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The cover image pictures Trish Bailey seated, and Lisa Ballentine, of Gold's Gym Executive Club in Gastonia. See related story page 10. The cover was shot in the Gaston Alive! studio, cover graphic design by David James.

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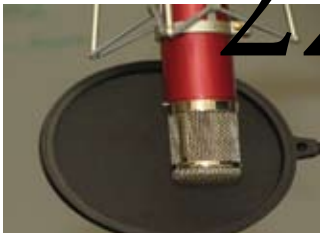
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# Gastonia's New **Gold's Gym Executive Club**

*By David Hamrick*

Meet Lisa Ballentine, General Manager of the spectacular new Gold's Gym Executive Club in Gastonia...

## **GA!: Lisa, what can you tell the people of Gaston County about Gold's Gym?**

**Lisa:** Gold's Gym has been the most recognized fitness brand in the world since its inception in 1965. Whether it's someone who is new to fitness, or a person who hasn't worked out for awhile, members looking to join Gold's have high expectations. We are known for our state of the art facilities/equipment, as well as for the highest level of member service which our clubs provide. Our gyms are built to help people realize their goals and find their inner strength. We combine the most diverse amenities in the industry with the best personal training to deliver the ultimate fitness experience.

## **GA!: What do you think is the biggest misconception about Gold's Gym?**

**Lisa:** Forty years ago, the faces of Harley Davidson were that of "biker gangs". Today, "Harleys" are sought after by doctors, attorneys and housewives. Although some still remember Gold's as a "gym for bodybuilders", we too have drastically evolved. For over a decade our membership base has been made up of 55% women, although we continue to see huge increases in the senior demographic due to our strategic partnership with AARP. Being the official Sponsor of the American Diabetes Association has also helped to diversify our membership base.

## **GA!: What exactly is an "Executive Club" and how will it differ from other gyms in our area?**

**Lisa:** We have the perfect facility for the member who is looking

Lisa Ballentine,  
General Manager



Trish Bailey,  
Sales & Service Manager





for that little something extra, at a very reasonable rate. We pack our facilities full with the best strength equipment the industry has to offer, and include personal flat screen TV's and iPod docking systems on each piece of cardio. At this "Executive Club" our members can expect executive level service with a highly trained staff ready to meet their expectations, and dedicated to keeping the facility immaculately clean. People join our clubs because they are seeking more amenities and want to avoid the massive overcrowding that you typically see at the "discount gyms".

## GA! The gym is spectacular-what kind of amenities will you have?

**Lisa:** Our goal is to create an energetic yet comfortable atmosphere, with amenities such as onsite childcare, a healthy juice bar/ pro-shop and a high pressure tanning studio. Renowned for our superior personal training programs, Gold's Gym Gastonia will also offer a dynamic Les Mills group exercise program to includes classes like Body Flow, Body Vive, Body Combat, Sh-bam, RPM, Body Step, Body Attack, and Boot Camp. In addition to the variety of classes offered, you'll find an energetic, supportive environment full of all kinds of people who are committed to achieving their goals.

## GA! Why should someone join Gold's?

**Lisa:** As our staff and members can tell you, when you put on a Gold's Gym t-shirt, it means something special. It's not street cred... it's strength cred. You become part of a tradition of commitment and excellence that spans more than 30 countries, 40 states and has helped millions accomplish their dreams.

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**Emily Clark** is a home stylist based in Belmont, serving clients locally, and nationally through the web. Check out her blog at:

**[www.emilyaclark.com](http://www.emilyaclark.com)**

p: 704.491.7592

## *The Home Stylist*

*By Emily Clark*

### Create A Kid's Room That Grows As They Do!

When I started designing my oldest daughter's room, she was only three- but strongly opinionated! As far as she was concerned, nothing but pink would do. However, I fully intended to make this redesign last well into adolescence. While she would've been perfectly happy with "My Little Pony" wallpaper from floor to ceiling, I had a slightly more sophisticated vision for the space.

So, how do you create a kid's room that grows along with them? Here are my best tips:

#### **Include "grown-up" pieces in your design.**

Your child's room doesn't have to be 100% kid-oriented. Throw a pretty chandelier or an antique dresser into the mix. Use a pair of lamps or an abstract painting that you may have only considered for your family room. Keep things interesting by using an unexpected element in the room. Although I gave my daughter plenty of pink on the wall behind her bed, I also added in a more traditional, green damask fabric and monogrammed pillows.



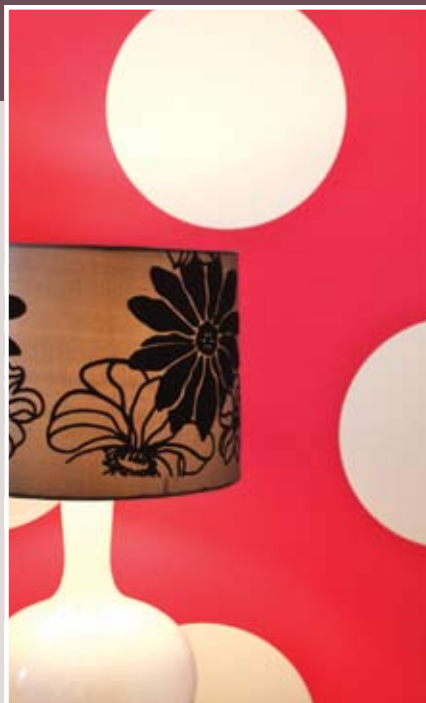
## Avoid designing around an age-specific theme.

Themes are great and fun to design around, but you may be getting requests for a “new room” sooner rather than later. An easy solution is to choose a more general “theme” built around a favorite fabric, color or even an article of clothing. Design a wall around a favorite floral dress, for example. In my daughter’s room, I took the polka dot pattern on a small bolster pillow and made it larger than life on an accent wall.

## Use easy-to-change elements.

Since kids’ tastes will inevitably change over the years, use accessories that are easy to change out. Instead of investing in pricey wallpaper, I used large, circular wall decals to create a polka dot pattern. Wall decals are easily removable and can also be used as murals, to add detail to furniture and even on the ceiling to create a custom look.

Use fabric-covered bulletin boards to easily rotate an ever-changing display of favorite artwork, photographs, awards, etc. Add ledge shelving to display school projects, collectibles and trophies.



## Make it personal.

A room that’s designed around your child’s personality will never go out of style. Have fun with the design process by getting them involved in creating artwork for the space. Frame photos of their friends, happy memories and most-loved toys to create a fun wall gallery. Make word art using a nursery rhyme or lyrics from a favorite song. Most importantly, incorporate elements that make the space feel special for your child.





# COOKING



## Cast Iron Seared Sea Bass

It's pretty hot out there but don't put your cast iron away yet. I created a nice light dish that is quick to prepare and was a complete hit. I love cast iron for the ability to retain heat, be transferrable to the oven and general durability if its properly cared for. If you don't have any cast iron I recommend getting some. Most of the cast iron on the market is pre seasoned (longer topic) but suffice it to say that's what helps it be 'non stick.'

*(4) 4oz Sea Bass Filets without skin*

*2 Tbs Butter*

*2 Tbs Olive Oil*

*½ cup White Wine*

*2 Tbs Lemon Juice*

*½ cup of chopped herbs (Parsley, Chives and Dill)*

Start by rinsing and drying the fish. Heat the cast iron pan and melt the oil and butter till it stops bubbling (medium heat) Season the Fish with your favorite seasoning, Old Bay, etc. and place in hot cast iron. Cook for about 1-2 minutes then flip cooking for another 1-2 minutes. Don't overcook your fish it should be flaky but not dry. Pull the fish from the cast iron and add the wine, lemon juice and herbs. Simmer till reduced by half. Serve with your favorite summer sides. In the photo I prepared some red skinned potatoes and Caprese salads but you could just as easily do haricot verts (green beans) and salad.

If you don't like Sea Bass you could substitute Halibut. You could even cook all this outside on the grill so you don't heat up the house.

Bon Appetite!

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# *In The* GARDEN *With Cindy*

June is one of my favorite months in the garden when the gardener can safely plant many plants and will have a successful outcome. Unfortunately, the beginning gardener can make a big mistake in thinking plants can be planted and forgotten. Almost all new plantings require water during the time of "establishment" when tender greenery becomes accustomed to the hot sun and roots expand to take in more water.



I continue my interest in container gardeners by planting multiple herbs in large, shallow pot on my sunny deck. I've placed lemon grass in the center and surrounded it with tri-color sage in pink, white, and green, thyme—both in lemon and caraway scented thyme, and green and purple basil.

In the shade beside the deck, I've arranged pots of lemon balm, peppermint, and the delectable chocolate mint. I know how aggressive these plants can get so I'm trying to "corral" these in containers.

On my sunny deck, I've planted "Sweet 1000" tomato plants and can't wait to have these in salads or on slices of toasted French bread with basil pesto. To supplement my love affair with tomatoes in the summer, I plan to frequent local farmers'

markets to get my fill of "Cherokee Purple" for sandwiches and yellow and orange tomatoes for grilling with balsamic vinegar and parmesan cheese.

Another part of my gardens I'm excited about is the shaded woodland garden. This year I visited Meadow Brook Nursery near Denver, North Carolina and brought home some unusual plants such as pink turtlehead, painted trilliums, amethyst shooting star, Joe-pye weed, and wild columbine. I'm extremely careful with the watering of these plants due to the expense and rareness of the plants in cultivation. Please do not dig these native plants in the wild—not only will you pay fines if you are discovered but you are robbing others of the opportunity to view these.

June is a delightful time in the garden whether you spend your energy and money on abundant gardens or enjoy a couple of well-chosen plants in containers. If you are not a gardener, remember a gardening friend with a plant of vibrant color or foliage. And as always, don't forget to visit a local farmers' market for great taste and variety.

## BY CINDY HOVIS

If you have any gardening questions,  
call the North Carolina Cooperative Extension Services  
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Cindy Hovis  
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I'd even venture to  
guess most (if not all)  
musicians would love to have their music recorded  
at some point too. However, having the desire to  
record your music and having the money to do it are  
two different things.





A lot of times the only way to get a gig is to have some type of recording. It's one component of the press kit. And if your goal is to make a living playing music, you're going to need a website, high resolution photos, a bio, and of course, a recording demo that showcases your style and sound. After all, your recorded music is your business card.



**by Ben Dungan**  
*bdungan@charter.net*

Just thinking about the upfront costs can make a musician feel uneasy. And generally what happens is the sound recording gets pushed down the priority list due to the sheer price tag of studio time.

A reputable recording studio will generally run a band somewhere in the neighborhood of \$175 per hour. With those rates, you can see why musicians decide to put it off.

And even once a band decides to commit their time, energy and money into a sound recording, they obviously want to put their best foot forward. And like most things, the bigger the investment, the bigger the pressure the performer has to get everything to sound just right.



That's where Bob Maier comes in. He is the coordinator of the Broadcast Production Technology program at Gaston College. His job is to help students develop the professional skills needed in a variety of mediums including radio, television, audio, video, and related applications. And one of those 'related applications' just so happens to allow students to get hands-on experience working in a recording studio.

Gaston College put together a multi-track recording studio back in the fall of 2010. The mission was to have students who are enrolled in the program's audio production classes learn and operate the professional-quality recording studio. But the circle is not complete without willing musicians who want to have their music recorded.

Working together, Gaston College brings together both musicians and students and allows them to work together towards a common goal. At the end of the day, the students get the experience of working with musicians in a professional recording environment, and in return, the musicians are able to have their music recorded for free.

It's all about opportunity. That's what Gaston College is in the business of – offering opportunities for life. In fact, that's their slogan. And if playing music is a strong part of your life, you may want to take advantage of this opportunity.



**Want more details on Gaston College's Broadcasting Program Recording Studio?**  
**Contact Bob Maier at 704-922-6291 or email him at [Maier.Robert@gaston.edu](mailto:Maier.Robert@gaston.edu).**



Tom McClellan, Repair Service Technician

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704-587-2400
- 5 **Riverwood Medical Associates**  
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- 6 **Gastonia Children's Clinic**  
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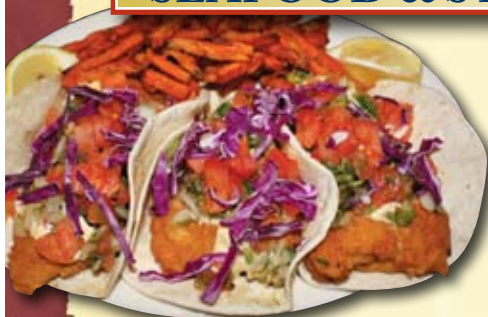
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