

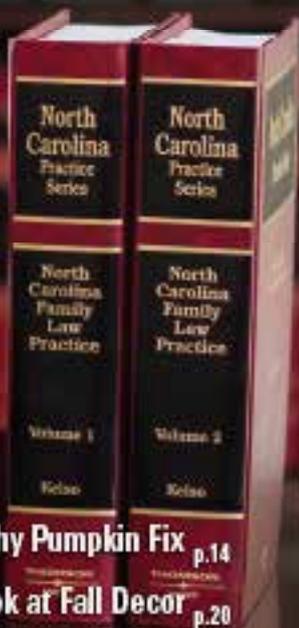
# Gaston *Alive!*

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## Stricker Law Firm

p.10



Your Healthy Pumpkin Fix p.14  
A Fresh Look at Fall Decor p.20



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BEAUTIFUL home with over 2 acres, great privacy, easy access to I-85. Fenced in yard with mature landscaping & a circular drive. GR & patio great for entertaining. Hws in kitchen & foyer. Tiled floor laundry room. Master bath has dual his & her showers & toilets with a jacuzzi tub. Security system. Immaculate! \$194,000 MLS#2216310 Call Don for more details.



BEAUTIFUL brick home with 3 bds/2.5 baths on the golf course at gated Cramer Mountain. This is a private back yard on a corner lot with a circular drive. Views of the 7th green and fairway are enjoyed from a covered back porch. This is a lovely home and very well maintained. MLS#3010631



BEAUTIFUL well maintained home in Cramer Mountain. Master suite with sitting area. 4 bedrooms. Two car garage. \$334,900. Call Don for more details.



INVESTORS. Great rental property. 3bds/1.5ba, gas heat, fenced yard, large living room, single carport. \$44,500 MLS#2213947. Call Thelma for more details.



NICE vinyl sided ranch. Split bedroom plan. 3 bedrooms and 2 bath. Front porch. Deck on back. \$105,000 MLS#3007842. Call Thelma for more details.



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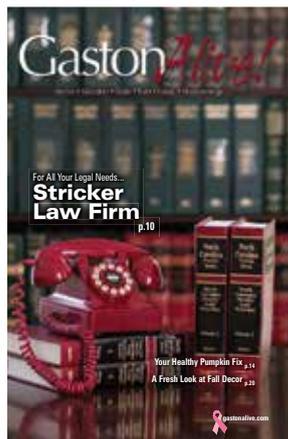


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This month's cover was shot on site with Stricker Law Firm, PLLC. See related article on page 10. Cover photo by Dodie Huffman of Image Gallery. For more information visit [www.igstudio.biz](http://www.igstudio.biz). Production assistance by Pam L. Goode and cover graphic design by David James.

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# 10



10  
WHAT A DIFFERENCE  
A DAY MAKES

## our staff

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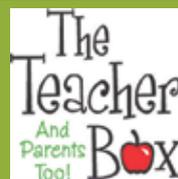
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**When less becomes more...**

Over the years of owning and running a business, I had the mistaken idea that great leaders were great at everything. I contribute these ideas to a time early on in my own life when I was a "professional stay-at-home mom." I grew accustomed to doing everything and taking care of everything simply because I thought there was no one else capable of doing my job. However, what I failed to realize was that just because it wasn't done by me didn't mean it wasn't done right. I've grown to realize that

it doesn't matter if we are taking care of our personal lives or our business profession; leadership is not necessarily getting things done right by our standards, but through other people. When we don't allow others' strengths to help us with our weaknesses we are robbing them of opportunities and creating more unnecessary work for ourselves.

**Do you ever feel like you just need to accomplish more but actually need to do less?**

**Do you feel so overwhelmed with more and more, yet the to-do list seems to get longer?**

Over the last year, I have found that my quality of work decreases when I try to take on more than I can handle. **In this case, less is actually better.**

**So when is less more?** Less of a work load creates more time, and time is precious. Less stress can provide us with happier, healthier, longer lives. At the end of the day, less time doing things that are not productive can create more of a financial reward for us like time and money – what we all dream about! I do believe we learn through experiences, whether they are bad or good, and my life is full of them. I don't always get it right, but through family, good friends, great business associates, and the ability to recognize my own weaknesses, I am empowered to learn and live a more meaningful life with less.

We fail to realize that sometimes more is not always better; particularly when it's more of what we really don't need...with the exception of some things, like **gratitude** for example, of which we could all use more.

Until next time...Live life with more laughs, love and smiles. **Rid yourself of the things that rob you of your most rewarding qualities.**

*Pam L. Goode*



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## Protecting Your Business And Family Since 1999

# Stricker Law Firm

*By Larry Simonds, Jr.*

Thanks to Gaston Alive! magazine for the opportunity and the wonderful job you do in advertising businesses for Gaston County. In our last GA! article back in January of 2014, Marguerite Stricker, our law firm's managing partner, mentioned that our firm had "a strong sense of helping others in a family crisis." I would now like to take this opportunity to further illustrate this concept.

Almost one month ago, our website was visited by an attorney in Maine. We will call him Jack. His brother was dying in Hospice at the age of 53 in Graham County, North Carolina. The dying man's 11-year-old son - we will call him JC - was living with his paternal grandmother in NC. The crux of the issue was that JC's mom was coming to pick the boy up and take him back to live with her in Philadelphia, PA. JC had spent his entire life in NC and did not want to live in Philadelphia. Also, the mother had a history of a lifestyle less than suitable in which to raise a child.

Jack googled the words "guardianship attorney, Cherokee, NC." Andrew Brandt, another partner in our firm, who was previously described by Marguerite Stricker in the January issue of GA! as a pragmatic, matter-of-fact planner, designed our website. Normally, the website is the first thing people see, and Andrew had our website at the top of the list in Cherokee County for guardianships.

We were the second attorney's office that popped up. The first did not answer their phones, but ours answered on the second ring. Jack later commented, "Your firm has a good website and when I called, a professional staff answered, and you called me back within five minutes. I tell you so that you know these things count."

I remember the return call, hearing all of the facts that Jack gave, and then his question: "What can we do?" I remember scanning the files of my mind and working with Jack. I laid out six different ideas I had and told him I needed 12 hours to contemplate all of these options and find the best one suitable for JC.

I first spoke with Andrew about the facts, walking through my plans of attack. Andrew is great to consult with on a fact pattern. He thinks of the questions to ask that force you to fill in the gaps of a story and the possible pitfalls in the logic. I went about clearing my schedule for the next 24 hours in order to help JC.

Marguerite and I discussed the court docket in Graham County and my six options for JC. There was a judicial conference in District 30A, and all District Court Judges were busy, save two.



We agreed on the best of my six options. Marguerite is tremendous at focusing on the best option, and I have always consulted with her on considering which path to take. She has a mighty compass for deciphering between right and wrong.

After getting the ex-parte petition and order for guardianship drafted, I left at 4:00 AM to traverse the state. Since the only two available Judges were in Waynesville, NC, I drove from Gaston County up to Graham County and got the paperwork filed with the court, then traveled back down to Waynesville to argue my petition and have the Judge sign the order. I delivered a copy of the signed order to the sheriff's department in Graham County, left one with the client, and filed the signed order with the clerk's office in Graham County.

JC's father died at 9:00 that evening, and when JC's mother came to abscond with JC back to Philadelphia, JC's grandmother called the police. Within minutes a sheriff was there and prevented JC from leaving his home in North Carolina.

One of the things Stricker Law Firm, PLLC does well is helping others in a family crisis. However, we also offer many other legal services. The situation with JC could have been much easier if there were a will or trust in place dictating who was to become JC's caregiver. A separation agreement or divorce granting custody of JC to one of the parties would have also been beneficial. Our firm does all of those documents and they are far less expensive than an emergency ex-parte order in 24 hours.



Please call and schedule an appointment to plan ahead for all of life's challenging circumstances. However, if you fail to plan and life gives you a challenge, please call and we will help you find the solution to best fit your goals.

Larry Simonds, Jr. is the litigation coordinator for Stricker Law Firm, PLLC. The facts listed above are true and accurate, and were given only after the clients gave their informed written consent. However, names and locations were changed in order to preserve the clients' anonymity.

**\*\*Stricker Law Firm, PLLC is celebrating our one year in Belmont anniversary Thursday, October 23rd from 4-10 PM. Food, music and fun. RSVP by October 12.**

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**OCTOBER**  
 NATIONAL DOMESTIC VIOLENCE  
 AWARENESS MONTH

## Publisher's PICK



Pam L. Goode  
 Publisher,  
 Gaston Alive! Magazine

Do you know of a great place around town that's a best kept secret? Are you a local resident who wants to nominate a unique story of the greater good of Gaston County? We want to help spread the word. Favorite band, art show, or just someone doing something good.

We at **Gaston Alive!** want to showcase our pick each issue. Submit your story, favorite place or event to [info@gastonalive.com](mailto:info@gastonalive.com). Help us spread the "Goode News" by being our PUBLISHER'S PICK!

Goode News



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## Pumpkin Spice Granola Bars

### Ingredients:

- 4 cups old-fashioned oats
- 1/2 cup brown sugar
- 1/2 cup sweetened coconut flakes
- 1/2 cup raw pumpkin seeds
- 1.5 tablespoon pumpkin pie spice
- 1/2 tsp sea salt
- 1/2 cup puréed pumpkin
- 1/2 cup honey
- 2 tsp pure vanilla extract
- 1 tbsp canola or vegetable oil

### Chocolate Drizzle (optional)

- 1 cup white chocolate chips
- 1/4 cup heavy cream

### Directions:

Preheat the oven to 325 degrees. Line a 9-by-13-inch sheet pan with parchment paper. Set aside. In a large mixing bowl, stir together the dry ingredients and mix until all the ingredients are mixed. In a separate bowl,



whisk together the wet ingredients. Combine both the dry and wet ingredients until the entire mixture is moist and well-incorporated.

Pour the mixture onto the sheet pan. Using the back of a spoon, press the mixture into an even layer from edge to edge. Bake for 35-40 mins, until

the granola is golden brown and just firm to the touch. Remove the pan from the oven and lift the parchment paper to remove the granola. Let rest until completely cooled. Using a serrated knife, carefully slice the granola into bars.

If adding the chocolate drizzle, melt together the chocolate chips and cream in the microwave. Drizzle the granola bars with the chocolate. Let cool.

*\*Can be stored for up to a week in an airtight container.*

# Publisher's PICK

OCTOBER NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

By Pam Goode

October is Domestic Violence Awareness month and Gaston Alive! is honored to feature an individual in our community's hard work and dedication to such a worthy cause. Since it was started, the Gaston County Women's shelter has housed more than 8,000 women and their children. Shelter coordinator Cathy Cloninger was instrumental in getting donors to contribute more than \$600,000 to pay for the building expansion. If you know Cathy, you know her commitment and passion for helping these women and children in need.

April marked 32 years for The Shelter of Gaston County. An expansion completed more than two years ago meant enough space to accommodate ten additional women and children. Women seeking help can call a 24-hour crisis line and speak with staff members to determine what can be offered. Some show up with nothing but the clothes on their backs and from there, Cathy and her staff work to accommodate needs — everything from food to pajamas.

The shelter is an emergency relief facility for women and families who are in imminent danger. During their stay, case managers help the women find safe places to live and jobs if they're unemployed. "When they come, many don't want to leave," Cloninger said. "We want them to survive, live independently, and experience abuse-free living." When women leave to either return to their homes or move elsewhere, she can see the impact the shelter has made in their lives.

Cathy, thank you for your work in Gaston County and for the countless hours of time and energy you put into this much-needed place in our community. *Please* join us in saying keep up the *Goode* work and *thank* you for allowing us to showcase you as October's Publisher's Pick! Any way you can support or contribute to The Shelter of Gaston County is greatly appreciated.

**Are you in an abusive relationship? Do you need help? Call The Shelter of Gaston County, a battered women's residence and resource center, at the 24-hour crisis line at 704-852-6000.**



Know someone doing the greater "Goode" of Gaston County? Send us an email at [info@gastonlive.com](mailto:info@gastonlive.com). We may feature your story in the next publishers pick!

Goode News

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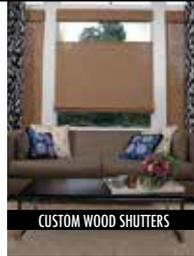
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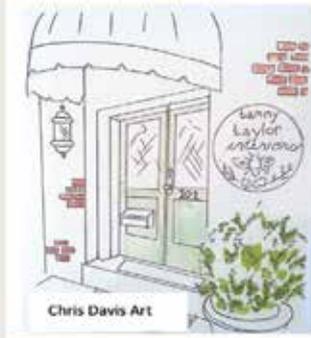
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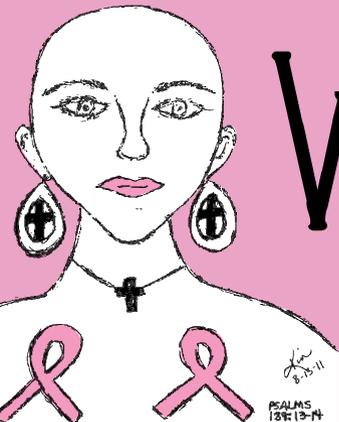


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# The Woman in Pink

www.thewomaninpink.com  
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By Sonja Forrester

When Tara Mull Hamilton authored a moving poem to pay tribute to her Aunt, Kim Beverly, no one in their family could have predicted the impact The Woman in Pink would make in the lives of people in our region. The Woman in Pink is synonymous with breast cancer victims and survivors who have suffered the loss of their hair after undergoing chemotherapy treatments.

The sketch of The Woman in Pink, created by Kim Beverly, a two time breast cancer survivor and now champion for empowering women faced with the same battle, depicts the image of a bald woman with incredible courage and reminds us it isn't about hair. It's about s"HAIR"ing hope, embracing what is a challenging episode in the lives of cancer victims, and finding the beauty within ... without hair. Kim, her sister, Paige Golding, and sister-in-law, Deborah Mull are taking The Woman in Pink a step further this year as they celebrate with an Open House event for The Woman in Pink Wig Boutique on October 3rd from 11am – 3pm in the It's a Girl Thing Salon located at 315 E. Second Avenue in Gastonia, NC.



Recognizing the emotional toll hair loss had on her self-confidence, and witnessing the same gut-wrenching outcome for other victims of cancer, Kim and crew are now ambassadors of hope, healing, restoration and newfound strength. Kim attributes this strength to her profound faith in God. Armed with inspirational scripture, she is using her experiences to help other women in Gaston, Lincoln and Cleveland counties who have lost their hair while undergoing chemotherapy by supplying them with a wig. Each wig comes with a customized fitting, a wig stand, wig hair care products and a wig brush or comb, as well as customized wig styling and a shave or haircut ... all FREE of charge! A service like this costs the non-profit roughly \$100.00 per client. In an effort to fund their cause, they have developed a "Hero Wall," which will serve as a tribute to individuals who have battled cancer. Sponsorships cost \$100.00 and showcase a 3x7 high quality, silver reflective nameplate in memoriam or in honor of a loved one. Prior to opening, the wall already has eight individuals being honored.

Consultations for a wig take approximately an hour and a half, so Kim stresses the importance of calling ahead to schedule an appointment. The number is 704.914.8983. "This is an emotional experience and we are here to nurture each woman by praying and showing her she is beautiful without the hair, but helping her feel beautiful again by providing her with a wig. We want her to look in the mirror and see herself as God sees her, 'fearfully and wonderfully made...'

(Psalm 139:14)." After losing her hair twice, Kim is a bit of an expert on the subject. She is certainly an expert at finding the silver lining and inspiring others to do the same.

# The Woman in Pink

The Woman in Pink Wig Boutique is a 501(c)(3) non-profit organization. Every donation is 100% tax deductible. Those interested in making a contribution should visit their website [www.thewomaninpink.com](http://www.thewomaninpink.com) and select the Donations Tab, or make checks payable to The Woman in Pink and mail to PO Box 550536 Gastonia, NC 28055-0536.

This edition of our **Did you know** is a little different from the rest. We created this article to help inform our readers of something interesting going on in our community, but we have a twist for this month. We wanted to take this opportunity to let you know some things about us!

**Gaston Alive! Magazine** is locally owned and operated by ARA Marketing Solutions, LLC. We have grown our staff with the addition of talented designers who will bring more creativity to our ever-growing magazine.



# did you know?

By Pam Goode

We plan to grow by leaps and bounds with some combined efforts, including a new focus and commitment from me as the Owner/Publisher of this fabulous little magazine.

More important than me is my dedicated Project Manager/ Executive Assistant and brains behind the magazine, Karla Lancaster, who keeps things running smoothly.



Karla

Last but not least is our new Regional Sales Director, Miss Congeniality and Ambassador of Happiness, Sonja Forrester. We are so fortunate to be able to bring Sonja on board with us, and her passion for Gaston Alive! Magazine is infectious. Sonja knows how to assist small businesses in their marketing exposure and is ready and willing to work with you on maximizing your budget in the most effective direct mail magazine available to local businesses.



Sonja

## Gaston Alive!

What can we do for you? **Did you know** that Gaston Alive! Magazine direct mails over 19,000 magazines based on demographics best fit to reach our

advertisers' target clients? We place our advertisers in front of select households in the Gaston County area and we also include exclusive, desired areas in Lake Wylie.

We are continuing to make changes to better serve current and future clients with more personal service, value and community. We need our readers to continue to support our advertisers and also tell a local business how much you enjoy our magazine. *A referral is our best compliment.*

And as always ... **Did you know** we enjoy your feedback? Contact us at [info@gastonalive.com](mailto:info@gastonalive.com) for any questions, comments or new ideas.

Do you have something new in the community you want everyone to know? Send your article to [info@gastonalive.com](mailto:info@gastonalive.com), and you may be chosen to be featured in an issue of Gaston Alive!

Ask Tammy...

# SOLVING YOUR DECORATING DILEMMAS

By Tammy Taylor



## Happy Fall Y'all!

(I just couldn't resist offering a fall southern salutation.)

Yes, it is upon us. Ah... That time of year when we get a break from hot temperatures and high humidity. The leaves begin changing, the tailgating begins and the pumpkins arrive. Yellow, orange and red are popping up everywhere! It also means that it is time to spruce

up your home for the change of seasons.

### Where do you start?

I tend to start on the outside. I love decorating my front porch for a new season, especially fall. I move out the ferns and geraniums from the spring and summer and move in the mums and pumpkins.



### Are you ready to get started?

Where can you go to get what you need to make sure your porch is ready for the new season? Well, we are lucky to have two great area businesses that can provide you with all the fall pretties you could want. Ford's Seeds and Plants

in Gastonia and Lineberger's Farm in Dallas are two great places to start. Ford's Seed and Plants (231 E Main Avenue in Gastonia) is a wonderful place to gather items on your fall decorating list. Ford's has beautiful mums, great garden flags and a staff that can instruct you on what to plant, as well as when and how to plant it.



Lineberger's Farm, just off Stanley-Dallas Highway in Dallas, has the best pumpkins around - the ordinary and also those not-so-ordinary ones. You will find pumpkins and gourds in many various shapes and colors. In addition, you can buy delicious muscadines,

as well as apple and strawberry ciders.

Now you have your pumpkins, you have your flag, you have your mums and cabbage plants... What can you do with those to make your neighbors stare as they pass?

Let's begin with something simple. Have some old, faded urns? Paint them black, apply a vinyl letter and stack your pumpkins. Placing greenery, like magnolia leaves between the pumpkins adds a great detail.



Run to the local craft store, grab some wooden letters, paint them fun, fall colors and hang with ribbon and you'll have a whimsical, happy front door!

Finally, place your mums on a lower step or in front of your urns and you are done. How easy is that?

Okay, you want to be Martha Stewart and go a little more elaborate? Well...

This porch has that wow factor, no question. Complete with grapevine pumpkins, crows, lanterns filled with acorns and leaves scattered just so, your neighbors would probably be envious. I must admit, I really love this porch, simply because of the attention to detail. I doubt my porch will look this stunning, but if yours does, kudos to you!



Lastly, it's time for your fall soiree, and you want your table to look just right. These are both great choices!

Have fun and enjoy!



*In addition to her Interior Design work, Tammy Taylor operates a retail location in Cramerton and also provides Interior Design Services through Next Generation Interiors, also in Cramerton. You can contact Tammy Taylor Interiors by calling 704.908.3740 or via email at tammytaylor1@gmail.com*



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