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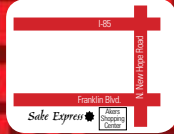
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about the cover



This month's cover shows Cleveland County musical royalty Acoustic Syndicate. Acoustic Syndicate is headlining the Mt. Holly Art & Music festival Saturday Sept. 28th. The event is free and open to the public, see related article on page 10. Cover photo and digital design by Rick Haithcox. Cover graphic design by David James.

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KATIE & HER CRAZY UNCLES



We're talking with Donna Ledoux, Event Director for the Mt. Holly Art & Music Festival

GA!: Donna, what is the Mt. Holly Art & Music Festival?

Donna: The Mount Holly Art & Music Festival (previously known as Autumn on Main) is in its 6th year. We do have a new name, new longer hours and more to offer this year. Thanks to a grant from the Mount Holly Tourism Development Authority, we are able to host a larger regional event on Main Street in Mount Holly.

GA!: This sounds like the biggest party Mt. Holly has ever had!

Donna: Yes, we will have seven bands playing throughout the day and evening, plus food, beer, wineries, and art.

GA!: What kind of artists can we expect in the artist's village?

Donna: We are expecting Glass Craftsmen, Painters, Potters, Jewelers, Wood Craftsmen, Mixed Media and more.

GA!: There are some pretty exciting, big name bands-and some hometown connections!

Donna: Yes this year, we are having two stages: an Acoustic Stage and Main Stage, with music all day. We are excited to have Acoustic Syndicate, Big Daddy Love, Coming Up Brass, Stepside Deluxe, Dirty Grass Soul and our own hometown favorites, James "Tootie" Hogan and David Childers and the Over Mountain Men.

GA!: And the price is right. . .

Donna: Yes, it is free to the public, just bring your chair, dancing shoes and expect to have a GREAT time!

GA!: Will there be food?

Donna: There will be plenty of food and snacks available on the street as well as in local restaurants.

GA!: Why an Art & Music Festival?

Donna: This festival was created six years ago as a way to celebrate all types of art, while creating economic opportunity for our historic downtown.

GA!: Where can we find out more?

Donna: Check out our website at www.mounthollyartsfestival.com for festival info or LIKE us on Facebook (Mount Holly Art & Music Festival) for all the latest news about the event.



GA!: Who are the festival sponsors?

Donna: This year, we are pleased to announce that our Title Sponsor is Wells Fargo. Our Stage Sponsors are Carolinas Healthcare System and Duke Energy. We also have five Silver Sponsors, four Bronze Sponsors and various Friends of the Festival giving their support.

GA!: Who is making this event happen?

Donna: This event is really a collaborative effort that would not be possible without The Events Committee of the Mount Holly Community Development Foundation, made up of volunteers, the City of Mount Holly, the Mount Holly Tourism Development Authority and our sponsors.

**Interested in volunteering on the day of the event?
Contact us through our website, Facebook, or by phone @ 704-827-5262.**

Art-Music-Wine/Beer-Food-Free Admission



Photo courtesy of Lynne Harty.



Acoustic Syndicate

Great Bands!



Big Daddy Love

Saturday, September 28, 2013

11am - 10pm

Downtown Mount Holly, NC



Great Art!

Great Fun!



**David Childers and the
Over Mountain Men**



James "Tootie" Hogan

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Make It Your Own

In August Julia Child would have been 101 years old. One of my favorite quotes from Julia is "No one is born a great cook, one learns by doing." Julia epitomized the attitude of being bold in the kitchen, she showed us her faults, weaknesses and failures as well as her triumphs. She taught us "The only real stumbling block in the kitchen is fear of failure. In cooking you've got to have a what-the-hell attitude." Above it all Julia taught us to be ourselves, enjoy people and *carpe diem*.

I must confess, I love Julia-she was unique.

I'm frequently asked where I get my recipes and honestly it's from everywhere; when I have an exceptional meal out, in culinary magazines, in my library of cookbooks, on the Internet, but in each case I want to take the inspiration and make it my own. I may cook a complicated recipe all the way by the book once, but more likely I combine several to create something unique.

Some restaurants build their whole persona around 'Fusion', 'with a twist' and 'Nouveau' something cuisine.

One of my wife's greatest complaints is I'm always fiddling with a recipe, tweaking it, modifying it just a bit. Admittedly its not always for the better and in these times she tells me you can't improve perfection. But I'll keep trying, its just my nature, and besides how do you know its perfect? What if that one touch makes it just a little bit better . . .

Lets take a very simple example, a grilled cheese sandwich. In 30 seconds how many variations can you come up with? The Internet has retrieves over 8 million in less than 0.2 seconds. Think about that for just one second out of our 29.8 seconds left that's over seven thousand years, 3 meals a day of a different kind of grilled cheese sandwich.

Why there are over 320,000 recipes for that Southern staple Pimento Cheese, maybe none of those are the way your family makes it, but then again maybe there are a few you might like to try.

This is a long winded way of getting to my cooking motto, 'Make It Your Own.' Your Aunt's Red Velvet recipe may be perfect, but I'll bet there is a way for you to still make it your own. Maybe painting each layer with a moistener or different moistener, or modifying the frosting, changing the type of coco (there are so many new options on the market from when your Aunt perfected her neighbor's recipe) or even the number of layers (taste's the same but look's different) all to the point, make it your own. Then when you are asked, 'where did you get that recipe?' You don't have to answer 'Its my Aunties' instead you can say with a sense of pride 'I created it.'

I'll post a recipe on line this month at www.gastonalive.com I hope you'll check it out and leave a comment to let us know what you think and how it might have inspired you to add a twist.

Never be afraid or timid in the kitchen, and till next month Make It Your Own!

Till Next Month,
Glenn



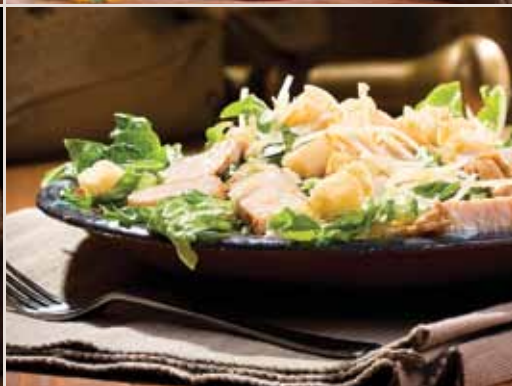
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The Home Stylist

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



Photo courtesy of Abbe McCracken Photography.

Students Thrive With Homework Space

With a new school year upon us, many are balancing busy schedules with homework assignments and school project deadlines. Even if your child doesn't have a long list of homework assignments, having a designated space for reading, writing, school projects and general creativity is ideal for their success. Learning and creative processes can be fostered or frustrated based on the environment, so providing a specific area that is organized, appealing, and comfortable gives students the edge to do their best.

Find the space.

Students are more likely to thrive if given a space to focus on their assignments. Whether you have 30 or 300 square feet, identify a 'space' that is designated as their work zone. Local 3rd Grade teacher at Belmont Central Elementary School, Erin Braswell, agrees. "I feel having a designated space for homework and school projects is very important. This area should be free from distractions, have school and art supplies readily accessible, and offer adequate lighting. This allows kids to focus on their work instead of getting distracted by TV, electronics, or siblings." Ideal study zones can fit into nooks under stairways, in unused space at the end of a hallway, in the corner of a quiet room, or in a cleaned-out closet with the door removed. Even if you don't have the square footage to identify a space solely for this use, be consistent by always using the kitchen table or kitchen island – store necessary tools and materials in a rolling cart or large bin to access and stow on a daily basis. This creates a temporary space to meet student and family needs on a daily basis. The actual room is not as important as the location of a study or creative area. As Mrs. Braswell noted, the work space should keep distractions and temptations to a minimum. Papers to write, math problems to solve, and science projects to create are best done



Photo courtesy of Abbe McCracken Photography.



in a place where students can concentrate comfortably without distractions. Homework will always lose to television, toys and siblings so keeping study areas somewhat isolated from main activity areas is ideal (but close enough for parental supervision if needed!).

Keep it organized.

An organized space leads to organized thoughts! While it's important to eliminate clutter, it is equally important to keep needed materials visible and accessible. "It is very important to make art materials readily accessible to any school age child, even if it's just markers, paper, glue and scissors. This equips them to make use of their creativity whenever the spark occurs." says Belinda Gunter, local art instructor at the Fine Arts Academy at First Baptist Church of Belmont. If students are unable to see or easily access these tools, they are less likely to put them to good

use. The best approach is simply to give everything a place. Using bins, baskets, and buckets can do the job in a tidy way that is visually appealing to kids. Open shelving can be added to nearby wall space to house books, papers and bins of less-often-used supplies. Organizing supplies is also a great way to ensure a clean, workable surface for reading, writing or working on a computer.

>>Article continued on page 24.



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Katie Lawton Carpenter

Katie Lawton Carpenter is a musician, playing violin, with a vast repertoire. Her audience can vary from young children to adults enjoying orchestra or blue grass.

GA!: When did you start playing violin?

Katie: I actually don't have any memories of not playing the violin, starting lesson before I turned three. I was surprised, when I started school, to find that everyone else didn't play a violin. I assumed everyone went home and practiced their violins. My mother puts my first violin on top of their Christmas tree as an ornament – it's tiny.

GA!: What training have you had in music?

Katie: I started with Suzuki violin lessons and loved playing the violin so much that I kept studying music in college. I studied at Furman University, in Greenville SC, receiving a Bachelor's of Music in Performance, and East Carolina University receiving a Master's of Music in Performance and Suzuki Pedagogy.

GA!: What brought you to Gaston County?

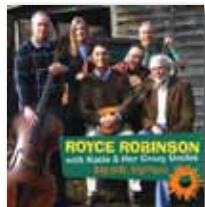
Katie: I had a job teaching Suzuki violin lessons with Community School of the Arts in Charlotte and heard of an opportunity in Gaston County Schools to start a strings program. I interviewed and got the job! 200 students and three fantastic years later, the program was cut because of the tightening budget. For a moment I thought about moving to my hometown of Greenville, SC, but I was dating this guy... who's now my husband!

GA!: Where does your music take you?

Katie: I've been exposed to many different perspectives and groups of people. I've played in vineyards, cathedrals, courtyards, and museums, at weddings and funerals, small gatherings and large parties. Because of my music, I went with a praise band to the south of France to lead the worship for a missionary kids workshop. I traveled with a Suzuki violin tour group to Sweden, and was able to visit the town of Mora where my great-grandmother was born. Most recently I played in Gotha, Germany, Gastonia's sister city, with a little band called "Katie and Her Crazy Uncles" at a statewide festival called Thüringentag.

GA!: Tell us about Katie and Her Crazy Uncles.

Katie: It all started with my friend, Ken Todd. I had a group of little violin students playing at Ruth Angel's building dedication on a hot Sunday afternoon in June. After the students performed, a spry white haired gentleman came up to me and asked for my phone number. And, for some reason I gave it to him! Through Ken I met Royce Robinson. Royce wrote great children's songs and received a grant to record the music. Since we were working and practicing all the time and my mother knew I didn't have a boyfriend, she inquired as to whether there were any available bachelors in the group. To help her understand, I explained to my mother that my band mates were old enough to be my uncles, and crazy too! I came back and told the guys and they loved it.



GA!: What are you doing now with your music?

Katie: During the day I'm the chorus teacher at Belmont Middle School. In the afternoons I am busy teaching violin lessons to students. On the weekends I play weddings and fun gigs with friends and even sing in the choir at my church when I'm in town.

I teach violin lessons using the Suzuki philosophy. Dr. Shinichi Suzuki realized that children around the world learn to speak their native language with ease. He began to apply the basic principles of language acquisition to the learning of music. Just as a young child would hear the language before speaking, I like students to listen to the recording before beginning to play. The ideas of parent responsibility, loving encouragement, constant repetition are some of the special features of the Suzuki approach

MUSIC

by Susan Lambert
susan@gastonalive.com



GA!: Can you explain fiddle vs violin playing?

Katie: This is my favorite question. People ask me this all the time! I usually joke that violins have “strings” and fiddles have “strangs”. The short answer is no, there is not really a difference between the fiddle and the violin as an instrument. Just like someone can use their voice to sing opera or to rap, I can play Vivaldi’s Four Seasons and The Devil Went Down to Georgia on the same instrument.

GA!: Where can a person go to hear you play?

Katie: The next “just for fun” event I’m playing at is at the Adult Recreation Center in Gastonia with the Toad Hall Rock and Roll Review Band on Friday, November 1 at 7:00. Come out to enjoy an eclectic playlist of everything from Elvis to Creedence Clearwater Revival

Katie gives lessons for children and adults, and can be contacted at GastonSuzukiStrings@gmail.com

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>>Article continued from page 19.

Make it appealing.

A student's work space should be appealing to young eyes, comfortable enough to make it feel like home, and personalized just for them. Studying can be serious, but the workspace doesn't have to be. Add elements of fun and playfulness with colorful, attractive containers, from pencil holders to stacking trays to baskets. Bulletin boards allow pin ups without damaging walls and kids can have fun adding their favorite photos and mementos. White boards are great for making notes and having visual reminders of tasks at hand. Add small pieces of their own interests to remind them that life's not all work and no play! While you don't want students so comfortable, they find themselves more likely to nap than work in their space, this IS home, not school, so offering a more personalized comfortable environment is ideal. If budget allows, let the child select their own desk chair, maybe in a bright color and suited to their size.

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