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Creekwood Farm
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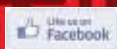
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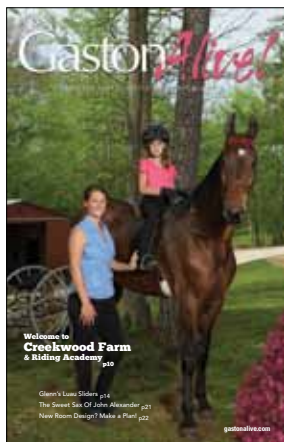
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about the cover



Pictured on our cover this month is Maura Dalton with Creekwood Farm & Riding Academy, along with student Hannah James and Doc. Hannah is the daughter of David and Renée James. See related story page 10. Cover photo by Rick Haithcox, cover graphic design by David James.

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Catching up with
Maura Dalton, now with

Creekwood Farm & Riding Academy *By David Hamrick*

GA!: Maura, what are the services you offer at Creekwood?

Maura: We provide English horseback riding lessons for people of all ages, summer camps, holiday camps, birthday celebrations, and competitions. We specialize in the training of American Saddlebred horses. We also offer full service boarding for people who already own their own horse.

GA! For those that don't know you and Mack, tell us a little about you.

Maura: The Jumper family has owned Creekwood Farm since 1961. Mack started showing horses and ponies soon after, which led to his interest in American Saddlebred horses. He has been professionally training Saddlebreds since 1982 and has trained numerous world, national and regional champions.



I have been teaching riding lesson since 2000. I have been the Gaston county area for almost 11 years. I enjoy working with kids and horses together. I have had students compete and win at the National Finals and all over the Carolinas. Mack and I opened Creekwood Riding Academy in January 2013 with the focus to provide a FUN and safe horse experience.

GA!: Summer Camp time is coming up-is there still time to register? What ages/camps do you have?

Maura: Yes there is still time to register! We will be accepting registrations up until a week before the camp you choose. There is limited availability so the sooner the better! We accept campers starting at age 5-15. Summer camp is a great way to introduce your child to

riding horses if they have never ridden before or give an experienced rider some extra saddle time to build new skills. We have 3 weeks open to the public:

June 10-14, 9:00-1:00, \$275.00

June 17-21, 9:00-4:00 \$375.00

July 29-Aug 2, 9:00-1:00 \$275.00



Camp activities include: learning safety around horses and animals, daily riding lessons(no experience needed), grooming, care and maintenance of horses, games, arts and crafts, a pizza party on Friday and much more! Registering for summer camp requires a \$50.00 non-refundable deposit.

GA!: Our friend Hannah on the cover is 5... How old do kids need to be to start riding lessons?

Maura: 5 is a great age to start but if you have a younger child that you think would be interested, we can set up a consultation and can see if they would be ready. I have students as young as 3. We are also offering a brand new class called Kinder Ponies! It is basically a "Mommy and me" class where the parent will help teach the child a new skill every week as well as learn themselves. It's a great way to spend time with your child in the fresh air! All of the information is on our website or you can call for more details.

GA!: What about us adults-what do you offer as far as lessons?

Maura: I actually teach a lot of adults! Riding is a great form of exercise (without realizing you are exercising). Adults can participate in our regular private or group lessons by calling to make an appointment. Each lesson focuses on the riders individual needs and what they want out of their lesson. We also offer a "Ladies Night" every Thursday at 6:30. Ladies Night has a little more relaxed atmosphere but still instructional so the rider can improve their skills. There is limited space in the ladies class so please call to reserve a spot.



GA!: What is the part of your job that you like the best?

Maura: I love watching a timid rider (child or adult) overcome a fear or insecurity. Learning to be around these big horses will give individuals confidence and boost self-esteem, which is rewarding to be a part of. My second favorite thing is kids are hilarious and they make me laugh every day!

GA!: Do I have to be a millionaire to be involved in this-are lessons more than, say, karate or dance?

Maura: You do not have to be a millionaire! Summer camp is very reasonably priced and a great way to start out. Lessons run \$40.00 each and we offer discounted packages of 10 once you establish that this is a long term activity.

GA!: What's the best thing about Creekwood Farm & Riding Academy?

Maura: The best thing about us is our HORSES! We have wonderful school horses for all ages and abilities. Our indoor/outdoor riding arenas make riding possible year round even in inclement weather. So if you want to compete, pleasure ride or participate in a family activity we have what you need!



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Luau Sliders

We threw a 30th birthday Luau last month and had 40 people over to Chez Glenn. It was a great party and the highlight of the food was Kalua Pork Sliders. This was by far the easiest and one of the best slow cooked pork dishes I have ever had. And given the rave reviews I would say people agreed.

So dig out your crock pots, pick up a pork shoulder or rump, turn up the island music and get ready to limbo.

Ingredients:

- 6-8 pound Pork butt/shoulder
- Hawaiian Red Sea Salt 1/2 Tbs per 2 pounds of pork (don't substitute on this)
- 2 Tbs Liquid Smoke (I used Hickory)
- 1 Banana

Method:

Rinse pork and pierce all over with a large carving fork. Don't be gentle, you want to create deep holes. After well pierced, rub with the Hawaiian Red Sea Salt. Use a half a tablespoon for every two pounds of pork. Don't substitute any other salt for this, the Red Hawaiian Sea Salt is high in clay and other minerals that produce the right flavor without being overly salty.

Put the Pork in the crock pot and add the liquid smoke. Roll the pork in the crock pot till it is coated with the liquid smoke. Position pork with the fattiest side up. Slice a Banana in half lengthwise and fit into crockpot with the pork. That's it for prep, now just turn the crock pot on low for 8-16 hours depending on how hot your low setting is.

You will want to check the pork after 6 hours to be sure it is not drying out. I did two 9 pound butts in two large cookers, one had a rubber gasket around the lid and it kept in much more moisture which I distributed some to the other pot. If yours starts to dry up some just add a bit of water till the pot is half full or so of juice.

When the pork is done it will be so tender it will fall apart, discard the banana. I poured off the juice, which will have quite a bit of fat, into a jar and froze the jar for 30 min. Meanwhile pull the pork using a couple of forks right in the crockpot.

Take the juice out of the freezer and remove the fat that will have separated out to the top and congealed. Add the juice back to the pork, re heat and serve. I added seaweed salad and a jalapeno yogurt to mine, but you could just as easily use barbeque and coleslaw.

Make reservations at the Farmer's Fork for Mother's Day Brunch. I will be the featured chef and will have the Luau Sliders and some of the previous Cooking with Glenn recipes as menu options.

Till Next Month,
Glenn



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John Alexander

Late one evening quite a few moons ago, I entered the door of the world famous Double Door Inn in Charlotte quite by chance. Greeted by the sound of twin saxophones soulfully harmonizing, I worked my way through the crowded room to witness the full effect of this groovin' band and the horn section leading them. As the mass of bodies parted and my field of view became unobstructed, I realized there was but

a lone sax player on the well worn stage before me. Masterfully playing both the alto and tenor saxes at same time was Gaston County musician John Alexander.

Woodwind artist, John Alexander is a native of Gastonia who garnered his music education at Erskine College

in Due West, South Carolina, where he received a Bachelor of Arts degree in Music. John then joined up with Uncle Sam for tours of duty with the 282nd Army Band at Fort Jackson, SC, and the 8th Army Band in Seoul, South Korea. His next stop was the University of Miami, where he was ultimately awarded a Master of Music degree in Jazz Pedagogy. John has put his education and military service to good use in the many classes and clinics for aspiring musicians he hosts regularly in our area to this day.

As a composer and arranger, John has recorded two CD's of his own original music – the 2001 release

"You Need 'Dis" and "Many Hands" which was released in 2011. John has lent these skills to the Charlotte Jazz Orchestra, of which he is a member, and has appeared as a guest artist on albums of other artist too numerous to mention. In addition to his composing and arranging talents, he is music director for 'gtownsound', which produced the DVD "Reunion 2011, A Rhythm & Blues Revival" featuring Gastonia bands from the 60's and 70's including The Counts, of which John is an original member.

John has performed with Ira Sullivan, Louis Bellson, Curtis Fuller, Gap Mangione, Matt "Guitar" Murphy, Jack Jones, Woody Herman, Eddis Higgins, Astrud Gilberto, The Spinners, The Four Tops, K.C. and the Sunshine Band, and Lou Rawls, Natalie Cole, among others. He has appeared at the Mammoth Jazz Festival, the North Carolina Jazz Showcase, Jazz Charlotte, the Charlotte Symphony and as season opener for the Gastonia Community Concerts Association. Highlights of John's career include performing abroad in Okinawa, Japan in 1999 as a member of the Ron Brendle Quartet and as a member of a cultural delegation representing Gastonia at the annual spring festival in our sister city of Gotha, Germany in 2000.

Considered by those locally in the know to be one of the hardest working men in jazz, John continues to hone his craft and his chops weekly. He currently performs Thursdays from 8 - 11 pm at Blue Restaurant and Bar in Charlotte with Big Octave, every third Sunday from 4 - 6 pm at Delta's in Charlotte with the Charlotte Jazz Orchestra and the occasional Saturday at Delta's with Big Octave.

North Carolina seems to produce more than our fair share of notable sax players- John Coltrane, Lou Donaldson and Tina Brooks among them. John Alexander's soulful sax is a musical treasure right here in our own back yard.

B. T. JONES

For more information about John Alexander and his music please visit;

www.cdbaby.com/Artist/JohnAlexander
www.gtownsound.com
www.jajazz.net



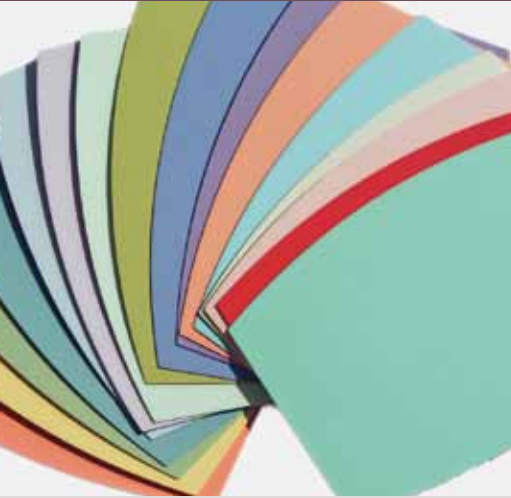
Caricature courtesy of Jerry Frazer.

The Home Stylist

By Jodi Kines



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



Design Inspiration & Planning

Part 1 of a 2 part series.

Inspiration overload

We are surrounded by so many fabulous resources for design inspiration – sites like Pinterest & Houzz, TV networks like HGTV, mailboxes full of store catalogs, even the home décor section of many local retailers. Most of these pins, posts and pages are meant to help generate ideas; they are meant to inspire us. However, what begins as inspiration can quickly turn into a never-ending to-do list, leaving you feeling overwhelmed and frustrated! All of this ‘visual eye candy’ can make it hard to discern what plans, projects, and products are ideal for your own home. It can also lead to ‘scope creep’ as projects begin to snowball beyond their initial plans as new ideas are stumbled upon, blowing the budget, the timeline, and your nerves. So how can you utilize these resources as the inspiration they were intended, instead of the modern-day, overwhelming guilt-trip they can sometimes become?

Have a plan

Knowing where you are going makes it easier to stay on course. Know where you ultimately want to take your design and how you want to use your space. This will make it harder to get side-tracked by exciting new ideas that, while super-enticing, may not actually be relevant to your personal project. Creating a master plan is a chance to take a step back, think about your lifestyle and your personal taste, in addition to current trends. It’s a chance to create an ultimate ‘wish list’ for how you would love for your home to look ‘someday’. Next, take your master plan to the next level and prioritize. Decide where you want to focus your resources first (time, energy and budget!) helping narrow your searches for inspiration as you begin. If you decide to focus your energy, time and money on a plan for redecorating





a bedroom, you are less likely to get side-tracked by the fabulous outdoor fireplace you may run across on a friend's Pinterest board.

Make budget part of your plan

Once you have this master list, you can begin to assign dollar amounts to each portion of the project. You need to get general estimates for line items so you have a

realistic idea of the overall costs associated. This may be a good step to enlist professional assistance. An interior designer or architect would be ideal for major renovation plans, a real estate agent would be an ideal consultant to help weigh financial investment verses resale potential, and reputable subcontractors can help you best understand both labor and material costs for larger components of a project. For smaller-scale projects, a quick online search of local retailers can offer great price-comparisons and give you a guide for budgeting. Being armed with this information can allow you to properly allocate your resources — both time and money. It also allows you to shop smarter — if you stumble on what seems like a great ‘bargain’. Knowing it is consistent with the overall plan and within the budget constraints makes it a true ‘treasure’ instead of a potentially regrettable impulse

purchase. Without a master plan and general budget, we often regret these impulse purchases that seemed like such a great deal at the time. Many of us have fallen prey to great marketing or a slashed price on a sale sticker, only to realize later we have a closet/ drawer/ or chest full of items that maybe weren't quite as good of an idea as they seemed at the time. Having cost estimates associated with the components of a project can also give you a realistic idea as to whether or not DIY will really offer a cost savings, and if so, it can be the inspiration you need to put in a little sweat equity to get just the right piece of the design. Knowing you've only budgeted \$200 for a new kitchen table can make it a lot easier to search local thrift shops and Craigslist listings for a great little paintable project. . .



Having a plan & associated budget offers a great guide to home improvement and DIY projects, offering you boundaries to make it easier to distinguish ‘great ideas’ from ‘great ideas, perfect for YOUR home’. Knowing the difference can help shrink your to-do list and leave you feeling less overwhelmed and more inspired.



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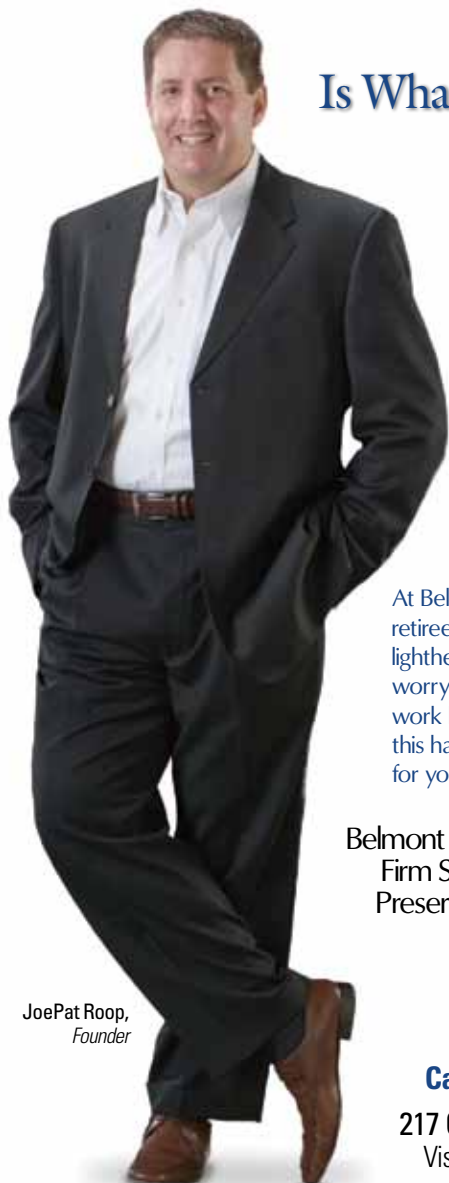
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