facility or a step by step approach to health insurance options, although information is available in the book to get you started in your research.

Rather, this is a glimpse inside the real world of long-term care. Along the way, you will find a few humorous anecdotes and inspirational stories about able-bodied older adults who are full swing into enjoying their golden years. After all, with an eighty-two year old mother who dates, in-laws in their seventies and a host of retirement

communities that I perform for, I have no shortage of material! I'll conclude with some comments about how our culture deals with growing older too. We have a long way to go.

But let's get started. Come with me on the first step in a journey that will educate, amuse, enlighten and inspire. It is my hope that after reading this, you will feel more confident about any decisions you might need to make in the future.

The Connection Tell us a little more about your CD.

Anthony Cirillo -

I sent a friend several demo songs and she listened to them with her friends one cold, rainy night in New York City. She wrote back and told me that my music really brought warmth to the evening. That was the inspiration for the CD title, *Songs for a Rainy Night*, which is issued by Outstanding Records of Huntington Beach, CA.

These are songs that you might listen to on a rainy night when there is nothing much else to do. Perhaps it's a time to remember someone or some place or to

take stock and be grateful for everyone and everything that you cherish. This is the first of what I hope to be many more CD's, some made purely for your listening pleasure and others made especially for our beloved older adults in nursing and assisted living facilities who can not get around much and long for the simple pleasures like hearing songs that they grew up with. Stay tuned.

Entertainer/Author Anthony L. Cirillo author *Who Moved My Dentures* will be signing copies of his book and CD *Songs for a Rainy Night* 11:00a -1:00p at The Book Connection, 500 Church St, Concord, NC info 704-606-8648.■

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Rodgers & Hammerstein's Cinderella at Old Courthouse Theater

Non-profit, volunteer community organization

The Old Courthouse Theatre announces the opening of its 29th Season summer musical production of Rodgers and Hammerstein's Cinderella. Based on the beloved 1697 French fairy tale by Charles Perrault, Cinderella was originally produced for television in 1957 starring Julie Andrews. It follows the story of a young noble girl, hidden away and forced to be a cinder maid by her wicked step-mother and step-sisters until, with the help of her fairy godmother, she sneaks off to the royal ball and captures the heart of the Prince. The Rodgers and Hammerstein score is filled with touching and memorable numbers like, Ten Minutes Ago, Do I Love You Because You're Beautiful, and In My Own Little Corner. Our cast is a delightful mixture of familiar faces and new talents. You won't want to miss this

magical experience. Cinderella opens on Thursday July 22nd and runs for three weekends. Performances are Thursday through Saturday nights at 8 pm and Sundays at 2:30. Tickets are \$15 for adults, \$12 for seniors (60 and over) and students with a valid ID, and \$10 for children 12 and under. Call the OCT box office at 704-788-2405 for reservations.

The Old Courthouse Theatre is a non-profit, volunteer community theater organization committed to bringing quality Community Theater to the Cabarrus County area. Now in its 29th year, it is supported by season ticket and individual ticket sales and also, in part, by a grant from the Grassroots Arts Program of the North Carolina Arts Council, a state agency, through the Cabarrus Arts Council. ■

Concord First Assembly to Hold Inaugural Consignment Sale to Benefit Missions Projects Local and Abroad

Concord, NC On Saturday, August 21, 2004, Concord First Assembly will hold its first Children's Consignment Sale. The sale will be located at Concord First Assembly, Suite 60 at The Village and will be held from 8:00 am to 1:00pm.

Those interested in consigning children's fall and winter clothing, toys, baby equipment or maternity clothes please call Tracy Breslin at (704) 793-4740 for more information. Consignors will receive 70% from the sale of their items.

The proceeds from this sale will benefit local missions projects and will be contributed to the Touch the World Fund, which is an organization that has funded mission projects internationally since its inception in 1957. The fund specifically

cares for the needs of women and children.

Concord First Assembly at The Village is located on Highway 29 South across the street from the main campus of First Assembly, which was previously the Wal-mart shopping center.

Town of Huntersville selected as one of America's Top-Rated Smaller Cities

Huntersville was recently recognized as one of *America's Top-Rated Smaller Cities* in Grey House Publishing's annual review. The 2004-2005 edition of the publication listed Huntersville as one of the best small cities in the country for its development from a small town to a growing city over the past decade. Huntersville was the only municipality in North Carolina to be selected this year.

Grey House Publishing ranked small cities (defined as areas with populations between 25,000 and 99,000) based on four criteria: income, crime rate, unemployment rates and population growth. Huntersville was selected among the top 60 U.S. cities for its tremendous population growth and outstanding quality of life.

Among other things, Huntersville was recognized for its historic, community-driven appeal, as well as its progressive business community. The publication also noted the many cultural and social activities available and its proximity to professional NBA and NFL teams.

"This selection is a wonderful testament to what those of us who live here already know: the Town of Huntersville is a great place to live, work and play," said Mayor Kim Phillips. "We are proud of the accomplishments our town citizens, staff and elected officials have contributed and the growth management tools that have been put into place giving Huntersville its small town appeal with top residential and retail opportunities. Thank you to all our residents who volunteer and make the town the special place it is." ■



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Growth Companies in Economic Downturn

SLD Unlimited Releases Initial Results Of Study

SLD Unlimited Marketing/PR conducted a study with 127 entrepreneurial companies to determine key factors to growth in spite of September 11, 2001 and the economic downturn in 2002/2003. The study was completed in late 2003 with results being tabulated and analyzed in the first quarter of 2004.

According to SLD Unlimited founder and Chief Marketeer, Sherre' DeMao, the study uncovered key success factors which set high growth companies (with 50 percent growth or greater) apart from companies with stagnant or negative growth over a three to five year period. "The fact that these companies were being assessed based on their performance during a time period where we had a national crisis and a slowed economy make the results all that more significant in providing lessons to those who did not fair as well," states DeMao.

Some of the more enlightening findings include: "Philanthropy plays a key role within high growth companies. 78 percent of these companies had a dedicated budget for charitable contributions compared to only 28 percent of companies with stagnant or negative growth. In addition, 67 percent of high growth companies adopted a specific charitable or pro bono cause compared to only 33 percent of companies with stagnant or negative growth. "This makes it abundantly clear that giving back to the community pays," states DeMao.

"Embracing the concept of "coopetition" was also key to high growth companies' success. These companies were savvy

enough to realize the advantages of joining forces with competitors to create or redirect opportunities that were more profitable. More than 70 percent of companies that grew in spite of the economy received referrals from competitors. In addition, nearly 50 percent of high growth companies also formed strategic alliances with either direct or indirect competitors. "This tells us that high growth companies weren't looking over their shoulders against competitors, but were going shoulder to shoulder with competitors," says DeMao. "Instead of viewing competitors as an even greater threat in down economic times, high growth companies sought to turn competitive relationships into opportunities."

The research also validated a marketing trend SLD Unlimited had been informally tracking, which was the impetus for the research project in the first place. The study looked at all aspects of marketing in order to determine if there were any common initiatives that businesses employ, regardless of industry or size, that would have a direct impact on growth or success in marketing.

The trend SLD Unlimited had identified informally was proven to be valid as a result of the research. The trend, now known as the CRISP Principle: Power of Five™ indicates that businesses with successful growth of 25 percent or greater incorporate multiple levels of at least four out of five core marketing initiatives into their day-to-day operations. These core initiatives are: Customer Relations, Referral Relations, Internet, Strategic Involvements, and Public Relations.

"Companies with little or no growth were typically only incorporating a couple of these initiatives on a minimal basis into their marketing efforts," state DeMao. "The sad reality is that all five of these factors could easily be driven in-house if a company has the right systems and resources in place."

As a result of the research findings, SLD Unlimited established an entrepreneurial training and publishing division in the first quarter of 2004. Workshops to offer insight and train entrepreneurs or their employees to incorporate the Principles into their operations have been launched including "CRISP Principle: Power of Five™ -- Lessons from Growth Companies in Down Economic Times" and "The PR Factor: Putting Muscle in Your Marketing." Plans include developing workshops around all five of the CRISP Principles, as well as publish quick-tips booklets and other publications including actual case studies. Comprehensive results of the research findings are expected to be available for public purchase by late July. Pricing of the published results is yet to be determined and will be disclosed when the results are ready for public release. Companies interested in receiving the results can be placed on a waiting list by calling 704.483.2941 or emailing to solutions@sldunlimited.com.

SLD Unlimited is currently in Phase II of the research. A second round of submittals of the written survey is underway to add to and compare to the first round for further validation and quantitative data. Phase II also includes interviewing growth companies to

gain specific examples for publication of how they incorporate the CRISP Principle into their business. Companies interested in receiving the survey to complete or to qualify for interviews can contact SLD Unlimited at 704.483.2941 or email to solutions@sldunlimited.com.

SLD Unlimited Marketing/PR is a full-service marketing and public relations firm specializing in providing expertise and support to a diverse base of entrepreneurial companies. Founded on the philosophy that every business owner must be a savvy marketer, the company is unique in its approach to assessing a company's operational, people and financial resources to best leverage and implement a strong, effective marketing program. Services include marketing consulting/coaching, marketing research, planning/strategy, public relations strategy and support, corporate identity, graphic design, copywriting, advertising strategy and design, special events and trade show support, web site development, customer relations programs, and the development of direct mail and other promotional materials.

SLD Unlimited has been recognized with numerous national and local awards for its design and creative including the Telly, Pro-Ad, Pica and Addy awards. In addition, the company has been recognized for entrepreneurial savvy including being named a finalist for Entrepreneur of the Year by the Charlotte Chamber in 1998 and 2000, and 1997 Charlotte Woman Business Owner of the Year. ■



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Sunday 1-Friendship day

Arsenic and Old Lace 2:30-5pm Piedmont Players Theatre, Inc., Meroney Theater 213 South Main St., Salisbury 704.633.5471

www.piedmontplayers.com \$

National Kids Day at Concord Mills Join Concord Mills and WLNK 107.9 The Link in a celebration of America's children through the gift of meaningful time. Spend the day with your kids enjoying fun filled puppet shows, story tellers and more. Join the day's hostesses Sheri Lynch and Ramona Hollaway from The Link at the main stage in the Food Court for an introduction to the day's activities

7th Annual Lake Norman Family Fun Day 2:00-9:00pm @ Queens Landing w/ Fireworks 9pm, info Queen's Landing 704-664-6996

Ice Cream Sundays Bost Grist Mill 4701 Highway 200, Concord. 1-5pm Historic Grist Mill will be open for Ice Cream purchases every Sunday until October 3rd. No Admission charged. Info 704.782.1600

www.bostgristmill.com

Monday 2-Monday Night Movies at the Square Under The Tuscan Sun McGlohon Theatre 345 N. College St., Charlotte 704.372.1000

Tuesday 3-Hardee's Summer Shootout Series Lowe's Motor Speedway 7:30pm Adults \$5, Children (6-12) \$3. Under 6 Free www.lowesmotorspeedway.com

Kids Fun Night @ the Museum - Charlotte Museum of History & Hezekiah Alexander Homesite 6pm Spend the evening exploring the Museum and historic homesite after hours with scavenger hunts, hands-on activities, games, and even a mystery to solve! Reservations required by calling 704.568.1774

National Night Out 6:00 - 8:00 p.m. Smithville Park, Join the Police Department and the Parks and Recreation Department as we give crime a "going away party!" Enjoy face painting, safety demonstrations and much more. www.corneliuspr.org **FREE**.

Outdoor Movie Series - "National Night Out" Dusk, Smithville Park, Cap off the National Night Out event by watching "Agent Cody Banks 2: Destination London" on the big screen. Bring your blanket and lawn chair and join us for the **FREE** movie!

www.corneliuspr.org

Wednesday 4-Arsenic and Old Lace 7:30-10pm Piedmont Players Theatre, Inc., Meroney Theater 213 South Main St., Salisbury 704.633.5471 www.piedmontplayers.com \$

Concord Opry Jam Live Country Music 6:30-9pm Cabarrus Senior Center 331 Corban Ave, SE info 704.920.3484 **FREE**

Outdoor Movie Series- Kenton Place, Dusk, Watch 2003 blockbuster Seabiscuit.

www.corneliuspr.org **FREE**.

AMC Summer Movie Camp Carolina

Pavilion 22 Cody Banks 'G' rated. Doors open at 9:30 am. Film starts at 10:30 or wait until 11:00 for the day's 'PG' movie **ELF** 704.634.1507 **FREE**

Thursday 5-Arsenic and Old Lace 7:30-10pm Piedmont Players Theatre, Inc., Meroney Theater 213 South Main St., Salisbury 704.633.5471 www.piedmontplayers.com \$

Fall Hunting Classic Bass Pro Shops Outdoor World at Concord Mills Special weekend for hunters at this mega-store www.basspro.com ***Runs through the 8th***

Retirement Planning Luncheon Seminar

How Many Paychecks??

11:58am-1:00pm Charles Mack Citizen Center, Mooresville **FREE**

AMC Summer Movie Camp Carolina

Pavilion 22 Cody Banks 'G' rated. Doors open at 9:30 am. Film starts at 10:30 or wait until 11:00 for the day's 'PG' movie **ELF** 704.634.1507 **FREE**

Friday 6-11th Annual Frank Liske Park Powwow Frank Liske Park Traditional Southern Protocol Powwow. On Friday, the park opens at 8am and Intertribal Dancing begins at 7pm. Sat schedule: 10am Craft Contest, 12 noon Princess Contest Registration Deadline, 1pm Gourd Dancing, 3pm Intertribal Dancing, 6pm Camp Feed, 7:30 Grand Entry/Intertribal Dancing. 30 minutes after evening session ends, a Crazy Midnight Auction will take place. Arts and crafts for sale and display, free admission, food and drinks will be available. Bring your own chairs. Cabarrus Powwow Association. 704.786.5705. Traders by invitation only. Traders contact: Gene Hall 336.236.1099

Metro Opry Jam Cultural Center 109 Old Statesville Road Huntersville 7-9pm Featuring country music with Matt Cook & T. J. Too & Special guests **FREE**

Tax Free Weekend at Concord Mills Mall Shop Concord Mills tax-free during the 3rd Annual Tax-Free Holiday. Purchase your back-to-school clothing, supplies and essentials without sales tax all weekend. Look for the special Tax-Free Guide in the baskets throughout the center for a detailed listing of what is exempt from sales tax during the holiday. Pick up a copy of Bargains & Buzz for specials and discounts above the tax savings. Special hours for tax-free weekend: Friday, August 6th 9am to 9:30pm, Saturday, August 7th 8am to 9:30pm and Sunday, August 8th 11am to 7pm

The Deliverer King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm

www.narroway.net \$

Arsenic and Old Lace 7:30-10pm Piedmont Players Theatre, Inc., Meroney Theater 213 South Main St., Salisbury 704.633.5471 www.piedmontplayers.com \$

Wachovia Movies on the Green The Green 425 S. Tryon St., Charlotte featuring Without A Paddle 704.332.2227

Saturday 7-The Deliverer King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm www.narroway.net \$

Dodge Weekly Racing Series/VA Mini Cups Concord MotorSports Park

www.concordmotorsportspark.com

Arsenic and Old Lace 7:30-10pm Piedmont Players Theatre, Inc., Meroney Theater 213 South Main St., Salisbury 704.633.5471 www.piedmontplayers.com \$

2nd Annual River Romp 10 am - 4 pm Ramsey Creek Park, Cornelius

Center City Green Market Uptown Charlotte

on 7th St. across from Reid's Fine Foods Providing the best in fresh fruits/vegetables/specialty foods and items/arts & crafts/plants, and entertainment. 704.332.2227 \$

Good Old Boys Cool Car Cruise Downtown Kannapolis Bring your classic cars or just come and have a great time. The Good Old Boys Car Club and Cannon Village are reviving a tradition of good times and classic cars in downtown Kannapolis. Info at Good Old Boys Car Club at 704.663-5684 or 704.938.7558 www.cannonvillage.com

Hillary Duff Cricket Arena Charlotte 704.522.6500

Bank Of America Invitational Criterium Center City Charlotte Best bicycle racers from around the world compete for a \$125,000 purse 704.386.3043

Sunday 8-Ice Cream Sundays Bost Grist Mill 4701 Highway 200, Concord. 1-5pm Historic Grist Mill will be open for Ice Cream purchases every Sunday until October 3rd. No Admission charged. Info 704.782.1600 www.bostgristmill.com

Monday 9-Monday Night Movies at the Square In America McGlohon Theatre 345 N. College St., Charlotte 704.372.1000

Introduction to Rubber Stamping City Office; 246 Oak Avenue 6:30pm - 8:30pm Have you ever wanted to get started with rubber-stamping? This introductory class will give you an opportunity to explore the variety of ideas and possibilities of rubber-stamping. Cindy Lyon, teacher at AL Brown, will walk you through the first steps and show you how to get started with this hobby. During this class, participants will create a variety of greeting cards and small gifts. All materials are included in the cost of the class. Please pre-register by Wednesday, August 4 by calling 704.920.4343 \$15.00

Tuesday 10-Hardee's Summer Shootout Series Lowe's Motor Speedway 7:30pm Adults \$5, Children (6-12) \$3. Under 6 Free www.lowesmotorspeedway.com

North Meck Photographic Society First Baptist Church of Huntersville 119 N. Old Statesville Rd. (Hwy 115) 7-9:30pm <http://nmpps.homestead.com/index.html>

Crime Stoppers Meeting 8:00am

Mooresville Chamber of Commerce

AMC Summer Movie Camp Carolina

Pavilion 22 Rugrats in Paris 'G' rated. Doors open at 9:30 am. Film starts at 10:30 or wait until 11:00 for the day's 'PG' movie **Ice Age** 704.634.1507 **FREE**

Wednesday 11-Civil War Battle

Reenactment Bost Grist Mill Civil War Reenactment. www.bostgristmill.com

Concord Opry Jam Live Country Music 6:30-9pm Cabarrus Senior Center 331 Corban Ave, SE info 704.920.3484 **FREE**

Business Before Hours @ Trimmers Hair Salon & Day Spa 8:00-9:30

AM 335 W. Plaza Drive, Suite K ,Mooresville

Thursday 12-Business Development Group at Lake Norman After Hours Social, 5:30 pm, The Peninsula Yacht Club, Cornelius. Find out what is going on and with who in a relaxed atmosphere with free appetizers and drink. **FREE**

Country Music Jam Kannapolis Moose Lodge 6:30-9:30pm 990 Beatties Ford Rd Kannapolis **FREE**

Civil War Battle Reenactment Bost Grist Mill Civil War Reenactment.

www.bostgristmill.com

Business After Hours @ Lake Norman

Regional Medical Center

5:00-7:00pm Lake Norman Regional Medical Center

AMC Summer Movie Camp Carolina

Pavilion 22 Rugrats in Paris 'G' rated. Doors open at 9:30 am. Film starts at 10:30 or wait until 11:00 for the day's 'PG' movie **Ice Age** 704.634.1507 **FREE**

Business After Hours Cabarrus Regional Chamber of Commerce 5-6:30pm Richard Petty Driving Experience

Friday 13-Two Thieves and a Savior King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm www.narroway.net \$

SWEET HARMONY TRAVELING REVUE

Emmylou Harris with special guests Patty Griffin, Buddy Miller, Gillian Welch, and David Rawlings Paramount's Carowinds Paladium 800.888.4386

Saturday 14-Two Thieves and a Savior King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm www.narroway.net \$

Justplaygames.com Tour Concord Mills

Concord Mills will host justplaygames.com, a national tour of game tournaments for classic board, collectible card and video games. Shoppers are invited to participate in a variety of events each day. Activities will range from learning and socialization games for children, Stress Buster games for adults and an introduction to the latest video, collectible card and online games for players of all ages. www.justplaygames.com ***runs thru Sunday the 15th***

Big 10 Racing Series Race #6 Concord MotorSports Park

www.concordmotorsportspark.com

Center City Green Market Uptown Charlotte on 7th St. across from Reid's Fine Foods Providing the best in fresh fruits/vegetables/specialty foods and items/arts & crafts/plants, and entertainment. 704.332.2227 \$

Arts Alive in the Village Cannon Village in Kannapolis 1-6pm Local artists will showcase original art along the sidewalks of the village. All types of art will be on display and new artists will be introduced each month. Stroll the sidewalks, enjoying the landscape. Anyone interested in participating in Arts Alive can contact Kirk Argo at 704.933.5176 www.cannonvillage.com

Peanut Butter and Jam Les Myers Park Concord 5-10pm. A first-time kids festival centered around health, safety and fitness focusing on active lifestyles. The entire family is invited to join in the fun. Activities include a bike rodeo, finger printing, amusement games, DJ conducting interactive games, food and much more! The festival will expose families to the services and resources available in the community. The evening will end with a live concert in the amphitheater.

32nd Annual Dilworth Jubilee Latta Park 500 E. Park Ave., Charlotte Jubilee 8K race, children's activities, a train, face painting, pony rides, artists' displays, and more www.idilworth.org

Sunday 15-Concerts on the Green Davidson featuring The Stardusters Swing Band 6-8pm Downtown Davidson's Town Green **FREE**

Ice Cream Sundays Bost Grist Mill 4701 Highway 200, Concord. 1-5pm Historic Grist Mill will be open for Ice Cream purchases every Sunday until October 3rd. No Admission charged. Info 704.782.1600 www.bostgristmill.com

Monday 16-Monday Night Movies at the Square Love Actually Sun McGlohon Theatre

345 N. College St., Charlotte 704.372.1000
Chamber Golf Classic Kannapolis Country Club Call 704.782.2000 ext 27 for info
www.cabarrusmagazine.com
Tuesday 17-Hardee's Summer Shootout Series Lowe's Motor Speedway 7:30pm Adults \$5, Children (6-12) \$3. Under 6 Free
www.lowesmotorspeedway.com
Camelot - North Carolina Blumenthal Performing Arts Center 8pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Norah Jones Owens Auditorium Charlotte 704.522.6500
BBQ & Bob Timberlake Gallery Tour, Lexington Adult Day Trips Parks and Recreation Department in conjunction with the Kannapolis Branch YMCA. Reserve by calling 704.939.9622 ext 212 or 704.920.4343. All trips will depart from the YMCA Senior Center and most trips listed include deluxe motor coach transportation. The day begins with a walking tour of the historical downtown Lexington. Lunch will be at a local BBQ Restaurant and we will spend the afternoon touring the Bob Timberlake Gallery. Departure Time: 9am. Return Time: 5pm Cost: \$29.00 + lunch on your own
Wednesday 18-Concord Opry Jam Live Country Music 6:30-9pm Cabarrus Senior Center 331 Corban Ave, SE info 704.920.3484 **FREE**
Camelot - North Carolina Blumenthal Performing Arts Center 8pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Thursday 19-Union Street Live! Lawn of Historic Courthouse/Downtown Concord John Love and Uncle Thunder performs outdoors at 65 Union St South 6-9pm **FREE**
MSI Chamber In-Town Planning Session 7:30-9:30AM Charles Mack Citizen Center Mooresville
Whimsical Garden Party Design Seminar with Charles Ray Furr Cannon Village Visitors Center 10am-noon. Learn how to host the perfect garden party with popular local designer Charles Ray Furr. Light brunch and door prizes. Pre-registration requested by calling 704.938.3200 www.cannonvillage.com
Camelot - North Carolina Blumenthal Performing Arts Center 8pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Friday 20-NASCAR DAY Pinning Hopes on Children's Dreams. This year's beneficiary of NASCAR Day fund raising will be The Victory Junction Gang Camp, founded by Kyle Petty and his wife, Pattie and supported by several other race teams, drivers and sponsors. This newly dedicated camp near Greensboro, NC, was established to provide fun and lasting memories for children with chronic or seriously debilitating diseases. It represents a rare opportunity for them to enjoy the same experiences and adventures as other children. Now, for the sake of a worthy cause, the work world and racing world will come together in a special celebration of what has been officially designated as "NASCAR Day." During this one-day event each year, beginning with the inaugural date of Friday August 20th, 2004, participating companies' employees and individuals will donate a minimum of \$5 each for the right to proudly wear their favorite NASCAR gear to work. The money that's raised will be used to benefit The Victory Junction Gang Camp, a Proud Charity of NASCAR. Dedicated fans who contribute will

also receive a commemorative "NASCAR Day" lapel pin. For more information call 866.305.4703. Companies, organizations or schools interested in participating in NASCAR Day should call 866.451.9910
The Deliverer King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm
www.narroway.net \$
Camelot - North Carolina Blumenthal Performing Arts Center 8:15pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Saturday 21-Book Signing ,Anthony L. Cirillo author of Who Moved My Dentrues will be signing copies of his book and CD Songs for a Rainy Night 11:00a -1:00p At The Book Connection, 500 Church St, Concord, NC info 704-606-8648
Cabarrus Shrine Club 9th Annual Bike Blast, Car and Truck Show Cabarrus Arena & Events Center 8am-5pm Auction, poker run with proceeds to benefit Shriners Hospitals for Children. Only 2500 tickets available to win a 2004 FLHRCI Harley-Davidson Road King Classic. Drawing at 5pm \$5 at the door, under 12 FREE www.cabarrusshrineclub.org
Center City Green Market Uptown Charlotte on 7th St. across from Reid's Fine Foods Providing the best in fresh fruits/vegetables/specialty foods and items/arts & crafts/plants, and entertainment. 704.332.2227 \$
The Deliverer King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm
www.narroway.net \$

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Photo courtesy of Irresistible Portraits

Family Games Day 12:00 - 6:00 p.m. Use your mental skills to outwit your opponent with games such as Chess, Lord of the Rings and Yu Gi Oh. Cornelius Town Hall
www.corneliuspr.org **FREE**
Camelot - North Carolina Blumenthal Performing Arts Center 2pm & 8:15pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Back-to-School Monster Bash The Dirt Track at Lowe's Motor Speedway Championship Monster Truck Racing, Stunts and More!
www.lowesmotorspeedway.com
Dodge Weekly Racing Series/Montgomery Co. Nite Concord MotorSports Park
www.concordmotorsportspark.com
Sunday 22-Ice Cream Sundays Bost Grist Mill 4701 Highway 200, Concord. 1-5pm Historic Grist Mill will be open for Ice Cream purchases every Sunday until October 3rd. No Admission charged. Info 704.782.1600
www.bostgristmill.com
Camelot - North Carolina Blumenthal Performing Arts Center 2pm & 7:30pm 130 N. Tryon St, Charlotte 704.372.1000
www.blumenthalcenter.org \$
Monday 23-Monday Night Movies at the Square Mona Lisa Smile McGlohon Theatre

345 N. College St., Charlotte 704.372.1000
Jumping Off The Page- A Bird or Two by Bijou Le Tord 2:00 - 3:00 p.m. Cornelius Library, Jump off the page into the wonderful world of books that inspire creativity with the Children's Art Project! Combined with fingerplays, stories & open-ended art activities. Ages 3-5. Registration begins July 20th, call 704-655-9409. **FREE**
Introduction to Scrapbooks City Office; 246 Oak Avenue 6:30pm-8:30pm Cindy Lyon, teacher at AL Brown, will teach the importance of organization and the "how to" of adding pizzazz to your photos. Look at samples pages, and gather ideas for your own scrapbook. Participants will also try their hand at making a scrapbook page of their own. Bring 5-10 photos. All materials are included in the cost of the class. Please pre-register by Wednesday, August 18 by calling 704.920.4343
Tuesday 24-Hardee's Summer Shootout Series Lowe's Motor Speedway 7:30pm Adults \$5, Children (6-12) \$3. Under 6 Free
www.lowesmotorspeedway.com
Scrapbooking Workshop 6:30 - 10:00 p.m. Cornelius Town Hall
 Learn how to create heirloom-quality photo albums quickly & beautifully. Beginners and advanced welcome. To register, call Creative Memories Ronda Freese at 704-987-8725. \$
Universoul Circus Charlotte Coliseum Multi-cultural performers from around the world providing entertainment for the whole family 704.522.6500 ***runs thru the 29th***
Wednesday 25-Concord Opry Jam Live Country Music 6:30-9pm Cabarrus Senior Center 331 Corban Ave, SE info 704.920.3484 **FREE**
NASCAR Driver Elliott Sadler at NASCAR SpeedPark NASCAR SpeedPark at Concord Mills Personal appearance from 6-8pm
www.nascarspeedpark.com
Thursday 26-Country Music Jam Kannapolis Moose Lodge 6:30-9:30pm 990 Beatties Ford Rd Kannapolis **FREE**
Tony Bennet Concert and Fundraiser, Tony Bennet will be performing a concert and fundraiser to help raise money for the local **Make A Wish Foundation** and the Blumenthal Performing Arts Center. This exclusive event is a black-tie affair & tickets are tax deductible. For sponsorship information you may contact Dutch Stamey at (704) 344-0003 or www.blumenthalcenter.org \$
Diet and Exercise Luncheon Seminar - Questions/Answers What works? How and Why? 11:45am-1:00pm Charles Mack Citizen Center, Mooresville
Friday 27-A.D. King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm
www.narroway.net
Liquid Steel Classic and Custom Bike Series Cabarrus Arena & Events Center 12-7pm Three days of celebrity builders, rocking concerts, great entertainment, vendors, custom bike contests and more. Focused on the full spectrum of motorcycle enthusiasm.
www.liquidsteelproductions.com ***Runs through Sunday the 29th***
Metro Opry Jam Cultural Center 109 Old Statesville Road Huntersville 7-9pm Featuring country music with Matt Cook & T. J. Too & Special guests **FREE**
Teen Outreach Program- Volunteer Project 9:30 a.m. - 4:00 p.m. Lake Norman YMCA, Join us as we do a volunteer project once a month. 6th-10th Graders. Project TBA. Registration required through Parks & Recreation at 704-892-6031 ext. 160.

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 Cornelius, NC 28031
 (Exit 28 to Jetton Road)
Call 704.606.8648

SUMMER EVENING CONCERTS AT BILTMORE ESTATE An Evening with Clint Black One North Pack Square Asheville, NC 800.624.1575 www.biltmore.com
Saturday 28-Liquid Steel Bash Featuring Grand Funk Railroad in Concert Cabarrus Arena & Events Center 9pm With special guest SuperGlide Advance \$14, day of show \$18 for concert only or can be purchased in combination with the Liquid Steel Classic and Custom Bike Series at Arena box office or through Ticketmaster.
A.D. King's Arena Ft Mill, SC 8pm Free pre-show starts at 7:30pm www.narroway.net
Outdoor Movie Series - "Back to School" Dusk, Cornelius Town Hall Lawn, Bring your blanket & lawn chair & join us for The Hulk. **FREE**
Wine Tasting and Portrait Show, 6-9pm, Original Art 21 Union Street South, Concord, NC 28025 info 704-784-1549
Center City Green Market Uptown Charlotte on 7th St. across from Reid's Fine Foods Providing the best in fresh fruits/vegetables/specialty foods and items/arts & crafts/plants, and entertainment. 704.332.2227 \$
Sunday 29-Ice Cream Sundays Bost Grist Mill 4701 Highway 200, Concord. 1-5pm Historic Grist Mill will be open for Ice Cream purchases every Sunday until October 3rd. No Admission charged. Info 704.782.1600
www.bostgristmill.com
Monday 30-Monday Night Movies at the Square Something's Gotta Give McGlohon Theatre 345 N. College St., Charlotte 704.372.1000

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Quick Tips to Help You Stick with Fitness & Nutrition Plan

BY LESLIE NEASE

Quick Tips to Help You Stick with Your Fitness & Nutrition Plan

We all have to start somewhere and if you are just starting out with your fitness routine or if you have been at it for awhile and find



**HEALTH
TIPS**

**Leslie
Nease**

yourself slipping back into the "old" way of doing things, this month I'd like to share some quick and easy tips to help you stick with your nutrition & fitness lifestyle:

1. Keep a journal of your diet & exercise a journal doesn't lie unless you do!

2. Don't keep those temptations around the house only keep wholesome foods

around (out of sight, out of mind)

3. Don't keep weighing yourself. Throw out the scale and keep track of how your clothes fit and how you feel instead.

4. Give yourself permission to be imperfect.

5. Enlist the support of someone else who you can call for encouragement.

6. Don't allow yourself to think of your fitness and health as unimportant or a "luxury". Remember that your health and fitness are the insurance you need to make sure you are around for your family and friends for many years to come.

7. Set and achieve fitness and lifestyle goals weekly. Motivate yourself by rewarding yourself with a non-food reward if you meet a goal.

8. For workouts, do activities that motivate you. If you don't enjoy it, you will find it very

difficult to maintain. Do what you love to do and don't think of physical activity as something you can only do at the gym (take a walk, play with the kids at the park, use a fitness video, swim, etc..)

9. Avoid giving too much too soon. The number one reason people drop out of an exercise program is because they do this. When you do too much too soon, you increase your risk of burnout and injury tremendously. Be conservative in your approach, but be vigilant in your dedication remembering to increase the frequency, intensity and time of your workouts slightly over a period of time.

10. Prepare ahead by shopping for and preparing nutritious snacks before the busy week begins so there is no excuse for cheating. Prepare your workouts ahead by putting them on your calendar, just like you would any other important appointment.

Bonus Tip: Last, but certainly not least, pray faithfully that God will give you the grace to be able to accomplish this important goal you've set for yourself. He wants you to be your best, too!

It's difficult, but not impossible, to live a fit lifestyle. Fitness needs to be a priority in your life if you want to be the best you that you can be! Being fit in mind, body and spirit is by far the best gift you can give yourself. Have a great summer!

Leslie Nease is a personal trainer, speaker, author and fitness instructor in Tega Cay, SC. She is also the Co-Host for New Life 91.9's Family Friendly Morning Show. You can find her business, Potential Unlimited, on the web at www.potentialunlimited.us.

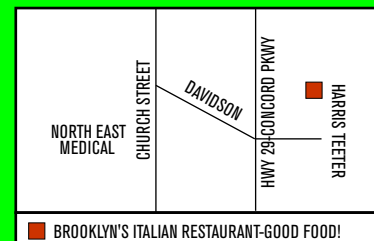
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Lessons from a Rain Forest

BY KELLY BERGMA

Wow, this is awesome!"I said to my family, as I stood on top of Mt. Britton in El Yunque Rain Forest in Puerto Rico. We had spent the last 40 minutes trudging up the mountain to reach this spot. The trail was a winding, narrow path that was all uphill. It was about 90°F and very humid.



Needless to say, even though it was a unique experience to walk through a rain forest, several times along the way I doubted my parents' wisdom in choosing this trail. It was very difficult and I quickly became exhausted. I didn't

think I could make it. When we reached the look-out area and the clouds momentarily dissipated to reveal an amazing view, however, I had to admit to myself, *My parents knew what they were doing.*

Over the past 4 years, I have wondered numerous times, *Does God really know what He's doing?* I had been fighting an uphill battle with a disease that the doctors couldn't even diagnose. I was exhausted, physically, emotionally, and spiritually and ready to give up. Yet, as I look back on those challenging times, I get a glimpse of how far I have come. And, as always, God really did know what He was doing!

When the Jews were taken captive by the Babylonians and forced to live in exile in Babylon, they must have questioned the wisdom of God's plan too. Yet God replied with this promise: "I know the plans I have for you, . . . plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11).

This was true then, and it is still true today. God knows what He is doing. We can trust Him.

The bottom line: God has a plan for me!



WORSHIP DIRECTORY

If you would like to have your church or worship service included in the Worship Directory please email info@cabarruscharlotteconnection.com or call 704-606-8648 for more information.

ALL DOMINATIONS AND CITIES WELCOME!

East Cabarrus Church

Meeting at The Cabarrus Arena & Events Center (Intersection of Hwy. 49 & Old Airport Rd.)
Pastor Craig Scott
704-788-1116
Worship Sunday 10 am
Small group Bible Studies in homes
(call for info.)
www.eastcabarruschurch.com
9:30am Sunday worship
(Member of the PCA)

North Kannapolis United Methodist

1307 N Main St
Kannapolis, NC 28081
704.932.5358
Sunday School 10:00 am
Worship Service 11:00 am
www.NKUMC.com

Providence Presbyterian Church

551-C Pitts School Road
Concord NC 28027
704.788.8899
www.ppcnet.net
9:30am Sunday worship
(Member of the PCA)

The Refuge

Currently meeting at Cannon School (Poplar Tent Road in Concord, Exit 52 off I-85)
Sundays, 10:00 am
Nursery and Children's Ministries available each week.
704.788.2400
www.TheRefugeOnline.net
Lead Pastors - Jay and Melanie Stewart

University City United Methodist Church

3835 West WT Harris Boulevard
Charlotte, NC 28269
704-596-4092
www.ucumc.org
Sun Worship 8:30am (traditional) 9:45 (blended) 11:00 (contemporary)
Sunday School 8:30am, 9:45am, 11:00am

Don't be a Quitter

BY DAVID BEGNER



What some athletes lack in ability, they make up for in heart. What some are missing in strength and skill, they compensate for in sheer determination. And sometimes

it's the kids who have no chance of winning at all who most inspire their teammates, friends, and people who don't even know them.

Sports Illustrated writer Rick Reilly told of just such a young athlete a high school junior named Ben Comen. He suffers from cerebral palsy, yet he's a member of the Hanna High School cross-country team and runs every race. The winner usually runs the 3.1 mile

course in 16 minutes; it takes Ben 51 minutes.

Reilly equated his style of running to "a man whacking through an Amazon thicket." He has to drag his left side along, barely lifting his feet off the ground and tripping often. But he gets back up, sometimes bloody, and keeps shuffling along until he reaches the finish line. When he gets near, half the student body runs out to pace him in. Everyone cheers!

Why does Ben do it? He explains, "I like to show people that you can either stop trying, or you can pick yourself up and keep going."

Some believers seem to run the race of the Christian life with a smooth and easy gait, leading the pack without apparent effort. They are winners, and let's not take anything away from them. But most of us clump and hobble along when it comes to obeying Jesus. We stray off the path, we trip over minor obstacles, we use terrible technique. Easiest for us would be to simply give up, to sit down by the side of the path and let the others race by, to lie there sobbing when we fall.

A kid like Ben illustrates to us that even

though we may not have the power or the gifts or the training that some believers have, our role is to accept ourselves, forget about style points, and keep going our eyes set steadfastly on Jesus. A glorious shout of welcome awaits us when we reach the finish line. Just keep running and leave the results to Jesus.

"My Kid Saved Your Honor Student"
- God

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-Shannon Wright, WhirlWind Designs

Booze It Or Lose It

Results of Checkpoint on 7/2/04

On Friday, July 2, 2004 from 10:00 pm to 2:00 am, Mooresville Police Chief John Crone authorized a "Booze It or Lose It" driving while intoxicated checkpoint on Exit 36 of Interstate Highway 77.

Officers from Mooresville, Statesville, Troutman, Iredell County Sheriff, North Carolina Highway Patrol, North Carolina Highway Patrol Motor Coach Enforcement and Iredell County Probation and Parole were involved in the checkpoint with Mooresville Corporal Rhonda M. Faust heading up the detail.

"Our efforts were very successful," said Corporal Faust, "We stopped several hundred vehicles resulting in processing forty-three charges."

The charges included: Four individuals charged with DWI with one of their vehicles seized, Twelve, Vehicle Inspection violations, Six, Driving while License is revoked, Three, No Operators License, Two, Possession of Drug Paraphernalia, One, Resist and Delay Law Enforcement One, Speeding and various other charges.

"We feel these checkpoints will be a deterrent to individuals driving under the influence of alcohol or drugs," said Chief Crone, "The cooperation of all these agencies represents the high priority law enforcement places on keeping our roads safe."

Future check points will be set up throughout the year at different locations.

MOORESVILLE Phase 2-Parking Restrictions

Near Charles Mack Citizens Center

Beginning Sunday, August 1, 2004, Phase 2 Parking Restrictions will begin in the construction area around the Charles Mack Citizens Center. Parking rules in the affected area are:

Main Street

-Two hour parking from 9 am to 9 pm.

-Two Handicapped Parking spaces available; one on the North side and one on the South side of Main Street

Broad Street & Parking Lots

-Two half hour spaces in front of Deluxe Ice Cream

-Two hour parking on Broad Street from 9:00 am to 9:00 pm

-Parking Lots limited spaces available

Church Street Parking Lot

-Two hour parking 9 am to 9 pm

-Limited parking at the lot behind the Chamber of Commerce

Moore Avenue

-Two hour parking 9:00 am to 9:00 pm all spaces to Academy Street

-Limited spaces in parking lot behind DMV and Pie in the Sky Pizza

McClelland & Center

-Limited parking at lot across from First Baptist Church.

These restrictions will be in place until December 2004. Completion date for the Citizens Center expansion is February 2005.

Thank you for your cooperation during this project. For further information contact Duane T. Rizzo, PIO at 704-663-1346.

Integrity, It is in Our Future



I read of a young man Nate Haasis who won the all time passing record for his area. Later it was discovered that unknown to the then 17 year old

quarter back the coaches had made a deal to let him get the few yards needed. Nate wrote the Conference and asked the yardage not be counted stating "...in respect to my teammates, and past and present football players of the Central State Eight, it is my hope that this pass is omitted from any conference records. ... I would like to preserve the integrity and sportsmanship of a great conference for future athletes." Nate earned his request, surprised many, was ABC's person of the week and it filled his parents with pride in the honesty and integrity their son had shown.

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NASCAR Kids

Carrying on a Family Tradition during Hardee's Summer Shootout at LMS

Summer is the time for family reunions and Lowe's Motor Speedway's Hardee's Summer Shootout resembles a 10-week family reunion for at least 10 members of the NASCAR community.

Each Tuesday night through Aug. 17, famous racing names such as McReynolds, Blaney, Lajoie, Johnson, Nelson and Wallace take to the frontstretch quarter-mile oval at Lowe's Motor Speedway not only with hopes of winning, but also of carrying on a family tradition.

Brandon McReynolds, 13, is the son of FOX and SPEED Channel commentator and former NASCAR NEXTEL Cup crew chief Larry McReynolds. The younger McReynolds is in his fourth season of Hardee's Summer Shootout competition, driving in the Cabarrus Family Medicine Bandolero Young Guns division. And according to his father, Brandon was destined to be a race car driver.

"When he was born it was kind of ironic," said Larry McReynolds, who serves as his son's crew chief. "Brandon arrived in the middle of the week between the NASCAR All-Star race and the Coca-Cola 600 in 1991. I was crew chief for Davey Allison that year and we won both events."

While racing definitely flows through their veins, the McReynolds know the Hardee's Summer Shootout offers quality time away from the rigors of the NASCAR circuit.

"We are pretty competitive," said Brandon McReynolds. "Dad always tries to think of it like a real NASCAR race. We spend a lot of

time hanging out and working on my car together at our shop. We just mainly try to have fun with it."

The younger McReynolds picked up his first Hardee's Summer Shootout victory in round three of the 10-week series. The victory was special for both father and son.

"I worked over 470 NASCAR NEXTEL Cup races as a crew chief and won two Daytona 500s with Davey Allison and Dale Earnhardt," said Larry McReynolds. "But



Tyler and Mark Green, Photos by Harold Hinson



Brandon McReynolds, Photos by Harold Hinson

watching Brandon win that night went right to the top of the chart over all my wins-including those two 500s."

Several new names have joined the group of Hardee's Summer Shootout competitors known as the "NASCAR Kids."

Ryan Blaney, the 10-year-old son of NASCAR NEXTEL Cup driver Dave Blaney, is in his rookie season of Bandolero competition. His red and yellow Bandits division entry carries the same No. 10 that adorned cars driven by his father and his grandfather, Lou Blaney, throughout much of their careers.

"My dad pretty much talked me into racing and I see myself staying with it down the road," said Ryan Blaney. "My favorite part is getting to go fast."

"Ryan's been around racing his whole life," said Dave Blaney, driver for the No. 30 Chevrolet fielded by Richard Childress

Racing. "I don't know how far he will want to go, but I will be here to help him all the way."

Casey Lajoie, 9-year-old son of two-time NASCAR Busch Series champion Randy Lajoie, is also a rookie in the TopChoice for Fire Ants Bandolero Bandits. Casey's older brother, Corey, is also a Hardee's Summer Shootout competitor.

"I started racing because my dad and my brother both race," said Casey Lajoie. "I really like it and I want to stay with it. Sometimes I tear my car up and my dad yells, but most of the time it's really fun."

Another Bandolero Bandits division tyro is 11-year-old William Nelson. The young Nelson is making steady progress under the watchful eye of his father Gary Nelson, a former NASCAR NEXTEL Cup Series crew chief who now serves as NASCAR's managing director of research and development.

The 11th annual Hardee's Summer Shootout features three classes of Bandolero racing, three divisions of Legends Cars, Thunder Roadsters and a novelty event. Nearly 170 race cars will jam the pit area each Tuesday night through Aug. 17.

Admission is just \$5 for adults. Children 6-12 are admitted for \$3 and kids under 6 are free. Tickets are available in advance at the speedway ticket office and at Gates 4 and 5 the night of the event. Parking is free. Contact the speedway ticket office at 1-800-455-FANS for information or to purchase tickets.

Spectator gates open at 5 p.m. with preliminary action at 5:25. Feature racing begins at 7:30 p.m. and is scheduled to conclude by 10:15.

Hardee's Summer Shootout "NASCAR Kids"

Ryan Blaney drives the No. 10 car in the TopChoice for Fire Ants Bandolero Bandits division and is the 10-year-old son of NASCAR NEXTEL Cup driver Dave Blaney.

Tyler Green, 15, mans the cockpit of the No. 20 machine in the Cabarrus Family Medicine Bandolero Young Guns division. Tyler is the son of NASCAR Busch Series driver Mark Green and the nephew of Busch Series champions David and Jeff Green.

Kyle Grissom, 14, pilots the No. 31 machine in the Tom Johnson Camping Center Legends Car Pro division. He is the 1999 Bandolero Nationals champion and the



Ryan and Dave Blaney, Photos by Harold Hinson

2000 Hardee's Summer Shootout Bandolero Bandits champion. Grissom is the son of 1993 NASCAR Busch Series champion Steve Grissom.

Bret Hylton drives the No. 81 in the Cabarrus Family Medicine Bandolero Young Guns division. He is the 15-year-old son of Butch Hylton, a NASCAR Busch Series crew chief for Richard Childress Racing.

Jessie Johnson pilots the No. 48 car in the Cabarrus Family Medicine Bandolero Young Guns division. He is the 15-year-old brother of NASCAR NEXTEL Cup title contender Jimmie Johnson.

Casey Lajoie fills the seat of the No. 17 car in the TopChoice for Fire Ants Bandolero Bandits division. Casey is the 9-year-old son of two-time NASCAR Busch Series champion Randy Lajoie.

Corey Lajoie, 10, drives the No. 71 Cabarrus Family Medicine Bandolero Young Guns entry. He is the son of two-time NASCAR Busch Series champion Randy Lajoie.

Brandon McReynolds, 13, pilots the No. 8 in the Cabarrus Family Medicine Bandolero Young Guns division. He is the son of FOX and SPEED Channel commentator and veteran NASCAR NEXTEL Cup crew chief Larry McReynolds.

William Nelson drives the No. 2 machine in the TopChoice for Fire Ants Bandolero Bandits division. Nelson is the 11-year-old son of Gary Nelson, managing director of research and development for NASCAR and a former NASCAR NEXTEL Cup Series crew chief.

Chrissy Wallace pilots the No. 4 entry in the Raceape.com Legends Car Semi-Pro division. She is the 16-year-old daughter of NASCAR NEXTEL Cup and Busch Series driver Mike Wallace ■



William and Gary Nelson, Photos by Harold Hinson



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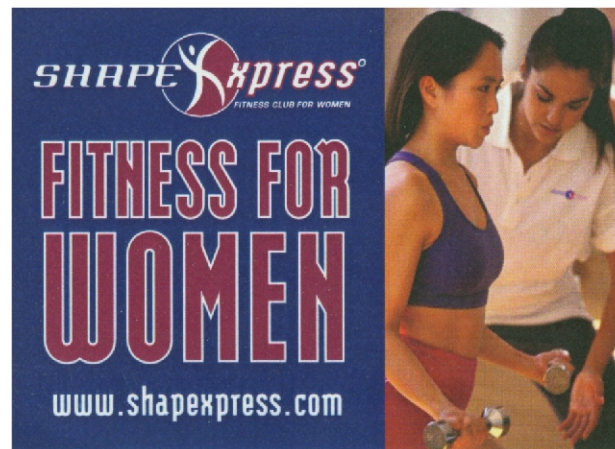
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Helping Your Garden Survive the Heat Wave

BY JULI TREADWAY

Has the heat of the summer taken its toll on your garden? If you live in the Southeast, there has been an abundance of rain this season and the water bills have dropped, but don't let this weather fool you - the hottest months are yet to come.

Watering

Remember to water in the early hours of the morning. During that time the earth can consume the water more slowly. If you water during the hot hours of the day, most of the water evaporates. If you water late at night, you run the risk of root rot and fungus. Water one inch every couple of days. This keeps the ground moist, except in those very dry areas where you need to water daily. It is better to water one inch per day than to water for hours once a week. Set a cup directly under your sprinkler and move it when the cup holds one inch of water.

Do you have fruit in your garden? Some plants that require a lot of water include; watermelons, tomatoes, grapes, and other melons. You want to water these daily, but do

not drown the plants. Tomatoes will rot if water is allowed to stand on the roots.

Rose bushes are a creature all their own. Water these at the base, using a soaker hose if you have one. Getting the leaves wet will turn them yellow.

Mulching

If you have very dry conditions during the summer, add a layer of mulch. Mulch helps to hold the moisture around the plants. Make sure you turn the mulch good, bringing the older mulch to the top. This keeps it from compacting and killing the roots of your plants.

Deadheading and Pruning

Now is the time to deadhead your blooming plants so that they will continue to bloom. You may even want to cut back some of the growth of greenery so that the plant can concentrate its efforts on the blooms and not the growth of the plant.

Geraniums, chrysanthemums, and aster can be pinched back as the blooms begin to lose their color and Iris tubers can be divided

now. Prune wisteria tendrils back to 6 inches, for a fuller bush. Remember, in the law of gardening, that if you keep a blooming plant cut short it will bush better. If you want a taller plant, clean out from the bottom.

Answers to Your Questions

Do you have a subject you would like for me to write about? Do you have tips to offer the other readers? If so, e-mail me at JT@teamtreadway.com. If it's a question you have, I will answer it by e-mail. If you have an interesting subject you would like more information let me know. Next month, we'll talk about hardscaping the wave of the future gardener. Until then, Sunny Days!

Juli Treadway is an Accountant, Author, and Speaker. Her favorite hobby is gardening. She writes both business and gardening articles for publications both local and nationwide.

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Lake Norman Fishing Forecast

BY GUS GUSTAFSON

The month of August and the dog days of summer are synonymous. They both speak to hot weather and lazy fishing. As the month progresses, the heat takes its toll on fish and fisherman alike. Both look for relief, as anglers seek air conditioning and fish swim to cooler, well-oxygenated water to avoid the blistering rays of the summer sun.



PRO ANGLER

Gus Gustafson

Astute angler's fish early in the morning and leave the lake long before the sun has time to reheat the air and water. The majority of stripers caught in August will be deep. They will locate at depths of 25 to 40 feet depending on where the thermo cline forms. The good thing about hot weather fishing is that a lot of fish concentrate in very small areas. Once a school is located, they should be easy for the summer angler to find and catch.

Deep trolling, deep jigging, and suspending live baits, are three of the most productive methods used to catch stripers in August. Trolling allows the angler to cover a larger territory when searching for striper schools. Once fish are found, many anglers switch to live bait or jigging spoons.

Summer fishing can be fast and furious. It is also the time to catch and keep stripers. Released stripers have a high mortality rate when water temperatures reach 85 degrees. It is suggested that once enough stripers are caught to make a meal, or the legal limit is reached, anglers should cease to fish for them and switch to fishing for catfish, bream or perch. They are equally as good to eat and are fun to catch.

Deep river points, underwater islands, and the edges of creek and river channels are likely places to find stripers in August. A popular holding area for them is near the Cowan's Ford Dam where the lake bottom is the deepest. Some holes reach depths of 125 to 130 feet. The cool, deep water is quite productive when water is moving through the dam. The current caused by water flowing

through the hydro facility, as well as the water recirculating through the nuclear plant, adds much needed oxygen.

Another popular place to fish in August is the general area near the confluence of Mountain Creek and the Old Catawba River Channel. Try fishing within an imaginary triangle between markers 11, 13 and M1. Since this is a relatively large area, trolling is recommended until fish are found. A final summer hot spot is the deep water adjacent to the skimmer wall, north and west of the Highway 150 Bridge. When Duke Power is pulling water through the steam plant, stripers can become very active, even during the heat of the day. Down lining live bait proves to be very effective along this wall.

See ya out there!

Gus Gustafson of Lake Norman Ventures, Inc., is an outdoor columnist and a full time professional striper fishing guide on Lake Norman, NC. Visit his web site, 'Striper Fishing' With Gus!, at www.lakenormanstriperfishing.com or call 704-489-0763. For additional information, e-mail him at lknormanventures@aol.com



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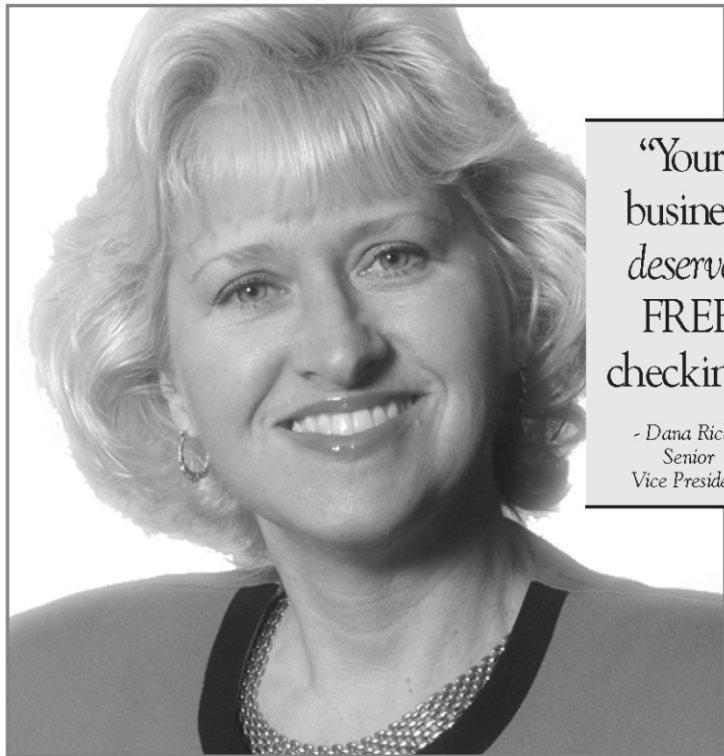


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