

GASTON ALIVE

MAGAZINE

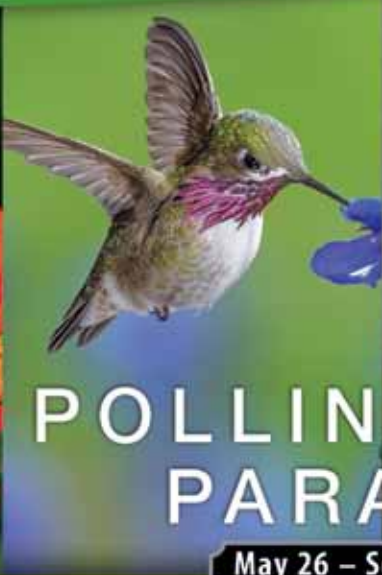
HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

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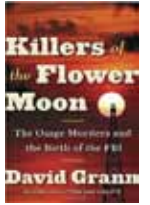
Summer is here and lots of folks are planning vacations. One of the best things about a beach vacation (besides the seafood) is naps, and beach books. Here are three beach reads you might consider:

Killers of the Flower Moon, by David Grann. Grann also wrote *The Lost City of Z*. This new book chronicles the murder of oil rich Osage Indians in the 1920's, and the birth of FBI.

The Last Castle, by Denise Kiernan. This story of the history and trials of George and Edith Vanderbilt, owners and builders of Biltmore estate in Asheville. It features a real life all-star cast of characters, including F. Scott Fitzgerald, Teddy Roosevelt, and more.

The Last Painting Of Sara De Vos, by Dominic Smith. This book tells a story about one painting's rippling effect on three different lives over three different time periods. What seems to be a caper plot turns out to be something much deeper. And if you love books about art forgery-enjoy!

Happy reading and happy summer! ~ David



featured this month

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AWAKEN GALLERY OPENS

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A CUP OF COMFORT

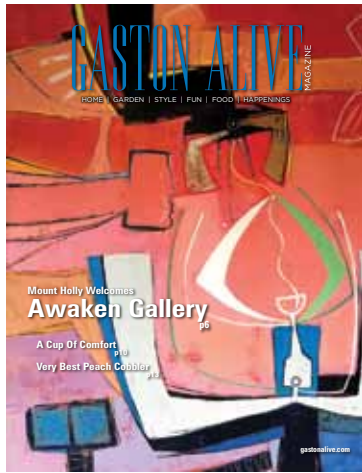
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VERY BEST PEACH COBBLER



HOME | GARDEN | STYLE | FUN | FOOD | HAPPENINGS

on the cover



This month's cover features a painting by Luis Ardila, entitled *The Flowers of the Sacred Trees with Two Helpers*. This painting and others are available at the Awaken Gallery in Mount Holly. For related article see page 6. Graphic design by David James.

our staff

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GASTON COUNTY WELCOMES

AWAKEN GALLERY

By David Hamrick



We are talking today with Emily Andress, owner of Awaken Gallery in Mount Holly.

GA: So this story begins with a big brick box...

Emily: Literally, that was all it was. No floors, no electricity, no HVAC, no plumbing...just bricks and plaster. The minute I walked in, I knew it was mine!

GA: The gallery looks great- you have already held events here?

Emily: The grand opening reception for the show entitled "It's Time" was March 23 of this year. It went way beyond my wildest expectations! In addition to our opening receptions,

we are working with area businesses to collaborate on interesting events that will include artist talks, holding a yoga class (in collaboration with On Track Yoga) in the gallery while artists sketch the flow of the movement, community engagement art projects, etc. June 1 will mark our first gallery crawl with many of the historic downtown merchants participating in The Art of Mount Holly with their own version of the arts!

GA: How did the gallery come about?

Emily: I have been looking at buildings for 30 years. I wanted a 2 story building with a gallery on the street level (and my studio



in the back), and to create affordable artists studios for the second floor. My building is exactly what I have pictured all this time. It was a truly remarkable coincidence that I found it. I was looking on Loopnet for a building and thought I would check out Monroe even though I felt it was too far out. I typed in Monroe and this building came up. When I clicked on it was when I found out I had actually typed Mount Holly. I did not know that Mount Holly was so close to Charlotte.



For some reason, I thought it was beyond Shelby!

GA: You have some beautiful work-what types of art will you display?

Emily: The work I display follows along with the mission of creating a conversation that we need to learn from the past in order to break the continuing circle and move forward in a better way. All of us here use our work to start that conversation. Whether we use folk tales, mythologies, history, dream symbols, or syncretism, our goal is equate the past with what is happening right now and see what we can learn.

GA: How is your gallery different?

Emily: We are not just selling incredible fine art done by artists with international credentials: we are selling a conversation. The work you will see at Awaken is powerful with an important message. You can feel it as soon as you walk in the door. If you are looking for beautiful, dynamic, well thought out work that will further the conversation in your own home or office, Awaken Gallery is the place to find it. We aren't playing it safe here. We want people to connect



with what we are doing and want to spread that spirit.

GA: Do you have to be an art expert to purchase art?

Emily: Absolutely not! For me, if the message behind the piece that you love is speaking to you and you want to understand it and talk more about it, you are already there! When we use symbols, people will connect with these because their meanings from ancient times are still the same today. Someone may connect with that symbol somehow but not fully understand why. It is in the conversation that they begin to get excited and want to know more.

GA: Tell us about some of the artists you have on display, and possibly others you have coming...

Emily: I currently represent myself with the focus of my work being encouraging women to regain the power we have always had but thought we lost. I use world mythologies and syncretism to tell that story. Luis Ardila, who is a master painter well known in his native country of Colombia, equates mythological stories with the world we



are living in now. Jean Cauthen uses Ni Zan (14th century Chinese artist) as her inspiration for her tree series. He used trees as a metaphor for virtuous men to stand against oppression during times of violent upheaval. Her call is that we all need to come together now instead of continuing divisive practices. Diane Pike's debris series speaks to climate change and the effects we are dealing with now. She shares a hopeful vision beyond the destruction found in the foreground. Lisa Clague incorporates dream symbology, mythologies, and animal totems to tell our story of inner exploration. Maria Senkel uses her skills as a woodcarver to create fanciful characters that tell a story with a distinct moral.

GA: What was the appeal of relocating to Mount Holly?

Emily: When I first went to see the building, I realized I needed to do my homework to ensure this was the right place for Awaken Gallery. I met with Greg Beal, Mount Holly City Planner, and he showed me their plans to make Mount Holly an arts destination. The entire city government, merchants of historic downtown, and people of Mount Holly have made us not only feel welcome but treasured. I can already see the tremendous rate of growth here of people wanting to put down their cell phones and connect with others. These are the people who will get what we are doing here. They want to talk about the work; that is key.

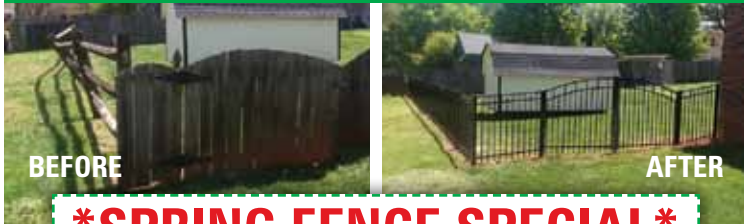
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HOME IS WHERE YOUR MORNING MUG IS



BY BEN DUNGAN



People love coffee. Or maybe they love what coffee does, rather than what actually coffee is.

Let's face it. It's not an easy taste to get behind initially. Somewhere along the way, after enough sips, a taste is acquired. However, I bet the path to the acquired taste is paved with sweeteners and creamers.

People who drink it black are super proud of themselves. They have stared down the barrel of the bitter and have come out the other end with a pep in their step and smile on their face.

I've never been accused of being a coffee drinker. But I want to be. It's been romanticized for so long, I fear I'm missing out on an amazing morning experience.

My morning mugs contain Diet Sun Drop.[®] I'm such a Gaston County boy now.

I have always considered myself a Charlotte guy. Born and raised in the Queen City. Yet, I've actually lived in Gaston County longer than I lived in Charlotte. Does that make this home now?

I feel like Donnie Osmond - one foot in both camps. I'm a little bit Gaston and a little bit Charlotte. At what point does home become a home? How do you know? When does it take place?

Does your accent change? Do your choice of words morph?

I drink Diet Sun Drop out of a coffee mug. Daily. That's how I know. People in Charlotte don't do that.

I don't have to have a coffee mug for my Diet Sun Drop. A cup or glass would work just fine. I just love the idea drinking out of a mug.

A cup or glass is too sterile - too humdrum. You drink out of a glass or cup. You get to sip (and savor) out of a mug.

A coffee mug is home. It's comforting.



It's a reminder of where you've been or an encouragement as to where you want to go.

I want to like coffee. I want coffee to like me. But I still love the Diet Sun Drop more.

I like the bubbly. I like the citrus flavor. But more than anything, I like the healthy dose of caffeine it packs.

But in the matter of essence, should I be allowed to drink it out of a coffee mug, if there is no coffee? This is a

source of conflict I battle with on a regular basis.

I know people that revel in that first sip of coffee each morning. It's almost a religious-like experience for some. I kind of know that feeling, only I revel in the citrusy-bubbly goodness of the Diet Sun Drop.

I left Wilmington for Gastonia in February of 2000. Wilmington loves their Sun Drop[®] too. One of the things I feared when I left the Port City was that my easy access to Sun Drop would be limited at best.

Not so. I took a job that had a Sun Drop machine housed inside the building. Access was easier than easy. It was too easy. So I had to dial it back to diet. And that's say a lot from a guy who hates all diet drinks.

I acquired the taste for the Diet Sun Drop over time. Which means I probably can acquire the taste for coffee. Over time.

Maybe what I actually need is a mug that says 'Sun Drop'

on it. A coffee mug must have coffee in it. It's a matter of essence. So, a 'Sun Drop' mug should have some variation of Sun Drop in it.

Because at the end of the day, what I really want is that ceremonial morning mug experience. I want the peace and comfort that only a morning mug can bring.

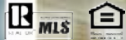
You've heard the cliches. "Home is where the heart is." "Home is where you make it." I say, home is where your morning mug is - no matter what you put inside it. ☕



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BEST PEACH COBBLER RECIPE



PEACH COBBLER

One of the best things about spring and early summer is the fresh strawberries and peaches. By the time you read this, strawberries will be pretty much finished, but peaches (and black berries) will be in full force! Here's the best peach cobbler recipe-the crispy crust is a nice contrast to the gooey peach filling. Don't forget the vanilla ice cream!

Here's the recipe:

Instructions

1. Preheat oven to 400 degrees.
2. In a large bowl, fold the peaches, 1/4 cup each white and brown sugars, cinnamon, nutmeg, lemon juice and cornstarch until all ingredients are well combined.
3. Pour fruit mixture into a 9X13 inch baking dish.
4. Place in preheated oven and bake for 10 minutes.
5. While peaches are in the oven, add all the cake topping ingredients, except the boiling water, to a medium bowl. Use a pastry blender to cut the butter into the dry ingredients until the mixture looks like coarse meal. Pour in the boiling water and stir just until the mixture comes together and is just mixed through.
6. After the peaches have baked the 10 minutes, pull them from the oven and drop large spoonfuls of the dough topping over peaches. Sprinkle the top of the dough with the 3 tablespoons of sugar evenly. Place the baking dish on a cookie sheet, in case the cobbler bubbles over and drips, and bake for 30 minutes or until the topping is golden and baked through and the peaches are tender.

INGREDIENTS:

- 8 Fresh Peaches Peeled, Pitted and Sliced into Wedges
- 1/4 Cup White Sugar
- 1/4 Cup Brown Sugar Firmly Packed
- 1/4 Teaspoon Cinnamon
- 1/8 Teaspoon Nutmeg
- 1 Teaspoon Fresh Lemon Juice
- 2 Teaspoon Cornstarch

CAKE TOPPING:

- 2 Cups All-Purpose Flour
- 1/2 Cup White Sugar
- 1/2 Cup Brown Sugar Firmly Packed
- 2 Teaspoon Baking Powder
- 1 Teaspoon Salt
- 12 Tablespoons Cold Unsalted Butter Cut Into Small Pieces
- 1/2 Cup Boiling Water

SUGAR TOPPING:

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