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A large, covered outdoor pool with a stone fireplace and a hot tub. The pool is surrounded by a paved deck and lush greenery. The fireplace is built into the side of the pool house, and a fire is burning in the hearth. The pool has a dark, shingled roof and stone pillars. A hot tub is visible on the left side of the pool.

Transition into Fall with Innovative Pool Designs

p.10

A Taste of Greek p.14

The Psychology of Color p.20

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BEAUTIFUL brick home with 3 brs/2.5 baths on the golf course on gated Cramer Mountain. This is a private back yard on a corner lot with a circular drive. Views of the 7th green and fairway are enjoyed from a covered back porch. This is a lovely home and very well maintained. \$360,000 MLS#3010631



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INVESTORS. Great rental property. 3brs/1.5ba, gas heat, fenced yard, large living room, single carport. \$44,500 MLS#2213947



CONVENIENT to shopping & hospital. Ranch style home offering 3br/2ba, living room, large den-kitchen-dining room combo. Single garage, patio, fenced back yard. \$109,000 MLS#3020844



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SITUATED on over 5 acres, this home was constructed in 1989 & offers large great room, eat in kitchen, 2 bedrooms & 2 baths, upstairs loft, Call Thelma for more details. \$185,000 MLS#2205238

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| <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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Publisher's PICK



*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 at the home of a client of Innovative Pool Designs. See related article on page 10. Cover photo by Dodie Huffman and Josh Gaddis of Image Gallery. For more information visit www.igstudio.biz. Production assistance by Pam L. Goode and cover graphic design by David James.

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10



10

BRING PARADISE INTO
YOUR BACKYARD

our staff

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Publisher's PICK

By Pam Goode

Are we too social? Are we losing sight of face-to-face contact and general etiquette? We are all guilty of a little nose to the phone in the world of social media, texting, FaceTime and emails. Our generation has adapted to the world of quick response and easy access to information. What are we teaching our children today about etiquette in general? Do we require them to hand write notes or properly introduce themselves to adults by addressing them formally as Mr. and Mrs., as well as general social graces?

It is an honor to choose the Junior Assembly of Gastonia as the Publisher's Pick for the September edition. Co-founders Ellen Weddington Maxwell and Beverly Wilson Sumner have both been active in the social, business, educational and religious community for over 30 years, and have taught etiquette to private city and country clubs in North Carolina. They are celebrating 25 years in Gaston County and are proud to continue this valuable practice in our local community.



Membership to Junior Assembly is invitation only and was established for the purpose of providing dancing instruction, social etiquette and supervised entertainment for the children of 5th through 8th grade. The importance of consideration of others is stressed, in addition to gaining self-confidence and manners for a lifetime. I feel these two things are quite

important in the developmental period of pre-teen to teen years. Consideration and self-respect deters and prevents possible issues that could occur once young adults enter high school.

It is such a wonderful commitment these two highly respected ladies have established and kept in place in our community. Join me in saying ***please*** keep up the ***Goode*** work and ***thank you*** for allowing us to showcase you as the Publisher's Pick for September!

Know someone doing the greater "Goode" of Gaston County? Send us an email at info@gastonalive.com. We may feature your story in the next publishers pick!

FROM THE PUBLISHER



As I've said before, I always write my publisher's letter the night before we go to print, and the topic is whatever is on my mind at the time. Tonight is that night and tomorrow morning I will wake up and send my baby girl to school her first day of her last year. Her first day as a high school senior. Where did the time go?

This particular event has hit me hard. I'm so excited and proud of her but extremely emotional at the same time. It seems like yesterday we stayed awake at night and stared at her under the soft light of the night light that shadowed her tiny face.

When we did sleep, it was with our hand on her back to assure ourselves she was breathing. You see, she was our tiny 30 week baby, weighing in at just three pounds and entering the world early, fighting for her life. She showed so much strength in her determination to beat all odds and overcome every obstacle while in NICU. She came home just 13 days after she was born, when it was predicted she would be there for at least eight weeks. She was born a fighter and an overachiever, and I became the over protector.

By 18 months, her vocabulary was that of a four year old. She memorized every story to every book we bought and read to her, and never let us skip a page to shorten the bedtime story. We soon welcomed her baby brother into the family, and she was not sure she wanted to share the spotlight.

I blinked my eyes and she was in preschool. Who could forget Mrs. Funderburk at Gaston Christian School, who had her reading before kindergarten?

Two blinks of the eye and she was headed to middle school, where she quickly became the soccer star, developed her sense of style, started making friendships and had her first crush. She even began to like her brother as he entered middle school, and she became his protector.

Three blinks and she was off to high school. Her determination that I witnessed in the incubator has resurfaced into academic success. She is a kind, compassionate, caring and beautiful young lady with her head on straight, setting goals and choosing friends who make her an even better person. She is able to lead and not follow. She balances and doesn't fall. She makes my heart swell with pride and my eyes fill with tears at the thought of her entering those halls for the first time, on the first day, in her last year.

Four blinks and my eyes are getting heavy. As I go to sleep tonight I will say a special prayer for her and all 2015 seniors. I pray for a wonderful year that fulfills every hope and dream they can imagine. I will awake to a sad morning for myself. She will leave the house to meet up with her classmates for morning activities on cloud nine. I'll smile and say, "I love you, drive carefully." I'll have a good cry, but know deep down that my job as her mom is more fulfilling than any career I could have. I see my success in her. I see it in her attitude, her witty personality, her successes and her passion for people. Each time I receive a compliment from a teacher, coach or any adult, I see a job well done. I should shed tears of joy for the young lady I have, with the help of her wonderful dad, mold into a beautiful girl inside and out. I know I share the same feeling as many, many other moms out there tonight.

Five blinks and I fast forward in my mind to this time next year: college. Okay, maybe I won't sleep a wink. Until then, I'll hold on to when she recently told her dad and me, "I've had the most wonderful childhood." With that I say goodnight. Then I'll grab my tissue box and pat myself on the back.

Until next time... Children are our precious gems. You've got one chance at this life. Choose your words and time wisely.

Pam L. Goode



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Bring Paradise Into Your Backyard With Innovative Pool Designs

By Pam Goode

Matt Bailey, owner and President of Innovative Pool Designs, launched his company in the summer of 2005. Matt has extensive knowledge of all aspects of pool construction. Innovative Pool Designs is a NC and SC licensed General Contractor, and offers a variety of services, extending beyond its work with pools. The company also has a full year-round staff.

GA!: What type of services do you offer other than pool construction?

Matt: In addition to custom liner pools and custom concrete pools, we offer design and construction of outdoor kitchens and living areas, as well as gazebos, patios and fencing. We also offer service and maintenance on existing pools.



GA!: What type of service and maintenance do you offer?

Matt: We have a full service staff that is trained in pool maintenance and service. We have weekly pool cleaning, pool opening and closing, equipment repair, liner and concrete pool renovation. We also have a retail office in Kings Mountain for all of your pool needs.

GA!: What sets you apart from your competitors?

Matt: We offer 3D designs for our pools and outdoor living projects to give customers a look at their project before any dirt is ever moved. While we have in-house crews who work to create the backyard living spaces, I am directly involved and accessible throughout the entire project before, during and after it is completed. We make ourselves very accessible to our customers, as we know that this type of work is an investment and we pride ourselves on the longevity of our customer relationships.

GA!: What are some of the questions a customer should ask when looking for a pool/outdoor living contractor?

Matt: The number one question all consumers interested in scoping out contractors for pools and outdoor living spaces should be asking is whether the contractors are licensed. Any job in NC over \$30,000 requires a licensed contractor. Also, ask if they carry workman's comp insurance and general liability. It is also important to ask if the company has trained and experienced staff, as well as whether they would provide customer references to make it possible to talk with previous clients about their experience with the company.



GA!: What has kept your business thriving in spite of the economic downturn?

Matt: Planning well and having the knowledge to understand how business works. We stand by our work and have outstanding customer service. Also, we have a strong referral-based business and our work speaks for itself.

GA!: Matt has worked with many people in the community, who can stand behind him on his reputation, honesty, genuine attitude and quality work and communication. Matt is always around his projects. He is Innovative Pool Designs, not just the salesperson. His service after the sell to ensure his clients are happy is what keeps Matt's business successful and maintains his numerous positive referrals.



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Greek Cucumber Shooters

Ingredients:

- 12 Medium Shrimp
- 1 Lemon, juiced
- 2 Large English Cucumbers
(Try to get as straight as possible)
- 3 Tbsp Olives, minced
- 3 Tbsp banana peppers, minced
- 1 Roma Tomato, chopped
- 1/4 Cup Red onion, minced
- 4 Tbsp Garlic, minced and divided
- 1/4 Cup Feta Cheese
- 1/2 Cup Olive Oil
- 3 Tbsp Oregano, chopped
- Salt & Pepper to taste
- Mint & Cherry Tomato slice for garnish, if desired.

Directions:

Peel and de-vein shrimp. Salt and pepper shrimp then Sauté shrimp with 1 tablespoon olive oil for approximately 3-4 minutes. Once cooked, roughly chop and chill in the refrigerator.



To make the cucumber shooters, cut the seedless English cucumbers into 1 inch thick slices. Using a 1 inch round cookie cutter, cut each cucumber making a cylinder and removing the skin (optional). Each cucumber will be about 1 inch tall and 1 inch round. Take a small measuring spoon and remove the seeds, making sure there is about 1/4 inch thickness on the sides and 1/4 inch thickness on the bottom. These can be made up to this point one day ahead.

Stuff the shooters with the mixture and garnish with a mint leaf and cherry tomato slice if desired.

**This recipe makes approximately 20 cucumber shooters if the cucumbers are cut 1-2 inches long, depending on the size of the cucumber.*

Fitness with Chef Easterling

My Journey...

Over the last two years, I have gone through an incredible fitness journey losing over 50 pounds and discovering my passion for fitness and cooking all natural, healthy food. While working out is essential, eating the right foods is the key to reaching your weight loss goals. I feel amazing to have been able to find my true calling in helping others like me – who have fitness goals they want to meet. If you or anyone you know needs help with meeting their weight loss goals, please contact me. As a fitness coach and a Johnson & Wales 2014 graduate, I can help you reach these goals through **accountability and personalized meal plans**.



MY TRANSFORMATION

To learn more, please email me and let me help you with your nutrition and/ or fitness goals!

Fit or Fiction?

As a woman, if you lift heavy weights, you'll bulk up.

FICTION: Women generally don't have enough testosterone to produce the same muscle growth as men. If you want to get a good workout, you need to tax your muscles. With the right amount of weight, you should be able to perform at least 8 reps, but not more than 15, before your muscles are fatigued.

Follow Chef Easterling



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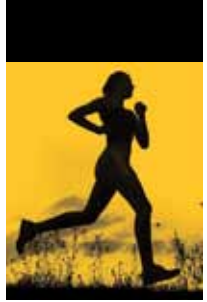


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On October 11th, Cramerton will be the hot spot for walkers, runners and even watchers as RHA Health Services hosts its 5th annual *On the Run 5K Walk/Run* in conjunction with About Face Boot Camp. Since 1987, RHA Health Services has been supporting individuals with intellectual and developmental disabilities in our local communities, and this event is used to raise awareness for these special people. "The money we raise during this event has many different



did you know?

By Dave Costner



uses," says Mary Costner, the local Administrator for RHA. "These monies have sent our residents to camp, field trips, concerts and even baseball games at Grizzly Stadium. During the economic downturn we had to get

creative to help fund these programs as money was cut from governmental budgets."



Due to the success of the first *On the Run 5K*, this has become an annual event, which is very popular among local runners and supporters of the special-needs community. Registration is currently open and available by emailing mcorey@rhanet.org. More information is available on the event Facebook page "5th Annual On The Run 5K walk/run."



Presented by:



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Cramerton, NC

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Ask Tammy...

SOLVING YOUR DECORATING DILEMMAS



By Tammy Taylor

The Psychology of Color



What color should I use?

As a designer, this is the question I receive most often. People are very apprehensive when it comes to selecting color for their homes. I think folks are worried that they are going to break some color rule in the “Laws of Decorating” book (which, might I add, does not exist). Where does all of this

color anxiety come from? Let’s think about color just a minute. Consider company logos that are the most familiar to you.. Do you ever wonder why you recognize these logos? It’s because companies spend a lot of money to make sure you do.

Companies hope that the colors and the psychology that accompanies those colors ensure that the consumer will not only recognize them, but remember them when it is time to make a purchase. John Deere green and Coca-Cola red are two great examples.

Isn’t it interesting how many of the color meanings relate to the company logo that shares that color? For example, the Hallmark cards logo falls into the purple category, which means imaginative, while companies like Lowe’s, Dell and Walmart fall into the strength and dependability category of blue. It makes sense why they would choose these colors to brand their image.

Colors in your home

What does all this mean to you, the homeowner? It means that the colors in your home can and will affect the way you feel, interact and live.





Refer to the following guidelines when choosing your home's palette, but remember to choose what you love, no matter what.



Blue is a color that promotes productivity, in addition to strength and dependability. Therefore, home offices are a great choice for shades of blue. Since **red** encourages appetite, dining rooms have long been drenched in red. Bon appetit! **Greens** are effective in bedrooms, as they foster health and tranquility. A green bedside lamp is an excellent choice. **Pink** is not just for nurseries! Pink is calming and warm, so many spaces lend themselves well to the use of pink. Be brave and try adding pink to your space. **Yellow** does what a kitchen should do – it promotes energy, brightness and metabolism. Yellow makes for a happy place to gather.



Although **purple** is my least favorite, I have to admit that any color that encourages relaxation is a color that my home could use.



Each of these colors creates its own mood and affects the way people interact in certain spaces and situations. While colors can affect brands we may

choose and trust, they also determine the feel of our homes. Your home should reflect your personal style and how you want to feel in it, and the colors you choose will ultimately complete this reflection.



In addition to her Interior Design work, Tammy Taylor operates a retail location in Cramerton and also provides Interior Design Services through Next Generation Interiors, also in Cramerton. You can contact Tammy Taylor Interiors by calling 704.908.3740 or via email at tammytaylor1@gmail.com

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