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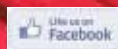
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about the cover



This month's cover was shot in studio-special thanks to our cover model Kristina Sullivan for being willing to "go retro". The cover shows various scrubs (medical uniforms) that have been given the "Andy Warhol" treatment. See related article page 10. Photo and digital design by Rick Haithcox, cover graphic design by David James.

We Goofed! We need to make several corrections (and apologies) for info included in last month's issue.

We should have said thank you to Gigi's Boutique for the beautiful velvet blazer and pearl earrings we used for last months cover, and a special thanks to Jessica at Gigi's for her assistance!

Geez-we really fumbled the info about our friends the Glenns...Glenn Stryker has three children, not two, and Glenn Sawyer's wife's name is spelled Janice.

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By David Hamrick

We are talking today with Jeff and Mary McNeill, owners of Carolina WorkWear. They bring a unique perspective to their business-Jeff has a corporate safety background and Mary is a nurse.

GA!: What prompted you to open Carolina WorkWear?

Jeff: In 2008, my job as a Corporate Safety Manager was eliminated, and I started my own safety consulting business-which I still have (Piedmont Safety). That consulting business lead to sales of safety products. We realized there were gaps in what was available retail wise for sale, plus there was no dedicated medical uniform (Scrub) store locally. We opened Carolina WorkWear at 201 E. Franklin Blvd. in October 2012.



GA!: Are you guys from this area? What about kids, college, etc.?

Jeff: I am originally from Denver NC, but have spent my entire adult life in Gaston County. Mary is from West Virginia originally and has lived in Gaston since 1999. We have lived in Belmont, Mount Holly, and currently reside in South Gastonia. I attended CPCC and majored in Environmental Health and Safety, Mary went through the Gaston College nursing program (Class of 2004). No kids as of yet- just a chocolate cocker spaniel named Bodie.



GA!: What about selection and prices?

Mary: We carry about 10 different lines of scrubs, and various styles in each line. We like to say "we've got you covered!". Comfort, selection and value are important to us.

GA!: Speaking of value, how do your prices compare to what I can find online?

Mary: Actually, we check online prices, and then price our scrubs just below the national

average, so we invite folks to compare. We have customers check prices on their smartphones while they are shopping with us, and they are pleasantly surprised.

GA!: Seems like it would be an advantage to be able to try on scrubs before you buy...

Mary: Customers can come touch, feel the material, features, and try on-check the comfort and fit. One brand may not fit everyone; everyone doesn't have the same body type-or backside! Different product lines fit differently.

Jeff & Mary McNeill, owners.



GA!: You carry high-viz apparel, which is the really bright or reflective clothing...

Jeff: We do carry high-visibility apparel. High viz is required in certain construction environments-"struck-by" is a leading cause of death in industrial and construction settings. High viz is also worn by hunters and runners to keep them safe. We carry insulated jackets, wicking t-shirts, hoodies, sweat shirts, jackets, and vests.

GA!: What about chef wear, and other work wear?

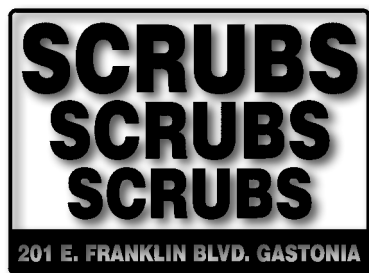
Jeff: Our chef wear sales are growing; we have chef hats and caps, as well as coats. We also offer in-house embroidery. We offer Shoes for Crews, which are highly slip resistant. Beyond that we carry lab coats for docs and pharmacists, vets, all in stock, male or female, short and long sleeve. After multiple requests from customers, we now carry 5.11 Tactical apparel and gear for the public service sector- EMS Fire & Police, including pants, boots, belts, and gloves.

GA!: You mention that you often stay open after-hours for an entire medical staff-say a dentists office- to come in and let them shop and try on with the store to themselves.

Jeff: We make sort of a party out of it, it's fun for the staff and it's fun for us. There may be some wine and cheese involved...

GA!: What do you guys do or fun when you are not selling WorkWear or doing safety work?

Jeff: Well, I am interested in muscle cars. I have a stock '65 Chevelle Malibu SS, 327 cui, Powerglide with matching numbers. Mary enjoys working out and spending time with family. As a couple we love to go to Asheville and DC-we love the artsy vibe and the history. Camping is also something we enjoy doing together.



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Cooking with Glenn

Chicken and Dumplings

I'm writing on a cold day thinking of comfort food. Yeah, like what your Momma used to make, to warm you all the way through. You have to be careful with tradition, can't tweak it too much, so, how do you put a twist on what Mom did to make it your own?

There is a version of chicken and dumplings in every region of the country and I've tried quite a few. But ideally it should be simple, hearty and feed your cold crowd to the brim. There many faster ways to do this, but this recipe is from scratch. You can cut corners where you like. Serves 6-8

Ingredients for stock:

4 whole chicken breasts - skin on
8 cups water
2 Carrots,
1/2 medium onion
2 cloves of garlic peeled
2 ribs of celery

Ingredients for Dumplings:

3 cups self-rising flour
(I use Lilly 'cause "Momma Sez" but feel free to use your mom's brand)
1 cup buckwheat flour (first twist)
(to add a nutty flavor, but if you don't like it substitute another cup of flour)
4 eggs
1/2 cup of Half & Half (add more if too dry)
2 tsp salt
1 tsp white pepper (second twist) (or regular black pepper)
More flour for counter and kneading



Method

Combine all the stock ingredients and boil till chicken is falling from the bone 45 minutes to an hour. Pull the chicken from the stock set aside to cool. Meanwhile, either in a blender or with a hand blender, blend the stock so the vegetables are all smooth in the stock. In a bowl combine the flours, salt and white pepper, then add the eggs and half & half. This will make a sticky dough, let this rest for 5-10 minutes.

De-bone and remove the skin from the chicken, cut into bite sized pieces. On a floured counter knead dough (not too much just enough to be elastic, add flour as needed). Roll dough to 1/4 inch thick and cut. I was anticipating snow so I made snowflakes (another twist). Flour the cut dumplings so they don't stick and to naturally thicken the stock when they are cooked.

Bring the stock to a boil and place the dumplings into the stock stirring to keep them from sticking. They will start to float and puff just slightly. Cook for 10 minutes and add the cut chicken back to the stock. Cook for another 10 min with chicken or hold the pot warm till ready to serve. Mmmmm, I feel warm from the inside out, I know you and your family will too.

Until next month, Glenn

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Remembering Sammy Johns



The sound of a phone ringing at all hours of the day or night is something I am accustomed to. Since musicians keep non-standard

hours, frequently the best time to catch up with a fellow troubadour is after a gig or studio session. That's when hearing a friendly voice offers the most comfort. Some of the most productive conversations and brain storming sessions I've experienced have been after most others are deep in dream land.

The phone call I received just before midnight on January 4th of this year, however, brought sad news. The caller informed me our friend and musical colleague, Sammy Johns, had passed on earlier that evening. Just a few hours prior, the caller and I were discussing song ideas, and the conversation had turned to Sammy. We discussed the possibility of including him in on a writing session as we had done previously.



For those unfamiliar, the talented Sammy Johns called Gaston County his home. As most budding musicians do, Sammy received a guitar as a young boy here in North Carolina. That single event set the path for the remainder of his life. Enraptured with the sound he was able to coax from the strings, he developed a talent for putting words to the music he created.

Sammy was best known for his 70's hit 'Chevy Van', which raced up the Billboard charts and was certified gold by the Recording Industry Association of America. Over the years, it has been covered by a multitude of artists and was even used in the soundtrack in several movies: 'The Van' (1977) and 'Starsky and Hutch' (2004). Sammy went on to pen and record other tunes, but his knack seemed to be in writing for fellow musicians; most notably John Conlee, Waylon Jennings and Conway Twitty.



John Conlee recorded the number one release 'Common Man' in 1983 which went on to become his signature song. Conlee honored Sammy and his work in 2008 by inviting him to perform on The Grand Ole Opry to a packed audience. Playing at the most famous stage in American country music was an exciting prospect for Sammy and one of the highlights of his career.

Waylon Jennings released the song 'America' in 1984 as the first new single from the album 'Waylon's Greatest Hits, Volume 2'. The song ultimately reached number six on the Billboard Hot Country Singles and Tracks chart and gained national attention as Jennings performed it at the unveiling of the recently restored Statue of Liberty. Sammy was particularly proud of this song and the fact that Waylon called to personally thank him for the powerful lyrics that he had written.

Conway Twitty recorded the number one country song, 'Desparado Love', in June of 1986 which Sammy co-wrote with songwriter/producer Michael Garvin. The song spent thirteen weeks on the country charts and featured none other than a young Vince Gill on backing harmony vocals. This was Twitty's thirty-fifth country chart topper and both his and Sammy's final Billboard number one hit.

Sammy John's legacy is a wonderful body of work that would make any artist proud. To spend your life pursuing what you love most is a blessing that any would strive for. He will best be remembered by his friends, colleagues and fans for his timeless songs, a love of music and his warm-hearted kindness to those around him. Rest In Peace Sammy.

B. Jones



Jodi Kines –Jodi has a degree in Interior Design from Winthrop University, and is the owner of Plan-It Design, LLC in Belmont, N.C. Contact Jodi jodi@planitdesign.us



The Home Stylist

By Jodi Kines

One of the common concerns my clients voice is their frustration with unused space in their homes while other areas are cramped, cluttered and over-used. They feel like they need more space, wish they had additional rooms, and fear they need to purchase lots of new pieces to make their space work for them. In reality, it's usually easier than you think to make your home more functional, more flexible, and more suited to the way you live. With a little creativity (& maybe some elbow grease!) you'll be (back) in love with your home again in no time!

Think Function First...

A well-designed space is not only functional and practical, but actually makes life easier on the people that use it. Think about how you really live in your home every day and what little changes might make daily tasks easier on the whole family. If clutter by the door and on the kitchen counter is a constant eye-sore and source of stress, consider creating a new 'drop zone' in unused garage space for items like book bags, purses, phones, coats, & shoes to 'land' as you come in your home each day. Many local home improvement stores offer storage systems that range in size and complexity that are reasonably priced and easy to assemble. If you don't have extra space for a storage system, simply add some decorative hooks, baskets, bins or even a small shelf along an empty wall by the back door. While organization is great, sometimes you'll find your needs are much more basic, like needing additional seating in an already-full family room. Consider replacing an existing coffee table with an inexpensive ottoman that can do double-duty as a foot rest and offer that extra seat when needed. Local thrift stores are a great resource for a good-quality, inexpensive ottoman or bench that can easily be refurbished with some new fabric, a staple gun and a little effort!

Flexibility is a Must...

Rethink how you can use the rooms you have. You may have spaces that can do double-duty allowing you to creatively transition a room to meet your family's immediate needs. Do you have young children? In my own home, our young sons need room to play, spread out, build, race, and just be boys, and also store so many legos, cars, trucks, action figures, you name it! I wasn't willing to have a



permanently designed playroom, knowing there are many transitions in the life of children and the space needs to be flexible. So, we rearranged one of the bedrooms to house both twin beds and re-assigned one of their bedrooms as a playroom. As they get older, want privacy, and have less 'toys' we can simply do a little more rearranging to have them back in two separate bedrooms. This is an ideal way that space can evolve with your family.

Local design blogger, Emily Clark's growing business left her wishing for a home office while her busy young family rarely used their formal dining room. With just a little rearranging, she was able to turn the space into a fabulously functional home office. She incorporated a large farmhouse table (an inexpensive Craigslist find!) as the perfect desk-to-dining table piece so the room can easily transition back into a dining space during the busy holidays or when she entertains. She strategically selected decorative storage items for the office shelving, so office necessities can be at hand, while keeping the space from feeling cluttered and busy when she needs to use it to entertain.

Eliminate your frustration and fall in love with your home all over again by creatively utilizing the space you already have! By simply rethinking the way you use your rooms, doing a little rearranging, and adding in a few carefully selected pieces, your home can evolve and grow with you as your family and lifestyle may change.



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Children's Consignment Sale!

Friday, March 15, 6 p.m. - 9 p.m.

Saturday, March 15, 8 a.m. - 12 noon (1/2 off marked items)

Infant and children's clothing, gear, toys and maternity



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Gaston County Restaurant & Dining Guide

LEGEND	BREAKFAST	B	CATERING	C	\$	LESS THAN \$10
	LUNCH	L	OUTDOOR DINING	T	\$\$	\$11-\$20
	DINNER	D	BEER/WINE	T	\$\$\$	\$21 AND UP
	SUNDAY BRUNCH	SB	LIVE MUSIC	M		

AmberJack Seafood & Steaks

4253 South New Hope Road, Gastonia
704-824-5502 • www.amberjackseafood.com
\$-\$\$\$ **LDCT**

Center Street Tavern

115 Center Street, Cramerton
704-823-3000 • www.centerstreettavern.com
\$-\$\$ **BLDCTT**

Friends Sports Bar & Grill

16 North Main Street, Belmont
704-825-1401 • www.friendsportsbarandgrill.net
\$-\$\$ **LDCTT**

Joe's Touch Of Italy

503 S. Central Avenue, Belmont
704-825-2805 • www.joestouchofitaly.com
\$-\$\$ **LD**

Johnny B's Pizza Pad & Watering Hole

106 N Main Street, Belmont
704-825-8900 • www.jbspizzapad.com
\$-\$\$ **LDY**

Mickey Chow's Super Buffet

902 Union Road, Gastonia
704-869-9630 • facebook.com/mickeychows
\$ **LDY**

Nick's Steak & Taphouse

182 S South Street, Gastonia
704-867-6777 • www.nicksbastonia.com
\$\$-\$\$\$ **LDY**

Old Stone Steakhouse

23 S. Main Street, Belmont
704-825-9995 • www.oldstonesteakhouse.com
\$-\$\$\$ **LDY**

Ranucci's BBQ & Grill

403 E. Catawba Street, Belmont
704-825-4472 • www.ranuccis.com
\$-\$\$ **LDG**

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704-864-7634 • www.rodworld.com
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349 W. Charlotte Ave. Mt. Holly • 704-827-4819
www.thesakeexpress.com
\$-\$\$ **LD**

Sharkey's Place

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704-867-7427 • www.sharkeysplace.com
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Tequila's Mexican Grill & Taqueria

238 West Main Avenue, Gastonia
704-867-8050 • www.tequilasgastonia.com
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4008 E Franklin Blvd, Gastonia
704-823-1797 • www.thaihouse.us.com
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704-820-6030
\$-\$\$ **BL**

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of 2 Dinner
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