

MARCH 2020

SALISBURY

t h e m a g a z i n e

date with **DESTINY**

The future holds big things
for Salisbury singer

Riding shotgun

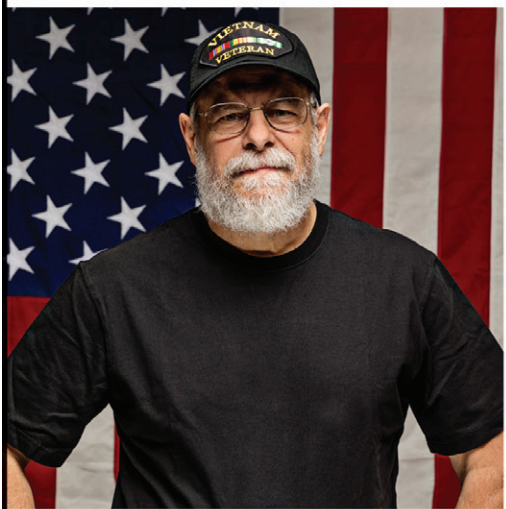
Skeet shooters get ready for
annual Monroe-Isler event for fallen firefighters

Brazilian banquet

De Mirandas serve up
their native dishes at Copacabana



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the magazine

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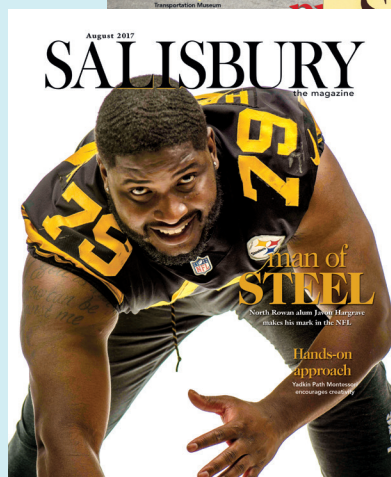
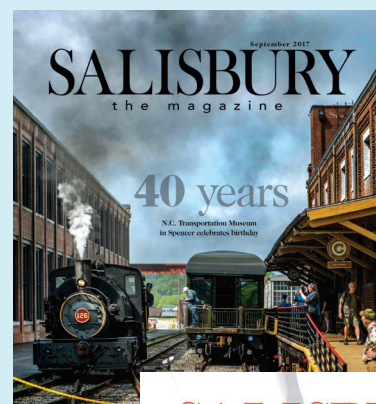
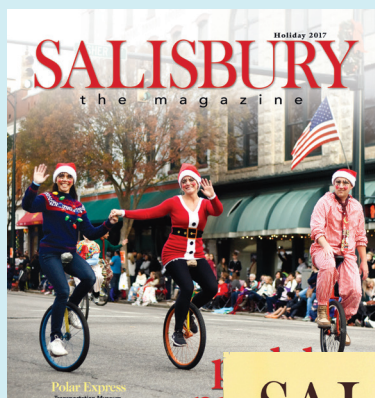
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*Local skeet shooters get ready
for a worthy cause*

by MARK WINEKA

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*Big things loom
for Destiny Stone*

by SHAVONNE WALKER

*On the cover: Singer Destiny Stone
performs at Lee Street theatre.*

*On this page: A group practices at
the Rowan County Wildlife Associ-
ation Club, preparing for the Justin
Monroe & Vic Isler Memorial Skeet
Shoot.*

(Jon C. Lakey photos)





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You'll find plenty to eat at de Mirandas' Brazilian restaurant

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PULL!

This issue is locked and loaded

This past fall, some folks out in Bear Poplar gathered for a banquet at Elsie Bennett's store to celebrate barn quilts.

That might seem a strange thing to exalt in until you realize just how many people, especially in western Rowan County, have become involved in painting and displaying these patterned squares.

It's a big enough phenomenon that Bennett now focuses her business on barn quilts. As you probably know, scores of people came together this past summer to produce a community barn quilt mural — the biggest in the country — and its home is on the side of Bennett's business.

But the mania doesn't stop with Bennett's store and the mural. There's a barn quilt calendar for Rowan County and a Rowan Barn Quilt Trail Alliance.

The autumn banquet also celebrated the release of a 150-page, full-color book by Adele Goodman documenting the personal stories behind every square on the community barn quilt mural. Cotton Ketchie provided the photography.

The banquet had the flavor of a church homecoming. The Bennetts supplied the proteins, and everyone who attended brought a side dish or dessert. My wife represented us well with her pineapple casserole.

They should not have done it, but Bennett and Goodman presented me that evening with a barn quilt of my own. Having written several stories over recent years on barn quilts, I've secretly longed to have my own — and there it was. I cherish the gift.

Bennett happens to be this issue's Rowan Original. In a quick Q&A, she explains how the community mural came together, and also gives insights on why not to confuse Bear Poplar and Mount Ulla as the same place.

On other pages in this issue of *Salisbury the Magazine*, we learn a little bit about skeet shooting, and how an annual March event, in memory of fallen fighters Justin Monroe and Vic Isler, has grown way beyond the founders' expectations.

Close to 300 people participate, going station to station knocking clay targets out of the sky with keen marksmanship, while raising money for scholarships and the N.C. Fallen Firefighters Foundation.

Elsewhere, Shavonne Walker visits with talented singer Destiny Stone, a Catawba College graduate who also is using her talents to establish a new Salisbury business, The Music House. You might have heard Stone on the radio or seen her featured in local concerts.

Deirdre Parker Smith pops in on Teresa Casmus and The Medicine Shoppe, whose compounding lab is just one example of the family-rooted pharmacy's holistic approach for its customers.

Contributing writers Maggie Blackwell and Elizabeth Cook go the extra mile in delivering their pieces.

Blackwell could have written a best-selling book on the interesting life of Dr. Norman Sloop. Cook tells us about the Brazilian influence behind

Salisbury's Copacabana restaurant.

Emily Lingle provides the artwork for *Salisbury's the Place*. Photographer Jon Lakey worked overtime in providing most of the images for this issue, including his *Through the Lens* contribution, and Smith gives three good reading recommendations in *Bookish*.

By the way, I found a good hook for vinyl siding and my barn quilt is now displayed on an outbuilding in our backyard. After the barn quilt banquet, Adele Goodman informed me that one of the names for my 2-foot-square pattern is "Writer's Block."

I can identify, but thank goodness others are here to take up the slack.



Mark Wineka,
Editor, Salisbury the Magazine

through the lens

by jon c. lakey

With spring around the corner, new life pops up from a stump next to a downtown Salisbury building.



Spring roars in with works for our time

Spring is an exciting time for readers this year.

First up, and it should already be available, is Colum McCann's new novel, "**Apeirogon**," named for a shape with a countably infinite number of sides.

Bassam Aramin is Palestinian. Rami Elhanan is Israeli. They inhabit a world of conflict that colors every aspect of their daily lives, from the roads they are allowed to drive on, to the schools their daughters, Abir and Smadar, each attend, to the checkpoints, both physical and emotional, they must negotiate.

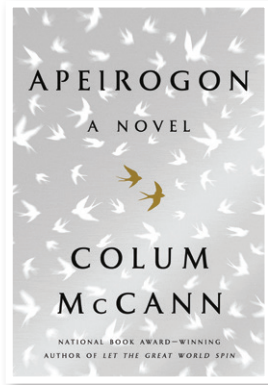
Their worlds shift irreparably after 10-year-old Abir is killed by a rubber bullet and 13-year-old Smadar becomes the victim of suicide bombers. When Bassam and Rami learn of each other's stories, they recognize the loss that connects them and they try to use their grief as a weapon for peace.

McCann crafts "**Apeirogon**" out of a universe of fictional and nonfictional material. He crosses centuries and continents, stitching together time, art, history, nature and politics in a tale both heartbreaking and hopeful. Musical, cinematic, muscular, delicate and soaring, "**Apeirogon**" is a novel for our time.

McCann visited Salisbury in 2011 for Catawba College's Brady Author's Symposium.

Coming in March, "**Far Beyond the Gates**" is the first novel since 2012 from Georgia's Philip Lee Williams, a poetic author in many genres.

Lucy McKay, a high school English teacher from Mississippi, is estranged from her divorced parents. Her father, Pratt McKay, is a professor



of history at UNC-Chapel Hill, and her mother a professor of art history at Duke.

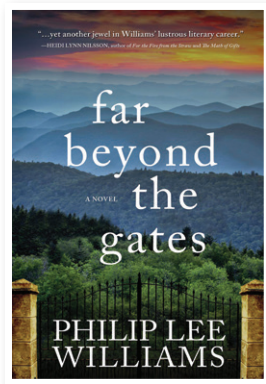
Pratt, who has multiple sclerosis, invites Lucy to spend her summer vacation with him at his second home, in an expensive gated community 250 miles west of Chapel Hill in the Great Smoky Mountains. What Lucy does not know is that her father

has been withholding a series of family secrets from her, and he is determined to reveal them over the summer.

The visit begins with difficulty for Lucy, who is 35, also divorced and unhappy. She and her father have trouble talking about his progressing illness, and she still has mixed feelings about the Pulitzer Prize her father won.

Within the gated community, Lucy begins to make friends with some older residents, but her life changes when she meets a landscape contractor named Sean Crayton, who is working in the neighborhood. Lucy is desperate for her father's love, but shortly after she arrives, he reveals a shocking fact about his own years in college.

As the days pass and Lucy begins to date Sean, she realizes how unstable her life has been and how desperately she needs the anchor of lasting love to understand what has happened to her. She must unravel the collapse of her own marriage and the failed ambitions of her ex-husband back in Oxford. She must also try to find a point of balance while dealing with her father.



Told in a double-journal form by Lucy and her father, "**Far Beyond the Gates**" is a story of love's cost and necessity and the aching hard job of making love work in a woman's life.

"**The Firsts: The Inside Story of the Women Reshaping Congress**" is written by Jennifer Steinhauer, a New York Times reporter with sharp insight and deep knowledge of Capitol Hill.

It's a lively, behind-the-scenes look at the historic cohort of diverse, young and groundbreaking women newly elected to the House of Representatives in 2018 as they arrive in Washington, D.C., and start working for change.

In November 2018, the greatest number of women in American history entered Congress. From Alexandria Ocasio-Cortez and "the Squad" to "the Badasses" with national security backgrounds, from the first two Native Americans in Congress to the first two Muslim

women, all were swept into office on a wave of grassroots support, diverse in background, age, professional experience and ideology.

In "**The Firsts**," Steinhauer follows these women's first year in the 116th Congress, chronicling their transition from running trailblazing campaigns to the daily work of governance. In committee rooms, offices and conversations on the run through the halls of the Capitol, she probed the question: Would Washington, with its hidebound traditions, change the changemakers, or would this Congress, which looked a little more like today's America, truly be the start of something new?

"**The Firsts**" delivers fresh details, inside access, historical perspective and expert analysis as these women — inspiring, controversial, talented and rebellious — do something truly surprising: make Congress essential again. **S**



Designing woman

*Elsie Bennett makes barn quilts
her passion, livelihood*

BY MARK WINEKA
PHOTOGRAPHY BY JON C. LAKEY

BEAR POPLAR — Elsie Bennett has always considered herself crafts-oriented and creative. So it wasn't a complete surprise when she began designing and painting 2-foot-square barn quilts in 2017, before graduating to an 8-foot-by-8-foot barn quilt she named "Mrs. Roselind" in honor of Ronnie Steele.

The late Hall and Ronnie Steele and son John used to own Bennett's store, known for decades as Steele Feed & Seed. Bennett has now transitioned it to West Rowan Barn Quilts at Bear Poplar Place.

Bennett conducts barn quilt classes from here, and the Graham Road side of the building is home to the Community Barn Quilt Mural — scores of individually painted and inspired barn quilts that together make up the largest mural of its kind in the country.

Meanwhile, Bennett has made barn quilts her business. She has painted numerous 12-foot-square barn quilts for various locations and a 16-foot-square barn quilt for the Carolina Malt House. She joins with Adele Goodman and photographer Cotton Ketchie in producing a Rowan County Barn Quilt Calendar each year, and Bennett keeps a Rowan County Barn Quilt Map at the store.

A native of Port Isabel, Texas, the 46-year-old Bennett previously worked in the health-care field for 20 years as a nursing assistant, phlebotomist and medical secretary. She and husband Brian have two grown children, Joseph and Ashley.

Salisbury the Magazine recently caught up with this Rowan Original to talk about Bear Poplar and, of course, barn quilts:



*Elsie Bennett now
calls her store West
Rowan Barn Quilts
at Bear Poplar Place.*

Q. *What is it about a small community like Bear Poplar that makes it special to you and your family?*

Bear Poplar just has a love-thy-neighbor feel to it. People out here really do care about each other, and when someone is in need, they lend a helping hand. For the most part people live a life with "Andy Griffith" values. Holding on to our history and remembering the simpler times is important to people.

When did you realize you were all in on barn quilts and making it an important part of your business?

Last summer when we had visitors from the Netherlands and they were excited to be in Bear Poplar, North Carolina. Who would have ever thought it?

With the landscape of agriculture changing and living in today's world where anything can be bought by the push of a button, I knew we had to start thinking outside of the box to survive. I knew we were on to something with these barn quilts, but after we hung "The Largest Community Barn Quilt Mural in the Country," people started coming to visit the store from all over the state, country, and even the Netherlands.

What do you think it is about barn quilts that connect with people?

Well, I believe there are two things that they connect to — simple joy and the stories.

My passion is creating original, special barn quilts that tell a story or have history behind them (and connect people) to the joy that they feel inside from the art work.

With our barn quilt mural, people look up in amazement, smile when they see something familiar, and they get excited when they find our version of “Where’s Waldo” — the (hidden) little kitty.

Something so small, like painting a barn quilt, can relax you and fill your heart with joy. Everyone needs a little joy and it always makes you feel better. Most people are surprised when they find painting to be therapeutic, and time and time again people thank me for giving them the opportunity to come to one of our classes.

The Community Barn Quilt Mural, whose permanent home is on the side of your store, was quite a project. When and why did you first think of this idea?

I had been wanting to paint a mural on that wall ever since we bought the store over seven years ago, but nothing ever felt right. After having several hundred barn quilt students through my class, I thought about doing a Community Barn Quilt Mural. I threw out the idea and everyone loved it. I started planning in January 2019. In February of 2019 we started painting, and last July it was hung.

It was not my doing alone. I could not have not done it without my special volunteers. They continue to be a huge blessing to me. This should have been a two-year project, but around here we move fast.

What are the emotions you feel when you think back to how it all came together?

Tired and blessed. The morning after the mural banquet I woke up with tears in my eyes. It was just an overwhelming feeling of accomplishment and relief. The stories in the mural book sum it all up. The task was complete and not only did people like it, they were proud that it represented our community.

I have never in my life felt so led to create

something of this magnitude. The people’s lives that we have touched through barn quilts is unmeasurable. Some people might think that sounds corny but it is true. I tell my daughter you just never know what someone has been through or what they are going through in their life. When you sit with someone, help them create, and see that you have made a positive difference in their day, that’s what it’s all about.

Is it scandalous to say that Bear Poplar and Mount Ulla are the same? And if it is heresy, set the world straight on the difference.

That’s a very funny and scary question, because if you ask the wrong person you might get shot! LOL!

OK, I hope I get this one right. Some folks around here were very upset when Bear Poplar lost its name and became incorporated into Mount Ulla. I have been told that it was all

find us.

What’s your pet peeve?

When someone paints a stick man on a piece of scrap wood and calls it a barn quilt. It can be outdoor art, it can be beautiful, but if it can’t be sewn into a quilt, then it shouldn’t be called a barn quilt. I guess that is because I was a quilter before I was a barn quilt painter.

What are some of your interests outside of the store and barn quilts?

I do not get away from the store often, but getting to spend time with special friends and family is important to me. Something as simple as walking around an antique store without even buying a thing is refreshing.

Top three books?

My Bible, of course. “The Community Barn Quilt Mural of Bear Poplar: Our Stories.” And the most amazingly beautiful book that I think anyone can own is “Akiane.” I need to buy me



The Community Barn Quilt Mural in Bear Poplar.

because of the U.S. Postal Service. Back in the day, our store also housed the Bear Poplar Post Office in one of its corners. When the USPS combined the two post offices in Mount Ulla, we lost our Bear Poplar address.

Our store is in Bear Poplar but our address is Mount Ulla. The address here for years was 1 Bear Poplar Place before they changed it. I know it can be confusing for some, but the Bear Poplar folks have a lot of pride in their namesake, so when we put Mount Ulla on the mural it caused some conversation.


We put “Mount Ulla N.C.” on the mural because it is our official address, and we needed to make sure that people coming in (could)

another copy because I keep giving it away to others.

What two foods might folks always find in your fridge or pantry?

I always have my coffee and a breakfast bar. When I have time, I’m a Southern cook at heart. Old-fashioned soup beans, ham, cornbread is my go-to.

What advice would you give to the Elsie Bennett of 20 years ago?

Wow, just to keep working hard, keep moving forward, and the faith that I have been holding onto for all of my years has brought me beyond my most wildest dream. 



*Brenda de Miranda
serves a couple of dishes
at Copacabana Brazilian
Cuisine.*



At the Copa

De Mirandas' passion always the fashion at their Brazilian restaurant

BY ELIZABETH COOK / PHOTOGRAPHY BY JON C. LAKEY



Arltom de Miranda has more than 35 years of experience in the restaurant business. For the past year, he has been putting that knowledge to work on Jake Alexander Boulevard at Copacabana restaurant, serving up dishes reminiscent of his homeland, Brazil.

There's Frango Grelhado, grilled chicken breast with white rice, beans, collard greens and fried bananas.

Salma Vitoria, a salmon dish, is named for the bustling coastal city where de Miranda lived. Grilled salmon is sautéed with capers in a lemon white wine sauce, served with sautéed asparagus and white rice.

The menu contains dozens of other dishes — steaks, soups, pasta and more. Rice is ever-present, as are large portions.

Desserts are made fresh.

Customer Kat Moore raves about the lime mousse after eating at Copacabana for the first time one evening in January. She says all the food was fresh and had a lot of flavor. The fried bananas that came with her Frango Grelhado were “to die for,” she says.

Husband Jesse Moore backs up Kat's enthusiasm. “By far the best,” he says. “I've eaten at places for twice the price, and this is better.”

De Miranda knows his business. On his father's farm, he opted to cook for the workers rather than toil in the fields. That led to a career working in restaurants in Brazil and Washington, D.C., and he has run a few of his own, including La Pasta in China Grove and Concord at one time.

*Jamie Cina
serves dinner
to Jesse and
Kat Moore.*

| food |



Soon he plans to open a new La Pasta at 111 N. Main St. in Salisbury to serve up fare that is predominantly Italian.

But he takes special pride in introducing Copacabana's diners to the flavors of Brazil.



On a quiet afternoon, de Miranda shows a visitor the range he mans six days a week in Copacabana's kitchen.

"This is my space," he says.

It's prep time, the calm before the rush. A huge pot of rice is at the ready. Fresh broccoli awaits cutting on a counter. Nearby, de Mi-

Salmao Grelbado, grilled salmon with rice and sautéed vegetables.

randa's wife, Lucia Monteiro, crushes garlic, its pungent aroma filling the room.

Soon pans on the stove will sizzle with orders as waitresses carry piping hot garlic bread to the tables.

De Miranda knows repeat customers, but not by faces or names, he says. As the only chef, he has to stay in the kitchen. Instead, he recognizes patrons by the dishes they order and the requests they make — more of this, less of that.

Copacabana provides an intimate setting for up to 72 people. Black tablecloths cover the 22 tables, with white cloth napkins standing crown-like at each place. Pendant lights give the room a warm glow. Brazilian music plays at a low volume in the background.

Brenda de Miranda, Lucia's and Ariltom's daughter, says her mother gets credit for the dining room's design and details.

"She doesn't like anything paper," Brenda says.

Born while the family was living in Maryland, Brenda attended schools in China Grove



The restaurant has a picture of the de Mirandas' hometown in Brazil.



Tony Maner and his daughter, Tesha, are drawn to Copacabana's food.

and South Rowan. She plans to join her parents in the restaurant business some day.

For now, she's in banking. When she helps at the restaurant, she says, her father doesn't let her near the stove. Sometimes she waitresses, but her main job is to sprinkle parsley on the plates. She's only half joking.

Presentation counts, she says.



"Our menu is very authentic," Brenda says.

Several seafood dishes are served in the clay pot or moqueca, typical of seaside fare in Brazil, she says.

Beef is usually cooked the Brazilian way — done or well done. One beef dish, Picadinho, is served with fried yuca.

Several dishes include farofa, another Brazilian accent.

"All the sauces, everything, is cooked to order," Brenda says. The kitchen's big walk-in cooler stays empty because they work with fresh food each day, she says. "It's the Brazilian way."

*“By far the best.
I’ve eaten at places
for twice the price,
and this is better.”*

Along with familiar U.S. concoctions, the bar serves Brazil's national cocktail, Caipirinha, made with sugar, lime and cachaça, a hard liquor made from sugarcane.

There are Brazilian-style appetizers, soups, vegetarian dishes.

Don't forget dessert. The menu lists cheesecake, double chocolate cake and "Homemade Brazilian desserts" which Lucia Monteiro makes.

The dessert selection differs from day to day — "whatever she's in the mood for," Brenda says.

On this day, she is making lime mousse, coconut soufflé, Brazilian truffles and pudim — "our version of flan," Brenda says.

Even the name, "Copacabana," has special relevance to Brazil. Thanks to a Barry Manilow song of the same name, many may think of Copacabana as "the hottest spot north of Havana" in Cuba. Brazil, however, is home to the famous beach named Copacabana, located in Rio de Janeiro and thousands of miles southeast of Havana.



The beach is about 340 miles from Vitoria, the hometown shown in framed photos hanging on the Copacabana's dining room wall.



Tony Maner was skeptical when a friend urged him to try the Brazilian cuisine at Copacabana last year.

The building where the restaurant opened had been the site of a string of earlier establishments — barbecue, Italian, Mexican, etc. — that either closed or moved. The de Miranda family has heard about that from customers over and over.

"I walked in here with an attitude," Maner said.

He left a believer — a supportive customer.

Maner has been back to Copacabana seven or eight times since then, drawn by the restaurant's ambiance, cleanliness, waitresses and — most important — the food, he says one eve-

ning.

Maner is eating the last bits of his Salada Amazonia, a mixture of lettuce, mango, tomatoes and heart of palms, topped with fresh salmon.

His daughter, Tesha, says the beef filet she ordered was cooked perfectly.

Maner is glad de Miranda and his family opened Copacabana at this location.

"I think it's going to work out OK for them," Maner says. "My fingers are crossed."



Elizabeth Cook is former editor of the Salisbury Post and a frequent contributor to Salisbury the Magazine.

*Copacabana, located at 635 Jake Alexander Blvd. W., is open for lunch 11 a.m.-2 p.m. Tuesday-Friday, and for dinner, 5-9 p.m., Monday-Saturday. For reservations, call 704-637-8048. The restaurant also caters. **S***

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Josh Wayne and Bill Kluttz wait as Donny Weaver shoots on a field at the Rowan Wildlife Association Club.

AIMING *for* PERFECTION

SKEET SHOOTERS SHARPEN UP FOR ANNUAL
MONROE-ISLER MEMORIAL EVENT

by **MARK WINEKA**

photography by **JON C. LAKEY**





Bill Kluttz brings a target into his sights.

Bill Kluttz couldn't help but take advantage of an unusual 70-degree Sunday afternoon in January, and several of his friends felt the same way.

"This is my golf," Kluttz explained. "Some people play golf. I do this."

"This" was skeet shooting, and Kluttz and the others had shed their jackets and were enjoying the day going station to station, expertly knocking the orange targets out of the sky.

The skeet-shooting fields at the Rowan County Wildlife Association Club off Majolica Road were busy on this beautiful day.

Skeet shooting is a sport in which the goal — simply put — is never to miss.

“This is a game of perfection that’s really hard to achieve,” said Brian Leazer, who often practices and shoots competitively with Kluttz. “It’s not like basketball. If you miss these, they’re gone and you can’t get them back.”

So practice in skeet shooting makes perfect, or almost perfect. There’s joy, Leazer said, in going for a perfect round, even if it seldom happens, and he likes the challenge of hitting quickly moving objects, not sheets of target paper.

“I just enjoy shooting,” Leazer added. “It’s a fun game, and it’s shooting something and seeing it break.”

An added bonus is getting to shoot as part of five-man teams — men and women who are usually your friends, too. There’s just a camaraderie among the whole skeet-shooting community.

“Everybody that shoots — it’s like one big family,” said Kluttz, who is assistant chief for the Locke Fire Department.

Kluttz has become an expert shot. He won the D Class in the N.C. State Closed Championship in 2016, and his shiny, gold belt buckle proves it.

“I just kind of got hooked on it,” Kluttz said of the sport, but he didn’t start skeet shooting until the first-ever Justin Monroe & Vic Isler Memorial Skeet Shoot in 2013.

The eighth annual event takes place March 20 and March 21 this year, and it raises money for Rowan County firefighter scholarships and the N.C. Fallen Firefighters Foundation. In addition, funds from the non-profit memorial shoot have gone to the Carolina Brotherhood bike ride for fallen firefighters; the N.C. Peer Support Specialist Program, which helps public safety officers facing mental health issues; and the Caleb Benfield Challenge, which pays for junior fire-



Above: With the high house to their left, the shooters wait their turns at this station. Below: Some of the pieces left behind by on-target shots.

fighters to attend summer camp.

Monroe and Isler were Salisbury firefighters killed in the March 7, 2008, fire at Salisbury Millwork.

Only 19 when he died, Monroe had been a Salisbury firefighter for a year and also a volunteer with Miller’s Ferry Fire Department. He was an avid hunter and fisherman.

Isler was a native New Yorker who moved his family to North Carolina so he could pursue a career in firefighting. He had been with the

Salisbury Fire Department for three years before his death and was survived by his wife and their two children.

The husband-wife team of Jody and James Hall came up with the idea for the first Justin Monroe & Vic Isler Memorial Skeet Shoot. That initial shoot, then only one day, attracted 27 five-man teams, and the Halls were thrilled.

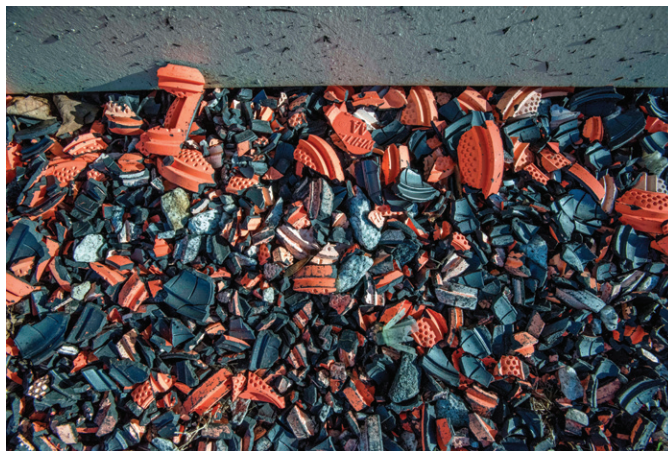
“We thought it was awesome,” Jody Hall said. “We were so excited with that.”

Mostly firefighters attended the first memorial skeet shoot. But as word kept spreading about the event and its purpose, more and better shooters from across the state began competing.

Last year, 56 five-man teams participated over two days. At \$150 (pre-registration) to \$175 a team, the proceeds add up for the things the nonprofit wants to support.

“Every year has been a learning experience,” said Jody Hall, who is in the gun business, but also is a veteran firefighter. James, her husband, is a full-time Charlotte fireman.

“James told me one day he wanted to do something for Justin and Vic,” Jody recalled, thinking back to how the memorial shoot started, and James knew Justin especially loved to hunt and fish.





A spent shell pops out of Donny Weaver's shotgun as he hits another target.

Kluttz, whose Locke Fire Department also fought the Salisbury Millwork fire in 2008, immediately jumped on board, as did Cale Alligood, Nick White and numerous other volunteers, including an enthusiastic Lisa Monroe, Justin's mother.

She has been to every event, usually spending the whole day Saturday on site.

"She tells me every year — 'Give me a job, I want to work.'" Jody Hall said. "She's one of the biggest reasons we keep doing this."

Lisa Monroe said her son was happiest when he was hunting, fishing or running fire calls.

"For me the skeet shoot is something that I think he would have absolutely loved," she said. "I am so proud of this. I see how it has grown and the hard work that goes into it, and I feel proud and happy for those that have kept this dream of an event that brings firefighters, police officers, friends or just someone who loves to shoot skeet together for an event that has built lifelong friendships.

"It is also a blessing that each year funds from the skeet shoot are used to help others. I feel blessed that both Vic and Justin are remembered each year by this special event."

James Hall said that as soon as one of the memorial skeet shoots ends, the planning starts on the next one. Jody added the shoot continues to be non-sanctioned — it's not an official N.C. or National Skeet Shooting Association event — "because we want to keep it fun."

There are usually food and non-alcoholic refreshments on site, thanks to sponsors. Each

shooter also receives a T-shirt and a raffle ticket, giving the participant a chance to win one of the five guns given away. And there are trophies going to the top three teams in a general category and trophies to the top three teams in a separate firefighter category.

Last year, for example, Spence's Lawn Care captured the first-place trophy; Edwards Elec-



A shooter goes to his pouch for refills.

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Justin Monroe



Vic Isler

8th Annual Justin Monroe & Vic Isler Memorial Skeet Shoot

When: March 20-21 (11 a.m. Friday, 8 a.m. Saturday)

Where: Rowan County Wildlife Association, 650 Majolica Road

Cost: \$150 per five-man teams, if pre-registered; \$175 a team otherwise

To register and/or pay: Call 704-239-6744 or go to www.memorialskeetshoot.com. Hourlong windows over both days are available. Teams shoot only on one day.

Proceeds: The event goes toward \$1,000 school scholarships for Rowan County firefighters and to support the N.C. Fallen Firefighters Foundation.

In memory of: Justin Monroe and Vic Isler, city of Salisbury firefighters who died in service March 7, 2008.

Raffle prizes: Five guns will be given away: A Browning Citori shotgun; a rifle of your choice up to \$500; a handgun of your choice up to \$500; a Sig Sauer P365 Firefighter Edition; and a Ruger 10/22 rifle.

Sponsorships available: Gold, \$250 and up; silver, \$150-\$249; and bronze, \$50-\$149. Sponsors of \$500 or more will see their company's name become a field name, with additional perks for its team.

Volunteers: Judges, throwers, kitchen help, raffle ticket sellers, dessert makers and a trash squad are always needed.

More information: go to www.memorialskeetshoot.com.



Above: Funds raised from the memorial skeet shoot went toward the purchase of this 31-foot trailer used by the N.C. Fallen Firefighters Foundation. *Right:* James and Jody Hall founded the first memorial skeet shoot in 2013. (Photos courtesy of Jody Hall)

tric, second; and Tarheel Leathercraft, third.

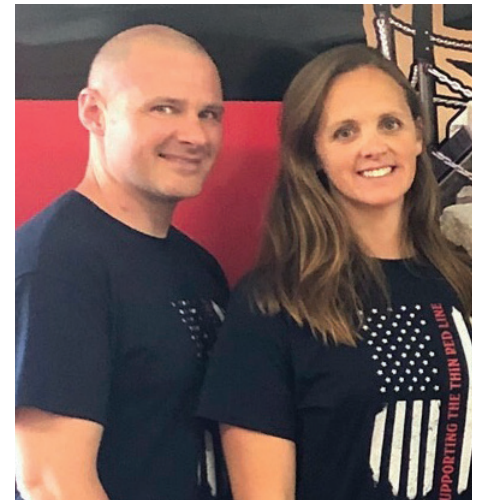
Meanwhile, a good number of local firefighters and police officers attend and compete, so it's a good reunion-type of weekend for them. "The club here has been wonderful, letting us have it every year," Jody Hall said. "... A lot of people come out for the camaraderie. Hopefully, this year will be just as big."

Jody has shot on teams in some of the years past, but she often is too busy keeping track of things. "Normally, I'm running around everywhere," she said. Kluttz calls her "the glue who keeps us all in line."

The memorial skeet shoot's board, which includes Lisa Monroe, goes over applications for the firefighter's scholarship, which is \$1,000. So far, it has awarded only four scholarships, based on its criteria.

The scholarships can be used for two-year or four-year schools. Recipients must be a Rowan County professional or volunteer firefighter, having served a department for a minimum of one year. It's also asked that an applicant volunteer at least one day at the memorial skeet shoot.

Beyond the scholarships, the skeet shoot organizers are especially proud of having donated the funds needed to purchase an enclosed



31-foot trailer for the N.C. Fallen Firefighters Foundation. Locke Fire Department houses the trailer, which stores the equipment used in conjunction with fallen firefighter funerals across the state.

Locke fireman Rick Fleming serves as president of the N.C. Fallen Firefighters Foundation.

But back to skeet shooting. Teams at the March 20-21 event shoot two rounds for a total of 250 shots, meaning each participant takes 50 shots.

A perfect team score would be 250, and if memory serves the organizers, the best score from years past has been 241.

A skeet-shooting field consists of eight stations. Targets fly out from a high house to the left and a low house to the right, as the shooter calls out "Pull!"

Kluttz said the targets are flying at 46 mph.



Bill Kluttz

During practices, the person behind the shooter is the thrower, controlling the hand-held device that releases the targets from the houses. In competitions, the target release comes from an independent thrower.

At some of the stations, marked by concrete pads, the shooters are taking only two shots at the orange targets — one from the high house and one from the low house.

At other stations, the shooters again try to hit a high target and a low target. Then, at the same station, on their “pull” command, high and low targets are released at the same time. They must try to knock down both, with two quick shots.

At the eighth station in the middle and equidistant from the houses, the shooters must hit separate high and low targets before they reach the halfway point. In this spot, the target comes on them extremely fast.

On this particular January afternoon, Kluttz shot with Leazer, Donny Weaver, Josh Wayne, Jeremy Mullis and Tony Hawkins. Several of the men, Kluttz included, wore shotgun pouches made by Weaver’s company, Tarheel Leathercraft.

As the men went from station to station, the explosive sounds of shots filled the air, along with the popping out of spent shells and the clicking open of guns when they were not on the firing line.

Everyone wears eye and ear protection.

In sanctioned competitions, Kluttz said, teams have no time to dawdle, with each person on a five-man team needing to take aim at 100 targets over four rounds — and do it in 90 minutes.

“You really got to keep moving to get 500 targets in an hour-and-a-half,” he noted.

Hawkins is a duck hunter, who was trying to shake off some of his shooting rust. At that point in early January, the duck season had been slow — ducks weren’t migrating south as fast as they usually would because of the warm winter.

“It’s a good way to keep in practice and try new things for next year,” Hawkins said of skeet shooting.

As Kluttz will remind you — it’s just like golf, only louder. **S**



Above: Skeet shooters take turns at eight different stations. Below: Josh Wayne takes aim.





STONE AGE

YOUNG SALISBURY SINGER
FORGES HER OWN
'DESTINY'

by **SHAVONNE WALKER**
photography by **JON C. LAKEY**



Singer, teacher Destiny Stone poses on the porch of the future home of The Music House, a music venue she's developing at North Long and 11th streets.



Destiny Stone takes one last look before going on stage at Lee Street theatre.

Music not only resonates with Destiny Stone's soul but sometimes generates tough conversation. Stone is a native of Mississippi, who like musical icon Nina Simone, also sings about social and racial dissonance.

In fact, it was Stone's senior project about the singer/activist that propelled her to singing songs that create dialog. In the fall of 2018, Stone, who was a music major at Catawba College, created a project to highlight what she'd learned at the liberal arts college.





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A Tradition for Life



Stone performs to an appreciative crowd at Lee Street theatre.

Stone often listened to Nina Simone while studying and she was inspired by Simone's artistry and activism. Stone produced a college performance project that infused some of Simone's popular music and transitioned the listener into some of Stone's original works. The performance also included an artist-audience talk-back. She titled it, "Nina Now," which she continues to perform.

Stone's goal was to introduce her generation to an artist they were not familiar with, whose thought-provoking music correlates to the political issues and racial injustices of today.

"I want people to think, especially when I'm doing 'Nina Now,'" Stone said. "I warn the audience, 'This might make you uncomfortable,'" Stone said.

Stone often wonders whether some of the topics she's singing offend people but quickly reminds herself, "Your ancestors risked so much more. All you have to do is sing about it."





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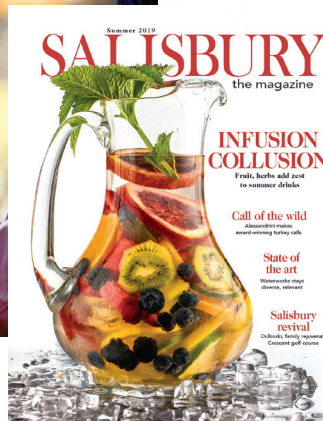
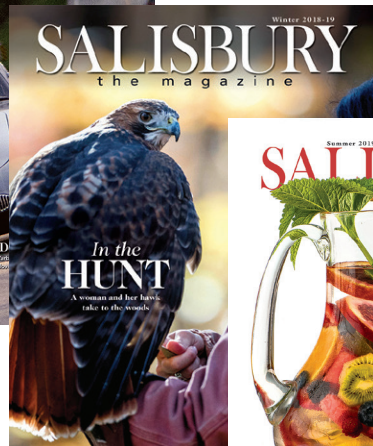
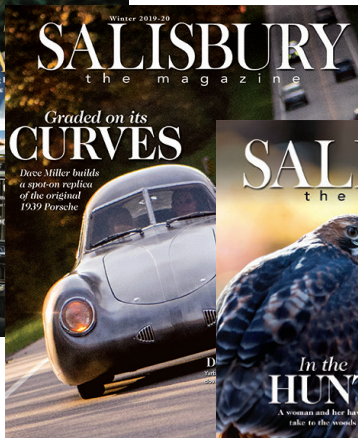
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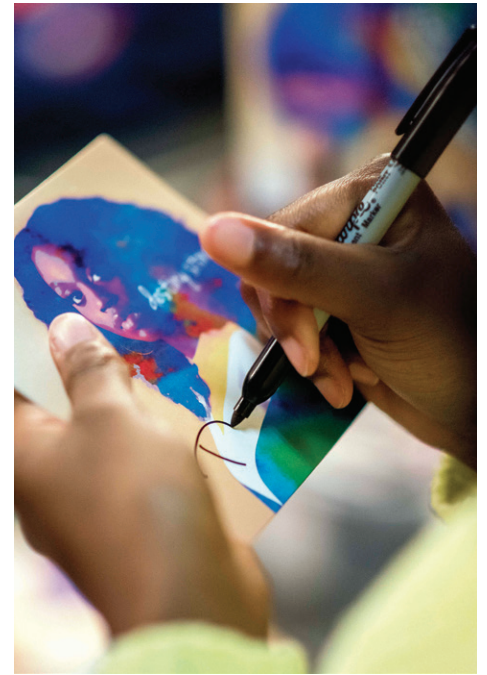
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"This is the least I can do — sing a song and make you think about the things that you say, and what you do and what you think," she said.

Just as her departed idol Nina Simone was diverse, Stone said, she, too, tries to create a varied repertoire in her performances.

"She wrote about love, political views," Stone said. "I try to be as dimensional as possible."

In 2018, Stone had the opportunity to perform in Simone's hometown of Tryon, N.C., when Simone's house was dedicated as a National Treasure.

Stone, a self-described neo-soul artist, said her style has been a mixture of blues, jazz and gospel. She is most inspired by neo-soul artist India.Arie, who she has seen in concert. Stone has no doubt that she will eventually meet and sing with the Grammy award winner.

Stone has been surrounded by music her whole life, from a jazz musician cousin to her grandfather who sang with a gospel quartet.

"Music was a gift," she said. "I cannot remember a time in my life when I wasn't playing songs or singing."

Stone organized her first concert at 15 at her mother's art gallery with a live band, ticket sales, VIP passes and outfit changes.

"There's never been a Destiny Stone without music," she said.

In January 2019, Stone began as a music teacher at predominantly black Woodhill Elementary School in Gastonia. Stone said she

wants her students to know they can listen to opera, play acoustic guitar and break the stereotype that the only options for black musicians are rap and R&B.

In her classroom, Stone introduced students to African-American composer and jazz trumpeter Terrence Blanchard, who composed the 2019 biopic about abolitionist Harriet Tubman.

She also has taught her students about the origins of stepping, typically seen among black sororities and fraternities, but with roots in the

dark gold mine tunnels of South Africa. The rhythmic, percussive dance was a form of communication for miners who were not allowed to talk. The miners, who wore Wellingtons or gumboots, would send codes and messages to other miners a short distance away.

Stone is excited to introduce a vast array of music to her students.

"You don't see a lot of black music teachers," Stone said. "It's nothing like seeing someone who looks like you. It makes you think maybe this is not too crazy."



Stone's latest Salisbury endeavor — The Music House Inc. — is a venue that will provide a creative space for music lessons and private events. The nonprofit was incorporated in July with the help of Alex Clark and Alisha Byrd-Clark of A&A Clark Conglomerate Inc.

Stone is in the midst of her "House to Home" fundraising campaign to renovate the weather-beaten home located at the corner of North Long and 11th streets. For the present, her apartment functions as The Music House, but her dreams for the future music venue are big.

The space will include a recording studio and a place for commissioned musicians. Stone also has plans to one day partner with Livingstone and Catawba colleges to host summer music camps and offer music internships.

"I want to do so much," Stone said with excitement. "I want music and love to ooze out of the walls."



Daniel King, Destiny Stone's manager and fiancé, helps with the music sales between sets at the Lee Street theatre concert.



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Until The Music House is renovated and ready, artists under The Music House umbrella perform at Mission House.

She's created a Patreon crowd-funding site in hopes that the community can have a role in helping her make her dream — The Music House — come true.

After performing "Nina Now" throughout much of the latter part of 2018, Stone went to more of her own works in 2019, but in February during Black History Month, "Nina Now" made its return.

Stone usually performs solo, but March 20 she will perform "The Experience with Destiny Stone" along with a three-piece band. The event will take place at Vibes, 1024 S. Fulton St., Unit #2, Salisbury.

It's a new experience, even for her, Stone said.

To learn more about Destiny Stone's upcoming concerts and The Music House visit <https://destinystonemusic.com>. 



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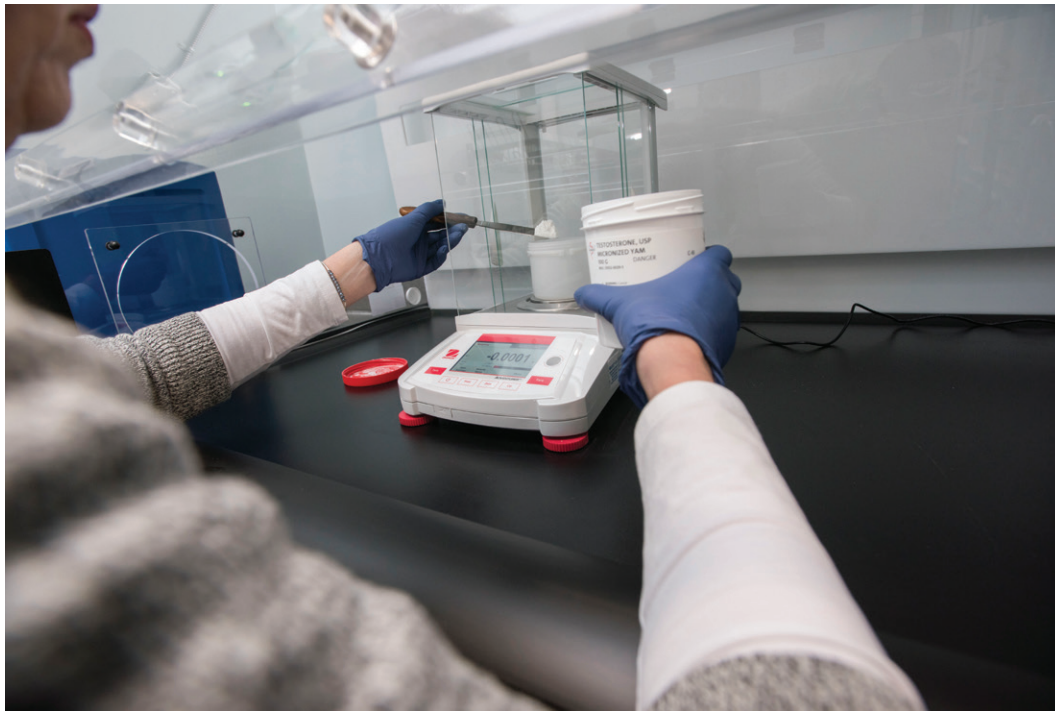


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Above: Tom Moore and daughter Teresa Casmus of The Medicine Shoppe. *Below left:* Three generations of Rowan County pharmacists — Banks Moore, Tom Moore and Teresa Moore Casmus in this old advertisement. *Below right:* Teresa Casmus demonstrates the mortar and pestle once used in the pharmacy.





Teresa Casmus compounds a prescription in the new lab.

Little pharma

Family-rooted Medicine Shoppe has a compounding interest in its customers

BY DEIRDRE PARKER SMITH / PHOTOGRAPHY BY JON C. LAKEY

Ask Teresa Moore Casmus what makes a locally owned pharmacy a health benefit and she can give you a long list.

Her goal for her customers — she frequently calls them patients — is to treat them holistically, taking into consideration not just how the prescription will work, but how to avoid nasty side effects and how to improve the person's health so they can avoid getting sick again.

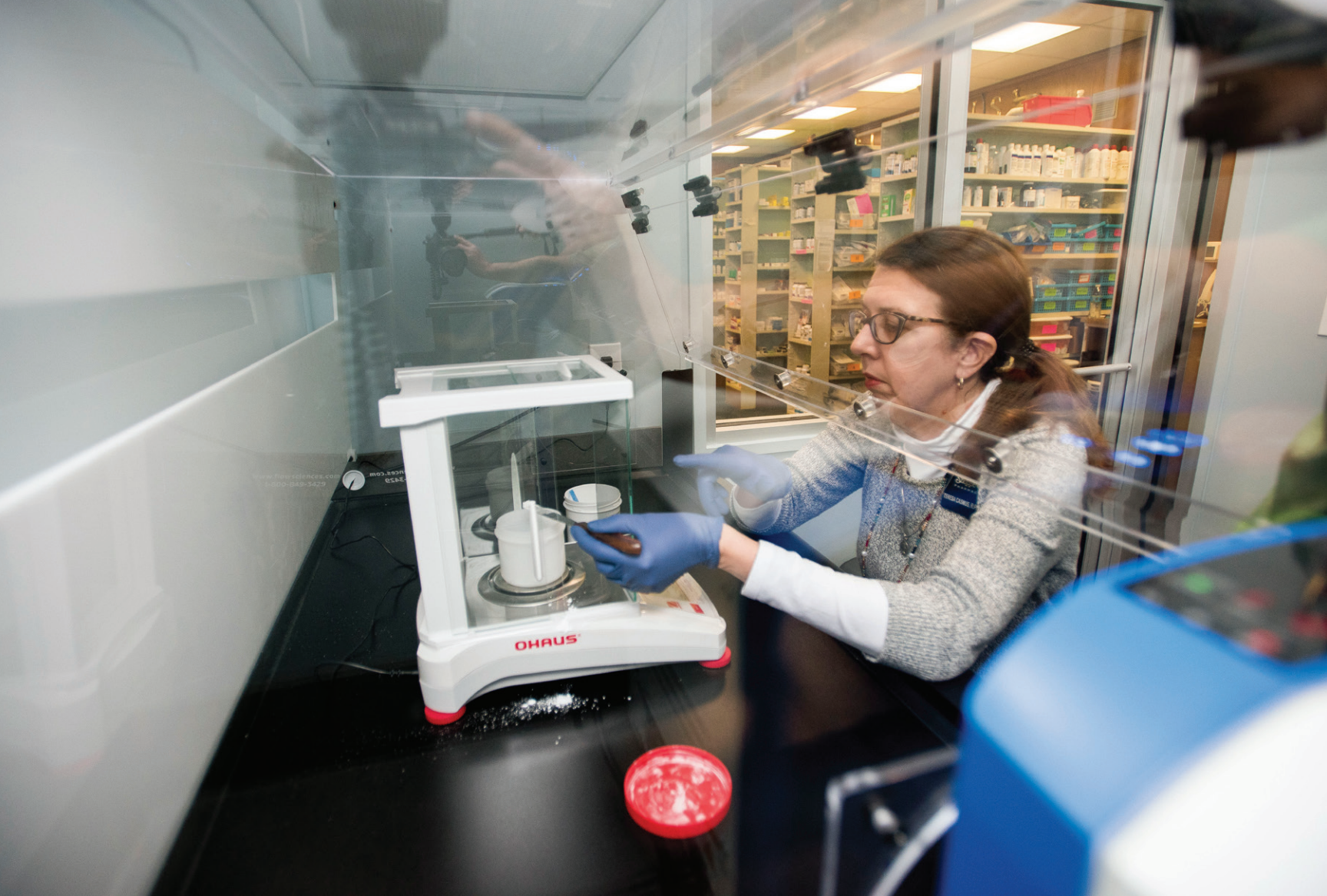
For example, when you come into The Medicine

Shoppe with a prescription for antibiotics, Casmus and her other pharmacists will often suggest you take home a bottle of probiotics, as well, to avoid the gastrointestinal problems that come with antibiotics.

“They destroy your gut flora, and the probiotics get you in balance again.”

Now she's excited about her new equipment for an ancient practice — compounding.

Compounding is what all apothecaries, as they were once called, and pharmacists did from the be-



ginning, mixing chemicals together to create a medicine.

This was before pills, and now it is a way to supplement pills, with capsules, creams, gels, emulsions. New drugs are being developed all the time, along with new delivery methods, like pain patches and gels.

Above: Casmus works in the compounding lab. Left: Banks Moore was the first generation of pharmacists in his family.

“Four years ago, I went to a conference on how you set yourself apart from the other pharmacies. If you swim with the sharks, you’ll get eaten,” Casmus says.

Compounding is one way to avoid that. Chain drugstores do not compound — it requires a special room, specialized techniques and strict regulations. It’s something most independent pharmacies won’t do, either.

With many drugs too expensive for mass production, compounding may be the answer. A large pharmaceutical company may not make the drug you need, but compounding pharmacists can often make it for you.

The opioid epidemic has also spurred the need for compounding as doctors look for different ways to treat pain. Casmus says they are



turning to transdermal (through the skin) pain patches and gels. The gel can help the patient avoid narcotics.

The transdermal gels work for people who cannot swallow. They can apply it to pulse points or their wrists. “Compounding is very important to palliative care,” she says. “It gives patients and caregivers more options.”

Casmus’ grandfather, Banks Moore, was a pharmacist. Her father, Tom Moore, was also a pharmacist, and she says she learned the fundamentals of compounding while helping her father at the family drugstore. But times change, and pharmacists have to keep up.

“I had a call from someone in Lexington who needed a medication compounded — we were the closest option,” Casmus says on the day she talked to *Salisbury the Magazine*.

Casmus did her research last summer so she could update the drugstore’s compounding room and meet the regulatory changes.

She had to use not just a builder, but a structural engineer who could create a negative air space, so that nothing in the compounding room escapes to the pharmacy. It is vented directly outside.

Beaver Brothers had to install the special air handling needed, and Casmus had to buy a powder hood and other specialized equipment.

“Now we’re working on standard operating procedures to make it fit into our work flow,” she says.

Above: *Casmus put the compounding room near the front of the pharmacy so people can see the work done there.*

Right: *A precise scale weighs pills to assure the proper compounding formula.*





Old bottles that once held chemical powders used for making compounded medicines.

When compounding, Casmus wears sterile gloves that are used during chemotherapy treatments to protect herself. Eventually, anyone working on compounding will have a suit with a hair cover, gloves and eye protection.

She decided to put the tiny lab near the front of the store so people would see what was going on, plus, it's close to the pharmacy techs and medications.

“Getting it right is exciting,” Casmus says. “Compounding is exciting. There’s more to do to get it right. It keeps my noodle working.”

Casmus says adding the room and offering compounding had to make sense and it does in her business. “You have to think like a chemist and now I can use and apply what I was taught.”

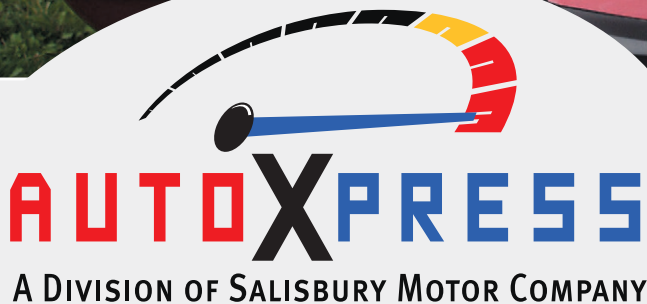
She heard a speaker at a conference say, “Pharmacists are doing a disservice to the consumer if we don’t tell them their meds are depleting nutrients.”

He said the depletion of nutrients causes the side effects.



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That speech sent her on a quest to learn more than she did in pharmacy school. She had to apply biochemistry theory.

Times have changed. Patients think their doctors are not doing a good job if they don't leave the appointment with a prescription, and people are going on the internet to study their symptoms, then going to a doctor asking for specific medication.

Casmus hopes to develop a better relationship between physicians and pharmacists to educate the people about the drugs they take.

When Tom Moore was teaching his daughter, they used a simple slab and a spatula to mix powders into a cream. They used a delicate balance to measure the drugs. It decorates the pharmacy today.

Now the new equipment allows Casmus to make suppositories, important for people who cannot swallow. She can put medicines in capsules and into lollipops so children will consume it, or people who have tonsillitis.

She's also making transdermal gels for pets that can be applied



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to their ears if it's too hard to give them a pill. She gets lots of requests for pet meds. She makes a gel for a cat who has frequent seizures.

Her father used to have to pre-fill syringes with medication doses for some people.

She found her grandfather's pocket-sized formulation book — recipes, if you will, for compounding. Now she has three, large three-ring binders that are almost full of formulas. and she has to keep all the OSHA regulations on how to dispose of bits of powder or spills of liquid.

Her father talks about the evolution of the pharmacy since it was in Spencer and says none of it would have been possible without “the guidance and help of my wife, Pat,” Pat Moore was a nurse who raised seven children. She died in 2018.

Casmus agrees that her mother helped her learn the importance of the whole picture of the patient. “We were so blessed to have a nurse's perspective in a pharmacy. We talk

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about collaborative practice and a service to the patient.”

Casmus wonders what would have happened had she not had medical people in the family who learned to navigate the health care system.

“My goal is to listen and help patients,” she says.

People joke with her and say, “Are you a pharmacist who doesn’t want people to take drugs?”

Pharmacy is a family legacy. Rowan Drug was founded in 1911 by Tom Stanback of the Stanback Co., which made headache powders and later lip balm and other products. Banks Moore worked for him from 1942-1945 in the store and at the plant. He returned to his native New York, but son Tom saw opportunity in North Carolina, returned to the state and bought Rowan Drug in 1970.

Tom Moore visited his father at Stanback’s lab, just as Tom invited daughter Teresa to his drug store. Both her grandfather and father stayed in the pharmacy business for good. Casmus is hoping compounding is one step in keeping that tradition going. **S**



Tom Moore holds the recipe book from Rowan Drug. Included in the book is a recipe for 'Dr. Smith's Cancer Smear.'



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Renaissance man

Medicine, music, history, construction, commitment
— *Dr. Norman Sloop knows it all*

BY MAGGIE BLACKWELL / PHOTOGRAPHY BY JON C. LAKEY



When he built his first house, he cut 875 2x4s and 95 4x6s. For the second, he cleaned 30,000 bricks. He cut 5,000 feet of wood to build his second barn. He has sung in 47 churches in nine states and one territory. He once built a model of the F-94 jet so realistic that an officer thought it was government-issued. He's a beloved physician and historian.

Dr. Norman Ray Sloop, Renaissance man. He turned 90 last August and is still going strong.

You may have seen his farm on the north side of Statesville Boulevard, where until recently he had cows in the front pasture. He has built not one, but two homes on the 17 acres.

Norman was born at home in the Park Avenue neighborhood. He recalls a happy childhood, picking blueberries where Isenberg School is today, taking piano lessons and learning

catechism. He still has the baby book where his mother noted he could say 23 nursery rhymes when he was three. He got into the movie for 9 cents and popcorn cost a nickel. His parents sat on the porch and talked into the evening because it was too hot inside.

He picked 20 quarts of blackberries to peddle downtown and sold eggs to the president of Catawba College. "I'd sell about anything to make a nickel," he says, grinning.

Norman nursed a pet squirrel back to health when he was 8 and operated on a chicken with his dad when he was 9. It lived. "It had a packed gizzard," he reports. That's when he decided to become a doctor.

After Boyden High and Catawba, he planned to go straight to medical school, but the Korean War came along. He enlisted in the Air Force and served in Alaska, then Savannah, Georgia.

A jet aircraft sits on Sloop's desk that he hand carved while serving in the U.S. Air Force.



Norman returned home to prepare for med school. One night in 1955, his family was having dinner and his mother said, “I believe I’m having a stroke.” She was right.

Norman’s dad asked him if he planned to invite Mary to the funeral. Norman had met Mary in Savannah. They’d attended a couple of operas and Bible study, but Norman thought they were just friends.

“I hadn’t thought about asking her,” he says, “but she came and I thought, ‘Maybe there’s something here I’m not seeing, but Daddy is.’ That summer we invited her here for vacation. That’s when love bloomed. That’s just the way it was.”

“You know,” he says, “people do not believe this, but we never had an argument. When we got married, we decided before we went to sleep every night one of us would read a chapter in the Bible; the next night, the other would read. It’s very hard to be angry under those circumstances.”

He practiced medicine in the little brick house across from College Barbecue, sharing the building with dentist Bobby Lomax. Mary ran the office.

“I had a good helper,” he says. “Everyone can tell you. She smiled at everyone and it made them feel better. If they were too sick to get dressed, Mary would whisper to them to come to the back door in a housecoat.”

An office visit cost \$3 back then; house calls, \$5. Norman loved house calls, saying it

Above: Sloop scans through a book from his extensive library.

Right: A photo of Norman and wife Mary, who died in 2011.



was a way to see how his patients lived.

Norman's pastor and friend at St. John's Lutheran Church is Rhodes Woolly. "His identity is far more than being a physician," Woolly says. "He leveraged that position to develop relationships with people. I'm sure he was attracted to medicine because he could walk the journey with people and bring them health."

He sold his medical practice on his birthday in 1994. He'd practiced for 33 years and had 1,600 charts.

Norman and Mary reared their nephew Ben. He attended North Hills Christian School, then Catawba, then Duke University. Graduating cumma sum laude from Duke in physical chemistry, Ben works with a research company in High Point. Norman's eyes sparkle with pride as he tells about him or Ben's brother, Morgan, who has a Ph.D. in psychology and is a veteran of Operation Enduring Freedom in Afghanistan.

Norman has been a Civitan since August 1962, and recently received his pin for 54 years of perfect attendance. He's been on the board of directors for decades.

"I considered it sort of an honor to be asked to join. It was a lifetime commitment for me. In those days, you wouldn't think of going to Civitan without a



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coat and tie. All the greats were there: Linwood Foil, Chubb Richards, Marvin Whittington.”

Norman helped his dad build the “little house” on Statesville Boulevard. They lived there until they got the big house built. It’s a spacious, one-story, brick Colonial. Mary drove the first nail on Labor Day in 1970, and in 1971, they moved in. “She got to enjoy it for 40 years,” he says.

“I wanted 9-foot ceilings, and if you know anything about building, things come in eight-foot lengths, so we had to cut our own. I cut part of the logs here, some at the farm in China Grove. Grove Supply had a sawmill at the time. Mary would come home from the office every night and help me stack the lumber.”

Norman’s father was 90 years old, “drubbing out a hedgerow” at the farm in China Grove when he had a heart attack. He drove himself

home to Salisbury. Norman still has his dad’s old ’66 pickup truck.

“Daddy absolutely raised me up with integrity,” he says. “I knew better than ever to tell a fib. He never touched me. I respected my mother and father. Daddy and I worked so closely we could hand the correct tool without asking.

“You see that rock wall there? I laid it. You need someone to mix the mud while you’re laying the rock. Daddy was the mixer. He died, and I never finished the wall.”

Norman has always been musical, learning to play as a child on the piano his grandfather bought for him. He took voice while he was at medical school and sang with the Mozart Club in Winston-Salem. “We sang ‘Messiah’ from cover to cover,” he says. He points to stacks of sheet music. “All these are my solos. Those are my ‘Messiah’ programs.

“In the fall of 1990, I had just about stopped singing. Mary said, ‘You need to get with Carl Kinard.’ We did ‘Mozart’s Requiem.’ He and Rosemary have been very helpful to me in my music. I’ve stayed with it ever since. I still try to sing.”

The Kinards can’t say enough about Dr. Sloop. They interrupt each other to talk about him.

Rosemary says, “Norman owns, ‘Comfort Ye My People.’ It is so much Norman that, as long as he is living and able to sing, it would be a travesty to have anyone else sing it. He does it differently every year. I do the organ and we have strings and we try to keep up with him ...”

“So many memories!” says Carl. “Conducting him in the role of Obadiah in ‘Elijah’ –”

“Hearing him sing, ‘Ye People Rend Your Hearts,’” Rosemary continues. “Everyone was

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Sitting with Dennis Rogers (far right), Sloop attends a weekly Salisbury Civitan meeting. He recently received a pin for 54 years of perfect attendance.



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| profile |

“I just praise the good Lord for this good life and the good health I’ve had all these years.”

totally quiet. It was a hush.”

“He’s so, so kind,” Carl adds. “He is just loving and accepting. I think the world of him.”

Norman has sung in the St. John’s Chancel Choir and the Men’s Choir; the Concert Choir and Chapel Choir at Catawba; the community choir and the Catawba Chorale. He sang at First Presbyterian Church when he was in high school in the 1940s.

Mary died in 2011, and Norman bought his first computer at age 83 in April 2012, when Civitan friends Janet Opdyke and Dennis Rogers talked him into it.

“Initially he would tell us, ‘My computer is between my ears and my printer is in my pocket,’” Dennis recalls. “Now sometimes he will say, ‘I’m

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stuck on something and need you to help me fix it.' It's usually something small."

"I've done pretty well, considering I was totally computer illiterate," Norman says.

"What do I regret most?" he asks later. "Probably not having children. We'd like to have had a couple, but it never worked out. I'm not one to sit around and boo-hoo, but I sure do miss her. But I've had the three M's: medicine, music and Mary.

"I just praise the good Lord for this good life and the good health I've had all these years. The pet squirrel Daddy brought me when I was 8 years old. My cat Midnight. Who knew Midnight would come in the morning?"

"I hope to keep singing. And keep working. Why would I not?" **S**

Maggie Blackwell also writes frequently for the Salisbury Post.



Sloop is an accomplished musician and singer.

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Thanks to face paint, a tiger, a superhero and two skeletons pose for a photo.



Runners Ron Butler and Zachary and Stephanie Ward gather with their families before the start of the Duke Dash 5K.



Julian Cooper, Zeb Christy, Gabriel Molina and Lee Williams come down the home stretch.

Duke Dash 5K and Healthfest

Runners took over the NC Research Campus again for the Duke Dash 5K and Healthfest, held in Kannapolis. The annual health and wellness event celebrated the 10th anniversary of the MURDOCK Study, Duke CTSI's landmark health study.

Duke CTSI recently announced plans to double its Translational Population Health Research office at the Research Campus. The group is nicknamed "TransPop."

"The MURDOCK Study is our foundational study and has paved the way for TransPop's growing clinical research presence in Kannapolis," said L. Kristin Newby, MD, principal investigator for the MURDOCK Study and director for TransPop. "The value of the MURDOCK Study is its ability to help researchers answer big questions to better understand health and disease. We could not do this work without our dedicated participants."

— Photos and text by Emily Ford



Above: Volunteers encourage people to sign up for a new online health study registry run by Duke CTSI. Left: Daniel and Gabriel Safrin run side-by-side.



From left: Carolina Mallia celebrates at the finish line; Tammy and David Wilson display their never-give-up spirit heading up the final hill; Instructor Liliana Vazquez and Duke project leader Perla Nunes rest after a Zumba demonstration at the Duke Dash 5K & Healthfest; Brittany Boyd painted a shark design on the face of this youngster.





Duke CTSI staff member Debbie Meylor gives her daughter Genesis Betancourt a hug.



Duke CTSI staffer Annabel Rivera shows her enthusiasm for the day's festivities.



Jacinta Burch and Karina Torres Mendoza stretch during the warm-up before the 5K.



Several four-legged runners completed the 5K.



Duke CTSI staffers Perla Nunes, Leah Bouk and Jennifer Allen cheer for 5K runners, along with Jesse Bouk and son Bryce.



Dr. Kristin Newby, center left, and Dr. Paul Campbell, center right, lead 'Walk With A Doc,' a mile stroll offering a slower pace than the Duke Dash 5K.



Members of the Duke Clinical & Translational Science Institute TransPop team gather on the Core Lab front steps after hosting the Duke Dash 5K & Healthfest on the NC Research Campus in Kannapolis.



This year's event included a Kids Fun Run for the first time.



Atrium Health representatives Tri Tang, Angel Overcash, Timbs Fulghum, Randi Whitley, Sherry Wilson and Matt Roden



Sarah Paynter of Smart Start, Jenny Lee of Rowan United Way and Amy Brown of Smart Start



Kaci Crider Gullede, Mark Rufty and Teresa Rufty

Rowan County Chamber of Commerce Gala

Held at West End Plaza, the 94th Rowan County Chamber of Commerce gala was the biggest yet with 310 people attending. The event saw the Chamber chairperson's gavel pass from Nicole Holmes Matangira to Gary Blabon. Nicole Sherrill-Jamison's NSC Behavioral Concepts was named the Chamber Champion Small Business of the Year. Terry Osborne received the Duke Energy Citizenship and Service Award, and Robbie Fulton was named the Paul E. Fisher Chamber Volunteer of the Year.

— Photos by Mark Wineka



Diane Goodnight, Mary Arey and Pamela Sofley



Walter Wall and Rob Miller of F&M Bank



East Spencer Alderwoman Deloris High with fellow Alderman Albert Smith



Kelly Alexander and Elaine Holden, both of the N.C. Transportation Museum



Miller Davis Studio's Mollie Ruf, Kevin Shaver and Megan Hedrick



East Spencer Mayor Barbara Mallett with Laurie Zerger, P.J. Ricks and John Zerger



Tina Jamison-Cowan, Michelle Bailey and Dr. Nicole Sherrill-Jamison



Lee Withers, Brad Foster and Meredith Foster



From left: Nicole Holmes Matangira and Cindy Fink; Dr. Orlando Lewis of Livingstone College and his wife, Carol; Dr. Jimmy Jenkins, president of Livingstone College, attended with his wife, Faleese, and the college's State Alexander.



Ella Lockhart and Lucy Barr



Davian Ellison and Tammy Lilly



Becky Fowler and Andrea Ralston



Kelly Goodman, Elizabeth Anderson, Forrest Anderson, Ben Goodman and Will Goodnight

Archie Dees' celebration for children's hospitals

In about two months time last fall, Salisbury High School senior Archie Dees raised more than \$29,000, of which some \$15,400 was earmarked for Brenner Children's Hospital and \$13,950 for UNC Children's.

That fundraising effort culminated with a Grateful Dead-inspired concert/celebration in the upstairs of City Tavern. Dees' guitar instructor, Tripp Edwards, and family friend Brad Penley led the night's music with help from Alan Wyrick, Jeff Hansen and Louis Bodak.

Archie, son of Meg and Jay Dees, made the contributions in memory of Lillie Edwards, the late daughter of Tripp and Elizabeth Edwards. Lillie died at age 6 in 2013.

— Photos by Earle Thompson



Above: Bill McCombs, Stuart Baker and Anita Edwards

Right: Archie Dees, Caroline Graham, Maggie Dees and Russ Weiker





Elizabeth Edwards and son Dru



Luke Fisher and George Kluttz, who is Archie Dees' grandfather



Archie Dees played a set during the evening with Brad Penley, left, and Archie's guitar instructor, Tripp Edwards, at right.



At left, Frances Edwards, mother of Tripp Edwards, sits with former Salisbury Mayor Margaret Kluttz, who is Archie Dees' grandmother.



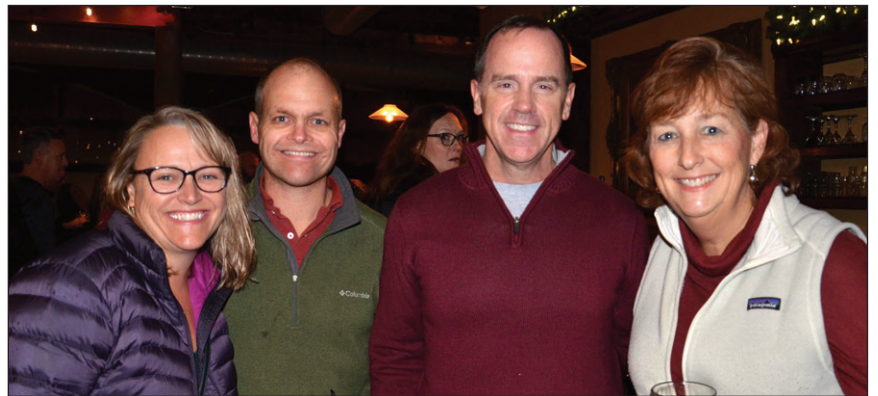
Clint Robins and Ron Lilly



Hannah Smith, Phoebe Shields and Caroline Colwell



Laurel Harry, Zeb Harry and Earle Kluttz Thompson



Mary Wymbs, Bryan Wymbs, Rhodes Woolly and Krista Woolly



Jay Dees, Maggie Dees, Shari Graham and Archie Dees



Alice Stanback, Meg Dees and Shari Graham



Lori Yang



The Webster family



John Yang hands out bells, which replaced the traditional balloon release of years past.

Voices of Hope

The 18th Voices of Hope concert was held at Spencer Library Park in November. The annual afternoon of singers/musicians, food, games, socializing and door prizes began in 2002, a year after Lori and Steve Yang's son Michael died when he was 23 months.

The concert benefits the Michael Yang Foundation, which supports college and camp scholarships, and its biggest outreach is the Circle of Hope support network created for bereaved parents — something the Yangs saw a glaring need for when they were trying to cope with Michael's death.

The Circle of Hope support group meets from 7 to 8:30 p.m. the second Thursday of each month at 2290 Statesville Blvd.

— Photos by Nancy Shirley



Kaleigh Allen



Iam and Pam White release their doves.



Angie Stoodley



Briana Stout



Leah Anne Honeycutt and Blaine Smith



Liam Pendergrass



Kevin Leichman and Mackenzie Rosko



It was the 18th Voices of Hope event.



Clockwise from above: Paislee-Ann and Kynlee-May Miller show off their painted rocks; Leanne Kluttz; Mia Mason; Andrea and Jeffrey Smith work the sound.



Al and Lyn Wilson



Beth Cook and Fred Pizzardi



Decked in their 1920s attire are Jessica and Gian Moscardini, Laurel and Kevin Harry, Samantha and Robert Ring and Carrie and Paul Bardinas.



Pam Carson, Matthew Brittan and Ashley Brittan

Salisbury Symphony's Speakeasy Big Band Bash

Salisbury Symphony transformed the historic Salisbury Station into a Prohibition-era speakeasy, and the big crowd attending the Big Band Bash raised money toward the symphony's concerts, programs and operations. It is the symphony's biggest annual fundraiser, and Stephanie Potter served as chairperson. Maestro David Hagy directed the band, and Roaring '20s-dressed patrons delighted in a big dinner, libations and energetic dancing.

— Photos by Mark Wineka



Above: Jenni and Brian Pfaff
Left: Claudia Galup



Steve and Sandy Combs



Paul and Carrie Bardinas



Katherine DeBerry Murdoch and Tripp Clement



The Salisbury Symphony's Big Band sound for its Speakeasy fundraiser provided plenty of songs for dancing.



Stephanie and Bob Potter own the Salisbury Wine Shop. Stephanie served as chairman for this year's Speakeasy fundraiser for the symphony.



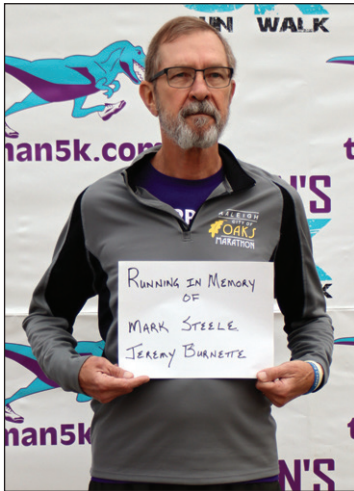
Becky Lippard and Fernando Lopez



The symphony provided its own swing band sound, under the direction of Maestro David Hagy.



Mona Moscardini, Kristen Colwell, Andy Storey and Diana Storey



As with this runner, many ran in memory of lost loved ones.



Supporters of the 2nd annual race included the South Iredell Fire Department, the Boy Scouts, NAMI Lake Norman/Iredell, children, friends and family.



Michael and Crystal Hobbs, parents of the late Tristen Hobbs, for which the T-Man's 5K is named, flank Morgan the 'handler' and Blue, the raptor. Tristen grew up loving dinosaurs.

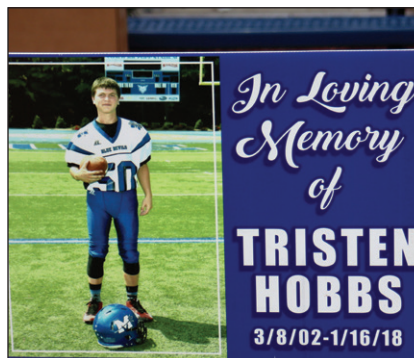
T-Man's 2nd Annual 5K

The 2nd Annual T-Man's 5K was held last October at the Mooresville High School Magnolia Campus. This event is hosted by T-Man's Foundation, which was founded by Michael and Crystal Hobbs in memory of their son, Tristen, who took his life at the age of 15. His death came without warning on Jan. 16, 2018. "This event helps bridge the need to the local services in our community," Crystal Hobbs said. "We hope to use the T-Man's 5K as a platform of strength and healing to help others find a life of well-being and recovery."

— Photos courtesy of Crystal Hobbs



Junior John, near right, pumped up some of the crowd with REFIT.



Tristen Hobbs, who died at 15, played football in Mooresville.



Volunteers make race-day preparations.

Raeyven Hobbs, Tristen's sister, and his mother, Crystal Hobbs, had his name tattooed on their wrists 'so he is always with us,' Crystal says.



The race volunteers consisted of the T-Man Organization Team, the late Tristen's friends and Mooresville High School HOSA Club members.



Doug Glasgow in some Scottish garb with Betty Mickle



Rowan County Commissioner Greg Edds serves champagne.



Four generations of this family attending one of the Downton Abbey-themed tea parties include Bodie Kraft, Taylor Kraft, Kim Edds, Lauren Holland and Peggy Norris.



Dean and Betsy Cunningham



Allison Doby, Lauren Whaley and Whitney Williams

Rowan Museum's Salisbury Antiques Show

In its 66th year, Rowan Museum's Salisbury Antiques Show — the longest-running antiques show in North Carolina — also included "Downton Abbey"-themed tea parties over a couple of afternoons. Proceeds from the show support Rowan Museum and its historic properties. Besides the tea parties, the museum also had a preview reception for its patrons the Thursday evening before the three-day show opened.

— Photos by Mark Wineka



Abigail Young, Megan Ferden and Taylor Durham



Renee Shirhall, Maddie Shirhall and Jessie Stanley



Kim Hart and Marilyn King



Left: Barbara Teichroew, Lydia Heward and Jane Steinberg. Right: Former Rowan Museum Executive Director Kaye Brown Hirst, current Executive Director Aaron Kepley and their friend Brenda Zimmerman.



Attending one of the tea parties at the Antiques Show were Alice Jamison, Tina Jamison Cowan and Lynn Swaim.

1 Blackbeard's Queen Anne's Revenge Exhibit

Jan. 16-March 29: N.C. Transportation Museum, Spencer — Traveling exhibit from the N.C. Department of Natural and Cultural Resources includes weaponry, tools and personal items recovered from Blackbeard's flagship, the Queen Anne's Revenge. The exhibit is available with regular museum admission. Call the museum at (704) 636-2889 or visit nctrans.org for more information.

1 Exhibition: 'Creative Habitats'

Feb. 8-May 16: Waterworks Visual Arts Center, 123 E. Liberty St. — Three artists whose work features natural habitats. Call (704) 636-1882 or email greeter@waterworks.org for more information.

1 Project Based Learning Institute for Educators

Feb. 29-March 1: Salisbury Academy, 2210 Jake Alexander Blvd. N. — \$60 two-part Project Based Learning (PBL) workshop for educators. Visit <https://www.eventbrite.com/e/83670405435> for tickets or more information.

5 Dr. Seuss Day

March 5: Rowan Public Library Headquarters, 201 W. Fisher St. — Celebrate Dr. Seuss' birthday from 10:30-11:30 a.m. Seuss-themed stories, crafts and light refreshments. For more information call 704-216-8228. Also at East Branch on March 7.

5 Waterworks Adult Art Class: Portrait Painting

March 5, 12, 19, 26, April 2, 9: Waterworks Visual Arts Center, 123 E. Liberty St. — Six-class session taught by Dani Iris on Thursdays from 6:30-9 p.m. beginning March 5. Costs \$170, or \$140 for members. Email greeter@waterworks.org or call 704-636-1882 for more information.

5 Waterworks Adult Art Class: Creating with Hand Printed Fabric

March 5, 12, 19, 26, April 2, 9: Waterworks Visual Arts Center, 123 E. Liberty St. — Six-class session taught by Shirl Hull on Thursdays from



Alex Foster takes a photo of Madison Grimes and Vida Mejia, posing with The Cat in the Hat character at the East Branch of the Rowan Library in 2018. This year's event is March 5 at the library's headquarters. — Wayne Hinshaw photo

March 2020

Upcoming events in the Salisbury-Rowan area

6:30-9 p.m. beginning March 5. Costs \$170, or \$140 for members. Email greeter@waterworks.org or call 704-636-1882 for more information.

5 'The Trip to Bountiful'

Feb. 27-29 and March 5-7: Lee Street theatre, 329 N. Lee St. — 7:30 p.m. A St. Thomas Players production. Elderly widow Carrie Watts begrudgingly lives in a cramped Houston apartment with her overprotective son, Ludie, and her authoritarian daughter-in-law, Jessie Mae. She begs them to take her on a visit to her hometown of Bountiful one last time before she dies. When they refuse, Carrie resolves to escape and make the journey by herself. Contact 704-310-5507 or email info@leestreet.org for tickets and information.

5 'Rumors'

March 5-8 and March 11-14: Meroney Theater, 213 S. Main St. — At a large, tastefully-appointed Sneden's Landing townhouse, the deputy mayor of New York has just shot himself. Though it's only a flesh wound, four couples are about to experience a severe attack of Farce. His lawyer, Ken, and wife, Chris, must get "the story" straight before the other guests arrive. As the confusions and miscommunications mount, the evening spins off into classic farcical hilarity. Call 704-633-5471 or go to piedmontplayers.org for tickets and information.

6 Salisbury Kiwanis Pancake Festival

March 6-7: J.F. Hurley YMCA, 828 Jake Alexander Blvd. — 5-8 p.m. March 6; 7:30-10:30 a.m. March 7. A Salisbury tradition since

1957, the pancake festival raises money for Kiwanis Charities. Tickets can be purchased at the door or from Salisbury Kiwanis Club members in advance.

7 Exploration with Aida: Flower Pressed Bookmarks
 March 7: Children's Area, Rowan Public Library Headquarters — 11 a.m. program to create a bookmark and decorate it with pressed flowers. Program designed for children 10 and under. A responsible caretaker (aged 16 or older) must accompany children under 8. For more information call 704-216-8234.

7 At the Throttle: Steam at the N.C. Transportation Museum
 March 7, 14, 21, 28: N.C. Transportation Museum, Spencer — Get behind the controls of restored steam engine Jeddo Coal #85, also known as Mack, and enjoy 30 minutes of operating following a safety orientation. You will be accompanied by a qualified engineer and take home a certificate and a hat.

9 Fairground Flea Market
 March 9-10: Rowan County Fairgrounds, 1560 Julian Road — Indoor and outdoor antique and yard sale. For more information call Randall Barger at (704) 640-2326.

13 Jeff Little Trio
 March 13: Lee Street theatre, 329 N. Lee St. — The Jeff Little Trio will return to Lee Street theatre for a second year. Tickets are \$25 plus taxes and fees.

14 Cleveland Lions Club Spring Breakfast
 March 14: Cleveland Lions Den, 106 Cemetery St., Cleveland — 7-10 a.m. Proceeds go toward scholarships.

14 'Dream of America'
 March 14: Catawba College's Keppel Auditorium, 2300 W. Innes St. — 7:30 p.m. A multi-media performance and a totally new experience for Salisbury Symphony audiences. The Symphony presents Peter Boyer's exciting multimedia performance of "Ellis Island: Dream of America" for full symphony and live actors. The performance will also include Dvorák's "New World" Symphony. Go to salisburyorchestra.org for information and tickets.



The Back Shop of the N.C. Transportation Museum was transformed with lights, trees and oversized flowers for the Bloom in Wonder gala in 2019. This year's event is on March 27.— Sean Meyers photo

14 'Now Are The Foxes'
 March 14: Lee Street theatre, 329 N. Lee St. — 7 p.m., family friendly show; 9 p.m., adult show, from Lee Street's original improv troupe. \$10 tickets. Call 704-310-5507 for more information.

19 Wind and Wings: The Science of Flight
 March 19-21: N.C. Transportation Museum, Spencer — Aviation event featuring displays and activities from the Wright Brothers Flyer to modern aircraft including simulators, special career speakers and more. For more information call (704) 636-2889.

21 Char's Stars: Down on the Farm
 March 21: Rowan Public Library Headquarters Children's Area, 201 W. Fisher St. — Children are able to enjoy the farm experience from 7-8 a.m. through making butter and other farm-themed activities. Children eight and under must be accompanied by a responsible caretaker aged 16 or older. For more information call (704) 216-8234.

21 Murder Mystery March Escape Room
 March 21: Rowan Public Library Headquarters, 201 W. Fisher St. — Escape a candy factory by solving clues, riddles, and puzzles in this program designed for families. The escape room will run every 30 minutes, beginning at 11 a.m., and each time slot can include up to 6 people. Registration is preferred. Also at South Branch on March 23. For more information and to reserve your time, call 704-216-7842.

21 Kannapolis Daddy's Daughter Dance
 March 21: Laureate Center, 401 Laureate Way, City Hall, Kannapolis — 6-8 p.m. A night of dancing and special memories. This spring fling will include crafts, snacks, face-painting, games, a photo keepsake and, of course, dancing. \$20 per person. This program is designed for girls ages 5 & up to be accompanied by her dad, stepdad, grandpa, big brother, uncle or other special guy. Go to kannapolisnc.gov to find the link to register.

25 'A Number'
 March 25-28: Florence Busby Corriher Theatre, Catawba College — 7:30 p.m. A play by Caryl Churchill. Student directed by Zac Karvon. Catawba College Theatre. Set in a world in which human cloning is a reality, it explores the ethics of cloning, the fragility of personal identity and the conflicting claims of nature and nurture. For tickets and information: 704-637-4481 or email boxoffice@catawba.edu.

28 Bloom in Transit
 March 28: N.C. Transportation Museum, Spencer — 6 p.m. Attendees will enjoy a night of drinks, dinner, desserts, a live auction and dancing. In its 11th year, Bloom was designed to support Salisbury Academy and the community's youth. A portion of the funds raised go to a scholarship program for summer youth leadership training opportunities and toward Salisbury Academy's active community service outreach initiatives. To reserve tickets, contact the Salisbury Academy Development Office. The school's phone number is 704-636-3002. **S**



“HOMESTEAD”

By Emily Lingle

Oil

*Artwork for Salisbury's the Place may be submitted to mark.wineka@salisburythemagazine.com
Vertical orientation is preferred.*

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