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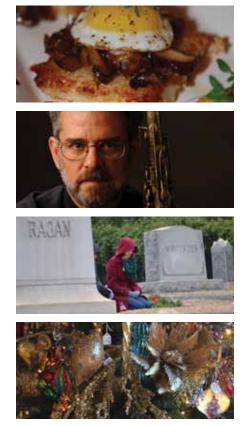
YUMMY POLENTA BITES

REMEMBERING JOHN ALEXANDER

WREATHS ACROSS AMERICA

TREE TRIMMING TIPS

HOME GARDEN STYLE FUN FOOD HAPPENINGS



on the cover



Our Christmas angel is Caroline Jessen, daughter of Brian Jessen and Melissa Cherry. The cover was shot in studio by Rick Haithcox. Graphic design by David James.

our staff

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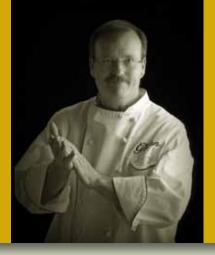














POLENIA BIJES

It's the holidays again, Christmas decoration started right after Halloween as well as the shopping be it a black, cyber or coupon. Rushing from store to store to find all those special somethings (sometimes for people we hardly know). Have we lost the spirit of Christmas? It's a confusing world.

For me the holidays are a time for friends and family, a time to catch up, a time to share stories and if you're at my house... food. During this season friends and family just drop-in and on those days we create a cheese plate or pull out some of the baking I might have done. But sometimes I have a day to prepare, so I love to make something special, something you won't get everywhere, or I might fix these to take to a party if I really want to create a wow factor.

In the South we all love our grits. Well, polenta is simply the Italian originator of the grit. It is easily found in the grocery and is usually a medium ground corn although you could use the grits you have at home just make them thick so they set up well as they cool.

I top these with Quail eggs (yes you can get them at a new local Belmont grocery) for two reasons. First, the pretty little sunny side up egg really ups the appeal of the dish. Second, and more importantly if cooked correctly the runny center of the egg mixes with the mushrooms and polenta to create a decadent mouthful sure to impress.

- Polenta (Grits) Medium or Coarse
- Maitake Mushrooms (Hen of the woods) or other
- Onion diced
- · Garlic diced

- Butter
- Marsala · Sov Sauce
- White Pepper
- Quail egg

Method:

Boil the polenta per the instructions depending on the grind (Medium or Coarse) season to taste and adding butter or a bit of cheese if you desire. Make sure to cook this down to a thick consistency so it will set well. While this is hot pour onto a greased jelly roll pan let cool then cover and refrigerate.

The polenta can be kept for days prior to the next step as long as it stays chilled.

For the mushrooms cut into ¼ inch dice. I like the Maitake mushrooms because they are so tender and delicious but any flavorful mushroom will work. Sauté the onions and garlic in butter till translucent add the mushrooms, Marsala, soy sauce and white pepper. Cook uncovered to reduce the sauce.

Cut the cold polenta into squares (or rounds if you prefer but that creates more waste) and lightly pan fry them on each side to add just a bit of crisp to each side of the cake.

The quail eggs cook just like regular eggs but very quickly so make sure you have everything else done and you can focus just creating perfect sunny side up eggs. Cook them till the whites are firm, but the yolks are runny. I cut mine into nice little rounds but you can serve them rustic as well.

To assemble put the polenta cake on the plate cover with mushroom mixture and top with the egg. I have yet to have a person who could eat just one..

Till the next time enjoy your Christmas and remember to Make it Your Own, Glenn





Southerners love grits but we usually think of them as breakfast. In northern Italy where Polenta originally came from it was a staple to most every meal. Yes true peasant fare like potatoes or rice because it was plentiful and cheap even back into the Roman era.

In many countries without corn people use Faro, Chestnut flour, Millet, Spelt or even chickpeas to create the grain mush.

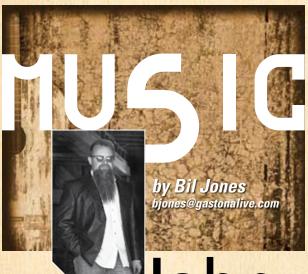
Polenta can take a long time to cook but many methods from the Microwave to adding a pinch of baking soda to shorten prep time. Your grandmother's favorite southern grits recipe will probably work as well.

> Follow me on Facebook to continue the culinary adventure.





Editor's Note: Gastonia resident and local jazz player John Whitesides Alexander passed away recently. The piece that follows was written by Bil Jones in May of 2013.



Alexander

Late one evening quite a few moons ago, I entered the door of the world famous Double Door Inn in Charlotte quite by chance. Greeted by the sound of twin saxophones soulfully harmonizing, I worked my way through the crowded room to witness the full effect of this groovin' band and the horn section leading them. As the mass of bodies parted and my field of view became unobstructed, I realized there was but a lone sax player on the well worn stage before me. Masterfully playing both the alto and

tenor saxes at same time was Gaston County musician John Alexander.

Woodwind artist, John Alexander is a native of Gastonia who garnered his music education at Erskine College in Due West, South Carolina, where he received a Bachelor of Arts degree in Music. John then joined up with Uncle

Sam for tours of duty with the 282nd Army Band at Fort Jackson, SC, and the 8th Army Band in Seoul, South Korea. His next stop was the University of Miami, where he was ultimately awarded a Master of Music degree in Jazz Pedagogy. John has put his education and military service to good use in the many classes and clinics for aspiring musicians he hosts regularly in our area to this day.

As a composer and arranger, John has recorded two CD's of his own original music – the 2001 release "You Need 'Dis" and "Many Hands" which was released in 2011. John has lent these skills to the Charlotte Jazz Orchestra, of which he is a member, and has appeared as a guest artist on albums of other artist too numerous to mention. In addition to his composing and arranging talents, he is music director for 'gtownsound', which produced the DVD "Reunion 2011, A Rhythm & Blues Revival" featuring Gastonia bands from the 60's and 70's including The Counts, of which John is an original member.

John has performed with Ira Sullivan, Louis Bellson, Curtis Fuller, Gap Mangione, Matt "Guitar" Murphy, Jack Jones, Woody Herman, Eddis Higgins, Astrud Gilberto, The Spinners, The Four Tops, K.C. and the Sunshine Band, and Lou Rawls, Natalie Cole, among others. He has appeared at

Caricature courtesy of Jerry Frazee.

the Mammoth Jazz Festival, the North Carolina Jazz Showcase, Jazz Charlotte, the Charlotte Symphony and as season opener for the Gastonia Community Concerts Association. Highlights of John's career include performing abroad in Okinawa, Japan in 1999 as a member of the Ron Brendle Quartet and as a member of a cultural delegation representing Gastonia at the annual spring festival in our sister city of Gotha, Germany in 2000.

Considered by those locally in the know to have been one of the hardest working men in jazz, John worked to hone his craft and his chops weekly. He recently performed at Blue Restaurant and Bar in Charlotte with Big Octave, and also with Delta's in Charlotte with the Charlotte Jazz Orchestra and the occasional Saturday at Delta's with Big Octave.

North Carolina seems to produce more than our fair share of notable sax players- John Coltrane, Lou Donaldson and Tina Brooks among them. The sound of John Alexander's soulful sax is a musical treasure to enjoy now and into the future.

18:17 Joves

For more information about John Alexander and his music please visit;

www.cdbaby.com/Artist/JohnAlexander www.gtownsound.com www.jajazz.net







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CIVIL AIR PATROL PARTICIPATES

BY BEN DUNGAN

It all started 25 years ago with one guy and some surplus Christmas wreaths. Morrill Worcester, owner of the Worcester Wreath Company, decided to make the

730-mile trip south to Arlington, Virginia from his home in Harrington, Maine to lay these wreaths on some of the graves at Arlington National Cemetery.

And just like that, a Christmas tradition was born.

That's the beauty of a Christmas tradition. Everybody has them. Some make sense and some don't. And that's OK. They only have to make sense to you. After all, it's in these traditions that help make the holiday season that much more special.

In 2007, this Christmas wreath-laying movement officially became a nonprofit better known today as Wreaths Across America. This month, there will be wreath-laying ceremonies not only at Arlington National Cemetery, but also in over 1,200 additional locations across the country.

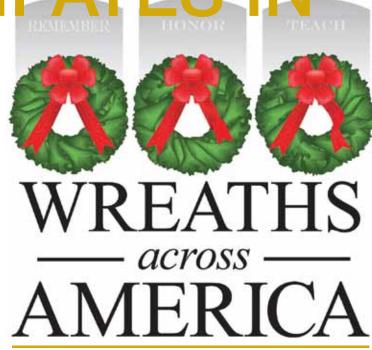
And thanks to the efforts of the Gastonia Composite Squadron of the Civil Air Patrol, Gaston County will be represented also.

The Civil Air Patrol is an all-volunteer organization comprised of youth and adults that provide additional help and resources to the U.S. Air Force, especially in the area of continental U.S. inland search and rescue missions. In addition to this, the adult volunteers also serve as mentors to the young men and women participating in its Cadet Programs.



The Gastonia Squadron currently has 27 active members in its Cadet Program, ranging in age from 12 to 21 years old. Think JROTC, except they are not affiliated with the school system and they meet once a week all year round.

This group will be hosting their third annual wreath-laying ceremony at Oakwood Cemetery in Downtown





Gastonia on Saturday, December 16 at noon.

The first year they hosted the event, they raised enough money for 50 wreaths. Last year they were able to secure 100 wreaths. This year, they have set their goal even higher, hoping to raise enough money for 150 wreaths.

Oakwood Cemetery features gravesites for 79 veterans that go as far back to the Civil War, but also include most conflicts up through World War II. The remaining wreaths not used at Oakwood Cemetery are sent to Arlington.

1st Lt. Sue Beutler, the Public Affairs Officer for the Gastonia Squadron, saw that this event was taking place in other areas but noticed that there wasn't one in Gaston County. She saw it as a great opportunity for her group to get involved and make it a yearly tradition.

The Wreaths Across America's mission is to Remember, Honor and Teach. That mission fits nicely into the mission of the Civil Air Patrol of supporting America's communities.



"Our highest goal is to develop young men and women of integrity to carry on the legacy of those we honor, whether it be in military service or otherwise," said Beutler.

That's the beauty of this wreath-laying ceremony - it brings people of ages together. No matter who you are, where you are from, or whether you have any military service in your background or not, everyone is welcome.



It's a great way to teach the younger generations the importance of remembering what these veterans did. But for adults. I think it also serves

as a strong reminder for us as well especially when we get caught up in the swirl of Christmas busyness.

Because as we all know too well, the Christmas to-do list is neverending.

Christmas traditions can be an amazing blessing. But they also can become a burden. When it becomes just another present to wrap, another batch of cookies to bake and another party to attend, maybe it's time to evaluate it.

Saying yes to one more thing may feel good, but fulfilling that 'yes' can be overwhelming. This Christmas, I challenge you to reevaluate those Christmas traditions you do just because you're suppose to do them. Ask yourself, are they draining your holiday gas tank or are they feeding your soul.

It's never too late to retire an old Christmas tradition and start a new one. Let the Gastonia Composite Squadron of the Civil Air Patrol help you hit the pause button on the holiday madness this year. Let them help you honor and remember this Christmas.

And while you're at it, lay a wreath.







To learn more about the Gastonia Composite Squadron and the wreath-laying ceremony at Oakwood Cemetery in Gastonia on Saturday, December 16 at noon, visit them online at www.gastoniacap.us



I love the holidays and putting up trees. I have put up lots of trees over the decades, and not all have been a rip roaring success. When I was a young mother, I got the idea to make a cookie tree with our children. We baked and decorated cookies and hung them by red ribbon on a small tree in our kitchen. It really was cute for a day or two. Then the steam from bubbling pots and pans started softening the cookies. They slowly crashed one by one onto the floor. Ugh! The children were upset to see their handiwork shattered, but our two dogs loved hanging out in the kitchen and gobbling up our handiwork.

Over the years I have experimented and learned from pros tips that I want to share with you.

Before you make your tree purchase, you, you must decide whether you are a purist who must have a live tree, or a Christmas lover who keeps your tree up from Thanksgiving until Epiphany. If this describes you then an artificial tree is your best bet.

REAL TREES have a wonderful smell, and many families love the ritual of finding the "perfect tree" in the field or tree lot. If you go this route, be sure to condition your and tree clippings overnight in a deep bucket. (See the recipe for greenery/tree conditioner at end of this article.)

ARTIFICIAL TREES should look as real as possible. — Avoid "bottle brush" limbed trees, and look for a tree that has a lot of tips. This is information is often listed on the tag, along with the number of lights on the tree. Pre lit trees are costly, but they can save time and nerves for a few years.

First, you will "plant" your tree. Lately I have been using large pottery or baskets to hold my trees as well as tree stands. Select a container or tree skirt that compliments your style. Large trees might need to be anchored to woodwork with stout fishing wire and eye screws so no calamities occur.

Once your tree is up and stable, it is time for lights. This can be tedious, so turn on holiday music and dive in. A rule of thumb is a minimum of 100 lights per foot of tree. In our area clear lights are the most popular but old fashioned colored lights, even bubble lights can be fun. At the shop, we snake lights up the trunk of our trees as well as stringing them on limbs. I love twinkling lights, as they can help create a magical feel, but leave some lights burning steadily so your tree doesn't look like a blinking neon sign, which can be unnerving.

RIBBON is a wonderful addition to a tree. You can crown a tree with a collar of fat bows at the top. This year we have Santa popping out of the top of a crown of red and green bows, on our nostalgic "Santa Claus Is Coming to Town" tree. Kiting ribbon through the tree is an easy way to add color and movement to your tree composition. To save ribbon (and money) cut lengths of ribbon and place a floral wire in the center of the strand and pull tight. Then attach the loop inside the branches and "kite" your ribbon tail.

One of my floral reps who decorates shops, banks, and homes of special clients, taught me in order for a tree to have the "wow" factor, it should be decorated using 3 ELEMENTS OF COMPOSITION. I know this is beginning to sound like a freshman art class, but read on. It really isn't so hard to grasp and does make sense.

- 1. **MASS** is a large cloud of color that is used repetitively in the tree. Flowers such as hydrangea blooms, poinsettias or a trio of amaryllis can give mass to a tree.
- 2. **LINEAR** is the opposite of mass. It is lines running through tree such and adds drama, height, and contrast to mass. Single stems, twigs, etc. can give your tree this.
- 3. **FILLER** unites the composition. Sprays can be fluffed to fill holes here and there in the tree.



ORNAMENTS come last.

Solid ornaments unite a color scheme. Hang lots of large solid ornaments in the interior of your tree. If you have small solid ornaments, it is suggested to cluster in groups of three. Repetitive use of solids and matching ribbon is an easy way to unite a memory tree's hodgepodge.

Story telling ornaments go on outer branches and show the theme. Put your prettiest ornaments at eye level on the outer branches. On our "O Holy Night" tree, once we tucked in our large jewel tone solid balls in the interior, we could place our special hand painted "Holy Family", Shepherds and Wise Men on the outer branches.

Drop ornaments such as finials and icicles should be carefully placed, so they are vertical for neatness. On our Holy Tree, we hung lots of glittered crosses taking care to keep them vertical.

Garlands go on last, looped through branches.

Once your tree is trimmed, make sure you take time to enjoy it. Make some hot chocolate or if later in the day, sip some eggnog or wine while you admire your handiwork. You have completed your largest holiday decorating task with aplomb.

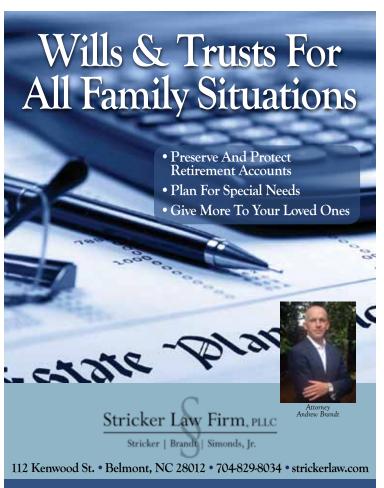
Nan Bridgeman retired as an educator at a local museum, and owns Blythe Gallery, an interiors shop in Belmont. She enjoys helping customers create their own personal "happy place".















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Merry Christmas, from Belmont Capital Advisors



Joseph Roop, Thank you Founder & Chief Investment Strategist can't wait.

It's easy to get wrapped up in the holidays – all the events to attend, cards to send, and presents to buy. But, this holiday season, let's take a step back and focus on what really matters – spending time with our loved ones and letting them know just how important they are.

For Belmont Capital Advisors, this includes our amazing clients, each of whom feels like members of our extended family. Without you, our success couldn't be possible. Rest assured, you will be in our thoughts during this special time. Thank you all for making 2017 an amazing year. With clients like you, we know that 2018 will be even better, and we can't wait.

Wishing you health, wealth, and happiness for years to come, JoePat Roop

BELMONT CAPITAL

ADVISORS, INC.

December 15th, 1:00 - 4:00 pm



Remember to bring your camera!

St. Nick.

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