

# Gaston *Alive!*

Home • Garden • Style • Fun • Food • Happenings



## **Bold, Beautiful, Kitchens & Baths** *p10*

Grilled Asparagus Prosciutto Appetizer *p12*

Inspired Interior Design *p14*

Fun Jewelry You Can Make! *p18*

Mother's Finest In Town *p22*

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# Gaston County Restaurant & Dining Guide

## LEGEND

BREAKFAST  
LUNCH  
DINNER  
SUNDAY BRUNCH SB

B  
L  
D  
SB

CATERING  
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# about the cover



The April cover photo was shot on location in Belmont. Shown is the “after pic” of a bath and master bedroom remodel, design by Deborah Fox of Innovations Home Design Center, see related story page 10. Cover photo by Rick Haithcox, cover graphic design by David James.

## On the Web

Be sure to check out business columnist Preston Wilson online this month at [www.gastonalive.com](http://www.gastonalive.com)

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**\*\*IN THE GARDEN WITH CINDY WILL RETURN NEXT MONTH.\*\***

# features



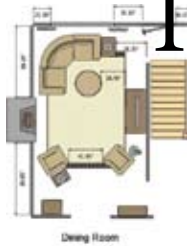
# 10

10  
COOL KITCHENS,  
BEAUTIFUL BATHS!



# 12

12  
GRILLED ASPARAGUS  
PROSCIUTTO APPETIZER



# 14

14  
THE HOME STYLIST-  
DESIGN WITH A PLAN



# 22

22  
BACK TO THE MUSICAL FUTURE  
WITH MOTHER'S FINEST



# 18

18  
FUN JEWELRY YOU  
CAN MAKE!

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- 3 Eastridge Family Medicine**  
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- 4 Riverbend Family Practice**  
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704-587-2400
- 5 Riverwood Medical Associates**  
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- 6 Gastonia Children's Clinic**  
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- 7 Levine Children's Hospital  
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Another Look At

By David Hamrick

# Cool Kitchens Fabulous Baths!



**GA: Deborah, it's been awhile since we talked. What's new at Innovations, and in kitchen and bath design?**

**Deborah:** We are constantly looking for new and innovative products that appeal both esthetically and practically to our consumers. One example is the air bath shown on the cover. It is quite advancement from the whirlpools of the past. Homeowners are no longer satisfied with repeating what their neighbor did for their last remodeling project. I'm not saying they are trying to outdo the "Jones'", but they are being sensible with their budgets. Many homeowners are staying in their existing homes instead of moving. If I had a dollar for every time I've heard "If I'm gonna stay here, I'm gonna have it the way I want it!"

**GA!: I know you have customers that are homeowners, but your primary focus is contractors, is that right?**

**Deborah:** Yes, we work with several local contractors, and the list is growing.



[dfox@innovationshomedesign.com](mailto:dfox@innovationshomedesign.com)

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341 Catawba St. Belmont, NC 28012

## GA!: Why is it beneficial for contractors to team up with Innovations?

**Deborah:** We have a multitude of products as well as design services available right here at our design center. Contractors and their clients love the convenience of creative design and product selection in one place.

## GA!: You have developed good working relationships several local builders and contractors. What if homeowners come to you first-can you recommend a contractor suitable for their project?

**Deborah:** Absolutely-that's a win-win! The customer gets a great contractor for their particular project, and the contractor gets the business referral.

## GA: What do you specialize in at Innovations?

**Deborah:** With 19 years experience with kitchen & bathroom design, I'd say that is my specialty. I do however enjoy all aspects of the building industry. It is quite satisfying to have a collection of ideas and drawings come to life as a new home or a master suite addition to an existing home.

# STARMARK C A B I N E T R Y

## GA: Do you primarily do kitchens, baths, both? Do you do anything else?

**Deborah:** We do a mixture of both. We also do outdoor living areas, lighting, plumbing, flooring, counter tops and hardware. We can provide everything you need, right down to matching interior and exterior door hardware.

## GA: What are folks doing the most as far as remodeling?

**Deborah:** Right now we are doing a lot of bathrooms. By that I mean that folks are fully updating, taking out tubs, adding walk in showers, updating fixtures from polished brass to oil rubbed bronze or brushed nickel, and adding large tile and natural stone products.

## GA: What are the trends in kitchens and baths right now?

**Deborah:** The environment is playing a key role in peoples choices. As a society we are becoming more aware of our impact on the earth, and our selections of products reflect that. Consumers are asking for Green Certified products, which we proudly endorse and provide. Check out our "Lyptus" kitchen on our website. Lyptus is a fast growing wood that resembles mahogany.

## GA: Since we are talking about kitchens, what do you like to cook?

**Deborah:** My husband & I have been trying to eat healthier and have added a lot of vegetables to our recipes. We started gardening and it is quite rewarding to cook what you've grown. We spend a lot of time outside and love to grill veggies, lean meats & fish.

>> Full article continued online at [www.gastonalive.com/2011/04/1898](http://www.gastonalive.com/2011/04/1898)





# COOKING



## Grilled Asparagus with Prosciutto, Parm and Balsamic

Spring has sprung and asparagus is available. It's the season for fresh food with lots of flavor. This month since the grills have been cleaned and are ready to go, on the next nice evening try this; its easy and quick and absolutely delicious.



*6 slices Prosciutto split in half to create two long strips each (12 strips)  
12 stalks of Asparagus trim the bottoms  
Shavings of Parmigiano  
1/2 cup of Balsamic Vinegar  
1/8 cup of Extra Virgin Olive Oil*

Trim the Asparagus- do this by using a sharp knife starting at the bottom and gently pressing on the stalk, when the blade sinks in finish cutting all the way through (usually between 3/4 of an inch and 2 inches depending on the freshness and age of the asparagus). If you want the dish to be really pretty, cut all the stalks about the same length. Prosciutto can be pretty difficult to handle but don't fret too much if it comes off in shreds versus the whole sheet.



Wrap the asparagus stalks in the prosciutto and cook on a hot grill till small char marks appear and the prosciutto gets slightly crisp in places. (Optionally, the asparagus can be grilled then wrapped)

Place the Balsamic in a bowl and drizzle the EVOO into it while whisking vigorously. Arrange the Asparagus on the plate, drizzle with the Balsamic and then sprinkle with the parm. Sure to be a summer favorite, this can be an Antipasti or a side.

Ciao, Glenn and Glenn

WITH THE  
GLENN'S

Grilled  
Asparagus

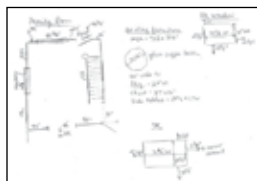
# Inspired. Interiors.

## ROOM MAKEOVER SUCCESS!

The day has finally come to makeover that certain room in your house. So, where do you begin? First and foremost, you need to ask yourself a few important questions so you know what needs to go in the room. Some questions you might ask would be:

- **What is the purpose of the room? (Watching TV, playing games, reading, visiting, etc.)**
- **Who will use the room? (Primarily adults, children, animals)**
- **What are all of the activities that will take place in the room?**

These questions will help you to determine what type of furniture, equipment or accent pieces should or should not go into the room. Once you have defined the purpose and use of the room, you should do a floor plan. One of the mistakes people most often make is buying too much furniture for the space they have. Furniture looks much smaller in a 10,000sf building with high ceilings than it will when placed in a 12'x14' room in your home. This is why a floor plan is vital to a successful room design.



The simplest way to do a floor plan is to measure and draw out the perimeter of the room on graph paper. Be sure to mark all of the windows, doors and openings to other rooms, along with any other architectural elements such as bookshelves and fireplaces. Once this is done you can cut out furniture pieces from an additional piece of graph paper in simple shapes, making them to scale (i.e., an 84" sofa or a 75" loveseat). Then, you can move the pieces around until you get the ideal layout for the room, making sure that you have plenty of room for all of your main traffic areas.

So, now that you know what items you need in the room, it's time to get creative. If you don't already have a vision for how you want to decorate the room,

## *The Home Stylist*

By Anna Hastings

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For more decorating tips, please visit my web site at [www.decdens.com/ahastings](http://www.decdens.com/ahastings)



start looking for an inspiration piece. You will know it when you see it. It might be a great area rug, piece of artwork, or a fabulous fabric. This will help to give your design some direction and cohesiveness. Now, you are ready to start selecting the specific items for your room.



I usually start by selecting the items for which there are the fewest choices and then work my way out to the items or accents which offer the most choices, such as paint. Since there are an infinite number of paint colors, I recommend letting this be the last decision you make for your design even though it might be one of the first things you need to do when you actually put the room together. If your design calls for an area rug, you might want

to start with this selection and then move to fabrics for your upholstered furniture, bedding, window treatments and accessories. Be sure to keep your inspiration piece in mind, and preferably in front of you, as you make your selections.



Once the major pieces are selected, it is time to put the "jewelry" on. Now, you can choose the style and hardware for your window treatments and determine what accessories (lamps, artwork, throw pillows, etc) you want to place in the room. And, last but certainly not least, choose your paint color for your walls if that is part of your plan. It should be an easy decision to make once you have your inspiration piece and all of your fabrics laid out before you.

But, most importantly, don't forget to have fun and enjoy the process. It makes the end result that much sweeter!



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# Fun Paper Beads

By Deni Schultz

## You Can Make!



Everyone's trying to go green this year, so why not try it with everyone's favorite accessory...Jewelry! Instead of putting it in a bin... why not use your old newspaper, magazines, wrapping paper, torn books or even those small pieces of scrap book paper that you don't know what to do with, and recycle it into wearable jewelry! Below are super easy instructions on how to create paper beads, so easy that it's even a great project for kids! And with these paper beads...you can create one of a kind necklaces, earrings or bracelets!



## Materials

- Any type of paper (cardboard or cardstock are not great for this project, as it is too thick and may split or tear while rolling into bead shape, and may be too hard for children to roll)
- Scissors or X-Acto knife
- Pencil/ Pen
- Ruler
- Needle or toothpick
- Glue such as Tacky Glue or Mod Podge
- Fishing wire or plastic wire, or similar thread
- Surface safe for cutting & gluing

## Instructions

**1** On your protective surface, you want to start by measuring a triangle from one corner to the opposite end of the paper, as shown in the image to your right.

**BEAD SHAPE & SIZE:** The shape of your bead is created by how thin or wide you make your triangle. The wider the bottom of your triangle the wider your bead. The size of your bead is also created by how long the strip of paper you make your triangle on, the longer the strip, the larger the bead becomes. (If you would like a round flat bead, use thick paper such as card stock or cardboard)





**2** Once you have your triangles drawn out, cut them along the drawn lines, either with your scissors or your X-Acto knife.

**3** Now you are going to start the construction of creating your actual bead. Use your toothpick or needle, and start from the thickest part of your stirp, begin rolling it

tightly around the toothpick or needle. When you get to end of the paper, put a small dab of glue and press it down onto the bead, and hold it for a few seconds.

**4** Once you have created all your beads, string them temporarily onto fishing line or similar wire, and brush a thin coat of Mod Podge. Once dry put one more coat and leave for a couple hours to dry. When the beads are dry you can use them to create a beautiful piece of jewelry, using other beads to accent them. Use them to create a necklace, bracelet or even earrings! And remember, as you create your beads, you can experiment with the size, using words and different images from the paper, and see what fun effects and shapes you can create!





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## MUSIC

# Mother's Finest



If you are a music fan over the age of 40 and spent some time in the south during your high school and/or early college years, then the name Mother's Finest has meaning for you.



But for those of us who may not fit that category, we apparently missed out on one of the south's most famous touring bands of all time. Happily, that all comes to an end when Mother's Finest takes the stage at the Rotary Centennial Pavilion in Downtown Gastonia on Friday, May 13.

For over 30 years, Mother's Finest has wowed audiences all over the world with their fusion of rock, funk, and soul. In fact, they are so talented in the way they weave various musical styles together, it's almost a disservice to try to even label their sound.

And while they had moderate success on the charts, it's their powerful stage performances that helped cultivate their rabid fan base.

This Atlanta-based band formed in the early 1970s. It didn't take long for a major record label to take notice, and by 1973, RCA Records snatched them up and released their debut album, *Mother's Finest*.



# W L O

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Mother's Finest had a string of records in the late 1970s, and could be seen playing all over the country. They shared the stage with many big-name acts from that era including The Who, Aerosmith, Earth, Wind & Fire, AC/DC, Marvin Gaye, Black Sabbath, The Commodores, Lynyrd Skynyrd and more.



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



It was only last year when a large group of Mother's Finest fans descended upon Downtown Shelby to take in a live show from the band. However, they left disappointed as the event was canceled due to a late-day summer downpour.

But the band is coming back to the area on Friday, May 13. And for those who grew up seeing them in concert as teenagers, they will get their chance to re-live their misspent youth for one more night.

*For more information on Mother's Finest, including audio samples of their music, visit them online at [www.mothersfinest.com](http://www.mothersfinest.com). They are the first of three bands performing at the 2011 Downtown Alive Concert Series in Downtown Gastonia. More details on this concert series can be found online at [www.gastoniadowntown.org](http://www.gastoniadowntown.org).*

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As I am writing this we are receiving many of our perennials, spring and summer annuals, vegetable plants, shrubs, and trees. I thought I would give you a few tips as many of you prepare your gardens for the spring. As always feel free to stop by, email, or call me and I will be happy to answer any questions you may have about your turf, garden, or landscape.

## Vegetable Gardening Tips:

1. Grow things you enjoy eating. Nothing is better than picking a fresh vegetable you love to eat and preparing it for dinner that night. Fresh is always better!
2. Select a spot in the yard that gets at least 6 full hours of sun per day. Soil prep is important till the garden to a depth of 6" – 1', add compost and other organic material to ensure fertile soil and adequate drainage. Our clay soils need to be amended to allow for proper drainage.
3. Make sure you know the mature height and width of your plant and allow for six inches to a foot more than the mature height and width. For example, on average tomatoes will need about 2' spacing, cucumbers will need 3-4' spacing. Research planting requirements for the species you purchase to ensure that you allow for the correct spacing, watering needs, and basic care.
4. Schedule plantings around the three growing seasons. Spring, fall, (cool season crops) and summer (warm season crops). Avoid planting most of your warm season vegetables before April 15. In most years you will avoid frost damage if you start your garden after April 15.
5. Involve your family in the project. Vegetable gardening is a great project in which young kids can participate. When it comes to weeding the garden you will be glad you did.



Happy Gardening,  
Aaron



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