

GASTON ALIVE

MAGAZINE

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Orchid Spectacular At Daniel Stowe

p6

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Making Home a Happy Space

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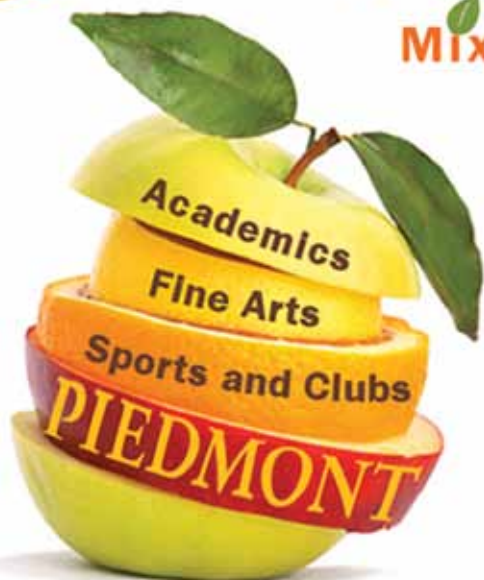
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FROM THE PUBLISHER

You are probably receiving this magazine just a day or so after the Panther's have won the Super Bowl ... so hopefully a sense of joy pervades the Carolina's. It has been great fun to have the the community come together and see our region bask in the glow of national media attention.

If you are an art lover, or a flower person (orchids in particular), be sure to check out the article on page 6 about the Orchid Spectacular going on at Daniel Stowe Botanical Garden through March 12th. The Garden is a local treasure and a great asset to Gaston County-really the Charlotte Metro region-if you haven't been you owe it to yourself to go check it out. You'll be glad you did!

Lastly, be sure to continue to "shop local" when you can. Local merchants bring so much vitality and flavor to our community, they really are an important art of the fabric that makes Gaston County special.

Happy Valentines!

David

featured this month

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SPECTACULAR ORCHID
PHOTO EXHIBIT

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LORAY MILL
HISTORICAL PROJECT

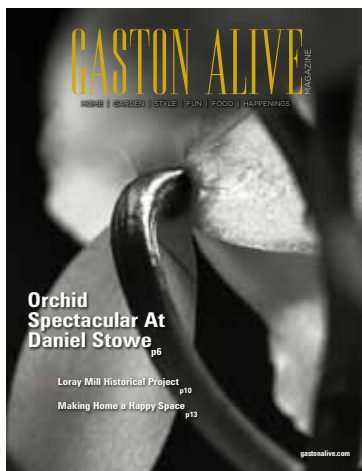
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MAKING HOME A
HAPPY SPACE



HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

on the cover



This month's cover was shot in studio by Rick Haithcox of Haithcox Photography in Dallas. It is part of an exhibition going on at Daniel Stowe Botanical Gardens through March 12th featuring fine art by photography by Rick Haithcox of Dallas, N.C., Greg Allikas of West Palm Beach Florida, and Julie McMillan of Asheville N.C. See related story on page 6. Cover graphic design by David James.

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GA|2|16

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Daniel Stowe Botanical Garden presents:

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and Greg **Allikas**

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WINTER ORCHID SPECTACULAR

By
Jim Hoffman

Each January, while most of us are cursing the calories from the holidays or are digging out from a surprise winter snowstorm, the staff at Daniel Stowe Botanical Garden is working to bring some color and form into our lives. Luckily they have a collection of some 10,000 orchids to help out. They also call on artists who invariably are as varied as the orchids themselves.

This year the garden is combining the best from its orchid collection with striking photographs, in the aptly named exhibition Art & Orchids: Flowers in Focus. It's at the Garden through March 12 and is free with garden admission.

Striking color, natural symmetry, unmatched variety, and graceful and flowing lines make orchids one of the world's most-photographed flowers. So it made sense this winter for the Garden to pair its orchids with the work of three outstanding North Carolina photographers. Asheville's Julie McMillan presents a contemporary exhibition on metal. Rick Haithcox, of Dallas, has staged a study of form and structure in black and white. And Greg Allikas, who recently moved from Florida to Brevard, presents a traditional look at award-winning orchids. All the work is available for purchase.

The garden's horticulture staff worked to develop a theme based on putting ever-greater focus on the form, color and structure of orchids. They've created a horticultural display that begs even the novice photographer to stop in their tracks as they tour the garden's 8,000-square-foot glasshouse.

"The intent is to present specimen orchids as if they were staged for a photograph, thereby making a connection to the artwork," said Director of Horticulture Peter Grimaldi. "We believe there are always amazing photo ops at the garden but we think these are simply irresistible."

The photography exhibition includes the distinct work of the three photographers. Garden guests are greeted first by the work of Gaston County's own Rick Haithcox, who spent eight months photographing the garden's orchids in his Dallas studio. The result is framed watercolored prints with light coffee tones.

"After shooting a few orchids, I realized that if we simply removed the color from these photographs it would prompt the viewer to look at these beauties in a different way," said Haithcox. I hope this will elicit a personal, emotional response for everyone who sees these photographs. "

Greg Allikas, takes a different approach in many of his photos of orchids he has shot largely at highly- respected contests conducted by the American Orchid Society.

"I like to think that these photographs might have as easily been produced by the stroke of a brush as by the lens of a camera, said Allikas. "With this work, I am trying to focus attention on the beauty of details...the graceful curve of a petal, or the delicate ruffles of an orchid's lip."

Possibly the most unusual presentation is of Julie McMillan's photos. She prefers to print her work on metal through a process called dye sublimation in which a digital image is transferred and bonded directly with a specially coated aluminum sheet. It's ideal for displays in damp areas such as The Orchid Conservatory.

"I like to exhibit this way because there is nothing between the image and the eye of the viewer," McMillan says.

For more information about Art & Orchid events at the garden go to:

www.dsb.org/events/garden-events/public-garden-events/art-orchids

Meet and Greet!

Meet the photographers at Daniel Stowe Botanical Garden Feb. 28 from 2 p.m. to 5 p.m. The event is free with regular admission. Wine expert Kimberly Forrester, of Johnson Brothers will also conduct a wine tasting. A cash beer and wine bar with specials on flights will also be available.

photographer Julie McMillan



Commercial and fine photographer Julie McMillan runs Silver Birch Studio Photography. Originally from Akron, Ohio, she has traveled extensively in Kenya, Ghana, Brazil, Mexico and New Zealand. She has worked as freelance writer, food critic and jewelry artist. Julie has exhibited a number of times in her current home city of Asheville as well as Charlotte and New York City. She has been the awards photographer for the Western North Carolina Orchid

Society for a number of years. She and her husband are long-time active members of the WNCOS.



photographer Greg Allikas



A commercial photographer in Palm Beach and orchid grower for 28 years, Greg Allikas is the awards photographer for West Palm Beach Judging Center and several annual south Florida orchid shows including Miami, Delray Beach and Deerfield Beach. His photos have been featured in numerous American Orchid Society (AOS) publications and a series of posters he designed and produced. He serves on the AOS Information Committee. Numerous career awards include Grand Prize 13th World

Orchid Conference photo contest. He is a member of the Tropical Orchid Society. Greg is the proprietor of the popular Orchid Photo Page and O zone online. He recently moved to Brevard.



photographer Rick Haithcox



Dallas, NC commercial and fine art photographer Rick Haithcox has operated his business in this area since 1987. He has earned a well-deserved reputation as one of the finest black and white portraiture and fine art photographers in the region and his resume also includes both corporate and industrial photographic work for a varied list of clients that includes regional, national and international organizations. He has won numerous awards from the North Carolina

Association of Professional Photographers, Professional Photographers of America, the Light Factory in Charlotte, and others.





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ALFRED C. KESSELL CENTER AT THE LORAY MILL

By Lucy Penegar and Julie Davis

The Loray History Center has been in the plans for the mill's restoration even before the developers were found. Preservation North Carolina (PNC), the rescuers of the mill^[1], knew two important things about the success of the project. First, because of the mill's size, it had to be a mixed use project. An earlier attempt from a developer with all rental units had not proceeded. PNC knew that only housing would not have as positive an impact on the surrounding area.

Second, the project needed somehow to tell the mill's history. The present development team^[2] also saw the value of this powerful Loray and Firestone story. They set aside, in the heart of the structure's first floor, space under the brick archways. Rick Kessell donated funds to Preservation North Carolina to develop the space into a history center in memory of his father, Alfred C. "Freddie" Kessell, who worked in the mill for Firestone for 37 years.



Early in the planning process, Dr. Robert Allen of UNC Chapel Hill became involved. Allen had contributed to a program and exhibit in Gastonia in 2008 called "Standing On A Box". It focused on child mill labor in 1908, especially in Gaston County, as photographed by Lewis Hine. Allen is a Gastonia native who is James Logan Godfrey Distinguished Professor of American Studies and Director of the Digital Innovation Lab (DIL) at UNC Chapel Hill.

Under Allen's direction, a team of UNC staff and students in the DIL launched the "Digital Loray" project. They conducted research on the

Loray/Firestone mill and village and located relevant historical materials, including photographs, newspaper articles, oral histories, and other documents. Working with the North Carolina Digital Heritage Center and the Gaston County Museum, they got these materials digitized and worked to create interactive digital resources for people to engage with them. "Digital Loray" now includes an online archive of over 1200 materials; an interactive map of the mill village in 1920; multi-media timelines; and a public website. Explore the project at: www.loraydigital.org.

In September 2014, Allen hired public historian Julie Davis to manage the Digital Loray project and work as the "historian in residence" at the Loray Mill; she also lives in an apartment in the renovated building. Davis has a Ph.D. in American history and a wide-ranging professional background that includes experience working in museums,

Loray Mill, Gastonia, N. C.
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Public historian Julie Davis

interpreting historic sites, and conducting oral history projects, as well as teaching, researching, and writing. Previously she worked on the exhibit development team for the Mill City Museum, a historical site located in a former flour mill in Minneapolis.

Representing UNC, Davis has collaborated with Preservation North Carolina, the Gaston County Museum, the Gaston County Public Library, the mill's owners, and people in the local community to document, preserve, and interpret the mill's history, and to develop and implement plans for the History Center. The Center will house an exhibit with interactive digital stations that feature Digital Loray materials and resources, as well as text panels, images, and artifacts. It is a very unusual use of technology in a historic setting. There also are plans for the development of public programs and community events, with the participation of the Gaston County Museum and the Gaston County Public Library.

Before the building restoration began, Lucy Penegar and other local supporters rescued and stored several truckloads of items from the mill. Davis has worked with staff from the Gaston County Museum to process these and other mill-related objects donated by community members into an artifact collection. Some of the artifacts will be included in the History Center exhibit, while others will be displayed elsewhere in the building.

So the Loray History Center is under way! Installation of the exhibit will begin this spring, and be completed during the summer. Preservation North Carolina will have responsibility for operating the Center, in partnership with the mill's owners. UNC's Digital Innovation Lab continues to produce and share historical materials and online resources through the Digital Loray project.



[JD1] It's important also to acknowledge Firestone's role in saving the mill. Firestone donated the building to Preservation North Carolina in 1998. Important people in the process of saving the mill included: Jaggy Anand, then President of Firestone Fibers and Textiles at the King's Mountain plant (formerly plant manager at the Gastonia plant); Myrick Howard, President of Preservation North Carolina (then & now); Carl Stewart, then President of the Preservation North Carolina Board; Lucy Penegar, member of the Gaston County Preservation Commission and local historic preservation champion.

[JD2] Loray Mill Redevelopment LLC – partner Billy Hughes has been actively involved in the development of the History Center.

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MAKING YOUR HOME A HAPPY SPACE

By Nan Bridgeman

There are many factors that influence our sense of well-being. Some we can control and others we cannot. Researcher Jennifer Havilland-Jones of Rutgers University in New Jersey, states, "There's a lot of research that's begun now, where people are looking at how our environment affects our well-being. We tend to think of ourselves as separate from our environment, but we are not. We create our environment."

I have five simple suggestions you might consider using in your home to make it your "happy place". These suggestions have research data backing them, but many sound like age old methods that many early homemakers instinctively did to make their homes cozy and relaxing. Let's take a look at these and see if perhaps you already implement some of these methods in your nest.



1 **COLOR** affects MOOD

A study from Vrije Univ. Amsterdam concluded that out of all the colors in a prism, YELLOW and GREEN colored walls give us the greatest sense of happiness. My personal theory is that sunny yellow is a natural mood elevator, just like a sunny day. When we bought our home, the breakfast area had a northern exposure yielding low light. I had the off-white walls painted yellow and it really transformed the dreary room into a cheery space. Green is found in abundance in our world, green grass, green trees and shrubs, so perhaps this color helps relax us. Not so long ago, soft green was the color of choice for hospital rooms. Not so today, but perhaps the old idea of a calm color promoting healing will take hold again. May I also share my personal preference for a BLUE bedroom as a soothing retreat? French blue, a soft blue with a touch of green, is my "go to" color for restful master bedrooms.

2 **SCENTS** have a positive or negative affect on us

Humans have known this instinctively, with scented candles and perfumes being with us for eons as a remedy to mask unpleasant odors. Now there is data that measures scents and their influence on our mood. Stephen Warrenburg, in "Effects of Fragrance on Emotions: Moods and Physiology", reports that VANILLA beans were very uplifting to one's mood and overall sense of well-being. Researcher, Jennifer Welsh, also believes scents can affect our thoughts and behaviors and adds FLORAL SCENTS to the list to give our feeling of happiness a boost. Interestingly, the bestselling candle in our shop is called "French Tulip". One customer was buying this candle regularly and I asked her, who was the lucky person getting the candle. She laughingly told us she burns our "French Tulip" candle at the end of each day as a gift she gives herself!

3 **SENTIMENTAL PHOTOS**

Research from the Univ. of Portsmouth found that looking at old photos "results in positive feelings and a sense of calmness". Now "Old school rules of decorating" directed us to put family photos in informal settings such as dens and bedrooms, not the formal areas. That rule is passé today, but in practicality, we are more likely to enjoy photos in places we truly "live". So consider grouping photos of loved ones by your bed, on your desk or dresser so you can view them often.



4 **DECLUTTER** YIELDS CALM

UCLA's Center for Everyday Lives and Families found higher levels of high cortisol in women with messy, cluttered homes. Now, I am a collector in extreme, but I try to group my collections rather than scattering them all over the house. I advise creating blank spaces on tabletops to rest the eye, by grouping collections neatly and leaving some surface bare. Same with hanging pictures. Group them, rather than dotting them all over the walls. So cut the clutter for a calmer, happier disposition.

5 **MAKE YOUR BED!**

Your mother was right, this little task yields nice dividends to your personal life. After interviewing people on their daily actions, researchers found that folks that faithfully made their beds each morning reported higher satisfaction with their lives than non-bed makers. Charles Dehugg, in his bestselling book, "The Power of Habit" believes that this simple habit can lead the way to other positive actions that help you feel and be more productive. Interesting. But now really, who can argue with your mother!



Nan Bridgeman

Nan Bridgeman retired as an educator at a local museum, and owns Blythe Gallery, an interiors shop in Belmont. She enjoys helping customers create their own personal "happy place".

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