

GASTON ALIVE

MAGAZINE

HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

From Earth To Art

Meet Potter Barry Lockman

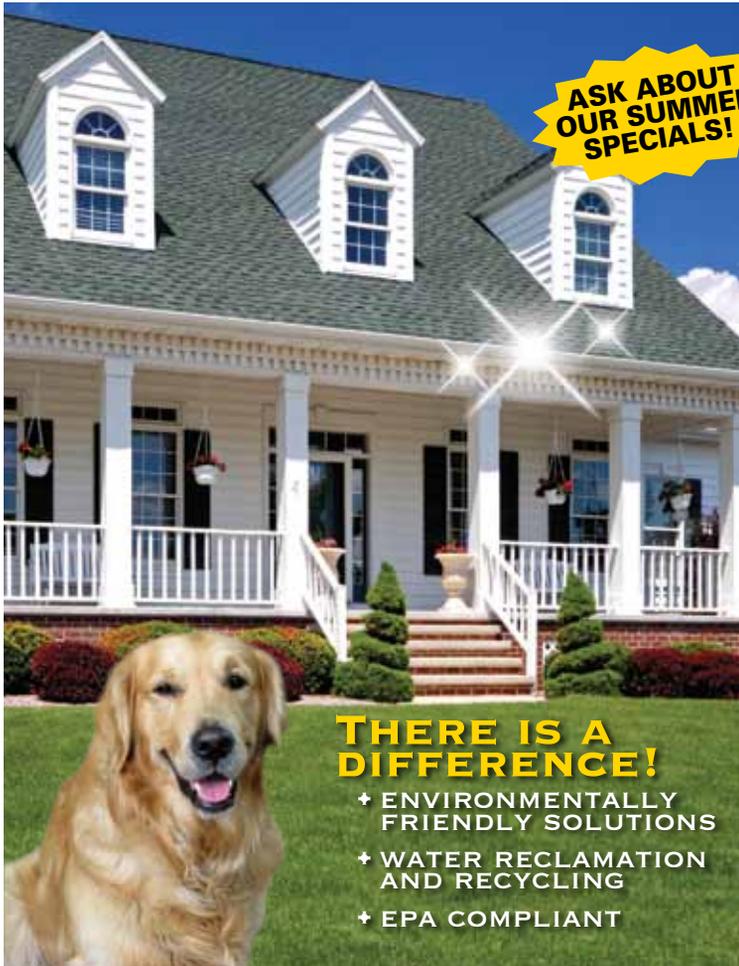
p6

Shining Hope Farms

p10

Peach Trifle and More

p12



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FROM THE PUBLISHER

There is an old saying in sales that says “If you believe, you are believed.” In other words, if you believe in the product or concept you are selling, then other folks are more likely to believe as well. Gaston County’s new GO (or Go Outside) campaign emphasizes the positive opportunities for work, play, business and outdoor fun that make Gaston County a great place to live and work. But for us to sell that to visitors and investors, we have to first believe it ourselves. We have a great heritage to build on, and with this new campaign we can highlight our very best features.

The Gaston Outside website says this, “Our mission is to inspire the people of Gaston to share with the world Gaston’s incredible stories and all that it has to offer as a terrific place to live, work and play.”

I am happy to see this new campaign and feel that it is definitely a step in the right direction for Gaston County. Check out the new website at gastonoutside.com, it’s pretty cool!

As always, please continue to support the local businesses that add so much flavor and vitality to our community.

All the best,
David



featured this month

06
10
12

FROM EARTH TO ART,
MEET BARRY LOCKMAN

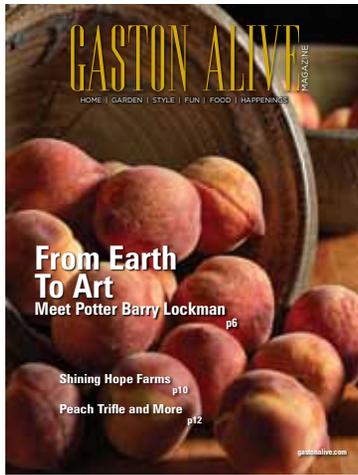
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MAKING A DIFFERENCE

PEACH TRIFLE AND MORE



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on the cover



Pictured on this month's cover are bowls made by local potter Barry Lockman. For more info see article page 6. Peaches courtesy of Patsy Lineberger of Maple Springs Farm on the Dallas-Stanly Highway, 704-922-8688. Photo by Rick Haithcox, graphic design by David James.

our staff

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COMMUNITY CALENDAR

THURSDAY JUNE 23

United Way Food Truck Thursdays-Every Thursday in United Way parking lot in Downtown Gastonia, 11:00 a.m. – 2:00 p.m. with Pita Wheel.



FRIDAY JUNE 24

Downtown Gastonia Summer Concert Series-6:00 p.m. – 10:00 p.m. in downtown Gastonia. June 24th: Gary Lowder & Smokin' Hot, July 8th: The Extraordinaires Series, July 22nd: Blackwater R&B, August 5th: Fantastic Shakers, August 19th: Ken Knox & Company.



SATURDAY JUNE 25

Cars and Coffee-8:00 am – 11:00 am at Distinct Beat Car Audio in downtown Gastonia. This is a free event, held the last Saturday of each month and is open to all car enthusiasts.



THURSDAY JUNE 30

Fireworks Celebration-5:00 p.m. in downtown Mount Holly. Bring your blankets and lawn chairs and enjoy a fun-filled night. There will be something for everyone! "Coming up Brass" on the Mount Holly Stage. Food trucks, and children's activities throughout the night and more.



MONDAY JULY 4

Gastonia July 4th Festival-11 a.m.-10 p.m. in downtown Gastonia! For more information please visit www.gastonia-july4th.com. Started in 2011, the Gastonia July 4th Festival has become a family favorite for this great summer holiday and is already one of the largest July holiday festivals in the region.



MONDAY JULY 4

Fireworks-In Dallas NC, at dark (approx 9:15 p. m.) at Cloning Park in Dallas.





BARRY LOCKMAN, POTTER

FROM THE EARTH TO ART...

By David Hamrick

GA: How did you get started in pottery?

Barry: In 1970, I began carving wood gotten from my cousins sawmill. From walnut and oak butt pieces I carved bowls using chisels. After awhile, I decided learning to draw could help me better design bowls, so I took art classes at Gaston College. One day I walked thru the clay shop. Clay spinning on the wheel mesmerized me. Thereafter, Frank Creech and Dexter Benedict taught me in art, sculpture and pottery classes.

GA: Your pieces are handmade from start to finish- is it true that you dig and prepare your own clay?

Barry: My clay heroes were Michael Cardew, Bernard Leach (both English potters) and Shoji Hamada a Japanese potter. In his book, "Pioneer Pottery", Cardew based in part on his years spent teaching pottery in remote areas of the Gold Coast and Nigeria in Africa, describes a basic approach to pot making. Involved was the process of digging, processing local clay and other materials for making and glazing pottery. Enamored by his "pioneer" spirit I committed to using local materials as much as possible. I dig my clay on a hillside in east Lincoln county where I played with my 5 brothers as a child. Red clay and granite from my well provide ingredients for slips and glazes. Also use kaolin, silica and feldspar from a Kings Mountain mine.



GA: So you have several years worth of clay bricks waiting in storage?

Barry: Clay mixing occurs once a year. I run the dried clay thru a hammermill which beats the clods to a powder-like consistency. The clay along with a small amount of kaolin and feldspar are put into a modified cement mixer with water. The resulting slurry is then poured thru a 30 mesh screen onto the dewatering trays. After drying naturally for 4 to 6 weeks the clay is pugged, then stored in airtight refrigerator carcasses. Am currently making pots with clay processed in 2012. The more clay ages the better. (According to some potters, organic matter seems to enhance the plasticity). Clay is a precious gift having taken millions of years to be transformed from rock to fine clay.



GA: Tell us about the process of creating a piece?

Barry: Pot making is an exciting process which also is physically demanding. What exactly motivates me? Don't really know. The clay itself entices me. The most exciting time occurs when the clay is still glistening with moisture just after throwing. Some of the greatest pots were made thousands of years past. My best pots will be made later today, tomorrow or next year.

GA: Tell us about your kiln...

Barry: My 74 cubic foot sprung arch salt fired kiln was built in 2006. Ben Davison designed and helped build it. #2 diesel oil gets kiln to cone

5 when wood and salt are added. Common table salt reacts with the silica in the clay and slips to produce a glaze. All surfaces touched by the salt vapors are glazed. Salt firing dates back to the 1200's in Germany. A potter may have used salt saturated barrel staves or salt impregnated drift wood. The beauty of salt for me the entire pot outside will be affected by the salt vapors. Colors, mostly earth tones, come from oxides and naturally occurring elements in the clay or slips.



GA: How has your work evolved over time?

Barry: My pots in the beginning were almost always functional – that is for daily use in the kitchen. Gradually I began carving clay. Today I can appreciate a coffee mug or a sculpture. Potters world wide offer a kaleidoscope of exciting forms and colors. I am always amazed at the incredible variety of approaches to clay.

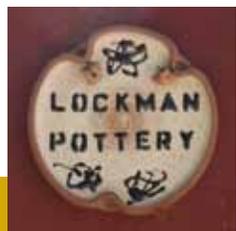
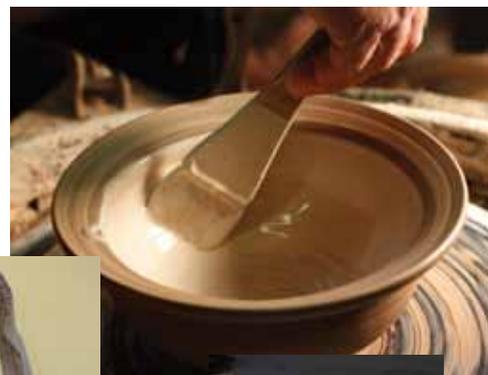
GA: Do you do custom pieces?

Barry: Occasionally, I do commissions within my ability to complete.

GA: Where can folks see your work?

Barry: Catawba River Artisans is having a show June 18th at the office of Dr. David Demperio, Belmont Chiropractic Center at 5803 Wilkinson Blvd. in Belmont. My pottery can also be purchased at the following galleries, museums and shops:

- Arts on Main, Gastonia, NC
- Catawba River Artisans, Belmont, NC
- Gaston County Museum of Art and History, Dallas, NC.
- Hickory Museum of Art, Hickory, NC
- Kings Mountain Art Center (Southern Arts Society), Kings Mountain, NC
- Kings Mountain Historical Museum, Kings Mountain, NC
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Apprentices will receive job-specific training and tuition-free education while earning a salary employed by local companies. The company apprenticeship programs may take two to three years to complete.

There will be a priority to recruit and train women. Gaston College is working to continually ensure a classroom and laboratory environment that helps women to better prepare for advanced manufacturing careers.

Successful apprentices will qualify for nationally recognized certifications as journeymen in a skilled trade and an academic credential from Gaston College (a certificate, diploma, or Associate Degree).

Apprentices will also achieve a National Career Readiness Certificate, (bronze, silver, gold, or platinum) a nationally recognized portable work skills credential to add to their portfolio and resume.

Gaston College is the program sponsor for this apprenticeship program, which is registered with the North Carolina Department of Commerce's NCWorks Apprenticeship Office.

What are the advantages of an apprenticeship program?

- The employer pays for the tuition, books, and fees for your college classes.
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Need More Information: Contact Diane Metcalf metcalfe.diane@gaston.edu or call 704.922.6448.



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Kids + Horses

A RECIPE FOR HEALING

By David Hamrick

We're talking today with Jessamyn Farrell, Assistant Director of Shining Hope Farms in Mt. Holly.

GA: Jessamyn—tell us what is Shining Hope Farms?

Jessamyn: Shining Hope Farms consists of two therapeutic horseback riding facilities that serve individuals with disabilities. We're part recreational farm, part rehab clinic, and part refuge for families who are taxed from the challenges of being a family with a child with special needs. Our goal is to work tirelessly to change the quality of life of our community members with disabilities and their families. Our original and primary location is in Mount Holly and we added a satellite location in Charlotte in 2010.

GA: What population do you serve?

Jessamyn: We serve individuals with disabilities, with a focus on pediatrics. The disabilities are primarily physical and intellectual, such as cerebral palsy, Down syndrome, and autism spectrum disorders. We also have a heart for the impoverished members of our community and one of our goals is to ensure that our programs are affordable and accessible to the poor and needy in our communities. In fact, 37% of the participants that we serve at our Gaston County farm are below 200% of the poverty line. This is in a county where 50% of the children aged 5-17 with a disability are living in poverty according to the annual American Community Survey. Most people wouldn't know this, but North Carolina has been ranked as the 5th costliest state to have a child with special needs. So these are families that can use all the help that they can get, and with everything we do, we keep that in mind.

GA: What about the programs...

Jessamyn: We offer motivational, affordable, and outcome driven, rehabilitative and recreational services through our two main programs—our Therapeutic Riding Program, and our specialty, which is our Hippotherapy Program. Our Therapeutic Riding Program gives participants the opportunity to learn goal-oriented horseback riding lessons and horsemanship skills from a certified riding instructor. We also have a Special Olympics program that is a sort of subprogram of the Therapeutic Riding Program, and is also open to outside riders. Our annual Regional Special Olympics Equestrian Show is coming up on June 25.

Our Hippotherapy Program on the other hand is an insurance billable medical service that consists of physical (PT), occupational (OT), or speech therapy (SLP), conducted by board certified, licensed therapists, that are specially trained to use a horse as the main treatment strategy. It's something that is incredibly high demand because of its outcomes, and unfortunately isn't all that widely available or accessible around the country. We're the only facility specializing in Hippotherapy in the metro area, which is evidenced by the daily calls we receive from families wanting to enroll their child (or sometimes children) into the program, and the fact that we have some



families that travel hours round trip to attend their weekly session. Unlike other programs around the country that offer this service we do not charge an "equine fee," for the use of the horse in therapy. We just bill your insurance, just like if you were going to a regular outpatient clinic, meaning it's essentially free for our patients with Medicaid (the majority of our patients).

Aside from the affordability of the program, the outcomes are just astounding. The horse is a treatment tool like none other. While we have and use a clinic in conjunction with the horse, you often need to go from one machine or activity to another to target different outcomes. The horse is capable of helping a child work on so many things simultaneously.



GA: Tell us about your staff...do you need volunteers?

Jessamyn: The amount of people that are needed for our programs to function is incredible. On average, three people are directly required to put on just one session for one child. Considering we serve over 160 a week that means a lot of people are involved (which is why we currently have a paid staff of part-timers including nine therapists, an executive director who is a full-time volunteer, and a roster of other dedicated volunteers). Depending on the program, two of the three people involved any given session are either a certified riding instructor and/or a licensed therapist, but we do our very best to make sure that last person is a volunteer. That volunteer serves in the role of "side-walker," someone who walks alongside the horse and child and is a sort of safety net. Outside of these three direct service people, we of course need people in the barn helping with the horses and the overall barn operation. We also need help with maintenance, office tasks, and special events. The need for volunteers is never ending! Luckily, the interest and support from the community in this area has been amazing.



GA: How did Shining Hope Farms get started?

Jessamyn: Our founder and Executive Director Milinda Kirkpatrick's life experience seemed to unknowingly prepare her for this endeavor long before it was a reality. Growing up she owned a horse, which she used for delivering newspapers in Charlotte. She also had a Dad and later on a nephew with disabilities. When her children were small they became interested in horses and they ended up volunteering at Charlotte nonprofit that was considering offering therapeutic horseback riding. Despite the fact that she was previously unfamiliar with therapeutic riding, she felt her life experiences leading up to this point had prepared her to help this type of program get started. After becoming a certified riding instructor through the Professional Association of Therapeutic Riding, Intl., she was able to get a small pilot program off the ground and was astounded with the results she was seeing. Unfortunately, not too

long after the pilot program took off, the founders of the nonprofit where the program resided, abruptly announced that they would be moving and the nonprofit would be shutting its doors. Not wanting to abandon the families in the program, Milinda and her family put their Charlotte home on the market and started looking for an equestrian site where they could found a new nonprofit to serve the families. They eventually bought a dilapidated foreclosure in Mt. Holly that had a barn and stables, albeit ones in desperate need of repair. Shining Hope Farms, as it came to be known, was officially incorporated in 2002 and over the next few years the Kirkpatrick family worked tirelessly to renovate the property. They were encouraged by the fact that the Gaston County community welcomed them with opened arms, evident through physical and monetary help that they received including grants from the Community Foundation of Gaston County and the Glenn Foundation.



GA: What are some ways folks can plug in, either to volunteer or make donations?

Jessamyn: Whether someone loves kids, animals, or just being outside, we've got a place for them as a volunteer. We also love getting people plugged in with special skill sets that they might not think could be useful, but they are! For instance, we love using volunteer photographers and videographers. I got an email this week from a contractor who wanted to volunteer with his daughter and offered to help with maintenance. That guy doesn't know the extent of the celebrity status that will be bestowed upon him once he starts volunteering at the farm. And of course, we love, and need donors. Our donations range from planned giving, to monetary donations to mundane but really useful things like cleaning supplies, tack, farm equipment and more. You might be surprised to find out we actually don't own a tractor. We have two farms and no tractor! We work so hard to make as much of every penny we have go towards our programs, which is why even these "mundane" donations are so incredibly valuable. We're also always looking for new board members.



For More Info:

www.shininghopefarms.org

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Summertime Peach Desserts

PEACH TRIFLE

Peaches, peaches! If you live in the Carolinas in the summertime, you are in peach heaven! Whether you buy them at the grocers, a roadside peach stand, or are lucky enough to pick from your own trees, peaches are a summertime treasure. Here is an easy, quick, cool (no bake) recipe for a spectacular, visually stunning dessert, and an old fashioned peach crisp that will have your friends and family asking for more.

Angel Food Cake

INGREDIENTS:

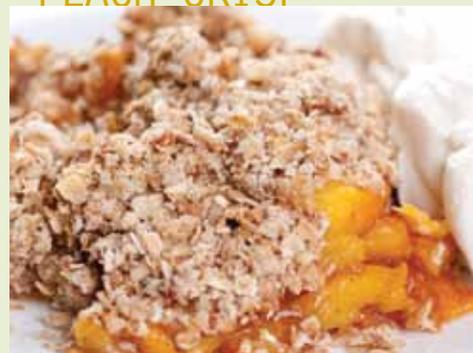
- 4-6 Ripe peaches
- 1 Large box vanilla instant Jello Pudding mix
- 1 Small box French vanilla instant Jello Pudding mix
- 1 Large Cool Whip
- 1 to 2 Tablespoons of sherry

Method:

Break the angel food cake into small pieces and place in bottom of bowl. Spread sherry over top. Cut up the peeled peaches and place on top of the cake pieces. Mix the pudding mixes together (according to directions on box) pour over the peaches and cake pieces. Cover this with the Cool Whip.

Place in refrigerator for several hours or overnight. Other types of in season fruit can be substituted- check Pinterest for tons of trifle dessert ideas! Thanks to our good friend and brilliant cook Helen Killian for her "secret" recipe! Enjoy!

PEACH CRISP



Ingredients

- 6 Large Peaches, peeled and sliced
- 1/2 Cup Butter
- 1 Cup Sugar
- 3/4 Plain Flour (Not Self Rising)

Place slice peaches in a greased baking dish. Blend the other ingredients and pour over peaches. Bake at 375 degrees for 45-60 minutes. Top with vanilla ice cream and enjoy!

(You can also substitute brown sugar and oatmeal for the regular sugar and flour if you prefer.)

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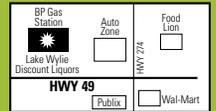
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- Hang window treatments
- Grout tile floor
- Powerwash deck
- Repair kitchen drywall
- Fix cabinet hinge
- Clean and repair gutters
- Paint living room



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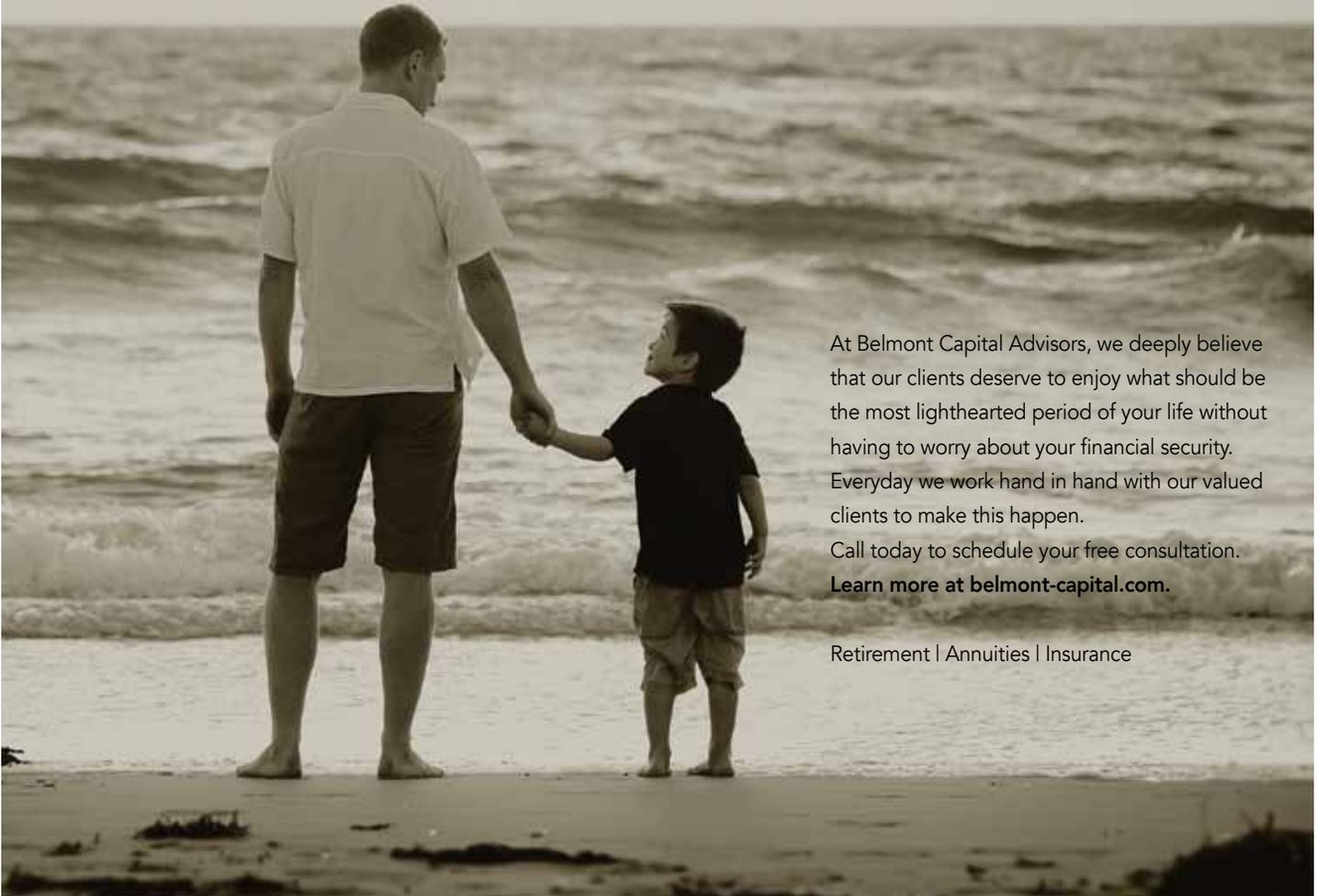


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