

Gaston *Alive!*

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Beautiful Moments

With William Henry Salon & Spa
p10

Crab Cake Benedict p14

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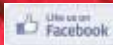
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about the cover



On the cover this month is Ashley McGee for William Henry Salon & Spa, representing the “Beautiful Moments” campaign, see related story page 10. Inspiration for this month’s cover is “Girl With A Pearl Earring” by Johannes Vermeer. Cover photo by Rick Haithcox, cover graphic design by David James.



Johannes Vermeer, *Girl with a Pearl Earring*.

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BEAUTIFUL YOU!

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MEET BIL JONES,
MUSICIAN

With 2013 comes some new faces, and the departure of some familiar ones. Ben Dungan and Glenn Stryker are leaving or taking on new projects. Musician and renaissance man Bil Jones takes the helm as our music writer, and Glenn Sawyer, now solo, will continue to amaze us with feats of culinary magic.

Ben Dungan-Ben has been a friend and writer of Music with Ben since 2007. Writing about and interviewing authors, recording studios, and musicians of every stripe, Ben has introduced us to new ways to listen, experience, and even participate in both recorded and live music. Ben will be around as a special features writer, writing about local events, people and places that interest him. Thanks Ben- great job!



Glenn Stryker-Glenn has been co-writing Cooking With The Glenns since at least 2007, along with his cohort Glenn Sawyer. Glenn is a married father of two, and an executive with a local wine wholesaler, where his responsibilities and travel have placed increasing demands on his time. (We hope he will return occasionally as a featured wine writer!) Thank you Glenn!



Bil Jones, Music Column: Bil is known to many in the musical community as a long time, sound man, singer, guitar player, and radio DJ. Bil has run sound at The Double Door Inn working with top name blues acts, operated the successful guitar repair business FretGarage, and managed the Music Center in Gastonia for many years. Truly a renaissance man, Bil is currently the lead singer with Stepside Deluxe, which has a new video coming out the first of the year.



Glenn Sawyer, Cooking With Glenn: Glenn will continue the cooking column, exploring brave new worlds of culinary delight in 2013. Glenn is an accomplished chef when he is not being a world traveling software guru. Along with his wife Janis, he puts on some of the most outrageous, delicious holiday spreads known to man-stuff of local legend! We can't tell you how many folks look forward to the cooking column every month-even those that don't cook!



our staff

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I'm Carolyn, I've been on Dr. Adkins's program for 28 days and I've already lost 27 lbs. My blood pressure is at a normal reading, my blood sugar is also and I already recommended this program to my friends.

My name is Kimberly and I've been on Dr. Lidia Adkins's diet for about 20 days. I have lost a total of 22 lbs. I am super excited. I have tried every weight loss there is. I can't even name them all but I have never lost this amount of weight in such a short time. It works, it works, it works!

Hi I am Nancy and I have been on Dr. Lidia Adkins's plan since the end of April this year (2011). This is my second cycle (I had 6 weeks maintenance between treatments). So far I have lost 80 lbs in only 10 weeks because I don't count the maintenance. This to me is just unbelievable. My size changed from 26 to 18. I feel wonderful, my attitude on life has changed and I am happy, happy, happy!



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Working Together To Create & Capture Those By David Hamrick

BEAUTIFUL MOMENTS

The William Henry Salons and Spas in Belmont and Mt. Holly have become the go-to venues for those special moments... weddings, proms, cotillion, pageants, and much, much more. And what better way to capture those beautiful moments for a lifetime, than with Image Gallery photography.

We talked recently with a salon professional at William Henry Mt. Holly, about some of the special moments she has been fortunate to share with her clients.

GA!: Tell us about some of the special times you have spent with clients- You probably have lots of great stories!

WH Stylist: One of my favorites is a single guy who was my client who told me about this special girl he had met. Things progress and he brings in the engagement ring he was going to give her... I ended up doing all of the hair for the wedding... I did the bride and all of the bridesmaids and flower girl. It is so cool to be part of the whole process. And believe it or not, now they have a new baby girl named Maggie, and I just did her first haircut-so sweet! It's a joy and an honor to get to be part of all of that.



Brandy Knox With Client

GA!: Do you do a lot special hair for brides?

WH Stylist: We do- just being there, getting to help the bride put on her veil or garter, and sharing that intimate, important moment. Even if we weren't friends before, we leave as friends and have a lifetime connection.

GA!: Sometimes special moments have nothing to do with social events...

WH Stylist: That's true. I have a client who comes to Mt. Holly from Huntersville whose little boy has leukemia. She likes to come here and be pampered, and hang out with the girls. I always feel so uplifted when she leaves... she is so strong. Another client is a lady executive who travels here from Chicago on business, and I go to her hotel room to do her hair. She could get her hair done anywhere, but she likes our personal attention.

GA!: I know you can't say too much, but what's it like working with some of your famous or more well know clients?

WH Stylist: It's always fun seeing those people online or in the paper-I think "that's my hair!" Just knowing that I made them feel and look beautiful is very rewarding.

GA!: William Henry offers a full range of spa services-hair, massage, facials, manicures and pedicures, but hair is really special to you.

WH Stylist: All of our services are wonderful, but hair is the only accessory that you wear every day. It helps that I love people, and really want them to be happy.

The flowing is correspondence from a very happy client, Mr. Chris Graham, leading up to and following his daughter Kate's wedding:

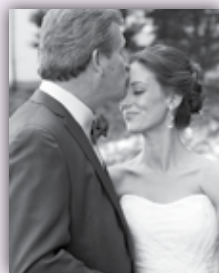
Hi Miss Somer! My name is Chris Graham, father of Kate, husband to Jodie, friend to many...lol. (Our daughter)Kate is away at college and has never visited William Henry Salon before, but we have heard great things from several sources about what a fun, friendly, and professional atmosphere your staff provides—and therefore is our first choice for this occasion! I hope this can be worked out and be a "win-win" situation for both of us! Thank you for your time and consideration, and I look forward to hearing from you soon.

Well, it was just over a month ago when you provided us (namely Kate and her bridesmaids) a most excellent and fun time at the Mt Holly salon. It definitely seems like a hundred years ago now, but we were just looking at the calendar and realized it's only been a month! In any case, I wanted to thank you and Julie again for the OUTSTANDING effort you put forth for us to make that marathon manicure session a reality. You would have smiled hearing them talk about it at the rehearsal that evening, showing off their hands to anyone nearby. And allowing us to bring in pizza and drinks was perfect.

Feel free to use any part of this note, also, as a testimonial—if you use such things. In any case, this is where I type those very appropriate words that describe all of y'all down there in both Mt Holly and Belmont: YOU ROCK! You rock! (how many times have I written that about you? LOL)

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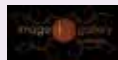


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Crab Cake Benedict

They say breakfast is the most important meal of the day, but I love brunch, it's a great time to share with family and friends and it allows you to mix breakfast foods with lunch and dinner fare to create tasty combinations. Although this recipe may seem complicated it is basically simple parts combined. The real secret is in getting the melding of flavors and textures; crispy potato, soft egg with warm runny yoke and the creamy richness of the hollandaise sauce to combine with the crab cake.

Crab Cake

½ pound of crab, drained and picked for any shell

½ cup of finely diced bell pepper and onion sautéed in butter

½ cup of grated apple

2 Tablespoons of mayonnaise

1 Tablespoon of lemon juice

Pinch of tarragon

Panko Bread crumbs

Olive Oil

Combine first 6 ingredients in a bowl press into ½ inch thick cakes then coat in panko breadcrumbs, fry the cakes in olive oil till nicely browned, keep warm.

Potato Cake

Grate 1 medium potato to make four cakes. Wash well, but leave the skin on for additional flavor. Put the grated potato in a salted water bath and lemon juice. (This will keep them from turning dark) You have to extract water from the potato to get them crispy. This can be accomplished by squeezing them (in a potato ricer) or by spreading them on a baking sheet and putting them in a 200 degree oven for 15-20 minutes. Fry palm sized cakes and keep warm.

Hollandaise Sauce

Using a blender, combine 1 stick of melted butter and three egg yolks, add 1-2 tablespoons of lemon juice to thin the sauce. Add a dash of cayenne pepper if desired. Keep warm. You can increase this by adding 3 tablespoons of butter per yolk.

Poached Egg

You can use an egg poacher or if poaching in an open pot, add a tablespoon of white vinegar to the water bring to boil then turn down just before adding the egg. Gentle swirl the water with the egg in it, do not overcook the eggs, the yolk should be runny. This is the hardest part to get right.

Place a warm potato cake on a plate, top with a crab cake, then the egg, and then finish with hollandaise, garnish as desired with parsley or basil florets, dust with paprika if desired.

Enjoy, Glenn



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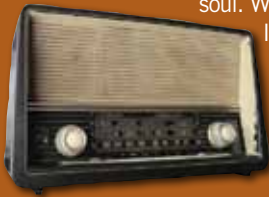
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bjones@gastonalive.com

As I was cruising the highway recently I was desperately scanning the radio dial for some music to energize my soul. While not my intent, I happened across a local NPR affiliate. They were airing an interview featuring the author of a current best seller and his



take on how we fall into certain patterns of behavior. In a nutshell these patterns or 'habits' are made up three parts – cue, routine and reward. For example – you hop in the car (the cue), turn on the radio (the routine) and enjoy listening to the resultant music (the reward). Now of course this applies to almost everything we do; whether it's eating, shopping, exercise, or of course listening to music. The rub is over time the reward (music) ends up taking a back seat as we become desensitized to the same-old, same-old. Routine gets the better of us and we end up allowing ourselves down the path of least resistance.

Fortunately times have never been better for those of us who are eager to seek out new artists and their wares. Technology has allowed us sources of music discovery unheard of not that long ago. Streaming sites such as MOG, Last.fm, Pandora, Spotify and Grooveshark (to name a few) top the list as go-tos and have dramatically changed the way we listen and acquire music. Music subscription sites which include Rhapsody and Rdio, among others, have a fee based structure which gives you access to deep catalogs without the annoying interruption of ads which are found on the free streaming sites or broadcast radio. Satellite

radio is another option for on the go ad free music with the added benefit of genre focused programming.

One of my favorite technology driven music related sites however has to be none other than YouTube. Not only do you have the pleasure of listening to great music of your choosing, but it comes with the added bonus of a visual element. The suggestions column to the right of any currently selected video has introduced me to a wide variety of music that often has me staying up much later in the evenings than I should. Probably the best aspect of YouTube is its accessibility to upload videos by practically anyone with a means to record and then share them via an internet connection.

Without question however, my preferred source of new and inspirational music has always been live performance. Our area here in the Carolinas is blessed with incredible talent and a rich history of performing artists. At times it is overwhelming as to the choices available in any given week – concerts, restaurants, pubs, house parties- even churches are among the many available options for those brave enough willing to stray from the comfort and security of their wi-fi access. Now more than ever before we are the beneficiaries of musicians who seek to share their craft with others.



rewards. The stimulus of new music has been proven to boost brain activity, lift your mood and generally make you a pretty hip cat. Most of us are resistant to change as we tend to find comfort in the familiar, but how drab would our existence be without it? Open yourself to new music and I'm sure you'll benefit in ways you've never imagined. Stay tuned...

Mixing up our music listening habits is never easy but the pay-off can reap huge

B. J. Jones

Gaston County Restaurant & Dining Guide



**Buy One Entrée,
Get One 1/2 OFF!**
of equal or lesser value.

Valid Tuesday, Wednesday and Thursday only. One coupon per customer please. Not valid on steaks and steak combination entrees or All-You-Can-Eat items. Excludes Senior and Children's menu. Cannot be combined with any other offer. Dine-In only. Expires 2.15.13.

LEGEND	BREAKFAST LUNCH DINNER SUNDAY BRUNCH	B L D SB	CATERING OUTDOOR DINING BEER/WINE LIVE MUSIC	C T }	\$ \$\$ \$\$\$	LESS THAN \$10 \$11-\$20 \$21 AND UP
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AmberJack Seafood & Steaks

4253 South New Hope Road, Gastonia
704-824-5502 • www.amberjackseafood.com
\$-\$\$\$ **LDDBCT**

Center Street Tavern

115 Center Street, Cramerton
704-823-3000 • www.centerstreettavern.com
\$-\$\$ **BLDDBCTT**

Friends Sports Bar & Grill

16 North Main Street, Belmont
704-825-1401 • www.friendsportsbarandgrill.net
\$-\$\$ **LDDBCTT**

Jia Asian Fusion and Sushi Bar

3826 S. New Hope Road, Gastonia
704.879-9344
\$-\$\$ **LDOT**

Joe's Touch Of Italy

503 S. Central Avenue, Belmont
704-825-2805 • www.joestouchofitaly.com
\$-\$\$ **LD**

Johnny B's Pizza Pad & Watering Hole

106 N Main Street, Belmont
704-825-8900 • www.jbspizzapad.com
\$-\$\$ **LDOT**

Nick's Steak & Taphouse

182 S South Street, Gastonia
704-867-6777 • www.nicks Gastonia.com
\$\$-\$\$\$ **LDOT**

Old Stone Steakhouse

23 S. Main Street, Belmont
704-825-9995 • www.oldstonesteakhouse.com
\$-\$\$\$ **LDOTTT**

Ranucci's BBQ & Grill

403 E. Catawba Street, Belmont
704-825-4472 • www.ranuccis.com
\$-\$\$ **LDDB**

Rodi

245 West Garrison Blvd., Suite H, Gastonia
704.864.7634 • www.rodworld.com
\$-\$\$ **LDOTTT**

Sake Express (3 Locations)

675 Park Street, Belmont • 704-461-0400
1327 E. Franklin Blvd., Gastonia • 704-864-4466
349 W. Charlotte Ave. Mt. Holly • 704-827-4819
www.thesakeexpress.com
\$-\$\$ **LD**

Sharkey's Place

141 W. Main Avenue, Gastonia
704-867-7427 • www.sharkeysplace.com
\$-\$\$ **LDDBCTT**

Tequila's Mexican Grill & Taqueria

238 West Main Avenue, Gastonia
704-867-8050 • www.tequilas Gastonia.com
\$-\$\$ **LDOTTT**

Thai House

4008 E Franklin Blvd, Gastonia
704-823-1797 • www.thaihouse.us.com
\$-\$\$ **LDOTTT**

The Farmers Fork

119 N. Main Street, Mount Holly
704-820-6030
\$-\$\$ **BLD**

The Round Bistro

2609 S. New Hope Road, Suite 9, Gastonia
704-864-2791 • www.theroundbistro.com
\$-\$\$ **LDDBCTT**

The String Bean Fresh Market & Deli

106 N. Main Street, Belmont
704-825-3636 • www.stringbeanmarket.com
\$ **LDDBCTTT**

FREE APPETIZER



With Purchase
of 2 Dinner
Entrées

One coupon per customer please. Cannot be combined with any other offer. Expires 2.15.13



FREE DESSERT

1 Cheesecake to share,
with Purchase of 2 Entrees and 2 Drinks.

One coupon per customer please. Cannot be combined with any other offer. Expires 2.15.13.

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information contact us at
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902 Union Rd, Gastonia Tel 704 869 9630

Gaston Alive!

STORE

Gifts inspired by the history,
character, and flavors
of Gaston County.

There's no place like home!

This silverplate pendant showcases a copy of a vintage map of Gaston County found in a 1932 encyclopedia. Is your hometown included under the glass of this pendant? The map is adhered with a special gloss, then sealed with glass to magnify and enhance the colors and printing. A silver colored 2mm ball chain finishes the nostalgic look of this 1 inch pendant. Handmade by a Gaston County Artist.



Map Pendant \$22

Sundrop Glass Pendant

Carry a bit of Gaston County with you with this fun pendant created exclusively for Gaston Alive! magazine. Kiln fired glass from upcycled Sundrop bottles, these pendants are each one of a kind, handmade by a Gaston County Artist. The back of the pendant features a textured surface which magnifies through the front of the smooth round green glass. Approximately 1.5 inches in diameter, the pendant is finished with sterling silver wire and hung on a silver colored 2 mm, 24 inch ball chain.



Sundrop Pendant \$28

Gaston Alive!

STORE

704.827.9101 • 704.650.8330

Coming soon to www.gastonalive.com

KOTO'S

Authentic Japanese Restaurant



Buy One Entrée Get One

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Any Entrée

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Expires 2.15.13.

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2nd Sushi

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One coupon per customer per table please.
Cannot be combined with any other offer.
Expires 2.15.13.

Special

Shrimp & Chicken • Steak & Chicken

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Best In Town

Teriyaki Chicken • Hibachi Chicken

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HOURS:

Sunday -Thursday 11 a.m.-9p.m.

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1825 South New Hope Road Gastonia, NC
(Across from Morgan's Shoes)

704-866-8555

The Round Bistro-Now Open!

FREE Kid's Meal

With Purchase Of Dinner Entrée*

One coupon per customer please. Cannot be combined with any other offer. Entrée must be from "center ring" portion of menu. Expires 2.15.13



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Down From Ashbrook, behind Sonic.

2609 S New Hope Rd • Suite 9 • Gastonia, NC 28056 • 704-864-2791 • theroundbistro.com

Buy One Lunch Entrée
Of \$7.95 Or Higher
And Receive
2nd Entrée For
1/2 Price!

Must be of equal value or less. One coupon per customer/table. Cannot be combined with any other offer or discount. Expires 2.15.13.



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\$3 NC beer (bottles only)

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"Ladies Night" - 1/2 price
appetizers and
1/2 price glasses of wine

FRIDAY

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Fine Wine & Craft Beer!

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www.grapeandbarley.com



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- ♦ Tender Juicy Steaks
- ♦ Unique Flavors
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Saturday: 3:00 p.m. – 10:00 p.m.
Sunday: 11:00 a.m. – 9:00 p.m.



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Download a QR Reader to view our menu.
We look forward to seeing you!

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Snow Crabs!**

\$5.00 OFF
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Southern Railway Station, Cramerton, N.C., circa 1920

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