

March 2018

# SALISBURY

the magazine

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the magazine

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by MARK WINEKA

**On this page:** Zeus, a white male Bengal tiger, patrols his habitat at Tiger World.

— Photo by Wayne Hinshaw



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# Hurley Park: It's great when a plan comes together

My children have had prom pictures taken at Elizabeth Holmes Hurley Park. I've been to its spring celebrations. I've spread out for picnics, and I've interviewed painters at work there.

But my favorite times to be in Hurley Park are always moments of solitude. Just strolling on the pit gravel paths past water, over bridges, through woodlands and beside plant and tree collections is rejuvenation enough for me. And there's comfort in knowing that's what most other people are there for, too.

In this issue of *Salisbury the Magazine*, we frame the history for Hurley Park, its important public-private partnership and the people behind it. In addition, photographer Jon Lakey provides glimpses of the park through the seasons, which only affirms what I've always known — there's never a bad time to walk through Hurley Park.

Over the past 30 years, Hurley Park has matured into the “people's park” first envisioned by folks such as Wiley Lash and the Hurley family, the park's continuing benefactors.

“We hope you will enjoy it, be proud of it, take care of it,” Jimmy Hurley said at the park's dedication on April 10, 1988.

That certainly has come to pass, and what a *Salisbury Post* editorial said on that dedication date still rings true today: “An ambitious plan that looked good on the drawing board now looks even better on the ground.”

Happy birthday, Hurley Park.



Elsewhere in our March issue, you will feel as though you're communing with nature again in reading and seeing the architecture of Salisbury native Carol Wilson, who found her professional niche in the great state of Maine. Deirdre Parker Smith describes Wilson's ability to bring the outside in with designs that seem perfect for New England landscapes.

Another Salisbury-born person plying his trade elsewhere is Kevin Carroll, an actor you probably know from the stage, movies and television. Jessica Coates caught up with this Salisbury High School graduate when he visited recently with his mother, Ollie Mae Carroll, and Jessica learned just how much influence Kevin's parents had on his career.

Rebecca Rider and Wayne Hinshaw bring us an inside look at Tiger World, which is an extraordinary place for big cats (and other animals) tucked into rural Rowan County. Four out of every five animals at Tiger World have been rescued, building on the non-profit entity's mission of conservation and education.

Susan Shinn Turner and Lakey provide the inside scoop (probably of banana pudding) on Gary's Barbecue and the man behind the empire in China Grove, Gary Ritchie. Susan also happens to be one of the subjects involved in another story — the once-a-month memoir class she facilitates at Trinity Oaks.

Some good advice for all us — and the memoir class students will vouch for this — write things down. You're probably more interesting than you think.

In our Wellness department, Andie Foley introduces us to what Novant Health is doing these days in terms of medically managed weight loss and how sometimes bariatric surgery presents a good option.

Also learn more about Novant Health President Dari Caldwell, who is this month's Rowan Original. In the final-take column, Betty Mickle offers anecdotal evidence on why “Salisbury's the Place,” and Deirdre Parker Smith provides good reading recommendations in *Bookish*.

As always, there's a lot of stuff to take in. Read this issue with friends. Or maybe find a quiet place in Hurley Park. **S**

**Mark Wineka,**  
Editor, *Salisbury the Magazine*

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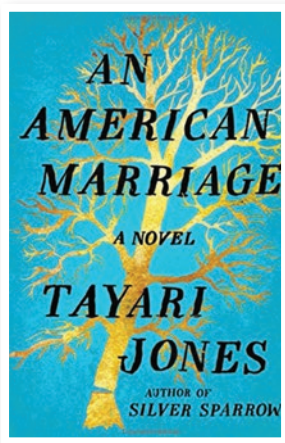
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# Love, loss and Russian spies



## **"An American Marriage," by Tayari Jones**

Roy has done everything right.

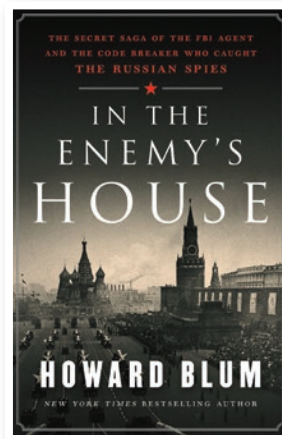
Growing up in a working-class family in Louisiana, he earned a scholarship to Morehouse College. By the time he marries Spelman alum Celestial, she's an up-and-coming artist.

After a year of marriage, they're thinking about buying a bigger house and starting a family. Then, on a visit back home, Roy is arrested for a crime he did not commit.

Jones begins with chapters written from the points of view of her main characters. When Roy goes to prison, it becomes a novel in letters. This style makes perfect sense. Roy is incarcerated in Louisiana, Celestial is in Atlanta, and Jones' format choice underscores their separation. Once Roy is released, the narrative resumes a rotating first person, but there's a new voice, that of Andre, once Celestial's best friend and now something more.

This novel is peopled by vividly realized, individual characters and driven by interpersonal drama, but it is also very much about being black in contemporary America. Roy is arrested, tried, convicted and imprisoned in Louisiana, the state with the highest per-capita rate of incarceration in the United States, and where the ratio of black to white prisoners is 4 to 1.

This is, at its heart, a love story, but a love story warped by racial injustice. And, in it, Jones suggests that racial injustice haunts the African-American story.



## **"In the Enemy's House: The Secret Saga of the FBI Agent and the Code Breaker Who Caught the Russian Spies," by Howard Blum**

The New York Times bestselling author of "Dark Invasion" and "The Last Goodnight" once again illuminates the lives of little-known individuals who played a significant role in America's history as he chronicles the incredible true story of a critical, recently declassified counterintelligence mission and two agents whose story has been called "the greatest secret of the Cold War."

In 1946, genius linguist and codebreaker Meredith Gardner discovered that the KGB was running an extensive network of strategically placed spies inside the United States, whose goal was to infiltrate American intelligence and steal the nation's military and atomic secrets.

Over the course of the next decade, he and young FBI supervisor Bob Lamphere worked together on Venona, a top-secret mission to uncover the Soviet agents and protect the Holy Grail of Cold War espionage — the atomic bomb.

Opposites in nearly every way, Lamphere and Gardner relentlessly followed a trail of clues that helped them identify and take down these Soviet agents one by one, including Julius and Ethel Rosenberg.

But at the center of this spy ring, seemingly beyond the American agents' grasp, was the mysterious master spy who pulled the strings of the KGB's extensive campaign, dubbed Operation Enormoz by Russian Intelligence headquarters.

A breathtaking chapter of American history and a page-turning mystery that plays out against the tense, life-and-death gamesmanship of the Cold War, this twisting thriller begins at the end of World War II and leads all the way to the execution of the Rosenbergs — a result that haunted both Gardner and Lamphere to the end of their lives.



## **"Love," by Matt de la Peña; illustrated by Loren Long**


In "Love," Matt de la Peña and Loren Long have found a way to express — through words and imagery that evoke real feeling — what it means to love and be loved in this world. And it's just as beautiful and thoughtful, hopeful and heartbreaking as you'd expect.

Love is your parents standing at the foot of your bed, the echo of laughter, the smell of crashing waves. It's there in the toast left out for the children for breakfast, in the sounds of a street musician, in the way a family protects one another when times are hard.

De la Peña's poetic words and Long's stirring images show us that love is wider, deeper and more all-encompassing than we may have ever conceived. It comes from within and exists everywhere.

De la Peña, a Newbery Medal-winning author, and bestselling illustrator Long depict the many ways we experience this universal bond, which carries us from the day we are born throughout the years of our childhood and beyond.

With a lyrical text that's soothing and inspiring, this tender tale is a needed comfort and a new classic that will resonate with readers of every age.

"Love" is an essential read for all ages, one you'll love sharing with your loved ones. 





The creations of Clyde, the artist, bring splashes of color to a white canvas.



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# Madame President

Novant Health Rowan chief Dari Caldwell has overseen significant growth in services.

By MARK WINEKA

**D**arise “Dari” Caldwell, president of Novant Health Rowan Medical Center, has had educational experiences and a career in healthcare taking her across the United States.

But it all started for Caldwell in Kannapolis, where both of her parents worked for Cannon Mills — her dad as superintendent of the yarn dye department; her mom, an employee in the distribution center.

In 1975, Caldwell graduated from A.L. Brown High in Kannapolis as valedictorian of her class. She went on to earn a bachelor’s degree in nursing from the University of North Carolina at Chapel Hill; a master’s degree in nursing from Duke University and a Ph.D. in healthcare administration from Columbia Pacific University.

She has held clinical and leadership positions in places such as the Seton Medical Center in Daly City, California; White Plains Hospital Center in New York; Duke University Medical Center in Durham; and Carolinas Medical Center-NorthEast in Concord.

Caldwell, 60, came to Novant Health Rowan Medical Center in 2010 after being vice president of ambulatory care for Novant Health in the Charlotte region. Before that, she had served as vice president of operations for Cabarrus Family Medicine and vice president and chief operating officer for CMC-Northeast.



Above: Dari Caldwell is president of Novant Health Rowan Medical Center. Below: Novant Health Rowan Medical Center held a ceremony to officially introduce the new Airbus H135 Med-Trans helicopter and crew to the public on Nov. 7, 2017. Caldwell, center, cuts the ribbon. — Photos by Jon C. Lakey





Caldwell's husband, David, had a career in sales and marketing for several textile firms, including Cannon Mills, before starting his own company, Concord Cotton, a real estate and property management company.

The couple live in Salisbury and have two grown boys, one a strength and conditioning coach at Furman University; the other, a fourth-year medical student at the Brody School of Medicine (East Carolina University), heading for an orthopedic residency. The Caldwells have a young granddaughter.

Salisbury the Magazine recently caught up with Dari Caldwell:

**Q. Most youngsters probably don't grow up wanting to be the head of a hospital. What kind of early ambitions did you have before diving into the healthcare field?**

I mentally tried on many options — oceanography, teaching disabled children, veterinary medicine, before deciding on nursing. My nursing career led me into hospital administration, where I have been now for 32 years.

**It's been 10 years since the old Rowan Regional Medical Center merged with Novant Health. What's the most important thing that marriage has delivered for Rowan Countians?**

Quality and safety for our patients. This is accomplished through partnership with all our physicians, as well as the very hard work of all of our Novant Health Rowan team members. We have had tremendous growth of services during the last 10 years adding interventional cardiology, orthopedic robotics, breast imaging center, the Linn Geriatric Psychiatry unit, a primary stroke program, Wound Center, Bariatric Center of Excellence, Baby Friendly designation for our maternity center, and expansion of primary care practices across our county to name a few.

**How healthy — or unhealthy — are we in Rowan County?**

I would say we are moderately healthy as far as North Carolinians go. We weigh too much, smoke too much, and do not exercise enough.

**What overall letter grade would you give Rowan Countians in terms of health and what might be the simplest thing we could do as a community to be healthier?**

I would give us a C. I believe education is the key to creating a healthy community. The better educated our citizens become, the better they are able to care for their own health and make wise decisions.

**What aspect of your job motivates you the most?**

To be able to make a patient's journey a little better or a little easier than it would have been without us. Not all patients can be healed, but all can be cared for with kindness and compassion.

**What was the biggest takeaway or new knowledge you gained from your year as chairperson of the Rowan County Chamber of Commerce?**

A better understanding of the challenges facing the employers in our community, ranging from large companies to small family-owned businesses.

**What person has been the biggest influence in your life and why?**

There are actually three: Ray Rivers, who was my high school trigonometry teacher and taught us that life isn't always fair; Lou Bean, who was my high school band director and taught us discipline; and Dean Smith, whose lessons in leadership, competition and acceptance of others were invaluable.

**What is something most people don't know about you?**

I love animals and nature.

**What are your passions or pastimes outside of the medical center and family?**

I enjoy vegetable gardening, all the way down to harvesting, canning and freezing. Rowan County is a great place to grow crops!

**What's your pet peeve?**

People who complain but don't offer solutions.

**If you could recommend one book and one movie to someone, what would they be?**

"U-571" — there are tremendous leadership lessons to be learned in this story.

**Five words to describe Salisbury ...**

Friendly, vibrant, cultured, eclectic, home.

**Two foods that are always in your fridge or pantry?**

Cheerwine and bananas. I've always said that my "last meal request" would be a banana sandwich with BBQ potato chips and a Cheerwine.

**If you could talk to a young Dari Caldwell now, what's the best advice you could give her for the years ahead?**

Reach high and do not underestimate what can be accomplished, and certainly never let anyone talk you out of your dreams. We often don't believe in ourselves enough and then surprise ourselves with what is truly possible. **S**



**GARY'S**  
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# ‘Seems like home’

At Gary’s Barbecue, the food is nonpartisan;  
the people, friendly.

*Written by* SUSAN SHINN TURNER

*Photography by* JON C. LAKEY

**C**HINA GROVE — Throughout his naval career, Doug Morton was stationed all over the world. But whenever he was state-side, he had Gary’s Barbecue mailed to him or personally delivered by family members.

“It’s China Grove to us,” says Doug, who now lives with wife Margaret in Raleigh, where he’s associate vice chancellor for facilities at State, his alma mater. “When we come home, we meet there — often before we go to our parents’ house. Gary’s just seems like home.”

China Grove native Gary Ritchie started the restaurant on April 21, 1971 — the date is written on a chalkboard beside the register. He continues as proprietor. Shy by nature, he has learned over the years to work the room, greeting longtime customers and first-timers alike.

“Gary is always really gracious,” Doug notes, “and you don’t see that much.”







**Owner Gary Ritchie walks through the restaurant greeting diners.**

When Doug was serving in Bosnia in 1996, Gary sent him a note of well wishes — and a gift certificate for a free meal when he came home.

Doug still has the certificate.

“It’s a treasure,” he says. “Gary’s is a touchstone.”

For the Mortons and numerous other families, Gary’s continues to be a touchstone. In three years, Gary’s will celebrate its 50th year in business.

Gary graduated in 1966 from South Rowan High and took HVAC and auto mechanic classes at Rowan Tech. At 16, he’d started curbside-hopping at Johnson’s Barbecue, and worked there seven years.

“I had a car full of gas and spending money,” he remembers. “That was all I needed. After I took those courses, I knew I didn’t want to do

that for a living.”

He and Jim Harris found an old service station in China Grove that had gone out of business when the interstate came through.

“Jim said, ‘Let’s buy that and go into business together,’” Gary says. “I was 21 and he was about 70. After a couple of years, he said, ‘Do you want to buy me out?’”

They’d purchased the building and the lot next door for \$13,000. Gary borrowed money from his mother. In the time the two men were partners, Jim doubled his money. They bought used equipment and “started primitive,” Gary says.

When it opened, the restaurant seated 48.

Over the years, Gary has added on and can now seat 216. The menu started simple, too, with barbecue, hot dogs, hamburgers, fries and hush puppies — what Gary calls the Rowan County short order menu.

About 10 years ago, he added the Big G and the Big Al burgers. Tuesday is Rib Night and Wednesday is Barbecue Chicken Night. The banana pudding is world famous.

“That’s what they say,” Gary says. “I’ve just never been an attention seeker.”

Gary started catering when Joe Rutledge of Security Bank asked him to cater an event — for 800 people.

“That was kind of a hard one to start with,” Gary admits. “After I done that, I figured I could do anything.”

He did a lot of catering in Washington for Congressman Bill Hefner. He catered Sen. Eliz-





Above: Pictures of the original Gary's Barbecue. Right: Waitress Lori Deaton takes a tray of chicken plates out to the tables.



Above: Old signs cover the walls of the restaurant. This Cheerwine sign is thought to be the oldest. Left: Alan Ritchie works the curb service at the restaurant and hands Kannapolis resident Sherry Steele the chicken plate order she called in.



Jim Wright and his wife Becky (not pictured) brought their grandson Garrison Broome to Gary's for supper.



Wild Bill Corriher comes to Gary's Barbecue twice a day, once in the morning and then again in the evening.





Top: Sondra and Danny Black picked a booth near the car display and ordered two chicken plates for supper. Above: A barbecue chicken plate with fries and baked beans. Left: Every Wednesday night at Gary's Barbecue finds the repeat crowd ready for barbecue chicken.



abeth Dole's inauguration party, and catered for Roger Mudd of CBS News. Most of his catering is done in and around Rowan and Cabarrus counties.

When the Panthers played the Patriots in the Super Bowl, the late Sen. Ted Kennedy and Sen. Dole made a bet. If the Panthers won, he'd send her lobster. If the Patriots won, she'd have to send him barbecue.

Not too long after that — Sen. Dole had to send barbecue — Gary's flip phone rang (yep, still has one to this day).

"Ah, is this Gary?" the voice said.

"Yes, it is," Gary said.

"This is Ted Kennedy," he said.

"Are you kidding?" Gary asked.

"No," the senator said. "This is Ted Kennedy and I'm with Elizabeth Dole. We got the barbecue you shipped us."

(As Gary tells this story, he tries to mimic Sen. Kennedy's Boston accent. It's hysterical.)

"He was telling me how much he enjoyed it," Gary says, noting that barbecue is "non-partisan food."

Farmers Day is a big day for the restaurant, but Christmas Day is the busiest day of the year, when Gary's offers barbecue shoulders for pick-up on Christmas Eve and Christmas Day. After Farmers Day, Gary closes for a week to make any needed repairs or refurbishments. He'll sometimes go to Las Vegas or Cherokee in the summertime.

He's known for being a fair boss with high expectations. He employs 36 full-time and part-time employees. His mantra is to offer a clean restaurant with good food, good service and good people.

"We got people that's been here for 15 years, 20 years," Gary says. "That's one reason I've had pretty good success. I've had good help and not much turnover. You can't get anywhere without good help."

"You come in and do your job and go home — and you ain't got no problems," says Mary Gray, a 16-year employee, who always greets customers with a big smile.

Those customers are the reason she's been here so long.

"The hours are very flexible," she notes. "There's no Sunday work. That's church day — family day."

Diane Holland, who works the register and helps with catering, is a 29-year employee.

"Of course I love it!" she says, standing behind the cash register. "I love the people. I've enjoyed working here — every minute."

Gary's wife, Sylvia, whom he married in 1970, has kept the books for him.

"I told her if she'd just take care of the book work, she could stay home and raise our family," he says.

Son Alan, 37, still works at the restaurant. Daughter Tammy Platts, 47, who lives in Cary, worked there in high school and college. Gary's oldest son, Eric, 41, lives at the Western Carolina Center in Morganton.

Doctors told Gary and Sylvia that Eric would not live more than a year or two, but they kept him at home until he was 10.

"He was born with a lot of handicaps," says Gary, who visits with his son often and has a soft spot for those with special needs. "He knows you when you come in. He would have probably been a heck of a worker."

Gary has been.

Steve Beaver is a longtime customer.

"I come for the food and the atmosphere," says the retired teacher and coach. "Your friends are here and, of course, Gary is a pretty good guy. The service has always been good. It's been a relaxing place to eat."

"Good food with terrible service is not much," Gary points out. "Good food with good service is just as important."

Steve and his wife, Emma Lou, eat with Ron and Jane Honbarrier on Thursdays, and he comes on Tuesdays with Bobby Parker and Butch Willett, two retired coaching buddies.

"Gary has been so good to this community, and has given back to this community," Steve says.

"I try to help schools and organizations as

best I can," Gary says. "I can't help them a lot, but I can help them all some."

With three sons, Pamela James and her family typically end up at Gary's after every sporting event. Husband Ronnie was raised here, and she's been going well over 20 years.

"There's always a friendly buzz going on," Pamela says. "The waitresses know what my boys want to drink before we even sit down. There's something to be said about that small-town, family atmosphere. It's convenient, and it's just been our go-to place."

So where do Gary and Sylvia go to eat when he's not at the restaurant?

"We go to K&W, we go to Stag & Doe," he says. "I'm not a fancy eater."


When he came to China Grove, Gary says, there were three other restaurants. Now, he says, there are nearly two dozen. "I try to be friendly to all of them. I never say anything bad about another restaurant."

He started collecting vintage advertising signs in 1972.

"My granddaddy had a couple of them in his granary, out of the weather," Gary remembers. "He said, 'let's hang 'em in the restaurant.' We started at the cash register, adding a few, creating a small section. People liked it, so I started going to flea markets and antique sales. We filled up the whole restaurant. It makes for good décor. I can always tell who new customers are, because they start looking around everywhere."

Each weekday morning, Gary eats breakfast next door at Jimmie's Restaurant, which he owns but doesn't run. He opens and closes his own restaurant each day.

Gary turns 70 in April.

"I don't know how long a future I've got here," he admits, "but as long as I'm healthy, I'm gonna keep it open. I'm real happy here. Most of my employees, as well as I, need a place to work." 

*Susan Shinn Turner is a freelance writer living in Raleigh.*





Kevin Carroll, a Salisbury native and Salisbury High graduate, now lives in Los Angeles. He has worked steadily since the 1990s on stage, in films and on television.

# ‘Part Dad, part Mom’

His parents’ influence still shapes the career of actor Kevin Carroll.

*Written by* JESSICA COATES | *Photography by* JON C. LAKEY



**K**evin Carroll vividly remembers the night he saw his first play. He was a freshman in college. He was studying to be an engineer at North Carolina A&T State University. He had no idea what it meant to be a stage performer.

He said he would not have even thought to see the play if it hadn't been about a fraternity. He had been thinking about rushing one.

"And so initially my thought was, 'OK, I'll get to see the inner workings of a fraternity and know what I'm in for,'" Carroll said.

Instead, Carroll got much more.

"I think I laughed. I cried. And, at the end of the play, I was stuck," Kevin said. "I couldn't get out of my seat. Something had emotionally gotten reorganized in me during the course of this play. The play, I thought, reflected a sense of who I was in a way that I had no clue was about to happen."

When the play was over, Kevin immediately turned to the person sitting beside him.

"I said, 'How do you get to be in a play?'" Kevin recalled. "They said, 'I don't know. I guess you have to talk to the director.' And I said, 'Well, who's the director?' And she said, 'I don't know, maybe that guy?'"

"That guy" turned out to be Dr. H.D. Flowers II, who soon became one of Carroll's biggest theatrical supporters.

"He was talking. I went up and tapped him on his shoulder in the middle of his conversation," Kevin said. "I said, 'Excuse me, sir.' He



Above: Kevin Carroll was recently home for the holidays to visit family.

Below: Kevin Carroll's mother, Mae Carroll, keeps a wall of photos and clippings of her son's accomplishments.







Above: One of the publicity portraits of actor Kevin Carroll hangs on the wall of his mother Mae Carroll's home in Salisbury. Left: Kevin Carroll hugs and kisses his nephew, Casch Tego Carroll (3), as Casch leaves with his mother, Maria Escobar Carroll.

Kevin Carroll stands with Rose Rollins, one of the stars of the show 'The Catch.' — Photo courtesy of Kevin Carroll



Actor Kevin Carroll stands in the middle of the Los Angeles SWAT team on the set of 'The Catch.' — Photo courtesy of Kevin Carroll



Kevin Carroll (left) with his brother, Kenneth 'Joey' Carroll.



A cherished photo of Kevin Carroll and Sidney Poitier on stage after a production of 'A Raisin in the Sun.'



said, ‘Yes?’ I said, ‘I want to be in this play tomorrow night.’”



In the years since his fateful decision to pursue acting, the Salisbury-born Carroll, now living in Los Angeles, has amassed more than 40 roles in TV and film and has played numerous high-profile theater roles.

When Carroll played Walter Younger in a Los Angeles theater production of “A Raisin in the Sun,” Sidney Poitier — who famously starred as Walter Younger in the 1961 film adaptation of the play — came to the performance.

When Carroll was studying theater in London for a year, he befriended Alan Rickman — best known for playing Severus Snape in the “Harry Potter” series and the German terrorist Hans Gruber in “Die Hard.”

Carroll’s movie credits include “The Object of My Affection,” “Being John Malkovich” and “Paid in Full.”

He has been a cast member or had guest appearances in television shows such as “The Leftovers,” “Lucifer,” “Wisdom of the Crowd,” “Snowfall,” “The Last Tycoon,” “The Catch,” “Grey’s Anatomy,” “Law & Order” and “Numbers.”

But Carroll said finding success in his career has not been easy. In a 2015 interview with Paste Magazine, he described his career as “the little engine that could.”

Something that helped was advice from his mother, Ollie Mae Carroll of Salisbury, who told him “not to expect to go through life without setbacks.”

“My mother, in essence she would say, ‘Pray to be a strong person but not to have an easy life,’” Kevin said. “You see? Don’t pray to have an easy life; pray to be a strong person.”

He said Ollie Mae would not accept her children saying, “I can’t.”

“(She would say,) ‘Start with a passion and push for a sense of ownership in it. Whether it’s literal or physical,’” Kevin said. “Even if you don’t own a business, you have to own your passion about the business.”



Kevin Carroll poses with late-night host Jimmy Kimmel after a panel discussion related to ‘The Leftovers.’ — Photo courtesy of Kevin Carroll

Kevin said he is hoping to take the idea of ownership to the next level soon.

“I’m hoping to turn the corner and get my own series sometime in the next year or so,” he said.



Kevin Carroll isn’t sure what drew him to being an actor.

But as he goes “further down the road,” he said, the strength of his parents’ influence has become apparent. He remembers breaking the news to his mother that he wasn’t going to be an engineer:

“When I made the call (in college), ‘Mom, guess what, I’m changing my major.’ She said, ‘Oh, great, you’re going straight into engineering.’ And I was like, ‘No, I’m going into the theater.’ She said, ‘What?’ I said, ‘The theater.’ She said, ‘Call your father.’”

Kevin described Ollie Mae as “more of a planner” than his father, the late Kenneth Carroll.

“So for her to say, ‘Call your father,’” Kevin

said, “the hopes would be that he would say, ‘No, stick with something safe because I have taken an artistic journey and it’s been a long road for me.’”

Kevin said that although his father never “made it big” as a musician, he practiced the bass every day.

“I think for me that was — at the time I didn’t know it — but I think that turned out to be one of the hugest insights to life, is finding a passion, commit to the craft of the passion and the commitment to craft had to outweigh the expected outcome,” Kevin said. “It was such a big lesson for me. It worked on me, though I didn’t know it was working on me.”

Likewise, he said, his mother’s commitment to service and her 35-year career as a Hefner VA Medical Center psychiatric clinical nurse “has been the absolute foundation of whatever I’ve achieved so far.”

“She was able to sit and listen to people as they reenacted, thought through, fought for their sense of balance in life, because of what our wars created in people,” Kevin said. “... My life has turned out in a way that instead of sitting back and listening, I read and absorb and play out the same sort of set of psychological circumstances that my mother would listen to, absorb and give feedback on.”

He went on to say that he thought of acting as “holding up a mirror to nature.”


“I feel like maybe, in a way, again some of her life’s passion and commitment I sort of (absorbed). Because the psychology, the reason people do things, it’s really exciting to me,” Kevin said. “... You start to wonder why things work the way they do, and do they have to?”

As he came upon these revelations about how his parents influenced him, he said he began to see his acting career as “part Dad, part Mom.”

“And where it all meets in the middle,” Kevin said, “is a collective sense of commitment to passion. Both in different ways.”

If you want to keep up with Kevin Carroll’s career, go to [aboutkevincarroll.com](http://aboutkevincarroll.com) or follow him on Twitter @KevinTCarroll. **S**





At the Mayor House in Hanover, New Hampshire, the boardwalk from the house to the pond dock defines a much-traveled path.

— Photo by Brian Vanden Brink





Architect Carol A. Wilson. — Photo by Matt Kalinowski

# Long, lean and light

Salisbury-born architect finds southern exposure in the North. / *by* DEIRDRE PARKER SMITH

**I**t's all about the weather, the landscape, the soil, the plants, energy efficiency and flow.

That's how Carol A. Wilson describes her architecture.

She's a native of Salisbury, but moved to Maine 36 years ago and set up her practice. She's now had enough designs come to fruition to fill a book, "Northern Exposure: Works of Carol A. Wilson, Architect."

Her long, lean designs speak of space and openness,

and client's requests for an open floor plan. Similarly, two square beach houses take advantage of the light, enclosing space in such a way as to bring the outside in.

That's her basic principle — to design with light and energy in mind. Because Maine has eight hours of daylight in winter and 18 in summer, she places most of her buildings with a southern exposure, to take advantage of warmth in the winter. Her spaces are clean and quiet.

She likes the word spartan, saying minimalist is over-used and not descriptive of what she does. She fills the open spaces with ample storage, with gleaming glass and straight lines that draw the eye out the window, to the beautiful world beyond. Many of her homes face water,



the windows framing the view.

Her outdoor spaces are cuddled by the surrounding building in a way that makes the transition from inside to outside seamless.

Railings are sleek, metal or glass; walls are white; exterior colors blend in with the surroundings, with one exception, a red house her clients called the cardinal house.

She uses stone, cedar shakes, bluestone, items sourced from the surroundings.

She grew up among the stately Victorian homes of historic Salisbury, sister to builder Al Wilson, who has done many projects throughout Rowan County.

Now, she can't imagine living in box-like rooms, in houses of little used spaces, like a formal living room or dining room.

"I remember the whole family, dogs and all, crammed into a little den," she says with a smile in her voice.

She went to N.C. State University's School of Design in the 1970s, when the simple lines of the new architecture were becoming popular. She retains some of that 1970s ethos, focusing on self-sufficiency and minimal disturbance of the environment. She has been known to alter designs to save old-growth trees on sites.

Of the 100 people accepted to the School of Design, four were women.

Asked how she would use her design principles in Salisbury, she says first, "Oh, that's a great question. Wow." Then she pauses and starts to think. "Well, the soil is so different, the red clay, and the summers are so warm, you'd need a place to keep as cool as possible, and the plants are different, and there are so many things to consider. I would maintain my principles, but I'd have to change

**Mere Point:**  
a Carol A.  
Wilson-designed house  
in Brunswick,  
Maine. — Photo  
by Brian Vanden  
Brink.





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Above: Light floods into a room at Mere Point in Brunswick, Maine. Bottom left and right: Views in the Mills House on Chebeague Island, Maine. — Photos by Trent Bell Photography







everything about the design.”

She still visits Salisbury, always for the canoe race on the South Yadkin River and usually for OctoberTour. She has nine nieces and nephews and many friends in Salisbury, including fellow architect Karen Hobson, executive director of Historic Salisbury.

Perhaps influenced by her brothers, Wilson loves the building part of design. She loves construction and building materials — they fascinate her.

On the day she talked about her book and her principles, it was 9 degrees in Falmouth, Maine, the wind was blowing about 20 mph and it was starting to snow. She lives just a short distance from her studio, so she bundled up and ran from house to office. It’s unusual weather, but every winter in Maine is cold.

“The difference is we sometimes don’t get the snow because we’re close to the water, but this year has been an exception,” she says. “The way I look at it is we’re doing a shell for clients to move into. I love structuring a building, so you’ll see consistent bays, columns and beams and they become the ornaments of the structure.

“One of the things that living in Maine (does is) make it easy to design a building ... The landscape is demanding, the cold temperatures. ... I want to design so that people don’t suffer from



**Top:** An exterior view of the Mills House on Chebeague Island, Maine. — *Photo by Trent Bell Photography.* **Above:** Wilson’s interiors often design spaces for books. — *Photo by Brian Vanden Brink*



seasonal affective disorder. We face the walls of windows south so you get light and solar gain.”

The principles of her design, she says, deal with how to heat the space, how to protect it from storms, “very practical.”

“Most houses now are creating their own electricity with solar panels,” Wilson adds. “Not so long ago, heat pumps were designed for cold temperatures, so now houses are fairly independent.”

Her designs are part of the green building movement: “We want to reduce maintenance — a building that is efficient, that focuses on economy and durability.”

It’s nice “to use local materials, local craftsmen. There are a lot of great people working here. They can design fun things. ... We have great welders who do the metal staircases. ... The stone in Maine is so beautiful.

“The sad thing is in New England, all these great masons and builders are literally dying out.”

If a client approaches her wanting a traditional, shingle-style New England home, “I have to say that’s not in my repertoire,” Wilson says.

Wilson says an architect learns by doing. “You have to learn in the field. You have to put in 20 years and have projects finished so people can see what you do. I’m there now.

“Poor young architects, it takes a lot of years to get enough things built to have a portfolio.”

Falmouth was attractive to her when she first moved there and still is. “I’m 20 minutes from Bowdoin College, which does a huge outreach in the community,” she says. “Bates and Colby are nearby. Colby has a big art collection. ... The thing I love about Maine is the culture; the educational community is very rich. I feel very engaged here.”

Portland, Maine, “is turning into a very hip



This Carol A. Wilson-designed Bisharat House on Chebeague Island, Maine, sits on a site historically known as the “Dropping Springs.” — Photo by Brian Vanden Brink

place,” Wilson adds. “Rarely do you meet anyone from Maine in Portland.”

She drew inspiration for a career from her mother, who was very involved in civil rights. “And she was friends with Betty Ann Stanback and Rose Post, a handful of dynamic people, who were amazingly forward-thinking,” Wilson says.

Among the buildings Wilson designed that are featured in her book is a writer’s studio for Jay Cocks, a screenwriter who won an Academy Award for his screenplay of “Gangs of New York,” directed by Martin Scorsese.

Cocks is married to Verna Bloom, who appeared in “High Plains Drifter” and “Animal

House,” among other films. The studio is simple, with cedar shingles (an exception) and plenty of windows and light. It’s basically one large room.

“We live in a much more informal way, with informal lifestyles now,” Wilson says. “At first, a house was divided into specialized rooms, that’s what people were used to, but that has changed, and most people now say they can’t imagine living any other way than an open plan.

“People tend to live in one or two rooms,” Wilson says.

Wilson keeps her walls and ceilings white. “I have always assumed white is the best color,” she says. “Clients come in with art collections and furnishings, and I think white is something I believe in. A very pristine

house is a backdrop for the things people collect. ... You don’t want a lot of heavy molding and dark gray walls.”

Wilson has always envisioned building a house for herself in North Carolina. “My brother is a great builder,” she says. “That would be a dream. We talk about it, but we know it’s just talk. I’m also open to all kinds of possibilities.”

How important is architecture, whether in Maine, North Carolina or anywhere else in the world?

“There are a lot of issues and problems that can be solved by architecture,” Wilson says. “... and what could be more important than being in a place where you eat, play and live?” **S**



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# PURR-FECT GAME

Not-for-profit Tiger World builds on its conservation  
and rescue record.

Written by Rebecca Rider  
Photography by Wayne Hinshaw







Zeus, a white male Bengal tiger, holds his face in the 'flehmen response' position where he can get scents through an organ in the roof of his mouth.





Brandy, a yellow Bengal female tiger, shows her affection for Tiger World's assistant manager, Rachael Greer.



Lea Jaunakais shares an unbreakable friendship with Zeus. These days, she calls the large white tiger her “first big cat love.” He was also the first tiger she’d ever worked with.

Jaunakais, 41, can pin the seeds of Tiger World in Rockwell on their first meeting back in 2002, when she was studying at the Amazing Exotics School. Zeus was little more than a cub, but the two hit it off.

“Me and Zeus definitely had a special spark,” she said.





Above: A moment of affection between Zeus and Brandy. Below left: Aurorl, a female Eurasian eagle owl, keeps watch from her perch. Below right: An assortment of fowl wait at the exit for attention.







Above: Hercules likes to lie in his habitat and look into the window of the gift shop at the people. Here Ryan and Mercedes Ingle from Lincolnton are admiring Hercules in the window. Hercules is a one-year-old Bengal tiger cub. Below: Thor, a male mixed-breed tiger, holds his face in a 'flehmen response' position. He curls back his upper lip exposing his front teeth while inhaling with his nostrils closed. There is an organ in the roof of his mouth where he can gather chemical messages and scents. The animal keepers call it 'stinky face.'

And during her 12 weeks of training, the two forged a close bond — one that still lingered years later when Zeus was rehomed to the Charlotte Metro Zoo in Rockwell, where Jaunakais worked as a volunteer.

"As soon as he heard my voice he came running," she remembers.

Now, Zeus lounges in a sunny, wooded enclosure, ruling his kingdom from a raised platform or hammock woven of old fire hose. The Amazing Exotics School is long gone, as is the Charlotte Metro Zoo, but Zeus and Jaunakais remain.

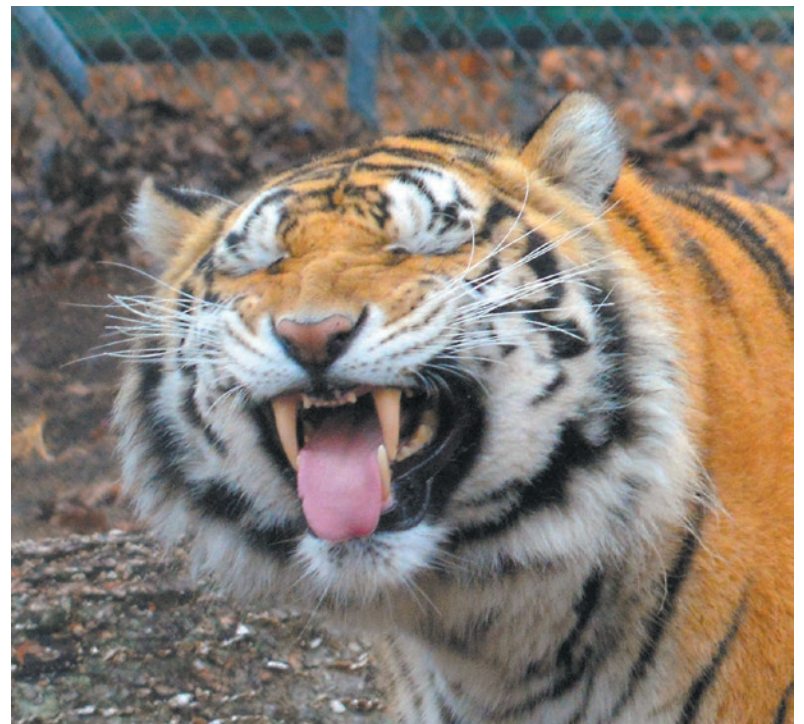
Over the past ten years, Jaunakais — and others who hold a particular fondness for big cats and conservation — have built a haven in a quiet corner of the Rowan County countryside: Tiger World.

Born from the ashes of the old zoo, Tiger World, a 501(c)(3) rescue organization, is home to more than 100 animals belonging to approximately 54 species.

"We're all about education — education, conservation and protection of the individual on hand," Assistant Manager Rachael Greer said.

And while Tiger World's main focus is big cats, it provides homes for a wide variety of creatures — from Galapagos tortoises to kangaroos and kookaburras.

On sunny afternoons, the shady grounds are filled with the territory calls of lions, the distinct hoot of monkeys and the sound of wings.







Clockwise from top: Zeus, a white male Bengal tiger, responds affectionately to Darby Kirby, who is an animal keeper at Tiger World; Ares, a yellow Bengal tiger, licks a post in his habitat getting a taste for it and marking his area; Maya, a female red kangaroo, looks into the camera in case there is food to be shared; Thor was rescued when he was in bad shape from being mistreated. He is now healthy and has a white tiger girlfriend named Storm; a white swan walks up to the walkway to see if there is food being handed out.





Brandy, a yellow Bengal female tiger, checks out a Christmas tree in her habitat. The tigers like to play with the trees and jump on them. Below right: A peacock poses for a photo. Below left: Aurorl, a female Eurasian eagle owl, keeps watch from her perch.

Each creature carries its own story.

“They come from various histories,” Greer said.

According to Greer, four out of five animals at Tiger World have been rescued — either from owner surrenders, illegal ownership or state seizures. As Greer walks the park’s paths, she can relate the stories of each one.

Some, such as cougars Jake and Katrina, have a rocky past. The two tan cats were rescued from a home where they’d been illegally housed under a porch. The brother and sister spent their whole lives in the dark, cramped space, and were fed an improper diet. When they came to Tiger World, both suffered from skeletal deformities and Jake had a bad limp.

Tiger World designed an enclosure that encouraged them to stretch, jump and leap — and over the years, the cougars have begun to heal in more ways than one.

“They have come out of their shell,” Greer





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said.

But something was missing. Cougars are the biggest purring cat, but for years Jake remained silent. Until recently.

"We heard him purr for the first time last week, so that was a big deal and we made a big radio call about it," Greer said. "... (A staff member) was greeting him one morning and he greeted her by purring. She nearly cried."

Like their smaller cousins, cougars purr when they are happy, content and confident.

But other residents have been with Tiger World since its birth.

Jaunakais was a volunteer at the old Charlotte Metro Zoo when it was forcibly closed in 2007. Despite the facility having a poor local reputation, Jaunakais said she just wanted to make "an active difference for the animals."

And with the zoo going belly up, that's where

her focus was.

"I remember thinking, what's going to happen to all these animals?" she said. "It was something that moved me so much that I just made a decision."

While she'd always loved animals and conservation — something like Tiger World never entered her mind until she saw the gates of Charlotte Metro closing.

"I never really said when I was younger, 'You know, I'm going to have a zoo one day,'" she said.

But with some financial backing and her background in business to guide her, Jaunakais bought the facility and many of its former residents, and transformed it into a non-profit rescue organization and charity.

"I just wanted to be an active participant in conservation and saving endangered species,"

she said. "... It gave way to the rescuing of all the animals that called the park home. So many of them are still with us today, which is amazing."

With the purchase, Jaunakais was able to give many of the animals a new life. The Syrian Brown Bears, for example, were moved from a cramped enclosure with a concrete floor to one with rocks, trees and water.

"They're spoiled," Greer said with a smile. "... Their quality of life changed."

A host of volunteers and staff members work to make sure that each animal is healthy, happy and well-adjusted. It takes a lot of dedication and work to ensure that every interaction the animals have with a human is better than the one before.

"We spend every free moment that we have just sitting by the fence and talking with them,"



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On Dec. 9, 2017, Tiger World founder Lea Jaunakais cuts the ribbon for the new jaguar exhibit. Wildlife Director Erin Carey is in back.



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Left: Thor patrols his habitat. Above: Brandy, a yellow Bengal female tiger, shows her affection for Darby Kirby, a carekeeper, while Tiger World's assistant manager, Rachael Greer, is in front.



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Greer said. “... You’re building a bank account with them.”

Tiger World focuses not just on rescuing animals, but also on educating the public and raising funds to make a real impact on wild populations.

“Public education is a huge part of conservation — because you have to inspire people to care about conservation, and then you can begin to move forward,” Greer said.

In 2017, Tiger World saw approximately 40,000 visitors, many of them school children. As staff walk groups through the park, they talk about the threats each species faces, and what people can do to effect positive change.

“It doesn’t have to be a huge step,” Greer tells visitors.

Even something small can have a big impact.

But the animals aren’t the only things that have changed over the past 10 years. Jaunakais has worked constantly to expand and improve the park — from updating habitats to paving the old, rooted dirt pathways.

“I like to tell people that when I first bought Tiger World it was like a skeleton,” she said.

But now, it’s become something more. In the future, Jaunakais said she’d like to see a genetics lab at Tiger World, as well as a restaurant, an eye-catching new entrance and a new welcome center.

Tiger World, like the nature that inspired it, is constantly evolving; and Jaunakais said she can’t wait to see what the next 10 years bring. **S**



The walkways at Tiger World are often lined with ducks following you around.



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A large tree with vibrant red autumn leaves dominates the center of the image. The ground is covered in fallen red leaves, and a dirt path leads through the foliage. In the background, there are green bushes and a glimpse of a building. The overall scene is a beautiful autumn landscape.

# SEASON TICKET

Over 30 years, Hurley Park has become the place it was meant to be.

Written by Mark Wineka  
Photography by Jon C. Lakey





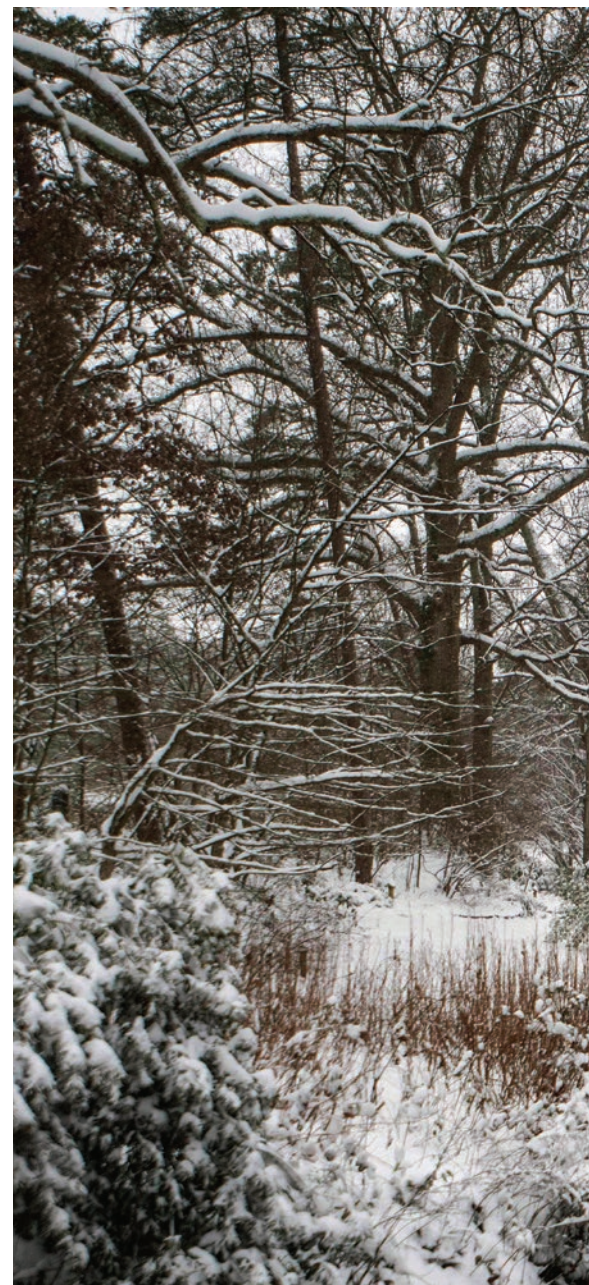


E

Elizabeth Holmes Hurley Park has been described in various ways — as a passive park, a garden park, a people’s park and a park for all seasons.

It’s all of these, and maybe after three decades the word “keepsake” also fits.

The flowers, fragrances, tree collections, wildlife, winding paths, woodlands, water, bridges, trellis and gazebos are things when combined over its entire 18 acres become something to cherish.







Elizabeth Holmes Hurley Park through the seasons.







“So many things about it are wonderful,” says Elaine China, who served on the Hurley Park Advisory Board for about 25 years, most of them as chairperson.

Events both big and small take place here because of the backdrop it provides. Happenings as big as spring celebrations, weddings and countless prom and graduation photographs. Occurrences as small as butterfly releases, picnics on a blanket or finding the trillium in bloom.

“The park has been woven into the lives of not just city people,” China says. “The whole county participates.”

Elizabeth Holmes Hurley Park serves as a shining example of what happens when you come up with a plan and stick to it. It’s also testimony to a public-private partnership that has ensured its development and long-term maintenance.

**Mark Martin uses a roto tiller to prepare a corner bed for the planting of tulip bulbs for spring color.**

“That park has been such a beautiful example of collaboration,” says Jane Ritchie, the current chairperson of the Hurley Park board.

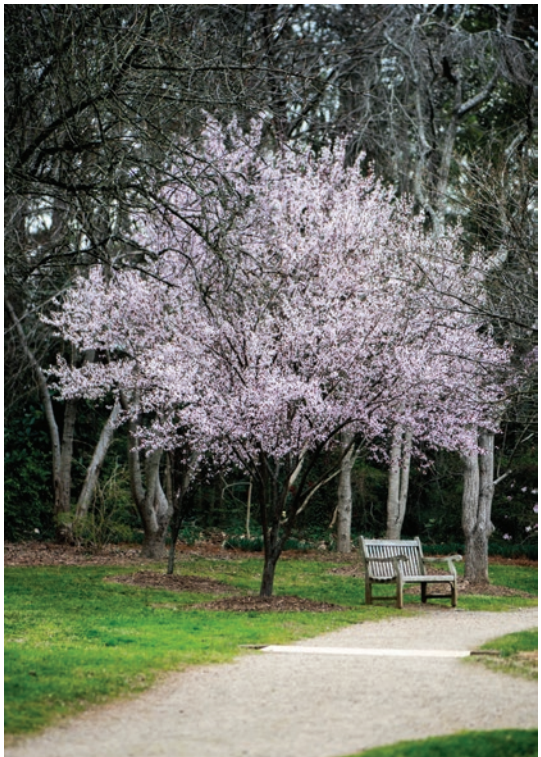
Over three decades, the park’s curators and board have adhered to the master plan that Ritchie redrew after being hired as the city’s first landscape architect in the fall of 1985. She joined the city staff just after J.F. Hurley Jr. and his sons — Jimmy, Haden and Gordon — donated \$200,000 for the project in honor of wife and mother, Elizabeth Holmes Hurley.

The family matriarch died in 1985. A year earlier, Salisbury City Council had approved funds for development of a master plan for a park along Annandale Avenue between Lake Drive and Henderson Street. Mayor Wiley Lash and others already had envisioned a “people’s park,” one in which gardens, trees and furnishings could be paid





Above: Kids jump for joy at Hurley Park's Spring Celebration. Below left: Artists often find inspiration at the park. Below right: Hurley Park offers many places for personal reflection.







Photographer Jon C. Lakey captured Hurley Park at different times of the year.



for and dedicated in honor or memory of individuals.

The Community Appearance Commission took on the project at first.

“Barbra Perry and Joan St. John were surely key players in getting the whole park idea started,” Ritchie said. “It was known as Annandale Park and was going to be developed on a shoestring. I got to work with both of them my first year until the Appearance Commission turned the project over to the Hurley Park board and Joan went off to start her own business. They were full of ideas, and I loved working with them.”

It was the Hurleys’ up-front donation, along with a Land and Water Conservation grant, an agreement for the Hurley Foundation to provide continuing support, the hiring of Ritchie, the formation of an advisory board and Jimmy Hurley’s strong enthusiasm that put the park’s development on a much faster track.

The park was dedicated and opened to the pub-



The paths of Hurley Park see many walkers and plenty of dogs.

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Daphne Beck recently retired after years of service to Hurley Park. Beck places tulip bulbs on the ground prior to planting.

lic April 10, 1988, just days before Ritchie would give birth to her first daughter.

Ritchie had found herself on the park site every day. She laid out the pit-gravel trails with hoses and spray paint to designate the lines she wanted. She worked with the Hurley Park Advisory Board and other members of the city staff as decisions and construction led to additional elements of the hardscape — gazebos, benches, bridges, stonework, signs, trash receptacles, irrigation lines, granite curbing, parking pockets, tables, a new pond and observation deck.

A “Mayor’s Row” of northern red oaks was planted along Craige Street. The Reynolds Magnolia Collection — one of Ritchie’s favorite spots — was installed near the Lake Drive end.

Catawba College biology professor Mike Baranski chaired the Hurley Park Advisory

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A walker enjoys a quiet Hurley Park path.

Board in the beginning. Margo MacIntyre became the park's first curator.

And always during the initial construction phase, there was an impatient Jimmy Hurley checking up on the progress of this living memorial to his mother.

"Jimmy was through that park all the time," Ritchie says, forever thankful for his interest and support.

Part of the inspiration for Hurley Park came from Memorial Gardens in Concord, where J.F. Hurley Jr.'s parents are buried. Sallie Phifer Williamson rejuvenated those gardens after they had fallen into neglect, and her son, Marshall, established a trust fund to maintain the gardens.

And that concept had appealed to Elizabeth Holmes Hurley. "She liked the idea that it was endless," Jim Hurley said back in 1988. "She would hate for people to start something and not finish it."

The family had actually considered helping with "Annandale Park" before Elizabeth's death. With their full participation after she died, the Hurley family wanted to leave the legacy of a beautiful park that wasn't a burden on the city or taxpayers.

Jimmy Hurley put a special emphasis on maintenance, and the city and foundation split those costs and the curator's salary. "I didn't want my

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Above: Barbara Lawther walks her dogs, Beau and Mollie, across the foot bridge that was covered with Japanese maple leaves. Below: The beauty of Hurley Park lies around every turn.





mother's name on the thing and have a jungle out there," Hurley said in 1988.

MacIntyre, who is now curator of the Coker Arboretum at the University of North Carolina at Chapel Hill, said the support from the Hurley Foundation was the reason she was interested in the Hurley Park job.

"It had guaranteed maintenance components," says MacIntyre, who was curator for 17 years.

She had seen other gardens, especially those done in memory of loved ones, quickly fail and become eyesores because nothing was in place to ensure continuing upkeep.

"There's nothing really worse than a garden that doesn't have someone to take care of it," MacIntyre says.

Both MacIntyre and Daphne Beck, the person who succeeded her as curator, say they loved their interaction with the people who regularly walked through Hurley Park, often with their dogs. "I usually knew the pets' names before their names," MacIntyre says.

She also witnessed a deep connection between the donors



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and the gardens they made possible. When she first became curator and saw the long list of donors to the park, “I thought, ‘I will have to be nice to every person in Salisbury,’” MacIntyre says.

The people who have fallen in love with Hurley Park also talk about cherishing it through all the seasons.

“I was always surprised when it snowed,” MacIntyre says, “because I was not the first one there.”

China says the park is interesting any time of the year.

Besides serving as the backdrop for painters, proms and wedding portraits in the spring, the autumn colors of Arlo’s Garden and its Japanese maple can take your breath away.

Hurley Park provides a place for community

— its annual spring celebrations have become highly anticipated in ushering in a new season — and it can be a place for solitude.

Hurley Park has roughly 45 different gardens and collections, everything from magnolias, cherry trees and hollies to azaleas, ferns, perennials and wildflowers. It has a mile’s worth of paths, and it seems you can enter the park and enjoy it at your leisure from most anywhere.

“It’s been a great comfort to work there,” says Beck, who retired as curator last fall. “It’s been a great friend, and you always find something in bloom.”

Over 29 years as assistant curator and curator, Beck heard the music of a lot of bullfrogs, and she met up with possums, owls, raccoons and crowds.

The work never ends at the park, Beck says.

Plants constantly have to be replaced, and gardens have to be reworked, neatened and mulched. There’s watering, taking care of fallen leaves and sometimes cleaning up after untidy visitors.

“You’re always weeding, it seems like, always,” Beck says. “... You have more than enough to look after.”

Most of the gardens and collections have names, such as Priscilla’s Fragrance Garden, the Ingeborg Seiffert Perennial Garden and the James B. Gascoigne Fern Garden. Scamp’s Garden, which has azaleas, hosta and irises, is named for the beloved dog of Bill and Nancy Stanback.

MacIntyre, who has a garden in her honor, as does Ritchie, said the value of a master plan for a garden park can’t be overestimated in



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guiding donors.

"We executed the plan," Ritchie says.

As far as gardens and collections go, Hurley Park is pretty much built out, according to its vision. "Daphne's Garden," was the last planned, unnamed garden to be installed in the park last October. The Hurley Foundation, represented by Gerry Hurley, Gordon Hurley and Ritchie, along with the advisory board donated the funds in honor of Beck at her retirement.

"Our job now really is stewardship and maintenance of the park," Ritchie says. "... We now consider Hurley Park basically complete. It's got all the plantings and structures our staff can successfully maintain. We will always continue renovating gardens, because conditions in the landscape are always changing and liv-

ing plants come and go, but no new gardens or collections are currently planned."

The new Hurley Park curator is Danelle Cutting, assisted by Mark Martin.

Waterworks Visual Arts Center, in partnership with the Hurley Foundation, will have a juried group exhibition through May 25 that is called "The Seasons of Hurley Park: 30 Years." The park has always been an inspiration for artists, photographers and nature enthusiasts.

China speaks lovingly of the sights, smells, fragrances and details of Hurley Park. At moments, she says, things she experiences take her back to the family farm south of Atlanta or the mountains of North Carolina.


That's the subtle way Hurley Park affects you.

At the park's dedication in 1988, Jimmy

Hurley offered some prophetic words:

"Haden, Gordon, Daddy and I agreed that the creation of Elizabeth Holmes Hurley Park would be a fitting memorial for the lady we loved so dearly," he said.

"I guarantee you that, as long as we live, this park will not go to pot. Nor will it become a burden on the city. Yet we do not want it to be ours, but yours."

For more information about donations, special events or weddings at Hurley Park, contact 704-638-4459. Donations can be sent to Foundation for the Carolinas, 220 N. Tryon St., Charlotte NC 28202. All monies are deposited in the Elizabeth Holmes Hurley Memorial Park Fund. Make checks payable to the Foundation for the Carolinas with "Hurley Park Fund #2524" in the memo line. 



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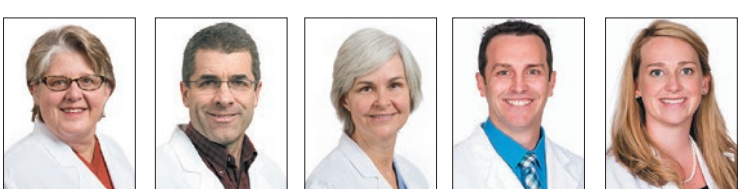
  
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## WELLNESS



Dr. Eric Mallico performs bariatric surgery and general surgery for Novant Health Rowan Medical Center. Mallico stands between two illustrations of common bariatric surgeries: sleeve (left) and gastric bypass (right).



# Pound signs

Novant Health Rowan brings weight-loss solutions to Salisbury.

*Written by* ANDIE FOLEY | *Photography by* JON C. LAKEY

**B**efore 2010, Sherry Morris had only been in the hospital for the birth of her daughter.

In the eight years since, she's had both knees replaced. She's broken her femur and she's been through breast cancer. A lot, for a woman who lost her husband at 30 years old.

"It's something hard to get over," she said. "I think from then I just had that 'I don't care' attitude. ... I just got to the point where (I thought) let's eat some candy or drink some sodas. You don't think it really adds up, but it does."

Morris said that breaking her femur was her wake-up call: Her weight had grown out of control.

But she wasn't alone.

According to the State Center for Health Statistics, some 33 percent of Rowan County adults were obese in 2014.

This number has been on the rise, climbing from 28.8 percent in 2009 to 34 percent in 2015. The market for bariatric, or weight loss, surgery is booming.

Enter Novant Health Bariatric Solutions Rowan.



Sherry Morris stands next to her recumbent bike. She had gastric sleeve surgery nearly two years ago.





For visual comparison, the average volume of the stomach for an obese person is roughly comparable to a regular-sized football. The banana represents the size of the stomach after gastric sleeve surgery. The egg represents the size of the stomach or pouch after a gastric bypass.

## ABOUT BARIATRIC SOLUTIONS

Novant's Bariatric Solutions Rowan opened in Salisbury in late 2013. The center is a comprehensive weight management program, providing both medically managed weight loss and bariatric surgery.

Medically managed weight loss is an individualized, holistic approach to achieving health. Within it, the Novant care team identifies and treats the specific needs of a patient.

The program includes behavioral education, exercise consultations, diet and nutrition services and medical treatments.

Some 24 percent of Bariatric Solutions patients opt for this solution. More opt for one of two life-altering surgeries, for a total of 331 operations since 2013.

Currently, Novant offers two procedures: the sleeve gastrectomy and the Roux-en-Y gastric bypass.

The sleeve is a simple procedure that creates weight loss by restricting the amount of calories a person can consume. With it, surgeons cut the stomach into a banana-shaped sleeve,

removing the remaining portion of the organ.

The gastric bypass, what Novant Health surgeon Dr. Eric Mallico calls "the gold standard," is similar. With this operation, surgeons create an egg-sized stomach "pouch" from the uppermost portion of the stomach. The pouch and the residual portion of the stomach are then connected to a lower portion of the small intestine.

Therein, weight loss is achieved in two ways: by restricting consumption and by bypassing a length of intestine, which lowers the amount of calories absorbed.

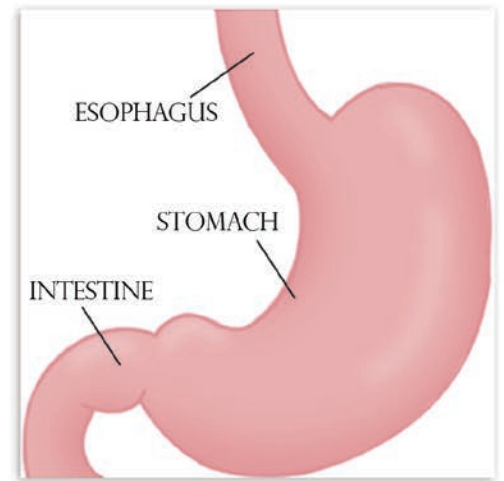
## THE NOVANT HEALTH DIFFERENCE

Mallico is currently the sole surgeon at Bariatric Solutions Rowan. On top of providing bariatric surgery, he works as a general surgeon at Novant Health Rowan Medical Center.

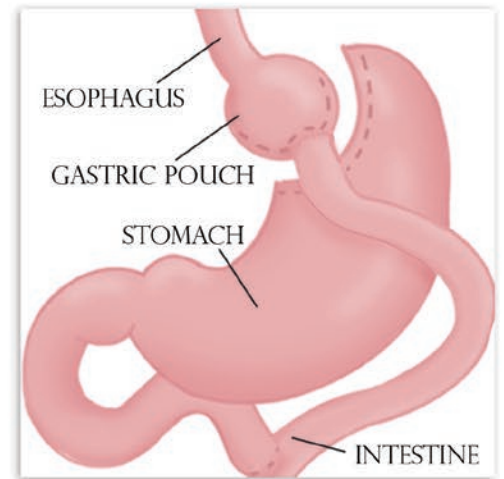
He said he was drawn to surgery after losing his father to cancer.

Bariatric surgery, he said, remains a secondary passion for two reasons.

"I love the patient population and I love the surgeries themselves," he said. "They're nice,



NORMAL STOMACH



GASTRIC BYPASS



GASTRIC SLEEVE

— Graphic by Andie Foley



technical surgeries.”

His pull to Bariatric Solutions Rowan involved the vision of President (CEO) Dari Caldwell, he said.

“I can do general surgery anywhere. There’s a national shortage of general surgeons,” he said. “Bariatrics, that’s not so easy because you want a true program, a real, invested program from the CEO.”

This comprehensive program involves nutritional counseling both before and after surgery, pre-operative psychological screening and lifelong support groups.

It’s about more than milling out surgeries, Mallico said.

“We’re trying to change your lifestyle,” he said.

To further this holistic change, Bariatric

Solutions Rowan will be expanding into a new facility in March. The new office will offer patients access to exercise equipment and test kitchens, further tools to create lifelong and healthy habits.

But why is this lifestyle change needed? Shouldn’t the surgeries, by their restrictive natures, be enough to manufacture weight loss without a change in diet?

In a word: no. Bariatric surgery is a tool for weight loss, not an effortless solution. Both the sleeve and the bypass require lifelong changes to one’s diet.

### THE BARIATRIC DIET

According to Mallico, the bariatric diet follows three simple rules: it is high in protein, high in fiber, and low in carbohydrates.

A big portion of this is because of altered stomach sizes. Patients need to focus on eating proteins first to avoid nutritional deficiencies.

“You don’t have enough gut ... to handle a big meal and so if you don’t eat protein up front, you’re going to be full,” he said. “You’re not going to be able to eat it.”

Foods too high in carbohydrates, sugars and fats can also cause extreme discomfort and sickness for bariatric patients.

This comes in the form of dumping syndrome, a phenomenon suffered most commonly by those with gastric bypass.

“(Dumping syndrome) has to do with too much sugar or carbohydrate hitting the gut at once,” said Mallico. “... Your stomach usually breaks it down and slows it all down.”

With the stomach out of the equation, sug-



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A small prep bowl fits easily into a standard-sized bowl. After gastric procedures to offset obesity, smaller portion sizes are key to attaining weight goals.

ary foods go right into the small intestine, sending the body into a reactive panic.

The pancreas creates an overabundance of insulin to combat what is perceived as a massive influx of sugar. This overabundance leaves patients feeling the effects of hypoglycemia, or low blood sugar.

These effects are anything but pleasant: a racing pulse, lightheadedness, sweating, cramping bowels, vomiting and diarrhea.

Surgery, it would seem, is hardly the easy way out.

### THE EFFECTS OF SURGERY

Gastric bypass and gastric sleeve surgeries have relatively low risks of complications: 3 percent and 1.5 to 2 percent, respectively.

For the bypass, complications include internal hernias, ulcers, and leakage at incision sites. For the sleeve, there is risk of leakage as well.

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Mallico said this risk is lower in the sleeve because of the reduced number of incision sites.

Even so, he said the surgeries are comparably safe to other routine procedures, such as gall bladder removal with a risk of 1 to 2 percent.

For this minimal risk, the outcomes are resoundingly positive. Weight loss surgery patients see a decrease in or resolution to problems like diabetes, hypertension, sleep apnea and high cholesterol.

Moreover, bariatric patients have a 70 to 85 percent success rate of losing and maintaining a loss of 50 percent of their excess weight.

This is compared to a 1 percent success rate for those dieting and exercising on their own.

*“It’s been awesome being able to go to Belk and buy shirts. I used to have to shop online because I was so big.”*

### LIFE AFTER SURGERY

On February 9, 2018, Sherry Morris will reach two years out from her gastric sleeve operation at Bariatric Solutions Rowan.

In that time, she has lost an astounding 134 pounds.


Throughout her journey, she’s found support through her mother and daughter as well as through the Bariatric Solutions care team.

Morris said that life changes following her weight loss have been many.

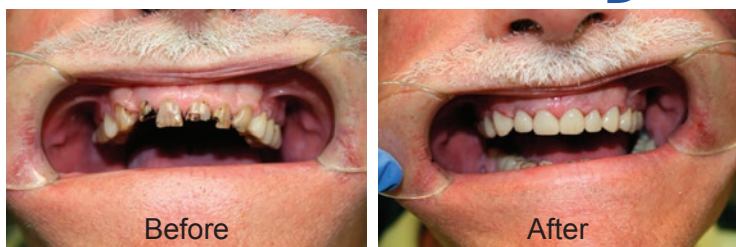
“It’s been awesome being able to go to Belk and buy shirts,” she said. “I used to have to shop online because I was so big.”

Morris is now able to stand in the shower. She can walk, ride on a recumbent bike, and she’s reduced the number of prescriptions she takes from six to two.

She said her journey isn’t over, but her goal remains the same: to stay healthier.

“I’m happy,” Morris said. “I’m off most of my meds. My A1C is awesome. ... People don’t think about things like that. It’s little things, but to us it’s huge. ... I’m very thankful to Dr. Mallico.” 

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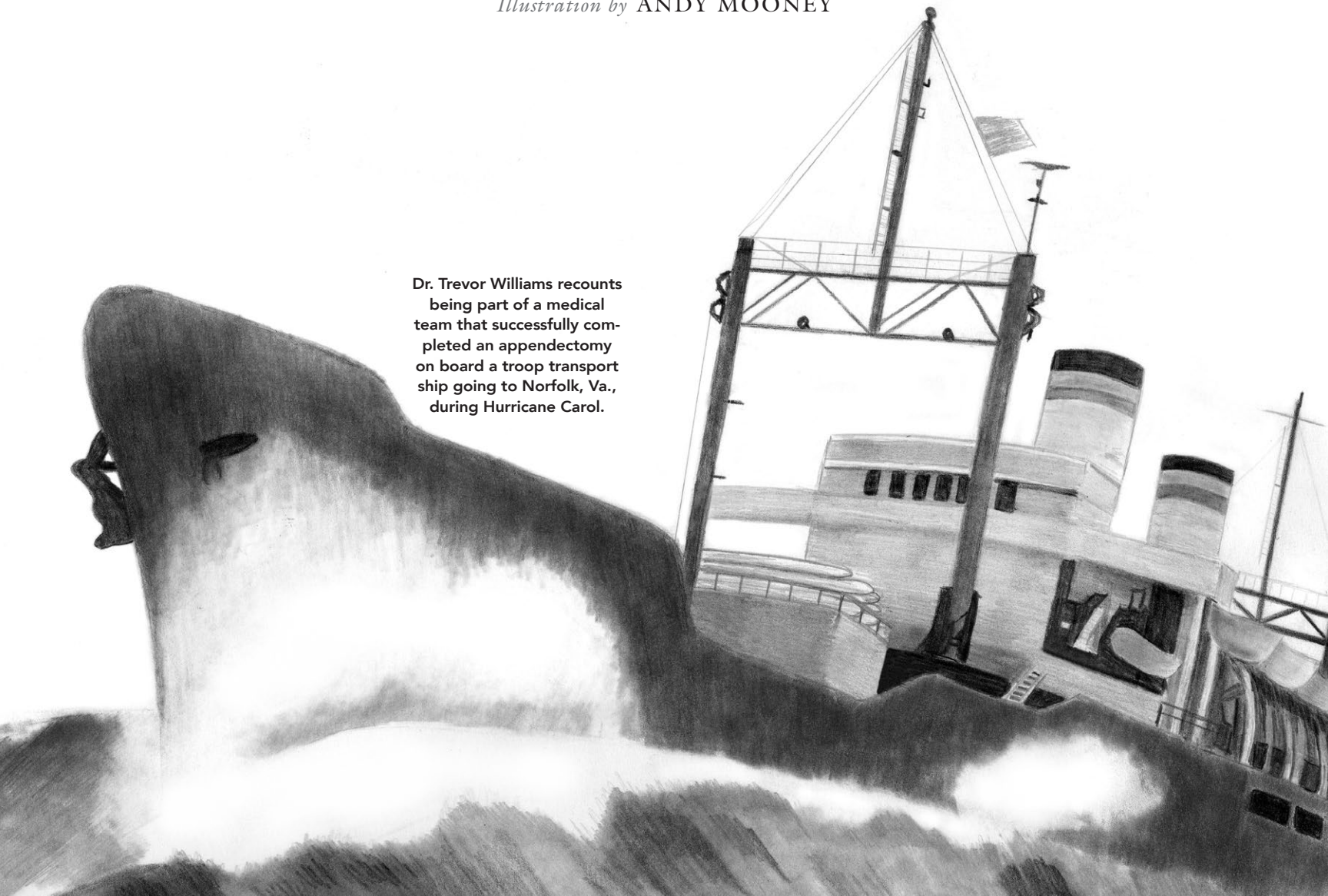
# The stories they can tell

Above all else, Trinity Oaks memoir class learns to ‘write things down.’

*Written by* MARK WINEKA | *Photography by* JON C. LAKEY

*Illustration by* ANDY MOONEY

Dr. Trevor Williams recounts being part of a medical team that successfully completed an appendectomy on board a troop transport ship going to Norfolk, Va., during Hurricane Carol.







B.J. Connor reads her assignment for the memoir class.

Coming into this particular memoir class, the men and women had been asked to write on one of either two subjects — downsizing or Christmas.

“Some students write from the prompt,” said Susan Shinn Turner, the memoir class’ facilitator. “Others write a story that has come to mind since we last gathered. Once in a while, someone takes a pass — all of which is totally and completely fine.”

The memoir class meets on the first Monday of each month in the Card Room at Trinity Oaks. Most of the participants are residents at Trinity Oaks, but there also are a few participants from the community at large.

Rufty-Holmes Senior Center also offers a “Memories

to Memoirs” writing class from 9:30-11:30 a.m. on Thursdays.

Turner facilitates with only a few rules. When sharing their writings with the rest of the class, the students are asked to keep it to a 100-word excerpt. This is violated regularly, but all is forgiven.

Asked to write a six-word description of her life, Betsy Rich offered instead an 11-word haiku, which did not surprise Turner. “That’s an excellent example of how we roll,” she said.

But other students, such as Jess Key, follow Turner’s rules religiously. “Jess is our engineer,” Turner said. “If I say 100 words, that’s what he writes.”

Turner also requests — and she really didn’t have to with this group — that the students show respect for each other’s words, cheer their classmates on “and stick together through the hard stuff.”





Above: Susan Shinn Turner facilitates a memoir-writing class at Trinity Oaks that brings out the writer in those who have stories to tell. Below: Char Molrine reads her Christmas story.



What happens in the Trinity Oaks Card Room stays in the Card Room.

"The most important rule we have is to WRITE THINGS DOWN," Turner said in her introduction to a memoir class booklet she distributed the same day. "Once you're gone, your memories are gone. Memories you collected from your parents and grandparents are gone."

The booklet — titled "The Stories We Tell!" — was filled with samples of writing from everyone in the class, which usually has a full roster of 16 men and women in attendance. Turner told them they are now officially published.

"I'm so proud of my students and their accomplishments," she said.

In the fall of 2016, Turner offered a Trinity Oaks seminar, held on single days over two consecutive weeks, on how to write your memoir and your obituary. "We've saved those obituaries so that when we die we can put them in the newspaper," Turner said.

At the end of the second class, one of Turner's



students asked whether they could keep on meeting and writing. Turner cleared it with Trinity Oaks officials and the rest is history — most often, personal histories.

“It is a fun time,” Jim Gilland said. “You hear a lot of good stories, a lot of history. Folks are open, and it’s a safe place to do that.”

“We spend a few minutes talking about what’s happened since the last time we met, then we spend some time sharing what we’ve written based on last month’s prompt,” Turner said.

In this session, relating to the downsizing prompt, B.J. Connor shared that she has read four books on how to reduce clutter. The words she prefers for the process are “winnowing” or “decumultation.” She described how it’s important to turn “downsizing” into an “upblessing” — by “blessing someone else with your stuff.”

Connor discovered she was sentimental about things such as her children’s clothing and school reports she had kept for many years.

“Being a sentimental person, do you think that makes it (downsizing) harder?” Turner asked the class. Many heads nodded in agreement.

Robert Myers wrote about commemorative Christmas stamps he has collected since 1962: “I really didn’t realize I was collecting,” Myers said. “I just saved them every year. I thought this was something to write about.”

In her own downsizing tale, Gail Hounshell found letters her brother had written between 1973-74 after joining the Navy. By reading them again, Hounshell said she felt as though she were reacquainting herself with that young-



**Above: The Rev. David Nelson reads the story he wrote about his 30-year-old Ford Ranger pickup. Right: Copies of the memoir class booklet.**



er version of her brother.

The letters revealed how lonely he was at boot camp, even though he was constantly in the company of 74 other men. He signed off one of his letters, “Write or else.” Or he might

say, “P.S. You may have already written. If you have, do it again.”

From the letters, Hounshell learned from her brother that “racks” were beds, “pieces” were guns, and a “whorehouse” was another name



for a gun rack. “If you call pieces guns, you get push-ups,” he said in one of his letters.

When he was stationed in San Diego, Hounshell wrote, “he meets spaced-out hippies for the first time.” With some of his Navy buddies, he also visited a nude beach. The letters went on, Hounshell said, to cover ports of call in South Carolina, Spain, Sicily, Italy and the French Riviera. Her brother learned how to scuba dive in the Caribbean.

“It’s a treasure,” Hounshell said of the old letters and being able to write about them.

Turner said a good future prompt might be: “Find a memory where you least expect it.”

Don Duggan, called his story “A Blanket for Baby” and shared his textile-related experiences of working in Houston in the summer of 1950.

“There are good images in there,” a satisfied Turner told him. It was Duggan who sent an unsolicited note to Turner before one of the past classes.

“The memoir class is my top priority at Trinity Oaks,” Duggan’s note said. “The stories we tell! Diverse people from diverse backgrounds. Fascinating.” The note gave Turner the title for the group’s first collection of stories.

As the class went on, Bobbie Ann Brown wrote her memories of shopping in Gastonia during Christmas with \$1 to spend.

Glener Burns Gilland wrote about her talent for making pound cake and the special cake plate her son once gave her at Christmas. Jim Gilland, her retired pastor husband, wrote of the Advent season and the simple pleasures and special meaning of Christmas he looks forward to every year.

Mary Key titled her piece “The Upsizing and Downsizing in Life.”

Upsizing and downsizing for Key included things such as marrying, learning new skills, having six children in eight-and-a-half years, losing her first husband, marrying again and moving to Trinity Oaks from a much bigger place.

“Oh, the precious possessions we have left behind,” Key said.



Above: Dr. Trevor Williams reads about his Navy experience aboard a ship during Hurricane Carol. Below: The Rev. David Nelson wrote about his 30-year-old Ford Ranger truck.

But there was an upsizing, too, at Trinity Oaks — new friends, singing in the choir, visiting folks in the nursing home. Key wrote of looking ahead to the final upturn in life’s timeline and concluded, “The final line in the graph will be a big upturn, one we know and see in a mirror daily, the end of life on earth and the beginning of a glorious unknown.”

Student after student in memoir class shared

a beautiful passage from their own writings.

Trevor Williams recounted being part of a medical team that successfully completed an appendectomy on board a troop transport ship going to Norfolk during Hurricane Carol.

“My, what a blow,” he wrote. The hurricane heroics of the four doctors, including Williams, eventually earned a brief mention in the New York Times.



Martha West told the story of how her “Christmas in January” event originated after her husband’s death at only 54. It became a fund-raising tradition at her home lasting from 1985 to 2017, the year she moved to Trinity Oaks.

“It was highly anticipated,” West said. The final party in 2017 raised \$6,000 for local nonprofits. “A fond goodbye,” West wrote, “to a party with heart.”

Jack Connery had his memoir — “After a Meal Like This, You



Don't Need Dessert" — published in October 2017. The Salisbury Post featured an article about it later that month, and Connery was scheduled to be at a book signing in his home state of Oklahoma this January.

Connery is sort of a star in the class, as are many of its retired pastors, such as Malcom Bullock, who often writes of amazing stories from his time in the church.

Another star is Char Molrine, who writes children's stories. She says her audience is 4- to 8-year-olds. She is working with an illustrator and has had some discussions with a children's book publisher.

Molrine often writes about animals for her young audience, from Punxutawney Phil to Abner the Beaver. So it wasn't surprising when she announced in this session, "I wrote a Christmas story about a mouse."

"How many times have you heard a Christmas story, but from the perspective of the mouse?" Turner asked the rest of her class.

The Rev. David Nelson wrote "Brightening Up the Past" about his


30-year-old, extended-cab Ford Ranger truck. He asked Sudden Impact to detail it and bring back its original luster as much as possible.

The shop compounded the finish to remove all the road grime, tightened things, shampooed the carpet, replaced the pinstripes and polished and buffed the finish with a three-coat process.

"Wow, it's like my truck went to a vehicle beauty salon for a complete work up," Nelson wrote.

But while it was wonderful "for newness to replace oldness," Nelson wrote, he also ruminated on how important it is to celebrate aging and take care of folks who have many miles on their odometers.

"It seems to be that our task as 'seniors' is not to defy the reality of aging," Nelson wrote, "but to celebrate the reality of living. It is truly cause for us to live in an attitude of gratitude.

"How wonderful it is to have an old but beautiful truck." Now those are words that could go in any memoir. 

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Girl Scout tents sit in front of a train at the N.C. Transportation Museum in Spencer on March 25, 2017, during Rail Camp. This year's event is March 9.  
— Photo by Kristi Craven

**1 'The Realistic Joneses'**  
 March 1-3: Lee Street theatre — 7:30 p.m. (Also Feb. 22-24). Visit "The Realistic Joneses" and meet Bob and Jennifer. Their new neighbors, John and Pony, have even more in common than their idyllic fantasies and shared last names. As their relationships begin to irrevocably entwine, the Joneses must decide between their idyllic fantasies and their imperfect realities. Call the Lee Street theatre box office at 704-310-5507 or go to [www.leestreet.org](http://www.leestreet.org).

**1 The 32nd Annual Brady Author's Symposium**  
 March 1: Robertson Community Center, Catawba College — 11 a.m. The 32nd Annual Brady's Author Symposium will feature authors George Singleton and Tom Cooper. This year's

event will feature a combination symposium and Q&A, followed by an optional luncheon and book signing. For details or to register visit [www.catawba.edu/authorsymposium](http://www.catawba.edu/authorsymposium).

**3 Eggs-treme Egg Decorating Workshop**  
 March 3: Waterworks Visual Arts Center, 123 E. Liberty St. — 10 a.m.-noon. For ages 4-6. Decorate eggs and know it will be messy. Go to [www.waterworks.org](http://www.waterworks.org) for information.

# March 2018

Upcoming events in the Salisbury-Rowan area

**3 Weave Your Own Basket**  
 March 3: Waterworks Visual Arts Center, 123 E. Liberty St. — 10 a.m.-noon. For ages 7-12. Basket weaving with a contemporary twist. Go to [www.waterworks.org](http://www.waterworks.org).

**3 At the Throttle: Steam**  
 March 3, 10, 17, 24 and April 7, 14 and 21: N.C. Transportation Museum, Spencer — 9:30 a.m.-4:30 p.m. each event day. "At the



Throttle: Steam” allows you to climb into the cab and operate an authentic steam locomotive, rolling down the tracks at the museum, which used to be historic Spencer Shops. The steam engine, Jeddo Coal No. 85, was built by Vulcan Works in 1928 and debuted in 2017 after a six-year restoration. Contact John Mercer at [john.mercer@ncntrans.org](mailto:john.mercer@ncntrans.org) or call 704-636-2889, extension 224. Purchase tickets on the museum website, [www.ncntrans.org](http://www.ncntrans.org).

**9 Girl Scout Rail Camp**  
**March 9-10: N.C. Transportation Museum, Spencer** — The overnight event combines a traditional Scout camp experience with the 60-acre museum full of authentic railroad equipment. Museum educators work with the Scouts to earn a custom patch through hands-on activities and workshops using real trains. The camp also includes a night of camping, a 25-minute train ride, a scavenger hunt and Scout-led skit. For information, contact NCTM Scouting Coordinator Tyler Trahan at 704-636-2889. To register, go to the museum website.

**10 Cleveland Lions' Spring Breakfast**  
**March 10: Cleveland Lions Den, 106 Cemetery St.** — 7-10 a.m.

**10 Messy March Workshop**  
**March 10: Waterworks Visual Arts Center, 123 E. Liberty St.** — 10-11 a.m. For toddlers, 18 months to 3 years old. A family member must accompany. Tie-dye kites and St. Patrick's Day creations. Go to [www.waterworks.org](http://www.waterworks.org).

**13 History Club**  
**March 13: Rowan Museum, 202 N. Main St.** — 7 p.m. Presenter; Kyle Madison. Topic: "My Spencer Story." Free and open to the public. Meeting will be held in upstairs Messinger Room.

**13 Meals on Wheels BBQ**  
**March 13: First Presbyterian Church, Salisbury** — 11 a.m.-6:30 p.m. Annual fundraiser for Meals on Wheels of Rowan County. Help the organization feed the need. For more information: [mowrowan@charlotte.twcba.com](mailto:mowrowan@charlotte.twcba.com).

**15 'The Producers'**  
**March 15-18, 21-24: Meroney Theater** — 7:30 p.m., except for 2:30 p.m. March 18. As a big Broadway musical, "The Producers" sets the standard for modern, outra-



The Easter Bunny waves to Liev Pritchard, 15 months, as his father Stacy holds him during the Easter Bunny Express train ride at the N.C. Transportation Museum on March 31, 2012. This year's event is March 24. — Photo by Shavonne Walker

geous, in-your-face humor. The plot is simple: a down-on-his-luck Broadway producer and his mild-mannered accountant come up with a scheme to produce the most notorious flop in history, thereby bilking their backers (all "little old ladies") out of millions of dollars. Only one thing goes awry: the show is a smash hit! "The Producers" skewers Broadway traditions and takes no prisoners as it proudly proclaims itself an "equal opportunity offender!" Call the Piedmont Players Theatre box office at 704-633-5471 or go to [www.PiedmontPlayers.com](http://www.PiedmontPlayers.com) for more information.


**15 ARTpops — Quilting**  
**March 15: Waterworks Visual Arts Center, 123 E. Liberty St., Salisbury** — 6:30-9 p.m. Mini adult classes. Go to [www.waterworks.org](http://www.waterworks.org) for information.

**24 Easter Bunny Express**  
**March 24-25, 30-31: N.C. Transportation Museum** — Start this annual event with a train ride, as the Easter Bunny comes along for the fun. Our furry friend will be handing out candy, posing for pictures and meeting

everyone. Kids can also get temporary tattoos in the Gift Station and make a take-home craft.

**24 'Diverse Dvorak'**  
**March 24: Keppel Auditorium, Catawba College** — 7:30 p.m. This concert will feature Dvorak's Slavonic Dances. For more information: [salisburySymphony.org](http://salisburySymphony.org) or [director@salisburySymphony.org](mailto:director@salisburySymphony.org).

**31 Gold Hill Easter Egg Hunt and Spring Fest**  
**March 31: Historic Gold Hill Village/Gold Mines Historic Park.** Contact 704-279-5674 or go to [www.historicgoldhill.com](http://www.historicgoldhill.com) or [www.goldhill.com](http://www.goldhill.com).

**31 Mount Hope Church 5K Run for Missions**  
**March 31: Salisbury Community Park** — 9 a.m. Registration will be held from 7:30-8:45 a.m. 5K Run for Missions, 9 a.m.; Fun Run, 10 a.m. Registration online until March 30 at [www.sportoften.com](http://www.sportoften.com). Proceeds to benefit Mount Hope Church Missions. 





Brittany Parrish was surprised with a marriage proposal by her boyfriend Casey Stiller at the stroke of midnight at the Bell Tower New Year's celebration.



Above: Abby Klutz and Justin Leonard. Right: Jason and Gail Williams with Max and Rick McCombs with Rex.

# New Year's at the Bell Tower

The ringing in of a new year at the Bell Tower in downtown Salisbury had it all — a marriage proposal, heaters to keep warm, a countdown by the mayor, music, hot chocolate and other goodies. As 2018 arrived, Casey Stiller proposed marriage to longtime girlfriend Brittany Parrish, and she said yes. They sealed the deal with a kiss.

— Photos by Jon Lakey







Above: Ricky Rice pours cups of sparkling apple cider into cups. Right: Revelers gather at the historic Bell Tower in downtown Salisbury to ring in 2018.



Left: Toni Wingler dances with 8-year-old Emma as Jesse Wingler stands by.



Right: A group of revelers wait for 2018 to arrive.



Above: Alexis Greer rings the bell in the Bell Tower as Brian Roberts (right) watches. Left: Family and friends of Brittany Parrish and Casey Stiller pose for a group photo. Stiller proposed to Parrish at midnight.





Above: Matthew Waisner, Jonah Stephens and Elizabeth Beaudoin. Right: Susan Beaver, Linda Holshouser and Kristen Owen



Andrew Dixon splits wood for the outside oven.

# Old Stone House Christmas

The Rowan Museum always offers its Old Stone House Christmas in the period between Christmas and New Year's. The two-day weekend event celebrates some of the old German holiday traditions, as well as giving visitors a chance to see Colonial-era militia reenactors who drill and set up camp on the grounds of the Old Stone House in Granite Quarry. Guides in period costumes give tours of Rowan County's oldest house and demonstrations on cooking, crafts, musket-firing, wood-working, weaving, candle-making and bread-making.

— Photos by Mark Wineka



Jazmyne Crady, Devin Wood and Lillian Crady



Pam Ribelin, Norman Ribelin, Deborah Ribelin-Scarazzo and Paula Haynes





Left: Haley Overcash, Bailey Krack, David Krack, Danielle Krack and Gabriel Krack. Middle: Riley, Stacy and Reese Rosenbaum. Right: Beth and Katie Carlton



Above: Vicki Williams and Melanie Misenheimer.

Right: Members of a reenactment militia go over some last-minute preparations before drilling and firing.



Left: Kristie Wells and son Daniel Wells. Middle: Aaron Kepley and Clyde: Right: Ellen and Jerry Fairbank





Above: Mike and Melissa Caskey

Right: Vincia Benjamin Miller, Dominique Watts, Stephanie Howard, Jennifer Joyner and Dr. Nicole Sherrill-Corry



Yvonne Dixon, Rachel Ross and Winston Ross

# Rowan County Chamber of Commerce Gala

The Rowan County Chamber of Commerce held its "Annual Gala" at the West End Plaza in January, and the gathering represented the 92nd annual meeting of the business organization. The gala was done in conjunction with the Rowan EDC and the Rowan County Tourism Development Authority. Title sponsor was Novant Health. The evening — "Celebrating Rowan's Entrepreneurial Spirit" — included a dinner, annual awards and entertainment. Janet Spriggs was welcomed in as the Chamber's new chairperson.

— Photos by Mark Wineka



Norma Honeycutt; Cindy Hart, who was chairperson of the Gala Committee; and Amy Vestal.



Barbara Mallett, Deloris High and NaKisha Carr





Above: Rachel and Andrew Smith.

Left: Linda Agner, Deana Burris, Teresa Dakins and Lorie Aldridge



Above: Bettina Dickert, Karen Greene and Jim Greene. Right: Drew Shaver, Maria Jaro, Ronda Jennings and Russ Roakes



Above: Stephen Kidd, Joy Kidd and Scott Shelton  
Left: Eddie Hampton, Marie Hampton, Tracie Sells and Nick Means





This year's Big Band Bash featured a tribute to the first ladies of swing.



Drummer Kobie Watkins

## Big Band Bash

Now in its 16th year, the Salisbury Symphony's Big Band Bash was sponsored by Charles and Rachel Oestreicher Bernheim in memory of Bert Oestreicher to help raise money for the symphony's outreach and education projects. This year's theme, "The First Ladies of Swing," celebrated the music of Pearl Bailey and Ella Fitzgerald. It featured the Salisbury Symphony Big Band with soloists Pat

"Mother Blues" Cohen, Alexis Greer, Teresa Moore-Mitchell and Rebecca Stinson. The BBB committee included Bill and Gayla Bucher, committee chairs; Andrea Anders, Rachel Oestreicher Bernheim, Betty and James Carli, Linda Jones and Buddy Farnan, John Schaffer, Angie Fowler Smith, Lane Wallace, and Jean Wurster. This year's event welcomed 200 attendees to Catawba College's Hedrick Little Theatre and the Crystal Lounge for a night of blues and jazz, food (B&B catering), wine (Salisbury Wine Shop) and dancing.



Vocalist Pat 'Mother Blues' Cohen

— Photos by Susan Shinn Turner





David Garling and Frank Labagnara



James D. Harvey with Mary James



Adorned in purple and white, the Crystal Lounge took on the vibe of a cool jazz club.



Victor and Vickie Wallace with Laura and Charles Whaley



Friends and business owners Bob and Stephanie Potter of the Salisbury Wine Shop and Mary and Andrew Walker of the Across the Pond bed and breakfast



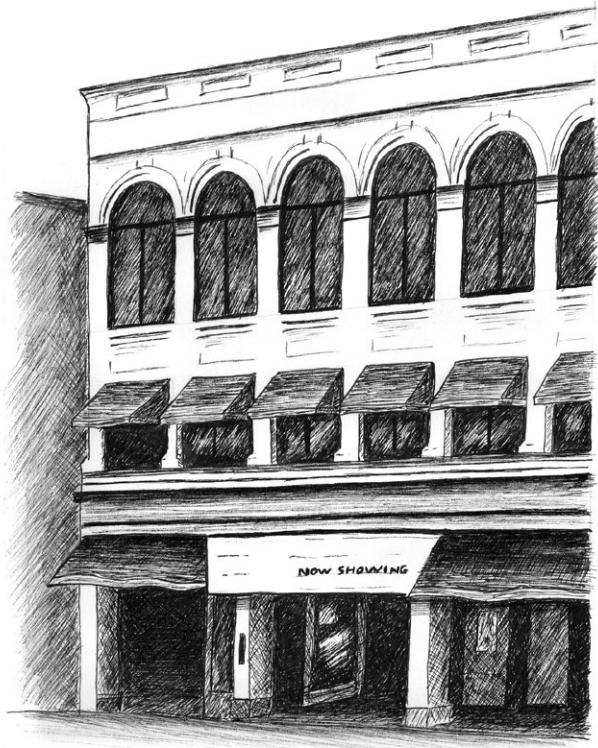
Members of the Salisbury Swing Band entertained throughout the evening, both in the Hedrick Little Theatre and the Crystal Lounge.



James D. Harvey with Davey and Ketti Overcash



# Not too big, not too small



If anyone asks me about my hometown, I always say I'm from New Bern, N.C., but I actually grew up on a tobacco farm eight miles west of New Bern. My family followed the rural tradition of combining all errands and going into town once a week, usually on Saturday morning.

My "hometown" was a place I visited; I lived in the country, a charming, but insular environment. As newlyweds, my husband Bud and I lived in an apartment in Charlotte close to Ovens Auditorium. While we enjoyed the tours of Broadway plays and the big music concerts the city offered, we lacked a close tie to the community. When Bud decided to return to his hometown of Salisbury to work with his father in the tire business, I was delighted. Not too big and not too small, Salisbury felt just right.

It still feels just right. I love that Salisbury is a small town — small enough for me to get almost everywhere I need to go in five minutes, including a public library, an independent bookstore, a visual arts gallery, a history museum, three live theaters and two four-year colleges. I do have to drive a little farther to get to J. F. Hurley YMCA and the movie theater, but I can reach them in less than 15 minutes. I love we have a daily hometown newspaper that reports local news and tells the

stories of our neighbors, many of whom I know.

I love that Salisbury is a college town with lots of fascinating opportunities. Catawba College and Livingstone College offer a huge variety of events including music and theater performances, sports events, and lectures. At Catawba's Center for the Environment, I have heard leading environmentalists speak such as Lester Brown, Ken Cook and Erin Brockovich.

This fall at Catawba, Greg Paterson recounted his life as a choreographer for Michael Jackson, Madonna and other well-known entertainers. At Livingstone I listened to a survivor of Rwanda's civil war give a riveting account of her experience, and I heard jazz pianist Freddy Cole sing. He sounds a lot like his brother Nat King Cole.

I am amazed by the quality of entertainment we enjoy in Salisbury. In the past year, I have sat a few feet from Tony Award winner Lillias White as she sang at the Meroney Theater's Night on the Stage; I have listened to the Tony Award winning playwright, Terrence McNally, talk with the cast and audience of "Mothers and Sons" in Lee Street theatre; I have heard Verdi's "Requiem" performed by a mass choir and our own Salisbury Symphony Orchestra.

On All Saints Day, Jennifer Rowley, who is singing the lead in the Metropolitan Opera's "Tosca" this season, sang John Rutter's "Requiem" in a free concert at First United Methodist Church.

I love that I live in a town that celebrates its history. Each fall Historic Salisbury Foundation's OctoberTour brings attention to the beautiful architecture in our city's neighborhoods, and Rowan

Museum continues to tell the story of Rowan County through extensive programming at its five historic sites. This past May, I joined thousands of people from all over the country at Rowan Museum's exhibit celebrating the 100th anniversary of Cheerwine.

This adage by poet Mary Oliver has been posted on my refrigerator for a long time, and it continues to speak to me.

Instructions for living a life:

Pay attention.

Be astonished.

Tell about it.

After living here for over 50 years, Salisbury is still a place that captures my attention, astonishes me, and

compels me to tell about it. **S**



by  
**BETTY  
MICKLE**

*Betty Mickle is on the board of directors of Rowan Museum Inc. Her term as president ended in November 2017.*

— Illustration by Andy Mooney





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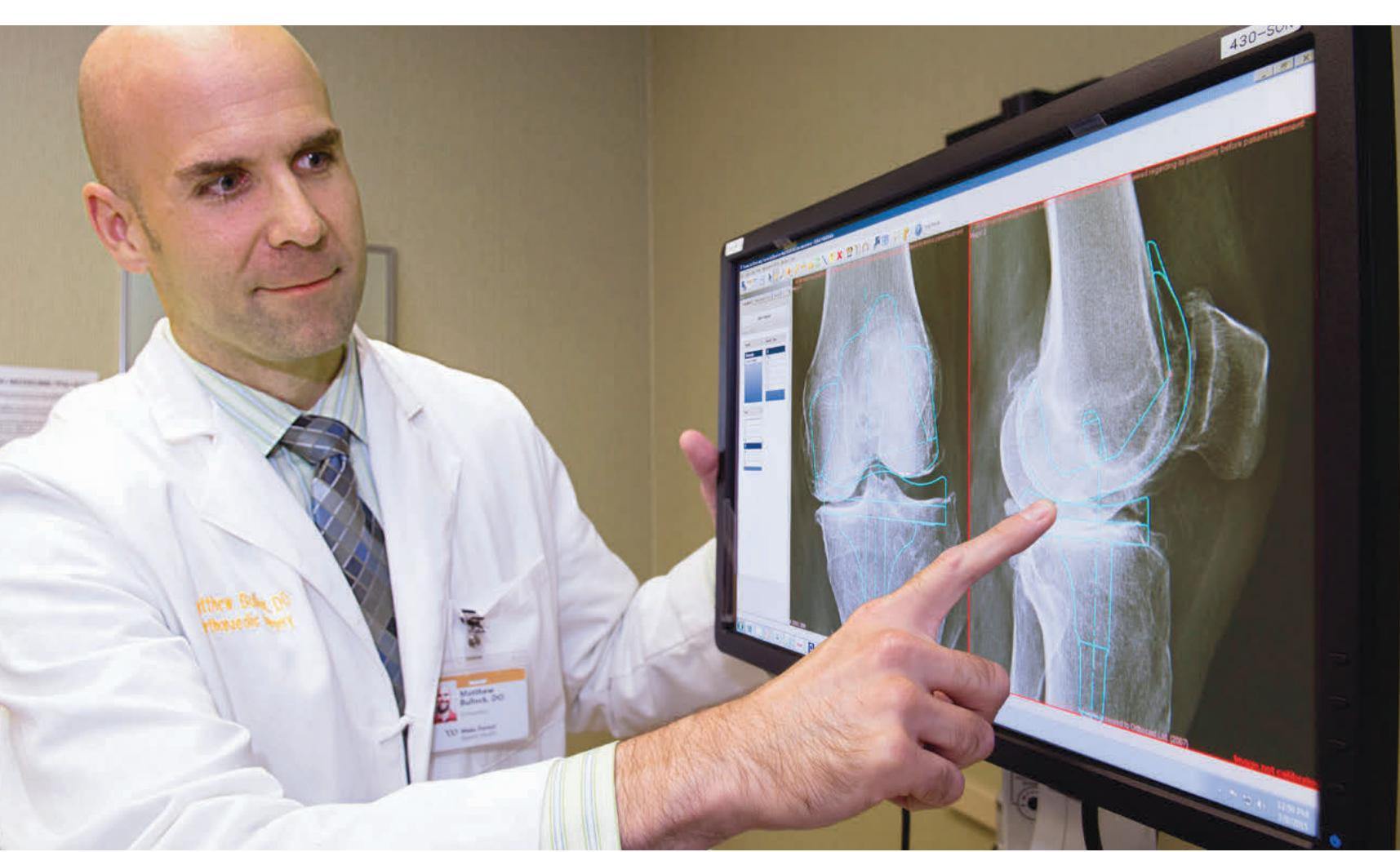
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