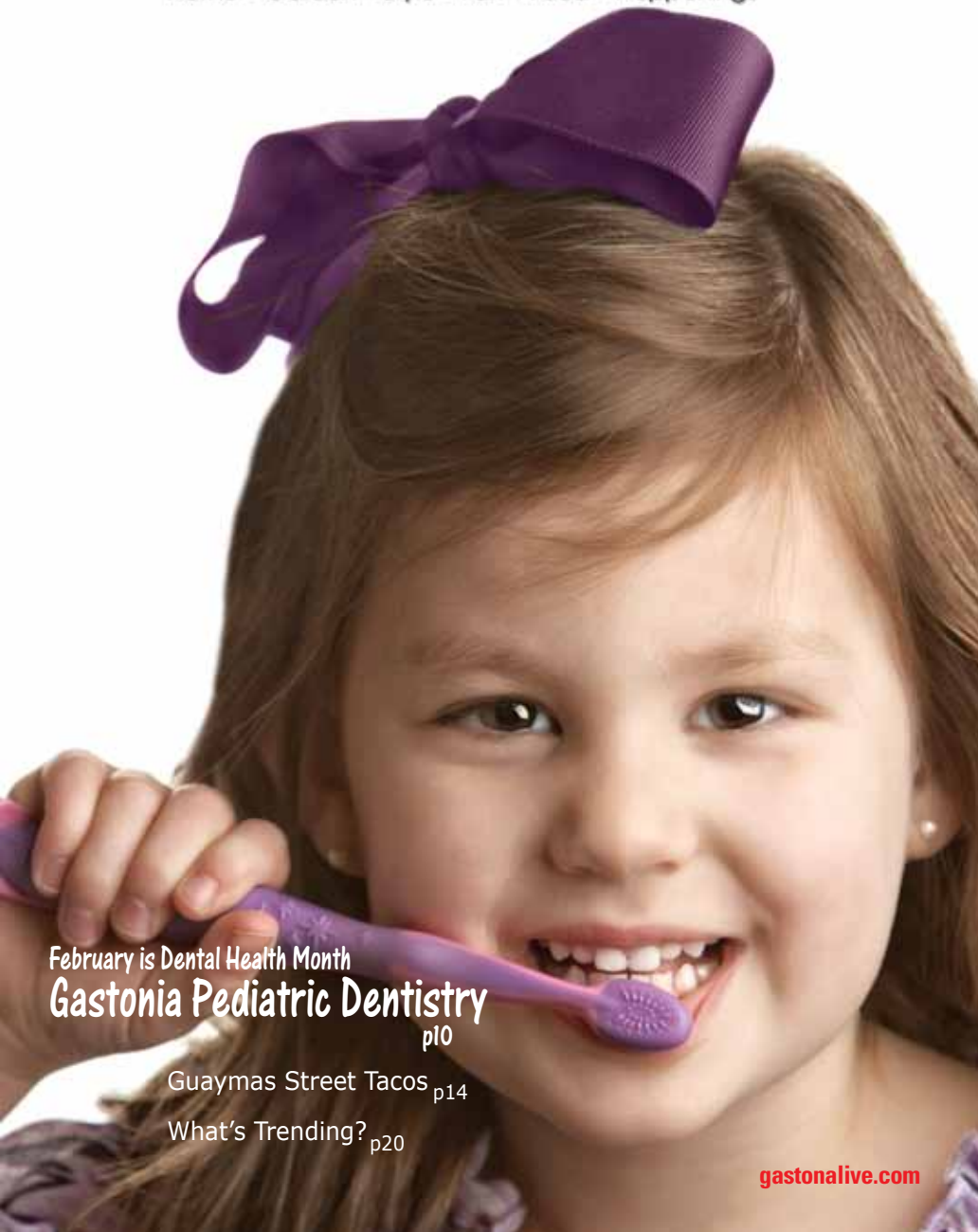


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February is Dental Health Month

Gastonia Pediatric Dentistry

p10

Guaymas Street Tacos p14

What's Trending? p20

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0 Jim Grier Road.....	\$265,200
00 Main Street	\$3,000
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about the cover



This month's cover was shot in studio with a patient of Gastonia Pediatric Dentistry. See related article on page 10. Cover photo by Rick Haithcox, production assistance by Pam L. Goode, and cover graphic design by David James.

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10

10

KID FRIENDLY-MOM APPROVED

20



20

COLOR YOUR STYLE WITH
DESIGNER JODI KINES

14



14

DELICIOUS SHRIMP TACOS



During the past month I have enjoyed meeting current business owners and advertisers. I look forward to continuing to produce an upscale, classy boutique-style magazine that caters to local businesses and community events. I have lived in Gaston County for 22 years, aside from my two years in Canada during my husband's work assignment. Though we had the option of relocating to many other places, we chose to return to Gaston County. This felt like home to us and our children. We have grown to appreciate the things Gaston County has to offer and hope to showcase many of the events, places and people of greater Gaston County.

As part of my first issue as the Owner/Publisher of Gaston Alive! Magazine, I wanted to share how obsessed I am with print advertising! It is my firm belief that print prompts the reader into action to make a purchase through a call, or to visit a website or store. This addition marks my fifth local magazine currently being published through my company, ARA Marketing Solutions LLC. My obsession is fed through hearing people say, "I just love that little magazine!"

I repeatedly get asked the question: Will the magazine change? New beginnings bring new ideas and styles, but rest assured these are big shoes to fill, and my promise is to keep delivering the same interesting stories, recipes and decorating ideas that readers have grown to love. I plan to add new articles as well as some new business advertisers in order to help small businesses receive the exposure they need in a targeted direct mail magazine. I will strive to keep the readership at an all-time high with stories that interest and intrigue the local readers of this sensational magazine.

I want to personally thank you for supporting us at Gaston Alive! and would encourage you to support our advertisers. Tell them you saw their ad in our magazine. As we grow we can continue to offer more articles about local events and people. I am a part of the local small business owner community and plan on continuing to grow and support Gaston County through Gaston Alive!. Throughout the next issues I will share my thoughts, experiences and sometimes random inspirations that I get through being completely passionate about life in general. My goal is that you know me through the community and feel my passion for all things related to being local. I welcome your feedback and ideas and can be reached at pgoode@gastonalive.com.

Until next issue... Live, love and laugh. Happiness is a gift that only you can give yourself.

Pam Goode

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New in Town and Family-Friendly, Meet Gastonia Pediatric Dentistry

By Pam Goode

GA!: Tell us a little bit about yourself.

Dr. Oscar Mvula (Dr. Oscar) – I earned my Bachelor's degree in chemical engineering from the North Carolina Agricultural and Technical State University in Greensboro, NC. Following college I attended dental school at the University of North Carolina at Chapel Hill and completed my training in Pediatric Dentistry at Bronx-Lebanon Hospital Center. I believe that providing the best dental visit experience to children is the foundation to great oral health!



GA!: Your staff seems very kid-friendly. Can you tell us about them?

Catherine Bartlett- Catherine is our Office Manager. She has been in the dental field since 2008 obtaining experience as a dental assistant, in the front office and in management. She has a heart for children and customer service and is certainly glad to be serving her community close to home!

Tonya Lane- Tonya is one of our Dental Assistants. She completed the Dental Assisting Program at CPCC in 2011 and has been in the pediatric field ever since. With a little bundle of joy of her own at home, Tonya is a natural with the children. Interacting with each child to create a FUN experience is what she feels makes her technique so special and makes all the difference in pediatric dentistry!

Brandi Scism- Brandi is another one of our Dental Assistants and also helps in the front office as needed. Teaching children about dental care is one of her passions. "With three boys of my own at home, I realize how important it is to make sure each child receives the praise and encouragement needed to ensure a successful visit to the dentist. I feel extremely blessed to be doing what I love."



GA!: What sets your office apart from the other Pediatric Dental offices in the area?

First and foremost we are here to make your child's dental visit a FUN and pleasant one. Our staff strives to get to know these children and treat them as their own. We also encourage the parents to be present with their children in the clinic. Since the majority of our staff are parents, we

know while it is important for the child to feel comfortable, it is just as important for the parents to feel comfortable with the treatment that we are providing to their most prized possessions... their babies! That is why we not only allow the parents in the clinical area, but we encourage it.

Allowing and encouraging parents to be in the exam room can relieve so much anxiety. What can a parent expect from Gastonia Pediatric Dentistry upon the first visit?

At your child's first visit with us we will begin by introducing ourselves to your child and allow them to get a feel for us. We will review any medical history with you and also review your child's home diet. After we have established trust with them, we will invite you back to begin cleaning their teeth and take some pictures (x-rays) if necessary. At that time the doctor will come in to count his/her teeth (doctor exam), and we will go over any exam findings and provide tips to help maintain and improve your child's oral hygiene at home. Then the best part...at the end of the visit the child will get to pick a prize for being a great patient!



GA!: Why are baby teeth so important?

Baby teeth, also known as "primary teeth" are very important to your child's health and development and should be taken care of just as you would your permanent teeth. Along with helping your child eat, they also aid in the development of your child's facial features, and even play a role in the character of their voice. Another main role that primary teeth play is to maintain space in your child's mouth until the permanent teeth are ready to come in, which usually takes place beginning at the age of six through sometimes even as late as age thirteen.



When should you start taking your child to the dentist?

In order to prevent dental problems and establish a solid foundation for a lifetime of great oral health the AAPD (American Academy of Pediatric Dentistry) recommends your child should see a pediatric dentist when the first tooth appears, or no later than his/her first birthday.



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Guaymas Street Tacos

February is a month of many things, originally called Februarius by the Romans (from dies februatus or the days of purification). The early English called it 'Solmonanth' or literally mud month (not very romantic). It is also the only month in our modern calendar that changes (in length) depending on the year. Maybe it's a fickle month.

For many February is a month of special events; President's day, American Heart Month, Valentine's day and even National Margarita Day (which is February 22nd if you're interested).

Since everyone else will be focused on hearts and flowers how about a quick dish to go with that margarita. I used to live near the southwest border and in days of old we would travel to Guaymas Mexico, where we would buy shrimp by the kilo. I created this dish from my hazy memory (too many Margaritas). By the way sticking with the Roman days of purification, shrimp is a super food and really low calorie.

Ingredients

- 12 shrimp, de-veined and cut into chunks
- 1 TBS flour
- 4 TBS butter
- ¼ cup Tequila
- ¼ cup Lime juice
- 2 TBS of Garlic minced or about 4 cloves
- 1 Jalapeno seeded, de-veined and minced (Use 2 or leave intact if you want to increase heat)

Toss shrimp in the flour, set aside. Combine butter, tequila, and lime juice in sauté pan, add jalapeno and cook for 2 minutes. Add garlic cook another minute, add shrimp. Cover and cook shrimp until pink. The sauce should be thick enough to stick to the shrimp. Use a bit more lime juice to thin as needed.

Topping:

- Cabbage
- Cilantro, chopped
- Mayonnaise
- Lemon juice
- Hot Sauce (optional)
- Queso Blanco
- Avocado, mashed

To make the tacos use corn tortillas. I typically warm them either directly over a gas burner or on a hot cast iron pan with a bit of oil. (If you prefer flour shells go for it). Place the cooked shrimp in the bottom of the shell and top with a mixture of the shredded cabbage tossed with mayo, fresh cilantro, lemon juice and avocado. Top each taco with a crumble of Queso Blanco. Slice a jalapeno very thin and layer on top to add some kick.

Till next month, Make it Your Own!



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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



What's Trending...

With a new year comes the promise of new, exciting things ahead and design is no different. As the world around us evolves, so do trends in home design. Often influenced by fashion and echoed in everything from beauty to graphic advertising, understanding the latest design trends can be a fun way to infuse a little 'here and now' into even the most traditional spaces. Here is a glimpse at what the design world is seeing, or expects to see, in the coming months...

Grey: the Go-To Neutral

Grey has replaced what was known as 'basic beige' for a few years now and that trend continues. While many may shy away from grey tones for fear they are too industrial and institutional, keep in mind that warmer grey tones can be just as cozy and inviting as their 'beige' counterparts, especially when paired with a complimentary warm palette. Even cooler greys can be used with warmer brown and beige tones to create an interesting contrast in a continually neutral space.

Metallics: Adding a Touch of Sparkle

Silver, bronze, gunmetal, copper, even brass and vintage gold are making a comeback! You simply can't go wrong with accents of all things shiny and reflective. Some experts say it's a reflection of our culture's fascination with technology, its advances, the speed at which it is advancing and how it impacts the world of design. Regardless of why, this is a fun trend that is quite easy to incorporate into your décor. Metallic tones can now be found in fabrics, wall coverings, and rugs as well as furniture and accessories. When paired with a neutral palette, they add a touch of glamour and elegance; coupled with a more rustic vibe, metallics offer an interesting contrast. Don't be afraid to mix metals; it can add to the layered effect of the room's finishes, creating depth as you add some sparkle!





Black and White: Going Bold on the Walls

Although it's not for everyone, we continue to see the use of bold, dark color — even black — on walls for the ultimate impact. These 'moody' walls offer the perfect back drop for pops of color, contrasts of white, or the sparkle of the many metallics that are so popular right now. Surprisingly, black walls don't close in a room as many may fear. The use of such a deep tone offers the opportunity to play with lighting selections throughout the space in order

to create architectural interest and an ultimate wow factor.

On the contrary, we are also seeing more brilliant white walls than ever before as designers seek to provide a crisp, clean canvas for the 'collected' style that so many are embracing. White walls don't compete with surrounding finishes or furnishings and are a bright, fresh start for any interior. The key to making this work for you is to add layers of color, texture and pattern as you select the furniture and fabrics for the room.



Photo courtesy of Emily A. Clark.

Radiant Orchid: Pantone's Color of the Year

It's impossible to talk about design trends and not mention Pantone's infamous Color of the Year. This often anticipated announcement from Pantone (whom many refer to as the global authority on all things color) offers a little glimpse of "what's to come" as the selection tends to influence product development and purchasing across many facets of design. This year's selection is "an enchanting harmony of fuchsia, purple and pink undertones" — also known as Radiant Orchid (as described by Leatrice Eiseman, executive director of the Pantone Color Institute®). Purple tones have always been associated with riches and royalty and Radiant Orchid doesn't disappoint. This color can be easily used to accent almost any palette as it pairs beautifully with cool grey and warm golden neutrals. It's also a fabulous compliment to a warm palette of red tones and an exciting, bold contrast to cooler blue and green tones. Whether you simply add a throw pillow, blanket or vase, or you choose to 'go big' with a bold, tight-backed velvet sofa or tufted ottoman, infusing your space with the season's hottest hue is a great way to stay 'on trend'.

While it's always fun to know what is 'trending' and to have splashes of the latest and greatest styles sprinkled throughout your home, the best trend to follow is YOUR style, your personality. No matter how you add in touches of any trend, they should ultimately compliment your already fabulous personal space.



To contact the Home Stylist for a personal design consultation, email Jodi at jodi@planitdesign.us or via facebook at www.facebook.com/Plan.ItDesignLLC.



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