

Gaston *Alive!*

Home • Garden • Style • Fun • Food • Happenings

Vacation Close to Home at the Southampton Club

p10

Your New Brunch Favorite p.12

Cooking is the Best Company p.14

Hunt for Your Style p.20

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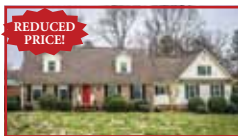
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I gave my "To-Do" list to Mr. Handyman...

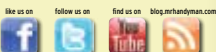
and he took care of everything!



To-Do list

- | | |
|--|---|
| <input type="checkbox"/> Put up shelving | <input type="checkbox"/> Caulk around tub |
| <input type="checkbox"/> Hang window treatments | <input type="checkbox"/> Install moulding |
| <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 |
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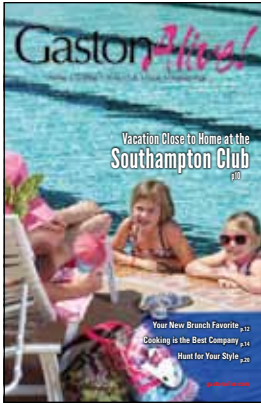
*Pam L. Goode
Publisher
Gaston Alive! Magazine*

Do you know of a great place around town that's a best kept secret? Are you a local resident who wants to nominate a unique story of the greater good of Gaston County? We want to help spread the word. Favorite band, art show, or just someone doing something good.

We at **Gaston Alive!** want to showcase our pick each issue. Submit your story, favorite place or event to info@gastonalive.com. Help us spread the **"Goode News"** by being our PUBLISHER'S PICK!

Goode News

about the cover



This month's cover was shot on site with members of Southampton Raquet and Swim Club. 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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TENNIS AND SWIMMING,
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PERFECT FOR A NIGHT IN

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DELICIOUS

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DESIGN WITH A STORY



We have all heard the expression when life gives you lemons make lemonade, right?

What I find interesting is to really think about what turns lemons into lemonade. I've come to realize that it's one simple ingredient: sugar. This realization brings a few things to mind. First of all, I am a self-proclaimed "make lemonade out of lemons kind of girl". I will take a lemon situation and make lemonade out of it at every opportunity and I do it almost every day. Between business and personal life, I have to find "sugar" variations daily.

Most recently, the paper quality of the last Gaston Alive! magazine was a real lemon for me. I had to add a great deal of "sugar" to get the right lemonade. The "sugars" in this were first and foremost my advertisers. They all waited patiently for the reprint and faithfully supported me with encouragement. The second and equally as important dose of "sugar" that contributed to the making of my lemonade is my staff. They worked tirelessly on getting a new issue together and a resize for our new printer. Not to mention my NewPoint Media Group (the current printer of The Real Estate Book and my other publications) team rallied around me and rushed our Gaston Alive! magazine on the press to have a top quality magazine, as promised, out to our readership as quickly as possible. Last but not least, my family contributed greatly to the making of my lemonade by believing in me and encouraging me when I felt like I was still stuck with lemons. These are the added "sugars" to the lemonade of success!

As I think of day to day encounters with clients, friends, family, and those in my circle, I think about and am thankful for my different variations of added sugars. Every once in a while I'll be faced with one of those "artificial sweeteners", but overall I manage to find just the right amount of pure "sugar" to turn the daily lemons into lemonade. Don't get me wrong, it's never perfect and sometimes there are those lemons that I have to slice up and add to iced tea, or there may not be enough "sugar" to sweeten some situations or people, but knowing when to cut your losses is a lemonade trait!

We have "sweetened up" this issue with a few more advertisers, articles and new columns such as the "Did You Know?" and the "Publishers Pick". I hope you find these enjoyable and look forward to reading each issue. Help us spread the word and tell our advertisers that you saw them in Gaston Alive! magazine.

Enjoy these days of spring and sunshine, and make the most of every situation. Something as simple as one ingredient can turn a situation around. It may be a word, a task, a prayer, or simple forgiveness. Find your "sugar" and make your lemonade!

Until next issue, ignore your critics, love your enemies, and give your life your best. Life is too short not to make lemonade with all the right sugar.

Pam L. Goode

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Gaston County's Premier Private Tennis and Swim Club

By Pam Goode

GA!: With summer right around the corner, what does Southampton have to offer local families?

Taylor: At the Southampton Club, summer is our favorite time of year, and it is when the pool takes center stage. Nothing is better on a hot summer day than sitting poolside with your family and friends. If you were to ask a member, you would typically hear that the social aspect of the club is a favorite of many. There are always friends for the kids to play with, beer or wine for mom and dad, and good conversations with friends. It really is like a vacation at home.

GA!: The total makeover of the club is obvious to members, but share with us some of the renovations and updates you have made that someone thinking of joining may need to know.

Taylor: We have kept with the core concept of the club – tennis and swim – which was preferred by the founders some 30 plus years ago. However, we have cosmetically enhanced the look and feel of the club, and we have brought back much of its former glory. We have completely modernized the clubhouse and gym and improved the aesthetics of all the club grounds. What was once aged and worn is now state-of-the-art. In addition to the physical upgrades, we have also added to the social aspect of the club by increasing the number of teams, events and parties.



GA!: As owners, you and your wife work at the club exclusively as a full time job, correct?

Taylor: That is correct. Elke is our tennis director and oversees all the tennis clinics, camps and lessons, while I focus more on the administrative functions of the club and

oversee the grounds maintenance and renovations. It is a 24/7 job, but when you do what you love it hardly seems like work. We could not be happier with the club, our members and the local community.

GA!: What makes Southampton the most appealing private club in Gaston County?

Taylor: We have a strong niche market for families looking for an upscale private club experience, but without the exorbitant prices, which are typically associated with private clubs. We tend to think of ourselves as a boutique-type set up, catering specifically to swim and tennis enthusiasts, and doing each of the two very well. It comes down to value, and for those looking for a high-end club experience at a reasonable price, Southampton cannot be beat.



GA!: This looks like a great family place to enjoy all summer, but what about adults without children? What can Southampton offer them?

Taylor: While we are definitely family-focused during the swim season, we have quite a few retired couples and active adults that also take advantage of the pool during the summer. They enjoy the social aspect, as well as fitness activities such as swimming laps and using the gym facility. Southampton has something to offer just about everyone who enjoys either swimming or tennis.



for children of all ages and abilities. While we do compete, the focus is not on competition, but rather swim instruction in a fun and friendly social environment for the kids. It is the perfect way for any kid to become a competent and confident swimmer, and one that creates a lifetime of memories. The program is a fantastic opportunity for every child.

GA!: Tell us about your swim teams.

Taylor: Our swim team competes in the local GISA swim league and is the perfect introduction to swim instruction



GA!: Your time and dedication to Southampton shows just by driving past the club. Do you offer tours of the property, and what steps might someone who is interested in joining need to take?

Taylor: Thank you for asking. The first step for a family interested in joining would be to call the clubhouse at (704) 867-8081, or email info@southamptonclub.com and schedule a private tour at a time of the family's convenience. More information can also be found at our website, www.southamptonclub.com. **Also, for the first time – and probably the only time – we will be offering a \$0 initiation special for first time members, which makes now the best time ever to join the Southampton Club.**



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ChewOnThis

Chef Ashleigh Easterling



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The weather is finally getting warm and this is the time that always reminds me of good brunch with family and friends. What better brunch item than these delectable gluten-free pancakes topped with strawberries?

Mini Gluten-Free Pancakes Topped With a Strawberry Syrup:

- 1-1/2 cups superfine rice flour
- 3/4 cup potato starch
- 1/2 cup tapioca starch
- 2 Tablespoons sugar
- 1 Tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1-1/4 cups buttermilk
- 1/4 cup melted butter, plus extra butter for greasing pan
- 1 teaspoon vanilla extract
- 2 eggs



Directions:

In a medium bowl, combine the rice flour, potato starch, tapioca starch, sugar, baking powder, baking soda, and salt. Add the buttermilk, melted butter, vanilla extract, and eggs and mix until smooth. Heat a skillet or frying pan over medium-high heat. Melt a pat of butter. When a drop of batter sizzles when it hits the pan, ladle about 1/4 cup of batter onto the pan. Repeat, leaving plenty of space between the pancakes. When bubbles dot the surface of the pancake, flip to the other side and cook until golden. With a cookie cutter, cut the pancake to desired size. Repeat with the remaining batter. Serve with your choice of syrup. Pictured with Wholesome Sweeteners Organic Blue Agave Strawberry 11.75 Fluid Ounces Liquid (Available at Vitamin Shoppe). Top with fresh organic strawberries and mint.

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Veal Scaloppini

Recently I had a young man over to the house who was back on leave from military service. One of his favorite dishes is Veal Scaloppini so of course I made it for him. During our meal we talked and enjoyed some vino and just shared each other's company. Too often this fast paced life makes us forget we should just slow down a bit, take a breath and enjoy each other. To me, sharing a meal is one of the best opportunities to connect or reconnect.

Finding veal cutlets can be a challenge at times so this also works with chicken. For Scaloppini the process is pretty much the same, but the sauces can vary greatly. It all begins with gently pounding the cutlets out (too much force and they split, too little and they can be tough). I put mine between sheets of plastic wrap to assist the process.

Once the cutlet is pounded, season with salt and pepper, dredge in flour, dip in egg and roll in breadcrumb. I cook these in a large skillet with a mixture of butter and olive oil. Because they are so thin, it only takes a bit on each side - it's really more about getting the breading crispy. Hold the cooked Scaloppini in a warm oven.

Back in the skillet I add a bit more butter, lemon juice, capers and white wine, deglazing the pan and thickening with a bit of cornstarch (mix with water to create a slurry before adding). I then add in some thin slices of lemon and usually serve over fettuccine.

Ingredients

- 10 Veal Cutlets
- Salt & Pepper to taste
- 1 cup Flour
- 1 cup Breadcrumbs
- 1/2 cup of Lemon juice plus lemon slices
- 1/2 cup White Wine
- 2 Tbs Capers
- 1/2 cup Butter
- 1/4 cup Olive Oil

The greatest challenge with this dish is timing. Make sure the rest of your meal is mostly ready before you start cooking the pounded cutlets, as it all moves pretty quickly from that point on. Try cooking this with someone, to just share the time, as well as the meal when it's done.

If you haven't found me on Facebook yet please do. I share lots of food and wine thoughts as well as information all month long. I look forward to hearing about your culinary adventures, questions or suggestions.

Until next month, Make It Your Own!

Glenn



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The Story Behind Preschool Connection Learning Academy

By Angela Warren

In 2001, with the help of my parents David and Kathy Beaty, we opened Preschool Connection in Mount Holly. We have always focused on providing quality care and emphasizing a nurturing environment. This enables the child to approach learning with confidence and ensures a desire for lifelong learning. The center in Mount Holly is a five star center with the highest education and program points issued by the Division of Child Development & Early Education. We are very proud of the center and our team for its accomplishments.

Last year I began to feel the need for a new challenge. I stumbled upon a building in Belmont for sale that was originally built in 1942 by the First Presbyterian Church. My parents looked at it and Dad had a vision of what the building could become. He is a general contractor and liked the idea of bringing a piece of Belmont's history back to life. We took a leap of faith and purchased the building. Since then, the building has taken on a life of its own. Dad took the building down to the bare bones. He tore out the plumbing, electrical, and heating and air. In addition, he redesigned the entire floor plan and also designed a natural style playground. Our entire family took part in making this project come to life. The result is a state-of-the-art childcare facility.



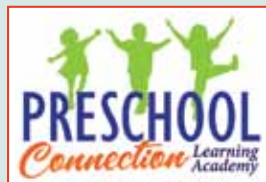
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Building this new center has proven to be a joy-filled adventure for our entire family. It has brought us a sense of pride and accomplishment. We can only hope that it brings just as much joy to the families we serve.

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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



If you are at all familiar with my design aesthetic or personal taste, then you know how much I love design with a story! I love items that are interesting or have a past and enjoy incorporating them into new spaces. I am also always on the hunt for a good deal! I believe finding great quality items at extremely reasonable prices is smart design. These passions often collide when I find myself joyfully scanning the aisles and piles of antique, thrift and junk shops. The older, dirtier, and junkier items are, the better – at least for my personal taste. I love digging and hunting for treasures, and then watching them come to life. Some are perfect with just a little cleaning, while others require a complete overhaul and refinish. Here are a few tips for doing a little treasure hunting of your own...

Plan ahead.

While spur-of-the-moment stops at fabulous side-of-the-road spots can be lots of fun, it usually pays to plan ahead. A lot of antique, thrift and junk shops keep limited and often odd hours, so be sure your destination is actually open. You will also likely need to ensure you have plenty of time for browsing. I like to go through the entire place fairly quickly, taking photos of items of interest with my smart phone, but not spending too much time in any one place. Once I have been through the whole place, I feel like it's easier to narrow down what I may be genuinely interested in purchasing on that particular shopping trip. This method takes time, though, so plan accordingly.

Dress appropriately.

Consider your destination when planning your attire for the day. Flat, comfortable shoes are ideal, and on some occasions boots are the most practical. Comfortable clothes that you aren't afraid to get a little dusty or dirty are also a good idea. A lot of this depends on where you are shopping, though. Stores that are set up more as antique malls will often be indoors, fairly clean and have a controlled climate, whereas some junk stores and antique expos could be outdoors and subject to more weather elements, dirt and even areas of mud.

Educate yourself.

While it is always fun to hunt and keep your eye out for the treasure you didn't even know you "had to have", if you are looking for something specific, it's





often a good idea to do a little research before you begin shopping. This will help you determine if you are actually getting a bargain. Understanding the average retail value of an item will make it easier to decide if a purchase is a good idea or not. A great thrift store find can be anywhere from 40-70% off of typical retail pricing. Often times, the cleaner and more climate controlled the shopping environment, the less of a deal you are likely to find. To some degree, you must expect to pay the overhead of the retailer, as well as put in time to clean up some items.



Know when to negotiate.

Doing research about an item's value will help you know when to negotiate and when to simply pay the asking price. Some thrift shops are set up to wheel and deal, while others are not. Typically, large antique stores that have vendor vignettes (multiple vendor booths under one roof, with one common check out) do not offer much negotiating options because the actual booth owners are not there to discuss pricing. On the other hand, many junk stores offer the opportunity to negotiate some pricing, especially if you are purchasing multiple items. Regardless of the location, it's always a good idea to have cold, hard cash. Many of these types of retailers don't take other forms of payment, but either way, having cash in hand always improves your negotiating power.

Plan to transport what you purchase.

Plan ahead and be ready to transport large, heavy (and sometimes even dusty or dirty) items on the spot. Most dealers are ready to get rid of their inventory, and paying and taking your purchases immediately can often give you additional negotiating power. Plan ahead by removing extra seats from the family van or taking a truck, and making sure you pack a few extra old quilts and blankets for wrapping more fragile items.

Enjoy the hunt.

Above all else, have fun! Enjoy getting lost in the stories of the items you come across. Enjoy learning about an item's history or imagining where an item has traveled before you found it. Enjoy the eclectic collections and oddities you'll inevitably stumble upon as you search for new pieces to fill your home and become a part of your family's own story.



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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The Gaston Gators Masters Swim Team is a group of like-minded individuals with a passion for swimming, health and well-being. We are an official US Masters Club that is a part of the larger Gaston Gators program. We have members who range from ex-collegiate swimmers to absolute beginners and everything in between. We meet six mornings a week at Gardner Acres Swim Club, and there are usually two or more skill level groups swimming simultaneously during each practice.

Coach Trey Taylor



did you know?

By Trey Taylor

We celebrated our one year anniversary this past December, so we have been going strong for 16 months now. We have been recognized by NC Masters and US Masters as one of the fastest growing clubs in the nation. We started with four members in December of 2012, and we now have 39 participating members and 18 competitive members. While I believe that competition is healthy and rewarding for anyone that chooses to do so, it is not a requirement for becoming a part of our program. However, after spending some time in the program, many of our members have surprised themselves with what they are capable of accomplishing. For those interested, we offer many practice options in order to fit as many schedules as possible. Practice changes slightly from Memorial Day to Labor Day due to the Gardner Acres operating schedule.

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Our fees are \$30 a month or \$5 a practice. If you come more than 6 times in a month, then you'll automatically be upgraded and will not have to pay any additional costs. In addition to the Gators fees, there is a yearly fee to join US Masters. This fee is around \$40, and it insures a swimmer's time in the water while there is a certified coach present.

The long-term goal of the Gaston Gators program is to continue to grow and serve our community. In order to do so, our facilities are going to have to grow with us. We have been blessed to work alongside Gardner Acres for the past year and a half, and that has helped us grow tremendously. This Masters program would not be possible without it. However, to continue our growth, we eventually need to construct our own facility, and we could use all the corporate and private help possible. A pool in this county capable of hosting large-scale meets – both for Masters and especially for Age Group Swimmers – would be a great benefit to this community. Meets bring people from out of town and provide business for local hotels, restaurants and stores. We will need the support of the Gaston business community to make this dream a reality. For more information regarding membership, please contact Coach Trey Taylor at gatorsmasters@gmail.com.

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pilates

By Megan Moose

Joseph Pilates's protégé, Romana Kryzanowska, describes Pilates as "stretch with strength and control". He called his method "the art of contrology", and today we call it Pilates. Pilates is a focused and systematic approach to physical fitness that encourages alignment and balance and fosters sound mind, body, and spirit. Students can expect improved coordination, flexibility, and stamina. It is a safe and effective way to increase range of motion, build strength, and prevent injury. Originally, Pilates trained and rehabilitated wounded soldiers, and later artists and athletes learned the discipline to optimize performance. Now, many people practice Pilates to improve posture, tone muscle, and manage daily aches and pains associated with aging.

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