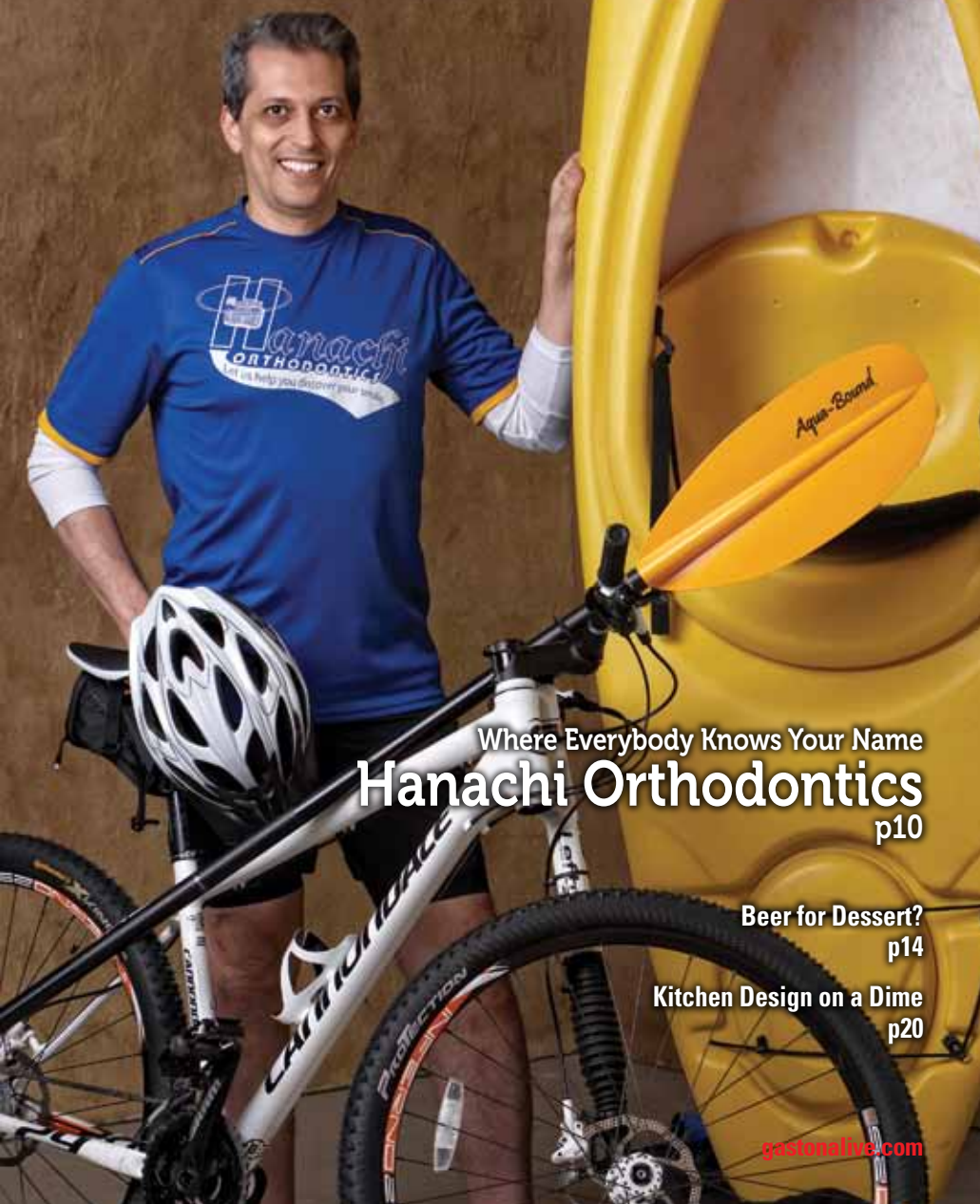


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p10

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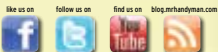
and he took care of everything!



To-Do list

- | | |
|--|---|
| <input type="checkbox"/> Put up shelving | <input type="checkbox"/> Caulk around tub |
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| <input type="checkbox"/> Grout tile floor | <input type="checkbox"/> Repair wood on deck |
| <input type="checkbox"/> Powerwash deck | <input type="checkbox"/> Install backsplash |
| <input type="checkbox"/> Repair kitchen drywall | <input type="checkbox"/> Hang mirror in hallway |
| <input type="checkbox"/> Fix cabinet hinge | <input type="checkbox"/> Change ceiling light bulbs |
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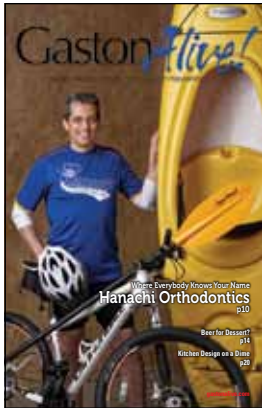


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about the cover



This month's cover was shot in studio with Dr. Farid Hanachi of Hanachi Orthodontics. 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

AN INTERNATIONAL SUCCESS

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IRISH BREAD
PUDDING



Embrace life...in the blink of an eye a moment becomes a memory.

Snow! We blinked and it was gone. All we have is the memory of a white winter blanket canvassing the neighborhoods. Just yesterday my youngest daughter was dancing her first recital, starting kindergarten, and I was the grade mom for her class. In this very moment we are college searching and prom dress shopping. She went from tiny little preemie to a gorgeous teenager overnight. My son just made the school golf team. I have a very vivid memory of him at age five rolling in the grass screaming to go golfing with his dad and his dad's friends. My favorite memory with him is at age three, as he held my hand and strolled down the beach looking up at me with his navy blue eyes only to tell me, "no 'durl' will ever take your place". My heart melted and it still feels so real every time I walk the beach.

All of these moments become memories in the blink of an eye. My oldest daughter was my drama queen. What a colorful child she was and still is. She is strong-willed and witty. The moments in which she spoke so candidly and said the most outlandish phrases have not only become memories, but topics of family get-togethers. The rise of laughter as we relish in her accomplishments of completing two degrees and embarking on opening her own business always brings a good vibe to our dinner table.

Just how quickly the moments become memories... We do this all while enjoying the very moments of our lives. I often wonder where the time goes. It seems like only a short time ago that the two people - very much in love - who were planning a wedding and buying their first home together are now thinking of how much fun grandchildren and traveling the world would be.

I am thankful for the opportunities that I have embraced. I am blessed to live in the moment and to make new memories with each stage of my children's lives. I strive for each day to be better than the previous day. I want those who I share my life with to have memories of me making their lives brighter every day of each year. I see life as an adventure. I look through rose colored glasses drinking from a glass half full. I do believe this helps me see life in the brightest of ways. It allows me embrace the world around me and give a little more of myself with a good attitude. I would like to think it provides my children with memories of a "can do" mom full of life, love and laughter. It is my wish that our moments are memories that last for generations.

Until the next issue... Embrace life. Your moments today are your memories tomorrow.

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Meet Farid Hanachi

By Pam Goode



GA!: First – Who is Farid Hanachi?

Farid: I was born in Iran and my family highly valued school and advanced education. I left my home country at age 22 in pursuit of higher education and a better life. I worked very hard and finished my education with multiple honors. I graduated from LSU and lived part of my education in New Orleans, where I met my best friend and love of my life. We have now been married for 18 years and have three children. I enjoy being part of my patients' journeys to a beautiful smile and being able to help them feel better about themselves. On the weekends if I get a chance to be outdoors, then I consider myself lucky and blessed.

GA!: Education was important to your family and for you coming to the United States. Tell us about your education and what brought you to Gastonia, NC.



Farid: I received my undergraduate degree in three years and I graduated Cum Laude. Then, I immediately started dental school and for the next four years, in addition to dental education, I was involved in advanced clinical research. One of the main projects that I was involved in was the foundation for one of the groundbreaking devices that we use in our field today. In 1991 I graduated from dental school and started my specialty education. In May of 1993 I finished my education and exactly five days after graduation, I took over a full time practice in Asheville for an orthodontist who had fallen victim to a tragic accident. Leaving my home in Charlotte at 5 AM, I traveled to Asheville to work three days a week and then back to Pineville, where

I started and built my first practice. During this time I taught a class at CPCC and opened my practice in Gastonia in 1994. I went on to open a third location in the University area and an office in Mooresville in 2003. I currently operate 3 locations to serve my patients - Gastonia, University area, and Mooresville.

GA!: How do you manage it all?

Farid: My staff is my biggest asset. They travel with me to each location every day. They are extremely friendly and compassionate. The golden rule in my office is treat people the way you want to be treated. They enjoy what they do, and it shows.

GA!: From our cover shot we can see you are an outdoorsman. What are your hobbies?

Farid: At the age of 49 I decided to start running. I was shopping in Trader Joe's and noticed the store Run for Your Life next to it. At that moment I decided I wanted to start running. Thirteen months later I ran my first half marathon. Since that time my wife, Saghar, and I



have completed many 5K and 10K runs, as well as the Spartan race. I also enjoy both road and mountain biking, kayaking on Mt. Island Lake and the Catawba River, and currently have a black belt in taekwondo.



GA!: What is your best quality as an Orthodontist?

Farid: My top quality is my personality. I get to know all of my patients and ensure that I see them at each of their visits. I make it a point to know something about each patient, the family, and their hobbies. No one here is known by "Buddy", "Big guy" or "Sport". My office has the "Cheers" philosophy.. "Everybody Knows Your Name." I read somewhere that it is not a job if you love what you do. I can truly say that I do not have a job!

GA!: Having braces as an adult seems much more common now. Why is that?

Farid: I receive referrals from local dentists for both children and adults. Adults need orthodontic treatment for various reasons. Many adults needed braces as a child, but parents could not afford them. Adults are starting to feel more comfortable wearing braces. You are never too old to feel good about yourself. To date my oldest patient is 82 years old, and it makes me smile to know I made a difference in this patient's life.

GA!: Is there a patient story that stands out to you?

Farid: Yes. When I took over the full time practice after graduation, I remember being excited to tell an adult patient she was ready to have her braces taken off. Much to my surprise, she began to cry. I remember her saying, "Before I had braces I was an introvert. Since having them I am more confident and more of an extrovert. My braces have become a part of my life." This patient was one to remember!



GA!: What makes you the right choice for someone seeking Orthodontist care?

Farid: I stay up-to-date on the latest development in the field of orthodontics and keep up with continuing education. We offer a variety of options for our patients, we try to be flexible with our scheduling to accommodate our patients' busy lives, and we work with our patients to reduce the burden of the cost of orthodontic treatment. We file insurance for our patients and offer private rooms, where everyone feels welcome and parents can go back with their kids. We manage our schedule to avoid long waiting times for our patients. We understand that time is valuable and many of our patients and families are managing busy lifestyles.

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ChewOnThis

Chef Ashleigh Easterling



Gaston Alive! would like to introduce a local up-and-coming Chef, who is passionate about eating healthy and supporting local farmers and businesses. She can tell you just how unhealthy your pantry is and how to cook without the calories while savoring the flavors! Ashleigh Easterling is the writer of "Chew On This" - a natural health food column, and you will have the opportunity to read more from Ashleigh in upcoming issues. Gaston Alive! Magazine had the pleasure of spending some time with the bubbly 25 year old Gastonia native who has moved to busy uptown Charlotte for opportunities that enhance her lifestyle and business endeavors. Tune in to WBTV Tuesday, March 18 at 12 noon for Ashleigh's live cooking demo.

GA!: Have you always eaten farm fresh food?

Growing up I spent the summers drinking raw milk from a cow on my grandparents' family organic farm. This is a very vivid memory of mine. The term organic was not used back then because all farms were "organic". Watching my grandmother churn her own butter, can her own food and prepare food in its most simple form was a very inspirational thing for me, even though I would not be aware of this until eighteen years later.

GA!: What made you get into cooking healthy?

As I got older, I was diagnosed with numerous illnesses and prescribed many different medications. I truly believe that these medications caused a ripple effect and contributed to my sickness. Despite the illnesses, I graduated from Johnson & Wales in 2011 with a Bachelor's degree in Marketing and landed a position in Marketing for a Fortune 500 healthcare system known as Health Management Associates. I felt good about myself and my "big girl" job, but something was still missing for me. I decided that I wanted to pursue my love for cooking and take on a new challenge. I wanted to make a life change by going back to the basics and changing my diet to all natural farm raised food. In just three short years I not only lost 40 pounds and got in shape, but I was healthy and all of my medical conditions soon diminished.

GA!: What made you go back to school at Johnson & Wales University?

My lifestyle change influenced my decision to go back to Johnson & Wales and pursue a degree that would provide me with the education I needed to help pursue my dream of healthy living, and open doors for me to open my own organic, North Carolina farm supportive cafe. I graduate in May 2014 with my Bachelors in Food and Beverage Restaurant Management. I am in the planning phases to open a small to-go all natural breakfast and lunch kiosk.

GA!: Have you worked in a restaurant before?

I have gained valuable cooking experience through Johnson & Wales, Sullivan's Steakhouse and cooking at home as a hobby.

GA!: Do you hold any culinary certifications?

Yes. I am certified through GreenChefs/BlueOcean, which is a course designed to teach chefs the importance of promoting sustainable seafood. I am also certified in ServeSafe Sanitation and ServeSafe Alcohol through the National Restaurant Association.

GA!: What interested you in starting your own column, "Chew on This"?

Two things come to mind - I am very proud to be from North Carolina and I take my healthy lifestyle very seriously. It is important that we take care of our bodies by eating healthy and it is very important that we take care of our communities by supporting small businesses and local farms. I am writing this column to share my experiences with weight loss, getting healthy and cooking wonderful tasting healthy dishes for the readers. I look forward to providing the readers with my experiences and advice on maintaining good health while creating delicious, health-benefitting dishes.

We will have much more from Ashleigh in issues to come. You can also contact her at a.easterling88@gmail.com or follow her on Instagram [Chef_Easterling](#).



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Irish Bread Pudding

Beyond shamrocks and Faith and Begorrah, March is such a transitional month. Sometimes still cold and other times kissed by spring as the Crocus smile and the Forsythia crowns the Carolinas in glory. This month I'm doing bread pudding. It sounds so easy yet it's very hard to get perfect. The good news is even a failure of a bread pudding tastes delicious. The trick with bread pudding is to get the perfect soak on the bread without creating a sloppy mess, much like French Toast.

Ingredients

- 1/2 stick butter
- 1/2 tsp Cardamom
- 1/2 tsp Nutmeg
- 1/2 tsp Cinnamon
- 4 thick slices of bread (I like a soft bread like brioche or challah) cut into 1 inch cubes
- 1 bottle of Guinness® Stout
- 1/2 cup Brown Sugar
- Pinch of salt
- 5 Eggs
- 1 cup cream
- 1 Tbs Vanilla
- 1 cup Sugar
- Optional - Chocolate Chips, Toffee Chips

Melt butter in a large skillet and add the first three spices. Once melted and bubbly add the bread cubes and toss with the butter browning much as you would croutons. They should be crispy outside but still have a give to them.

Mix the Guinness®, brown sugar and salt in a sauce pan and cook until reduced to a thick syrup that covers the back of the spoon. Watch this process as it will foam and boil over. Meanwhile, mix eggs, cream and vanilla. When the syrup is nice and thick, cool slightly then drizzle over the bread cubes and toss in a bowl (add optional items) working to coat the cubes evenly. Place the bread either in a buttered pan or in ramekins. Pour the egg/cream mixture over top.

Bake for an hour at 325° or till the top is springy. To serve I top mine with some caramel sauce, but a nice bourbon sauce works just as well (or for more Irish use Irish Whisky). Add a dollop of whipped cream or a small scoop of ice cream and it is a winner.

Why the Guinness works - Yes beer in a dessert may sound weird, but it already has chocolate and coffee notes so with the brown sugar and the toasted spices, the bit of acidity in the beer rounds things out. Don't be afraid to create your own pot o' gold and watch your family or guests do a leprechaun dance in appreciation.

Until 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.
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Budget-Friendly Updates For Your Kitchen

What if you have a perfectly good kitchen - the layout works, the cabinetry is solid, and the appliances are in great shape - but it just needs a little face lift, a little refresh? There are plenty of relatively minor changes you can make that don't involve a large overall effect on your space or your finances! Here are just a few ideas...

Freshen Up Existing Cabinets

If your existing cabinets are high quality and in good shape, but need a little refresher, there are many options for updating. Although it can be labor intensive, you can always add a coat of paint and take dark, dated cabinets to a new level of light and bright. If you are looking for a quicker, less permanent solution, just rethink the uppers. You can simply remove some cabinet doors to create open-concept upper shelving. This space can be used to display your prettiest dishes or to keep frequently used items easily accessible. To take this design idea a step further, consider painting the back of this open cabinet or adding a splash of texture and pattern by lining it with fabric or wall covering. A neat little commitment-free trick I have used in my own home is to cut foam display board to size, cover in fabric or wrapping paper, and place in the back of the cabinets for an instant update. If removing the doors completely seems a little too exposed for your tastes, consider simply adding glass inserts to some upper cabinet doors. This simple change can lighten, brighten and add interest to any design style.

Update a Tired Countertop or Backsplash

If your countertop is feeling tired and dated, consider replacing it with new material. There are so many available options for countertops – granite, marble, solid surfacing (commonly referred to as Corian), concrete, stainless steel, wood, and even some new high-definition laminates. There is something for everyone's style and budget. Upgrading even just an island top can give new life to an entire kitchen as well as add value to your home.





Replacing existing materials for a new backsplash can also have a huge impact on the entire space, adding lots of personality and complimenting existing or new countertop materials. The limited space between the countertop and upper cabinets causes the overall square footage of material needed for most backsplash updates to be relatively minimal in comparison to the impact on the overall look of the kitchen. However, if you do not currently have a full-height backsplash and new materials aren't in the budget, consider adding small art pieces to punch up this

area. Framed pieces can easily be wiped down if soiled while cooking and they can add a lot of personality to the space.

Accentuate the Space with New Lighting

Swapping out existing or adding new lighting is a great, quick update to any space, especially the kitchen. Pendant lights are the hottest trend in kitchens right now - from farmhouse rustic to modern chic, there is something for every style. Local box retailers offer some fantastic budget conscious options, but if you prefer not to fuss with complicated installation or extra money for an electrician's services, some online retailers offer pendants that screw right into existing recessed cans.

Add a Little Wow Factor

Add a little unexpected wow factor by incorporating a pop of color through the use of a bold paint selection, graphic wall covering or even chalk board paint. Consider applying the color in unexpected places, such as the back of the island - which is also a fun place to add chalkboard paint (and ideal for such a high-scuff area) - or a pantry door, which is the perfect place for a bright, bold accent color.

Accessorize with Some Finishing Touches

New jewelry can transform any outfit and it can do wonders for your kitchen, too. New hardware, including outlets and switch plates can dress up (or down) existing cabinets easily and inexpensively. Don't be afraid to mix and match hardware selections to add interest and texture throughout the space.

We tend to treat our kitchens as merely functional and often forget to add accessories such as a rug or a lamp that can create a more warm and personalized space. A rug can soften an expanse of wood or tile flooring, while also protecting the floor and adding color to the area. A lamp on the counter can add a warm glow to the space, while also serving as additional lighting.

While we can't always afford to spend great amounts on kitchen renovations, it's amazing how even the smallest change can energize your kitchen and liven it up to make it all your own!



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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