

MARCH 2022

SALISBURY

t h e m a g a z i n e



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BRICK
in the wall

*Contractor Lovie Reid
has laid a legacy*

Author Kristy
Woodson Harvey

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PUBLISHER-John Carr

john.carr@salisburythemagazine.com

EDITOR-Susan Shinn Turner

editor@salisburythemagazine.com

CREATIVE DIRECTOR-Andy Mooney

andy.mooney@salisburythemagazine.com

EDITORIAL

Natalie Anderson

natalie.anderson@salisburythemagazine.com

Carl Blankenship

carl.blankenship@salisburythemagazine.com

Mike London

mike.london@salisburythemagazine.com

Ben Stansell

ben.stansell@salisburythemagazine.com

ADVERTISING

Ryan Courtney

ryan.courtney@salisburypost.com

Dennis Davidson

dennis.davidson@salisburythemagazine.com

Malynda Peeler

malynda.peeler@salisburythemagazine.com

Randy Perdue

randy.perdue@salisburythemagazine.com

Jason Slusser

jason.slusser@salisburythemagazine.com

PRODUCTION

Susan Baker

susan.baker@salisburythemagazine.com

CONTRIBUTORS

Maggie Blackwell, Margaret Gallagher,

Sean Meyers, Deirdre Parker Smith,

Ben White

On the web:

www.salisburythemagazine.com

On Facebook:

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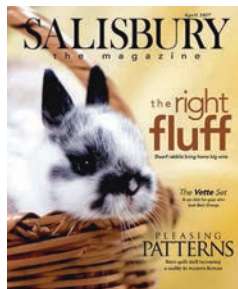
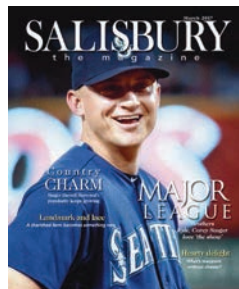
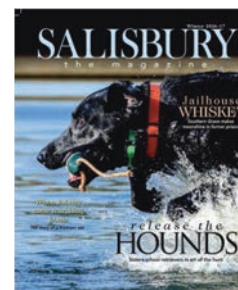
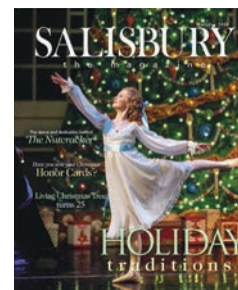
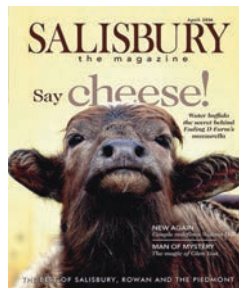
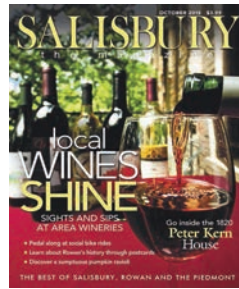
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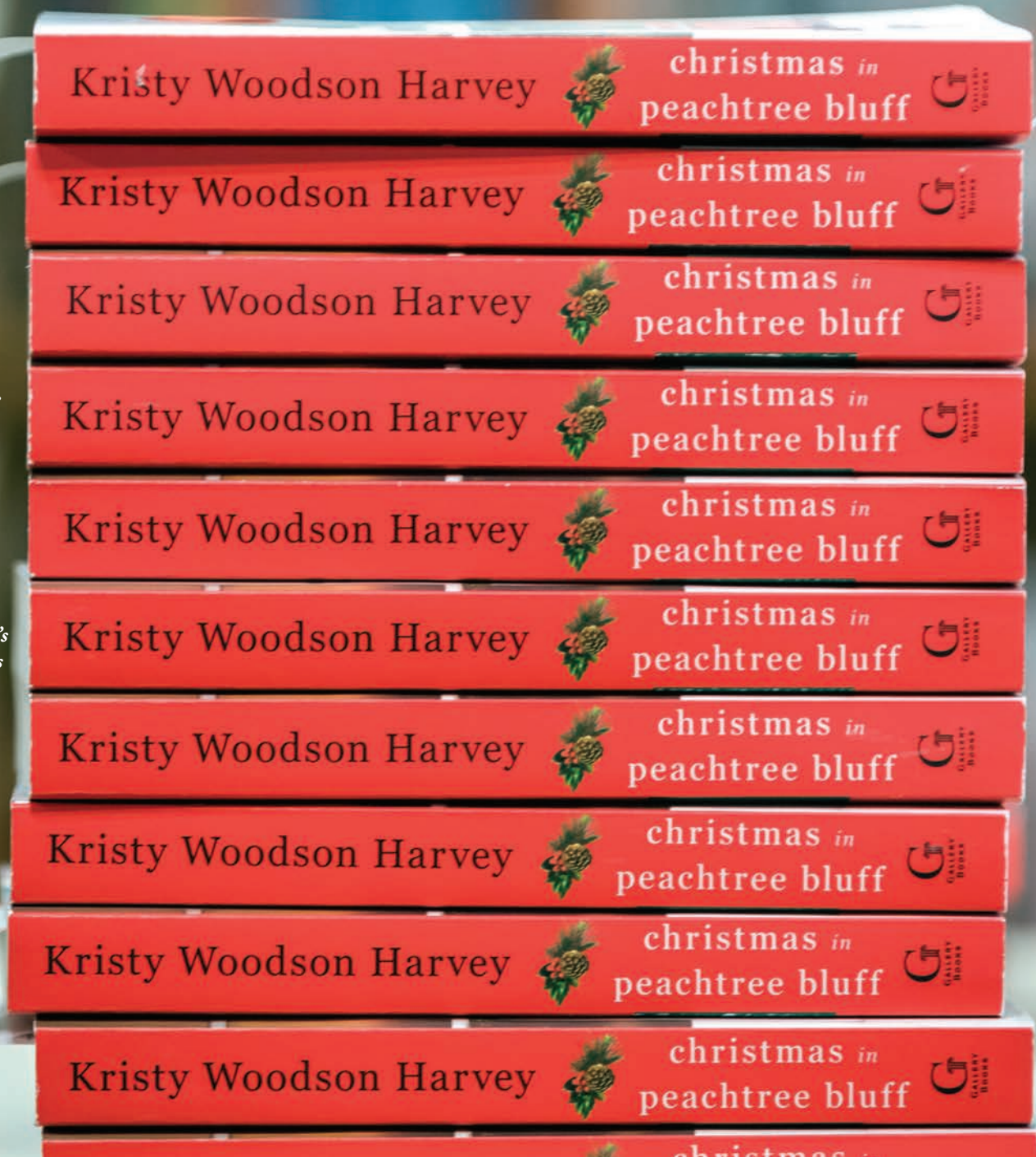
HIT THE BRICKS

Contractor has been on the job for nearly 70 years

by MAGGIE BLACKWELL

On the cover: Bricklayer Lovie Reid stands next to the perimeter fence at Livingstone College that he built.

On this page: A stack of Kristy Woodson Harvey's book, 'Christmas in Peachtree Bluff,' during a signing at South Main Book Company. (Sean Meyers photos)



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The grand adventure awaits

Hello there!
The photo you see below is Mark Wineka passing the torch — er, Cheerwine bottle — to me.

I'm Susan Shinn Turner, and I'm thrilled to be the new editor of *Salisbury the Magazine*. I'm a Rowan County native — a South Rowan girl — and I've lived here a good chunk of my life. I graduated from South Rowan and received a degree in journalism from the University of North Carolina at Chapel Hill. My husband, Jim, says this is my only flaw.

My background is in newspapers. I've worked full-time at four North Carolina newspapers, including the *Post*. I became a full-time freelancer in 2013 when my son, Andrew Poe, went to the N.C. School of Science and Math in Durham for junior and senior years of high school. My mother — and proofreader extraordinaire — is Cora Shinn, and my dad, Ed Shinn, left us Aug. 2, 2021. It was a good run, Daddy said. He was 94.

And I trust this will be a grand adventure for us all. The writers, photographers, and I will do our best to live up to the high standard that Mark Wineka, our founding editor, set. Mark is happily retired and a grandfather of five. Number five, Sunday, arrived on Jan. 4. Her family calls her Sunny. Mark said I could call him if necessary. Actually what he said was, "Don't bother me."

I don't think he really meant it.

Let's see what's on tap for this month's issue.

Four years ago, *Salisbury the Magazine* visited with author Kristy Woodson. Now she's about to release her first hardcover book, this time in historical fiction. Deirdre Parker Smith has the feature on Kristy and the review of "The Wedding Veil."

In our second feature, Lovie Reid learned to lay bricks at age 14. At 82 years young, he's still working. When asked if he's learned his craft after 68 years, he cracks a big smile. "I still learn something every day." Maggie Blackwell



learns about the art of masonry.

In *The Arts*, Local composer Davis Brown has an ambitious new ballet called "The Robber Princess" he wants to bring to the stage. He also publishes other composers' works. Sean Meyers and I sat down with him to find out what it's going to take to make a ballerina come to life.

In *Food*, *Post* reporter Ben Stansell has found a fun pop-up coffee shop in Rockwell. Grab a mug of java and hang out with Ben at *The Morning Glory*.

In *Sport*, Ben White has written about NASCAR nearly all of his career. For this issue, he writes about how some NASCAR greats helped him get home in a hurry so he could support his pregnant wife. Like any great race, it's a nail-biter.

In *Wellness*, feeling unmotivated? Have your New Year's resolutions fizzled already? Meet Shari Evans, who completed four races in four days in the Dopey Challenge at Disney World. If she can do it, she says, anyone can.

If you've been in Downtown Salisbury for the last 25 years, you already know Rick Anderson, our Rowan Original. But the story has some facts in it maybe you didn't know.

Like the new Wineka grandbaby, let's all try to keep on the Sunny side.

I'll see you next month.



Former Salisbury the Magazine editor Mark Wineka passes the ceremonial Cheerwine bottle to incoming Editor Susan Shinn Turner. (Andy Mooney photo)

THROUGH THE LENS by Andy Mooney

A long-exposure photo shows a stream of lights from passing cars on a wet night on East Innes Street. To submit a photo for Through the Lens, send a high-resolution photo to andy.mooney@salisburythemagazine.com.



‘The Wedding Veil’ explores the life of the Vanderbilt family

In her first foray into historical fiction, Kristy Woodson Harvey uses her strength in creating strong female characters and an intriguing story by diving into North Carolina history.

“The Wedding Veil” features a young, would-be architect and her grandmother, both looking for love, both intrigued by the mystery of the family wedding veil.

Enter George and Edith Vanderbilt, and later, their daughter Cornelia, and a Vanderbilt wedding veil.

Many have toured the magnificent Biltmore Estate in Asheville. We know a little bit about the family, its fortunes made in the shipping and railroad industries. We have fuzzy-edged images of the very rich family in their beautiful and impressive home (one of several). It’s very glamorous, rich enough still to make people ooh and aah.

Harvey does an excellent job of slowly revealing some of the bizarre truths of the Vanderbilts while maintaining two other plot lines. She’s so good writing about women who are not 30-something, along with those who are.

Here, she introduces Julia, a rich girl planning a big wedding at Biltmore, and her grandmother, Babs, an 81-year-old who has a lot of life to enjoy.

Julia is given to strong feelings, snap decisions and a trouble-filled longtime relationship with her fiancé, Hayes.

Babs is calm, cool, wise and exploring a new life and new love after losing her beloved husband.

Both women are strong-willed, determined and searching for their place in the world — that’s the tie that binds the historical and the fiction together.

Harvey did extensive research on Edith and Cornelia Vanderbilt, with help from the folks at Biltmore House, and she creates believable and



“The Wedding Veil,” by Kristy Woodson Harvey. 2022. Gallery Books. \$27.

sympathetic portraits of mother and daughter. In fact, the sections featuring the Vanderbilts are the best parts of “The Wedding Veil.”

Contemporary Julia, who discovers her happily-ever-after is not with troublesome Hayes, is grasping for her place in the world, and becomes intrigued by the story of the wedding veil passed down in her own family. When she learns the Vanderbilt veil is missing, she gets curious.

With the help of grandmother Babs, Julia starts remaking her path, relying on the wisdom, love and support Babs offers. Babs is feeling a little challenged, too, having left her home and moved to a retirement village. There, she meets the boy she fell in love with as a teenager, and he has not forgotten her over the decades.

Julia’s mother and aunt, Babs’ daughters, are livid, suspicious and rather cruel to their mother.

It’s time for Julia and Babs to escape to Asheville, to distract themselves from their uncertain futures.

In another time, Edith has married George Vanderbilt and they’ve had a daughter, Cornelia. They are happy at Biltmore, though its upkeep is a drain even on the Vanderbilt fortune. Cornelia grows up loving her home in the mountains and looking forward to when the house will be hers.

Sadly, George dies young, and Edith is left to manage Biltmore, Biltmore Village, the farm, the dairy, and Cornelia.

Harvey shows how kind, strong and determined Edith is, how she makes things work, gathers friends and advisors who serve her well. Readers will cheer her on during her toughest days.

Harvey uses some of the true and truly strange facts about Cornelia to move the story along. Cornelia marries an older man, wearing the veil that might or might not have a tie to Julia’s family, she has two sons and loves her life, until ...

Cornelia Vanderbilt, in life and in this book, veers off her own path once hard times force the family to open the house to paying guests. And she’s been studying numerology, a fad of the era that placed huge emphasis on numbers to guide your decisions.

She makes a shocking and permanent decision, signifies the change by dyeing her hair pink — yes, even in the 1930s — and changing her name.

For Julia and Babs, the trail of the veil gets murky.

But, also for Julia and Babs, they begin to see a clear path forward. Julia realizes she never should have left architecture school, and Babs realizes she shouldn’t give up on a chance for love, even now.

Harvey weaves it all together, creating a satisfying novel that will prompt the reader to do their own research on the Vanderbilts.

Harvey, busy on co-writing scripts for a proposed television show based on her Peachtree Bluff series, has successfully navigated historical fiction, too. She’s a good storyteller, and she respects the past and how it creates us. **S**

*Sidewalk Deli owner
Rick Anderson*



Downtown dedication

Sidewalk Deli owner relishes love of community

WRITTEN BY SUSAN SHINN TURNER | PHOTOGRAPHY BY SEAN MEYERS

If you've spent any time in Downtown Salisbury over the last 25-plus years, then you've probably eaten at Sidewalk Deli.

In 2020, owner Rick Anderson had a pretty serious heart attack. While his friends were praying for him to stay alive, he was praying for his beloved deli to

stay alive.

Both have survived.

"I'm lucky to have so many people who love me," he says. "The love of our community is humbling."

Here's our conversation with Rick Anderson, A Rowan Original.



Anderson serves up a sandwich for a customer.

How long have you been in Rowan County?

I'm a native of Wilkesboro but I grew up here. I went to Henderson, Knox, Salisbury and Catawba. We lived in a nice neighborhood on Jackson Street.

What is your degree in?

Communication arts and business.

What's the secret to your success as a downtown restaurateur?

Consistency. It's always good. We always try our best to make our customers have a good experience.

Were you accepted in the community when you and Scott (McCombs) married?

Scott was divorced, and I was his kids' babysitter as a Catawba student. I was 21 when we met so over half my life was with him. We kept it low-key until we opened the deli (May 23, 1996). Things changed from 1988 to 1996. So many kids came in and talked to us. They said, "My parents can't hate me if they love you." We were a perfectly normal family with two dads. I

didn't realize we were as groundbreaking as we were.

(McCombs died in 2010.)

How has downtown changed since you've been in business there?

Big-box stores have killed our downtown. We have lost icons such as O.O. Rufty's general store, Underwood's dress shop and Bernhardt's Hardware. You could spend four hours in Zimmerman's or two hours in Belk department stores. We had niche shops like Creative Teaching Aids. I still miss Trexler Brothers, where I got my first suit. I'm proud of stores like Caniche and Lettered Lily. The development of Fisher Street has amazed me.

I've already noticed an increase in business with the opening of Bell Tower Green. I live across the street from the park and pass it 10 times a day. Every time I go by, I hear happy laughter.

What are your goals for downtown and the deli?

To stay here and thrive and welcome in the

next generation of patrons and businesses to Downtown Salisbury, and keep that consistency that keeps our community cohesive.

How did you keep going during the pandemic?

The love of my family and friends and customers. My parents were up here every day. Andrew Poe and Jason Williams and Rob Ring came in and worked. Everybody was trying so hard not to stress me out.

Do you like to cook at night or go out?

Now that I'm back to work, I don't go out to eat. I poach a mean salmon. I'm on a low-fat, low-salt diet.

What are two things that are always in your fridge?

Chardonnay and Coca-Cola.

What are five words to describe Downtown Salisbury?

Diverse, promising, vibrant, community, home. **S**

THE ARTS



Magnum opus

Local composer ready to bring his 'Robber Ballerina' to the stage

WRITTEN BY SUSAN SHINN TURNER | PHOTOGRAPHY BY SEAN MEYERS



*“There’s no reason
this production
can’t go national.”*

Davis Brown has a dream — to bring a ballerina to life. Last year, the Salisbury composer completed “The Robber Ballerina.”

“It’s my magnum opus,” says Brown, 54. “It’s the largest work I’ve ever composed.”

It’s a two-act production, like “The Nutcracker,” he says. It’s got a full orchestra and glitzy costumes, like “The Nutcracker,” he says. “But it ain’t the Nutcracker,” he says.

“It is a classic ballet in, of and for the 21st century,” he says, complete with cellphones and iPads.

Brown started the first draft in St. Louis in 2015, where he taught political science full-time. The ballet underwent a full-scale revision in 2021, and it’s now in its final form. Brown has a team of volunteers working with him to bring it to the stage and see it come to fruition.

The 96-minute ballet will have a cast of 12 professionals plus understudies, 100 student extras, 20 sets and 300 costumes.

We told you it was big.

“I am willing to have it premier wherever a major U.S. city is willing to take it on,” he says. “This is what in the 19th century that composers needed royal patronage to pull off.”

Since it’s the 21st century, however, Brown and his team have a business plan and a timeline for the ballet, which needs a \$2 million budget — and some large-scale benefactors.

It’s a big production and a big budget, he explains. “I’d be about three years out if I had the funding today. I’m discovering that when you add the theatrical component to a production, it complicates things ten-fold.”

He adds, “I want to raise public awareness in a community that knows who I am. New York has never heard of me.”



“Not yet,” photographer Sean Meyers pipes up.

“There’s no reason this production can’t go national,” Brown reasons.

“The Robber Princess” centers on Princess Regina, the crown princess of Rochevaux.

“She’s highly accomplished, but she has rebellion issues, and does burglary for sport,” Brown explains. “She leads a double life as the world’s number-one jewel thief.”

Enter Baron von Brickelstein of the neighboring country of Eidemark. He’s in law enforcement and he’s the best at what he does, but he’s a profoundly lonely man, Brown says. “They meet

at a diplomatic function and fall in love immediately.”

Unfortunately, the prize necklace belonging to Queen Gertrude of Eidemark disappears, as does Regina.

A chase ensues. Will the baron choose love or duty?

“He chases Regina all over the world,” Brown says. “What is he going to do?”

He pauses for a beat.

“I’m not going to spoil it for you,” he says.

If the plot sounds pretty detailed, well, it is. Before the ballet, Brown drafted a novel about the story.

“The story is very well developed,” he says.



Above: Not only does Brown compose music, but he publishes it under his own publishing house, Gusthold Records.



On one hand, Brown says, the ballet is about the chase, and on the other, it's about the choice.

Not only does Brown compose music, but he publishes it under his own publishing house, Gusthold Records. The name comes from the two composers Brown would most like to emulate, Gustav Holst, and Reinhold Gliere.

Brown got started in publishing when he returned to Salisbury in 2016 for good. His wife, Annette, and their three children, Walker, Gemma, and Tessa, had remained here.

Since he started composing full-time, he decided to publish as well.

"After two years, I realized that what I was doing for myself, I could do for others," Brown says. "Now I have 18 composers in my catalogue and two other works under contract."



THE ARTS



*Above: Davis works at the keyboard.
Left: Davis' latest CD, "Harbor in the Storm," was released Jan. 10.*




With no pun intended, Brown says he is a “one-man band” as far as editing and design.

“It’s not a large publishing house but very much a niche house,” he notes. “Most big publishing houses don’t seem to take new works seriously, especially others like me who may have degrees in other fields. These new composers are onto something good. I do see the value in what they do.”

Thanks to Facebook, Brown has clients all over the country and all over the world.

His latest CD, “Harbor in the Storm,” was released Jan. 10. Locally, it’s available at Waterworks Visual Arts Center, and Seasons Gifts at St. John’s Lutheran Church, where Brown serves as an assisting musician.

When he is not composing, Brown is very much a student of orchestration. At present he is translating a book about orchestration from French to English. He is also an avid Star Trek fan.

To get in touch with Davis Brown about either the ballet project, his new CD, or his publishing house, email him at gustholdmusic@gmail.com. 

Jan McCanless is an award winning and best selling author. All 17 of her books are best sellers. Her newest books, *Murder at the Stateline Hotel* and *Laugh Out Loud, Funny Stuff* are now available.





Books are available at local libraries, gift shops in Salisbury, Kannapolis and GG’s in Statesville.

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*Madison Straight serves coffee
with a smile at The Morning
Glory in Rockwell.*

Caffeine camper

*The Morning Glory offers
drive-thru coffee in Rockwell*

STORY AND PHOTOGRAPHY BY BEN STANSELL

It's a late December morning in Rockwell and Madison Straight, Abby Bagwell, and Morgan Brown are moving about the tiny camper with efficient ease, like their movements have been choreographed.

They hand each other cups, fetch milk from the refrigerator, and take turns chatting with customers through the small drive-thru window — all without bumping into each other. As if they're operating in a normal café and not a repurposed camping vehicle.

Straight and Bagwell, who are sisters, and Brown, their longtime friend, are serving a line of cars parked in a semicircle around the green and silver camper with “The Morning Glory” stamped on its front. With noon approaching, it's almost closing time and most customers have already gotten their caffeine fix. But still, a steady trickle of cars fills the mostly empty lot.

Since Straight opened The Morning Glory Coffee Adventures in March 2020, the shop has become a go-to place for Rockwell residents or those traveling through the eastern Rowan County town to stop for a cup of coffee and a friendly greeting.

The 26-year-old has brought a new brew to a town where the only place to get fresh coffee before was the local gas station.

“It's been great to be a part of people's day-to-day lives, whether they're headed to work or are on their way to the beach,” Straight said. “Being people's first stop before they go somewhere has been an awesome opportunity.”

Opening a coffee shop in her hometown was always a dream for Straight, but it might not have happened if she hadn't left Rowan County for Alaska — where a love of coffee born in her childhood flourished.

Abby Bagwell, Madison Straight, and Morgan Brown make up most of The Morning Glory coffee team. When Straight isn't in Rockwell, she relies on Bagwell, Brown and her other sister, Katelin Clay, to keep the coffee coming from inside the camper.





Mornings in Straight's household when she was growing up were always accompanied by coffee. Lots of it.

By the time Straight and her two older sisters woke up and started getting ready for the day, their father, Johnnie File, would already be sipping from a mug.

"My dad is a huge coffee drinker, like a pot a day," Straight said.

Straight inherited his love of coffee, but took hers with enough cream and sugar to mask the bitterness from her young palate. There was nothing wrong with her family's coffee maker, but Straight lamented the fact that the closest café was more than 20 minutes away in Salisbury.

After marrying and moving with her husband to a town near Anchorage, Alaska in 2015, Straight found herself in a place that suited her thirst for high-quality caffeine.

"Every church that you see on a corner in the South, replace that with a coffee shop and that's how it works," Straight said. "They're everywhere."

Naturally, Straight's first job in Alaska was at a coffee shop. Not a morning person, Straight woke up before 4:30 a.m. for her first shift.

It didn't take long for Straight to get the hang of things. By the time she and her

husband decided to leave Alaska three years later, Straight had surpassed the barista role.

"I started not knowing anything about coffee and by the time I left I was managing three locations," Straight said. "It was a lot of fun."

The couple moved to Fayetteville, where her husband joined the military. Straight still splits time between Rockwell and Fayetteville, depending on her husband's work schedule — part of the reason The Morning Glory is open on select days.

After working "a regular job" in 2019, Straight decided it was time to use what she learned in Alaska. She opened The Morning Glory Coffee Adventures in a borrowed church trailer parked in the lot outside Ace Hardware. It wasn't exactly what Straight imagined when she had big dreams of running her own café as a child.

"I thought, 'Oh, it has to be a brick and mortar,'" Straight said. "I never dreamed my coffee shop would be mobile. But the more I thought about it and the more I wanted it, I figured out how I could make it work."

Even though Straight opened The Morning Glory at the same time a global pandemic was spreading across America, the coffee shop was an almost instant success.

Coffee is at the heart of what The Morning Glory does, but owner Madison Straight believes the purpose of the mobile cafe is to give people something to look forward to every day.



***Above:** Madison Straight grew up loving coffee and learned how to make the perfect cup while working as a barista in Alaska. Now, she's using her skills at the espresso machine to keep Rockwell caffeinated. **Below:** The Morning Glory team from left to right: Morgan Brown, friend and barista; Abby Bagwell, sister and barista; Madison Straight, owner; Katelin Clay, sister and barista, Renae File, mother. (Blush Moments Photography photos)*



Aided by her parents, both Rockwell natives, spreading the word to friends and fellow church goers, Straight was quick to add loyal customers.

"It opened and I left my job and started this full time and have only worked this," Straight said. "I haven't had time for anything else. It's been insane."

Heather Roof, who lives in Rockwell with her husband and children, was one of The Morning Glory's early supporters. She came for the coffee, but returned after bonding with Straight about their husbands' shared military profession.

"They do really try to get to know their customers on a one-on-one basis," Roof said.

Roof took her children there about once a week while her husband was deployed as a special treat. They like their coffee drinks



Madison Straight prepares the camper for closing. The Morning Glory crew tackles the set up and break down that come with each workday with well-practiced efficiency.

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with lots of flavor, or will order a hot chocolate. Roof usually picks something from the seasonal menu. After having The Morning Glory, she said she doesn't seek out Starbucks or Dunkin' anymore.

The Morning Glory didn't stay in the church trailer forever. In the first few months the café was open, Straight and her dad worked on weekends and weekday nights to refurbish a camper her uncle salvaged from a scrapyard.

"The bones were good but the outside was horrible," Straight said. "We got it and renovated it from March until October."

The camper still has its original wooden windows, but its metal panels have been repainted and branded with The Morning Glory logo.

The cozy interior is just a few feet wide, but contains everything you would expect behind the counter of a typical café. Next to the small entrance door is a refrigerator to keep milk cold

— the shop goes through 10-12 gallons per day — and cleaning supplies. Bottles of syrup are stationed on shelves. A drink list hangs above a gleaming espresso machine.

The camper is named "Juanita" in memory of a family friend.

"I used to be in home health and I sat with a little lady named Juanita," Straight said. "She was very special. Sweet, but really sassy and spicy and all of those things. I really loved her."

On mornings when the coffee shop is open, Straight or one of her sisters pulls Juanita into the parking lot from their parents' house. When Straight isn't in town, Brown, Bagwell, or her other sister, Katelin Clay, serve up coffee. Straight's mom, Renae, is always around to help, too.

The real prep for every day is done the night before, when the generator and water tank are both filled. On the short drive to the lot, all

of the syrups, utensils and other loose items in the camper have to be placed on the floor, or else they'll fall and shatter. Once the camper is parked and the espresso machine warmed up, whoever is working that day will make their own cup of coffee to start the day. Unless the line of cars has already started to form, that is.

Usually Johnnie will stop by to check in on his daughters while sipping a cup of coffee in the corner of the camper.

"He'll just come and stand in the back and hang out with us in the morning," Straight said. "So, it's basically the same as when we were growing up."

Family is, after all, at the heart of what The Morning Glory is about. That, and good coffee.

More information about The Morning Glory can be found on its Facebook page. The Morning Glory also offers teas and plant-based energy drinks at its location in downtown Rockwell. **S**

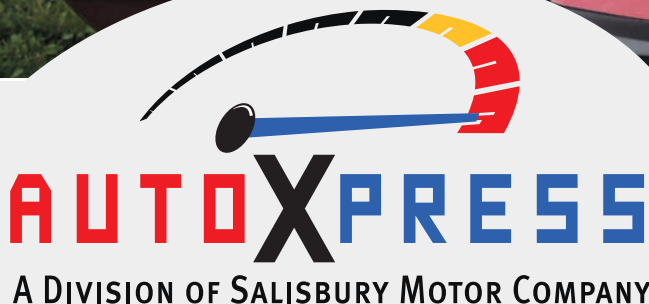


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SPORT



Race against time

After reporter flies home on Richard Childress' airplane for family emergency, his son later becomes part of RCR family

WRITTEN BY BEN WHITE | SUBMITTED PHOTOS



The voice on the line delivered worrisome news.
You need to come home right away.

It was a bright sunny morning on Friday, May 31, 1991. I was at Dover International Speedway for a weekend of NASCAR's Winston Cup Series racing. I had covered the sport since 1983 for the Lexington Dispatch but was now writing race coverage and features for NASCAR Scene newspaper and NASCAR Illustrated magazine for Griggs Publishing Co.

A walk through the garage area produced the usual sea of color and excitement. Race cars on jack stands, crew members turning wrenches, drivers talking with crew chiefs, and NASCAR officials directing cars

through inspection. During 29 weeks on the schedule, small towns developed overnight amid transporters that rolled in on Thursday nights. Early Friday mornings, hundreds of people sprang into action until late Sunday afternoons when checkered flags dropped over race winners.

I said hello to several friends before returning to the media center. Then came the surprise phone call at the front desk. (This was long before cell phones or the internet had become a part of our everyday lives.)

I immediately recognized the voice on the line. It was my wife's sister, Anne. My wife, Eva, had been admitted to Rowan Regional Hospital, six months pregnant with our

Richard Childress with Ben in 1992, the year after Ben's son Aaron was born.



Ben and Eva with NASCAR legend Dale Earnhardt Sr. at an event in 1995.

first child and was in quite a bit of pain.

My mind was reeling. I returned the receiver to its cradle. I did need to get home. But how? The Griggs writers and photographers had convoyed to Dover by cars and vans from our offices in Concord, N.C., for the nine-hour trip. A commercial flight would have to originate from Washington, D.C., or Philadelphia and would have been very difficult to arrange quickly.

Jim Fluharty, one of our photographers, stopped by my desk. I explained the situation and five minutes later, Cindy Karam, our photo editor, stopped by as well.

“Don’t worry,” she said. “Come with me. I have an idea.”

She was concerned for Eva and desperately wanted to help.

Cindy and I walked through the garage area gate and found the RCR Enterprises No. 3 transporter. Dale Earnhardt and team owner Richard Childress were in the lounge area talking before the first morning practice session began. Cindy and I sat down with them and explained the urgency of the situation.

“You’re right. You need to get home as soon as possible,” Dale said. “If you don’t find an airplane, you can have mine. But get one. You really need to get back to Salisbury to be with her. Call Eva and tell her you’re coming home. I’ve got to get on the track for first practice but let me know what you get worked out. Let me

know if I can help.”

I remember the stern look he gave me. He had a heart of gold, especially when someone was in a tough spot and needed help. He had been there so many times early in his life and vowed to help others but was adamant about keeping his generosity quiet.

I returned to the media center and called Eva. I explained that arrangements were being made and how it would all come together. I told her I loved her and that I would be home in a few hours.

“OK, thank you for coming home and I love you, too,” Eva said. “But please, whatever you do, don’t get on one of those little rinky-dink airplanes.”

I replied, “I promise, it won’t be one of those



Richard Childress, owner of Richard Childress Racing, has long been a part of the NASCAR scene in North Carolina.

little rinky-dink airplanes.”

As I waited for my flight to arrive, I walked by the No. 3 hauler once more. Dale spotted me and stepped out.

“Why haven’t you left?” Dale barked. “You should have been long gone by now. I’ll go and call my pilot and get him here for you.”

“That’s OK, Dale. I have Jim Cook coming,” Richard said. “He’s on his way right now. Ben’s all set to go. I called him from the phone in the transporter.”

Dale felt at ease. He gave me a wink and his familiar crooked smile and said, “Please tell Eva I’m thinking about her.” He grabbed the back of my shirt collar as he always did and then put his arm around my neck. “Everything’s going to be OK.”

I said thank you and smiled as he went back into the transporter. I always appreciated how concerned Dale was for her. It is so true that NASCAR is a family. They are ultra-competitive rivals until someone needs help. (We were all devastated when Dale was killed in a crash during the final lap of the 2001 Daytona 500.)

After thanking Richard for his extreme kindness, I made arrangements with my newspaper and magazine guys to get my company car and luggage home when they returned on Monday.

Eva on a trip to Greece in September 2019. The couple has been married 32 years.



Childress logged six Cup Series championships with Earnhardt from 1986 to 1994. His teams have also logged 109 victories, including three Daytona 500s.



“I’m happy to say we’ve been there to help from time to time over the years when someone has needed us.

— NASCAR TEAM OWNER
RICHARD CHILDRESS

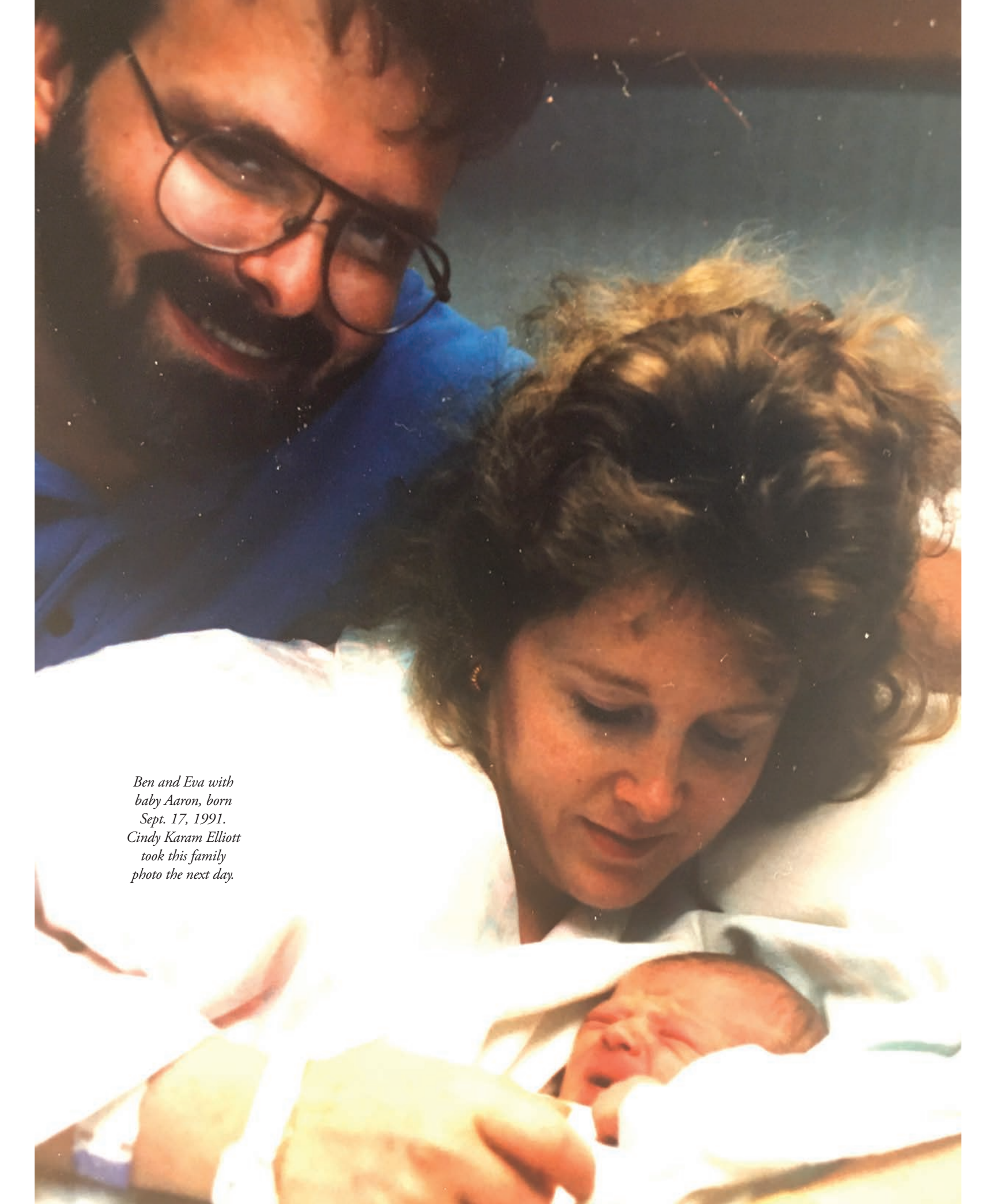
Pam Hill, the wife of motorsports artist Garry Hill, drove me to the Cheswold, Delaware, airport four miles from the track. I met Jim Cook, Richard’s pilot, dressed in cutoff shorts, a T-shirt, and sandals.

“When Richard calls, I come,” he said, shaking my hand. He still had small flecks of grass on his legs from where he had been mowing his backyard.

The jet he flew there was a 12-seat Beechcraft 200 and since I was his only passenger, he invited me to sit in the co-pilot’s seat for the flight to the Salisbury Airport — now known as the Mid-Carolina Regional Airport. We hit it off immediately, which helped take my mind off the circumstances at home. Jim showed me instrument readings on the dash panel and told me stories about other flights as we enjoyed each other’s company.

(I was deeply saddened to learn Jim lost his life in an airplane crash on Feb. 18, 2016, after developing engine trouble near Marshville, N.C. He was alone during the flight after leaving Daytona Beach en route to Greensboro, N.C. Jim flew for Richard and RCR Enterprises from 1987 through 2003.)

Upon meeting Eva’s sister at the airport, we soon arrived at the hospital and assessed the situation with Dr. John

A close-up photograph of a man and a woman looking at a newborn baby. The man, on the left, has a beard and glasses and is wearing a blue shirt. The woman, on the right, has curly brown hair and is wearing a white shirt. The baby is lying in a hospital bed, wrapped in a white blanket, and is crying. The background is a plain, light-colored wall.

*Ben and Eva with
baby Aaron, born
Sept. 17, 1991.
Cindy Karam Elliott
took this family
photo the next day.*



Painter. Eva was feeling pain in her back and left side caused when our son was attempting to turn left — something we've smiled about in the years that followed since NASCAR drivers always turn left. The official diagnosis was a breech condition, which is when an unborn baby is set in bottom or feet first position. To correct the problem, in our son's case a partial breech condition, the obstetrician performs an manual External Cephalic Version, ECV, a maneuver to gently turn the baby. Also, a stay in the hospital is required to monitor the baby and mother's vital signs over a five-day period.

Eva was released on June 4 with a plan for further bed rest at home. Aaron was born at 8:32 a.m. on Sept. 17, 1991, prompting Dr.

A family photo from 1997. Ben says Eva never changes and is just as beautiful as ever.

Painter's signature line, "This one's a keeper." The day after he was born, Cindy returned to the hospital — camera in hand — and took some beautiful photos of the young newborn and the new parents. (Dr. Painter died May 31, 2000.)

Cindy left the company in 1992 when she married Bill Elliott, NASCAR's 1988 NASCAR Cup Series champion. She is also the mother of 2020 Cup Series champion Chase Elliott. We were a close-knit group and are still great friends after 30 years. I'll forever be

thankful to Cindy for stepping in to help me find an airplane to get me home.

As the years went by, I continued my duties as senior editor of NASCAR Illustrated magazine. Aaron grew up in a racing family and had a desire to drive race cars by his 14th birthday. I had driven race cars in my teens on a local level and had also worked for Richard when he was a driver in his engine room in 1980 before moving into motorsports journalism in 1983. I had firsthand knowledge of the extreme expense of fielding a race team, even a low-budget local one. Eva and I helped to guide Aaron into an engineering role where he could race in the Cup Series while working with Cup Series race teams. He grew up knowing many top

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SPORT

stars personally, such as Richard Petty, Jeff Gordon, and Bobby Allison, to name a few. A concentration in motorsports while in college would allow him to work in the sport.

After graduating from East Rowan in 2009, Aaron worked in RCR's Show Car department in 2009 and 2010 while studying at UNC-Charlotte before graduating with a bachelor's degree in mechanical engineering in 2014, the same year he joined ECR Engines — a division of RCR Enterprises — as a quality control engineer. Building engines has always been his passion.

In an amazing twist of fate, the same child who needed his father to fly home from Dover in 1991 before he was born is now in his 10th year at RCR Enterprises.

Aaron and his wife, Leslie, married Dec. 13, 2014. They have one son, Rex Aaron White, born Dec. 15, 2020, and are expecting a second child in August. Rex is named after Rex White, the 1960 NASCAR champion. Although not related, he is a close family friend.

"I'm happy to say we've been there to help from time to time over the years when someone has needed us," Richard told me. "Many years later, this one turned out to be someone in the RCR family." **S**



*Ben and
Aaron White*

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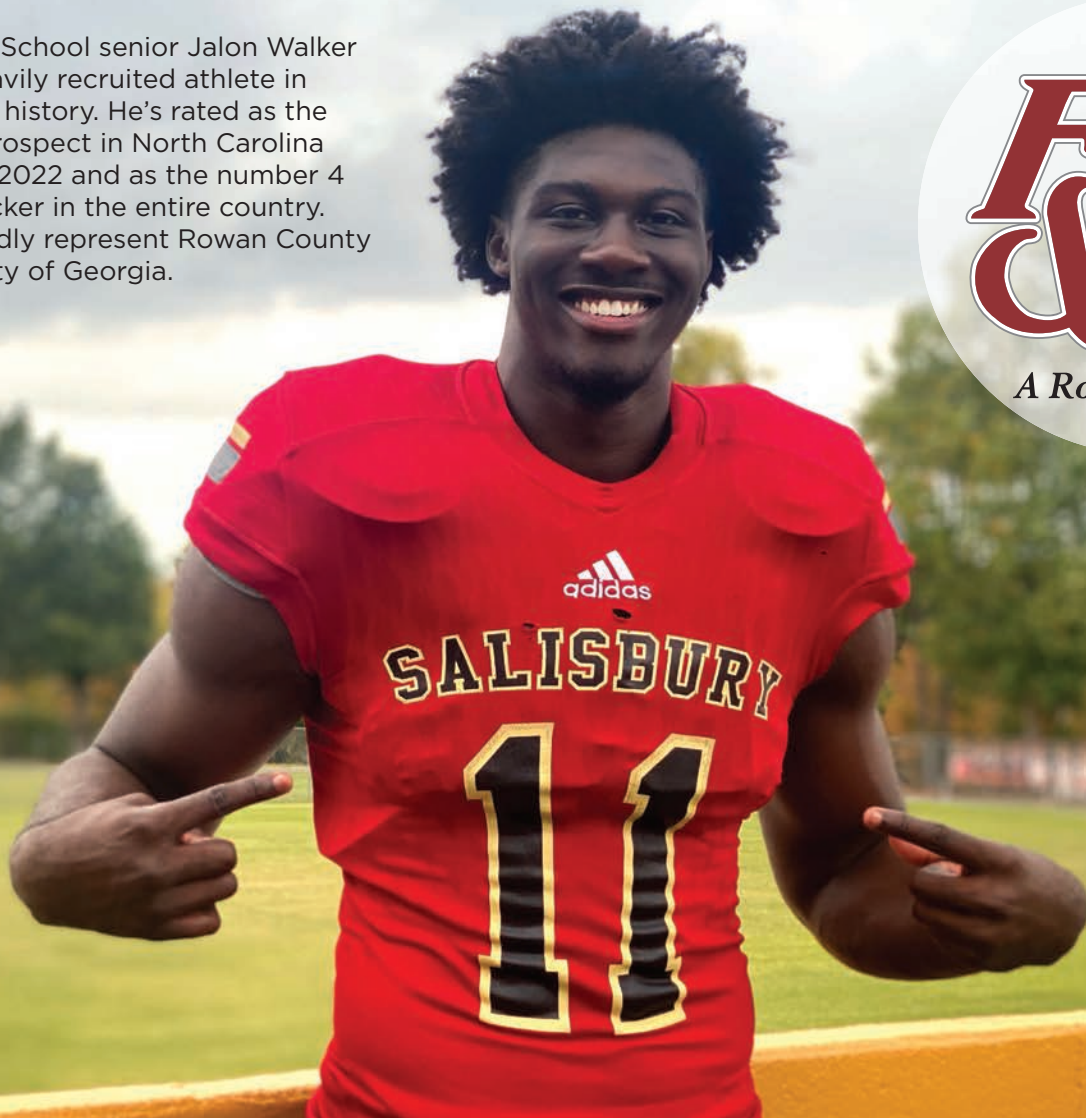
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*Kristy Woodson Harvey
with a copy of her new
book, 'Christmas in
Peachtree Bluff.'*

rising
STAR

With a new book in a new genre and
a possible TV series, Kristy Woodson
Harvey's future looks bright

WRITTEN BY DEIRDRE PARKER SMITH
PHOTOGRAPHY BY SEAN MEYERS



Kristy Woodson Harvey prepares for a book signing at South Main Book Company.

It's been four years since Salisbury the Magazine visited Kristy Woodson Harvey at her home in Beaufort.

Now, thanks to her talent as a novelist, it's hard to find Kristy Woodson Harvey standing still for long.

Then, she had published three books, establishing herself as a writer of contemporary novels about women overcoming adversity. She had a contract for two more books.

Now, she has written the fourth book in the Peachtree Bluff series, published two more books and is awaiting the arrival of her newest novel, her first hardback, "The Wedding Veil," a whole new genre for her, historical fiction.

"Historical fiction is not usually what I write," Kristy says of "The Wedding Veil."

"I love my genre; I don't want to shift to historical fiction, but we had a big conversation. The story in and of itself is all family and tradition, all the things in my other books, but with history."

But wait! There's more! How about Peachtree Bluff, the TV series? It's in process for NBC, as Kristy announced late in 2021.

Here's part of the official announcement: "Sweet Magnolias showrunner Sheryl J. Anderson and writer Caron Tschampion have teamed up with author Kristy Woodson Harvey to adapt the latter's Peachtree Bluff novel series for NBC.

"The network has put the TV adaptation into development with Ally McBeal co-exec producer Jeffrey Kramer and Jenna



A collection of Woodson Harvey's books at South Main Book Company.

Nicholson exec producing.

The one-hour drama is centered on Ansley Murphy, who, when her three adult daughters run to her in their charming seaside hometown of Peachtree Bluff, Ga., trying to escape problems that are shattering their personal lives, she's delighted to help, until their presence exposes a secret that has the potential to tear them apart and reshape their very definition of what it means to be a family."

A fan loads up with books to purchase at South Main Book Company.

In October 2021, Kristy was co-writing the script for the pilot while touring with "Christmas in Peachtree Bluff" and keeping up the wildly popular Friends & Fiction website/blog/podcast, and still co-writing Design Chic, with her mother Beth Woodson, and raising a fourth-grader, and overseeing the continued rebuilding of her historic home in Beaufort after Hurricane Florence severely damaged it.

Somehow, she maintains her bright and positive demeanor and her excitement for her craft.





Her tour for the Christmas book was her eighth, mostly on the road. She survived three tightly scheduled weeks up and down the East Coast. A lot of her appearances are speaking engagements. “I like to speak. I love every second once I get going.”

The soon-to-be released “The Wedding Veil” is a leap for Kristy, but still has her signature style.

Inspiration came from the veil that Kristy wore at her wedding — it had been in her husband’s family for generations.

“I thought it would be fun to tell the story of all the women who wore that veil. I didn’t think there would be a real woman with such a thing, but a few months earlier, I went to Biltmore.” Fleeing Florence’s damage, the family spent time in Asheville.

She learned about Edith Vanderbilt, the young widow, left with that huge home and few assets. Daughter Cornelia inherited at 25, but she was just 13 when her father died.

“Edith kept the house and made it work.” She found the story of Edith Vanderbilt’s missing wedding veil. “One night, I was Googling Edith Vanderbilt’s wedding veil.” Edith’s mother wore the veil, then Edith, her sisters, her daughter Cornelia, then, it disappeared. “That was a great jumping-off point. It was a gift. I started writing that night, wrote a scene immediately.”

This book is different — not all in her head. “Research? Oh my gosh, a million times more research. I enjoyed doing it.” So she went to Biltmore and to primary sources like old newspapers and interviewing people. Then the world shut down, and “I couldn’t be at Biltmore like I thought. It was completely closed while I was writing. I found good people to interview.”

In the author’s note at the end of “The Wedding Veil,” Kristy thanks the staff at Biltmore, among many others, for helping her uncover some lost stories of Edith and Cornelia. The Van-

Kristy Woodson Harvey speaks to a fan during a book signing at South Main Book Company for her new book, ‘Christmas in Peachtree Bluff.’



Kristy Woodson Harvey hands out an autographed copy of her book, 'Christmas in Peachtree Bluff.'

derbilts often appeared in gossip columns of the day, but Kristy says everyone had their own narrative about who they wanted the Vanderbilts to be.

The book comes out March 29 with a longer, larger tour planned. She'll be in North and South Carolina, Georgia and Florida the first two weeks.

"I want the world to know that it was an honor to write Edith's and Cornelia's stories. It means a lot to me to bring a part of their history to life.

"I love that it's still in North Carolina, it's a Southern story, with contemporary characters, a mother-grandmother story, with the veil that connects it all."

Co-writing and executive producing the Peachtree Bluff series takes up much of the rest of Kristy's time.

Jerry Jackson Jr. gets a photo taken with Kristy Woodson Harvey at South Main Book Company.





“With COVID, it’s taken much longer to coordinate, with everything on Zoom, East to West Coast. ... I absolutely love the team developing the series and their vision for it. It was wonderful, and I was so flattered. ... I did not anticipate I’d be working on it at all.”

It has been different. “I’m so used to solo writing, but writing the script, I work with other people.” A co-writer came to Beaufort to get a feel for the place and the flow of it. “When we sat together, the writing flowed.”

The series is under contract, “so it better work out,” Kristy says. “At this point, she knows the books better than I do.”

While writing the Christmas book, she was in deep talks about developing the series. “We had to do some things a little differently, because it’s for TV, but it’s true to the books,” she says.



Fans wait in line during a book signing at South Main Book Company for Kristy Woodson Harvey's book.

“Writing novels is my first love; this is such a different style of writing. I love dialogue, I also like the interior lives of the characters.” Now she’s feeling and imagining their lives through dialogue. “I’m not going to be a screenwriter.”

“There’s no guarantees it will ever air; but this is a lot farther than I’ve ever gotten before. People want to be comfortable and not stressed. I think it’s a lot of people going back to Peachtree Bluff again. More and more were asking me to write again.”

As she gears up for the tour and the TV series, she is very appreciative of her publisher, Gallery Books. “I am really, really lucky to have a publisher who is focused on what I want to write; they want me to write the books I want to write; they never want me to feel pigeon-holed, they don’t want me to get stuck, unable to make a turn



left or right.”

Her next book returns to contemporary fiction. “I am looking at doing something very loosely based on Margaret Craig Woodson. She had a fascinating life, being part of Wall Street, all the things she did. It would be great to write about my home area.”

And don't forget Friends & Fiction, www.friendsandfiction.com, with Kristy and New York Times bestselling authors Mary Kay Andrews, Kristin Harmel and Partti Callahan Henry. You can find podcasts, videos, merchandise, blogs and more. On Wednesdays at 7 p.m. on Facebook and YouTube, Friends & Fiction authors talk to other authors, including upcoming episodes with Jeffrey Deaver, Amor Towles and Lisa Scottoline.

“It has been so incredible. It takes tons of time; we would all say we work as much on the show as on our novels, but it really is

true.” Luckily, the busy authors have plenty of help booking guests and writing scripts. There are at least 55,000 members of group.

It went live in April 2020, “and it just exploded; we asked, ‘Is it sustainable?’ Well, people are still showing up, it's still growing. It changed my career.”

Kristy says tons of people show up at events featuring the four authors because of the site. “We have fans all over the country. It's a huge thing for all of us,” helping sales, but most importantly, providing a place for interaction with the readers. “It's a happy little corner of the world.”

Perhaps that is Kristy Woodson Harvey's greatest gift — the ability to create a happy place for others. **S**

Deirdre Parker Smith is a freelance writer and editor living in Spencer.

‘THE WEDDING VEIL’ LAUNCH PARTY

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MORTAR *man*

At 83, Lovie Reid has been
laying bricks since he was 14

WRITTEN BY MAGGIE BLACKWELL | PHOTOGRAPHY BY SEAN MEYERS



Lovie Reid took almost a year to complete the Livingstone College perimeter fence. Lovie Reid has been building brick walls for over 60 years in and around the Salisbury area.



While some 83-year-olds may be sitting in a rocker with an afghan tucked in their laps, Lovie Reid stands tall and erect in his starched shirt and khakis. He moves with ease. Maybe he's agile because he still works laying bricks. He's been an active brick mason since he was 14.

Reid was born at home in a frame house on Faith Road. Today Walgreen's has his old home address. He walked to Price High School on the west side of town, and if he was late, he ran all the way.

"I grew up in a real tight family," he says. "Daddy worked at the railroad and Mom was a homemaker. They were good role models. There was no drinking, no trouble. Mama made us respect one another; there was no arguing. It was some life."

Reid recalls he was first attracted to bricklaying at age 9, when his father hired Gable Robison to fill in with brick between the piers under the house. "I had a ringside seat!" he recalls.

The house was higher off the ground in the back due to the pitch of the land. Robison was asked to build brick steps to the back door. Reid says the process was fascinating. "It was 15 to 20 steps. That ol' rascal knew how far out to start and came out right at the back door, level with the threshold. He was good!"

Price High School offered a vocational program with academics in the morning and bricklaying in the afternoon. The late Alexander Monroe, a well-known bricklayer in his own right, was his teacher. Monroe

Lovie Reid is proud of the work he did building the home of Dr. and Mrs. Winsel O'Neal Black Sr. in Sedgfield Acres, especially the Quoin corners, an accentuation of a building's corner.



Reid covers the West End wall, waiting for the cold weather to break before continuing the repair.

selected him and a couple of other boys who showed promise for off-campus jobs.

In 1957, Monroe got him an apprentice job with the late Leon Bradshaw, helping lay brick for the new YMCA being built on Fulton Street. On that jobsite, he was treated as a colleague rather than an apprentice. All the men knew him and his family.

“Actually,” he says, “I was pretty good when he (Monroe) sent me out. I could lay with the rest of them, keeping up with the older guys.”

Chris Bradshaw, Leon’s son, has the business now and was often on jobsites growing up.

“I’ve known Lovie pretty much all my life,” he says. “I’ve enjoyed working with him over the years; he’s an exceptionally nice guy. He’s a real gentleman — a real craftsman. Every time I see him, he’s always got a story to tell and a smile on his face, never gets upset over any-

Reid took almost a year to complete the Livingstone College perimeter fence and helped raise money by creating and placing honor plaques in the brick columns along the fence.





thing. Anything with a brick, he can do it. Often he'd have a better way to do something and would always let me know."

Leon Bradshaw paid him \$1.75 an hour, a princely sum in 1957. Reid attended North Carolina A&T where he learned to read architectural drawings, then returned to Salisbury, ready to lay more brick.

He got a job with Wagoner Construction, making \$2.50 an hour. "That's when I knew bricklaying was my thing. \$2.50 an hour comes to \$100 a week, and that was a lot of money at the time."

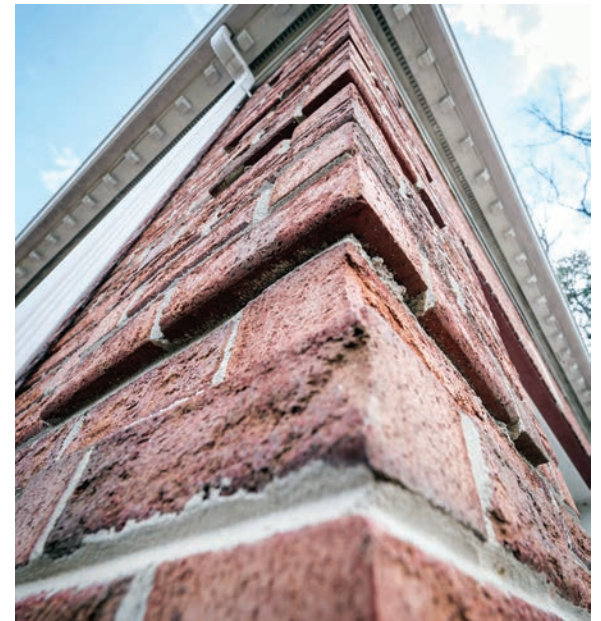
He loved the work for reasons other than the money, too. "It was the art of doing these things. I had something to show for my day's work."

At one point, Reid worked for Bost Brothers, building homes in the Country Club neighborhood. He says the requirements were most exacting: a brick couldn't have a chip and the bond had to be perfect.

"Residential brick masonry separates the men from the



Clockwise from above left: Lovie Reid is proud of the work he did building the home of Dr. and Mrs. Winsel O'Neal Black Sr. in Sedgelyield Acres; Reid gets ready to repair to the West End wall that was damaged by a car; decorative Quoin corners of a house; Reid also did the Jack arches and keys on the garage of Dr. and Mrs. Winsel O'Neal Black Sr.; tools of the trade





boys. Steps, arches, windowsills, brick floors — the average brick mason can't do those. As a residential brick mason, you're scratching your head every day. What we accomplished was a challenge."

Reid never forgot his colleagues over the years, and when he struck out on his own as a contractor, he worked with each of them.

"I liked being around all the old brick masons. We all knew each other, and we carried on and had the best time. I loved those days when we'd get together."

Reid met his future wife, Maggie, for the first time at Zesto's, an ice cream place similar to Dairy Queen.

"She was there with her mother. I asked my uncle who that pretty girl was and he said, 'Forget it — she's just 14 years old.'"

"I'll lay brick as long as I can get up out of the bed."

Reid didn't see her again for five or six years. "We fell for each other hard," he reminisces with a warm smile. They were married for 58 years and had two sons and two daughters before her death in 2016.

With Maggie's encouragement, Reid built several businesses, including a daycare center in the West End and two apartment buildings nearby, and a gas station in East Spencer where they sold the famous, "Maggie Reid's Chicken." The gas station has changed hands now, but her

chicken is still sold there, the secret recipe prepared by one of Reid's daughters.

As a brick contractor, Reid kept a crew of three to five men and tried to model character. Sometimes he had fellows whose only structure was coming to work for him. He recalls one guy came to work and said he had stolen something from a store. Reid told the man to take the item and put it right back where he got it. Then, he added, don't be late to work tomorrow.

Reid says his favorite job ever was the home of Dr. W.O. Black in Sedgefield Acres. Dr. Black had a brick ranch house and wanted to add on a second floor. Reid and his crew pulled off and discarded all the original brick, then re-veneered with new brick.

"That chimney was a challenge!" Reid says, "We couldn't scaffold. I stood inside the chim-



Above: Lovie Reid stands in front of the Livingstone College perimeter fence that he built.

Left: Reid, left, and Arlee Thompson Jr. work to repair the West End wall.

ney, laid brick as high as I could reach, then filled it in, and started again. It took me a good two months.”

In addition to building the old YMCA and homes in the Country Club, Reid built the perimeter wall, handicapped ramp and other features at Livingstone College. He built — and is rebuilding — the West End monument wall at the corner of Brenner and Monroe streets. He has built homes throughout Rowan County. He built his and Maggie’s dream home, a massive brick structure with a side-entry garage and a fireplace, in Granite Quarry. The home is laid in the Flemish Bond pattern.

“It’s different,” he says. “It stands out. You know whoever laid this brick, they knew what they were doing.”

It’s a two-story home with a fireplace built from 100-year-old bricks. He finished building it in 1976. Once the kids were grown and gone, Reid and Maggie took in his mother, and over time an aunt and then an uncle as they aged and needed support.

“That house is made for entertaining,” he grins. “We’d have 50, 75 people in for Christmas.”

Today Reid wakes up at 5:30 every morning so he can drive a county van to deliver young people to Rowan Vocational Opportunities. Later in the day, he picks them up and delivers them home. It’s part-time work, he says, but keeps him active. He volunteers for Habitat for Humanity.

Reid says the only negative part of being a brick mason is the weather: it’s cold in winter and hot in summer.

Over the years, bricklaying has changed. Cutting bricks has evolved from hammers to cordless saws. In the old days some bricks were shorter than others, and masons compensated with mortar to make things come out evenly. Today they’re more uniform. He says he could lay 1,500 brick a day, and it took two or three men to keep up with him.

“There are so many happy memories,” he says, “but I’d have to say the happiest was laying brick for my own house. I’ll lay brick as long as I can get up out of the bed.” **S**

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Reid shows the work he did at Moore's Chapel Zion AME Church, installing a new ramp and platform for churchgoers.



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WELLNESS



Salisbury resident Shari Evans competed in the Walt Disney World Marathon Weekend in early January, running in five races and raising almost \$35,000 for the Pregnancy Support Center. (Sean Meyers photo)



Going the distance

*Shari Evans embarks on
wellness journey, fundraising
efforts through marathons*

BY SUSAN SHINN TURNER



Shari with all of her medals and her 'I Did It!' T-shirt. (Submitted photo)

Have you ever logged 200,000 steps in four days?
Shari Evans did just that Jan. 6-9 during the Dopey Challenge at Disney World.

Evans, 55, and her husband John, a runner throughout their nearly 26-year marriage, completed a 5K, 10K, half marathon, and a full marathon for a total of 48.6 miles over the course of the event.

Whew!

“It was so much fun,” Evans says. “It really was.”

Evans’ wellness journey started in 2020 during the pandemic, when she began to evaluate her lifestyle choices.

“I’ve been overweight all my life and I’m a stress eater,” she says.

With the help of the Optavia diet, she lost 80 pounds between November 2020 and July 2021.



*Shari Evans goes
for a run.
(Sean Meyers photo)*



“I’ve always been a confident person,” she says. “I’ve never been self-conscious about my weight. But I didn’t have the energy to do the things I really wanted to do. I’m in the fourth quarter of my life and I’m happy with my weight. I don’t look at the numbers. I look at how I feel, and I feel better than I have in years and years.”

Evans is down 12 dress sizes and relies on thrift shops for a lot of her fashions these days. She also thinks about what she needs to be eating versus what she wants to eat.

At the beginning of 2021, she and her husband started training for the Disney marathon — until John Evans decided to take on the Dopey Challenge.

“You can just do the marathon,” he told her, not unkindly.

Shari’s husband John, a longtime runner, ran every step of training and every step of the races with her.
(Submitted photo)

Oh no.

“If you’re doing the Dopey Challenge, I’m doing the Dopey Challenge,” Evans told him.

They signed up for the race as soon as registration opened up, using three computers and repeatedly hitting the “refresh” button. They had a training plan to follow and they followed it. They started training by running every other weekend. They’d do a long run every Saturday and every other Sunday.

“You had to get used to doing long runs on two consecutive days,” Evans says.

Not only that, but they had to get up and run at the time before the races were to start. They knew they’d have to be on the bus at Disney by 2:30 a.m. Ugh.



Left: Shari after Run the South 10K last summer. Right: A before photo of Shari Evans. (Submitted photos)

They parked at the Pregnancy Support Center, where Evans serves as executive director, and ran a six- to eight-mile loop through the country club area, repeating it as they progressed.

The goal, she says, was to stay in front of the infamous Balloon Ladies, runners carrying Disney balloons who ran at a 16-mile pace. If you couldn't keep up, you'd be escorted to the parade bus and driven to the finish line. (There's always a dark side to Disney stories, you know.)

The couple decided to use the walk-run method popularized by Jeff Galloway. For every mile you run, you walk 1/10 of a mile. So in the marathon, they walked a total of two miles, and kept a 15-minute pace.

"I just wanted to finish ahead of the Balloon Ladies!" Evans says, laughing.

In training and during the races, her husband — even though he's a faster runner — was with her every step of the way.

Evans says she found all sorts of spiritual parallels between her life and running.

"I don't think God created us to do life alone," she says. "Having someone beside me made all the difference."

Before long, Evans decided she needed more motivation. Why not raise money for the Pregnancy Support Center, which is in the process of changing its name to Life Choices Rowan. It seemed like a natural fit for Evans.

"I didn't get where I am with one choice," she says. "We make different life choices. We want our local youth to make healthy life choices and thrive."

When the magazine went to press, Evans had raised almost \$35,000 for her organization's operating budget.

"God is able to do immeasurably more than what we can ask or imagine," Evans says. "For years, I sold myself short. That is the thing I have taken from this experience. We have within all of us this God-instilled ability to do more than we imagine if we just take that first step."

If someone thinks, "I don't really know if I can go do something like that," her answer is, "You can."



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Shari at the Walk for Life event in October. (Submitted photo)




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The couple has two children, Grant, 25, who works in human resources for Food Lion and Graysen, 22, a graduate of Appalachian State University.


The couple will continue to run.

“I want to be competitive in my age group for the shorter races,” Evans notes.

They ran in the Winter Flight 8K at the end of January, and are planning to run the Around the Crown 10K race in Charlotte — on a closed-down I-277, no less! — in September. They’ll also likely select a couple of half marathons from the Coastal Race series, and sign up for a marathon. She will also continue exercising, taking her vitamins, and maintaining a good weight, she says.

Never give up, she says. “The most important thing is making progress. It’s progress over perfection. It’s just about taking that one more step. And another. And another.

“It feels good. If I can do it, anybody can.”

You can learn more about Shari’s experience on her Facebook page by searching Shari Shockey Evans. 

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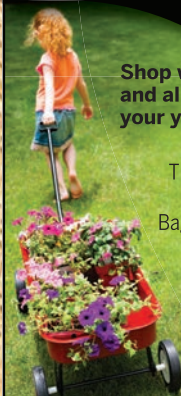
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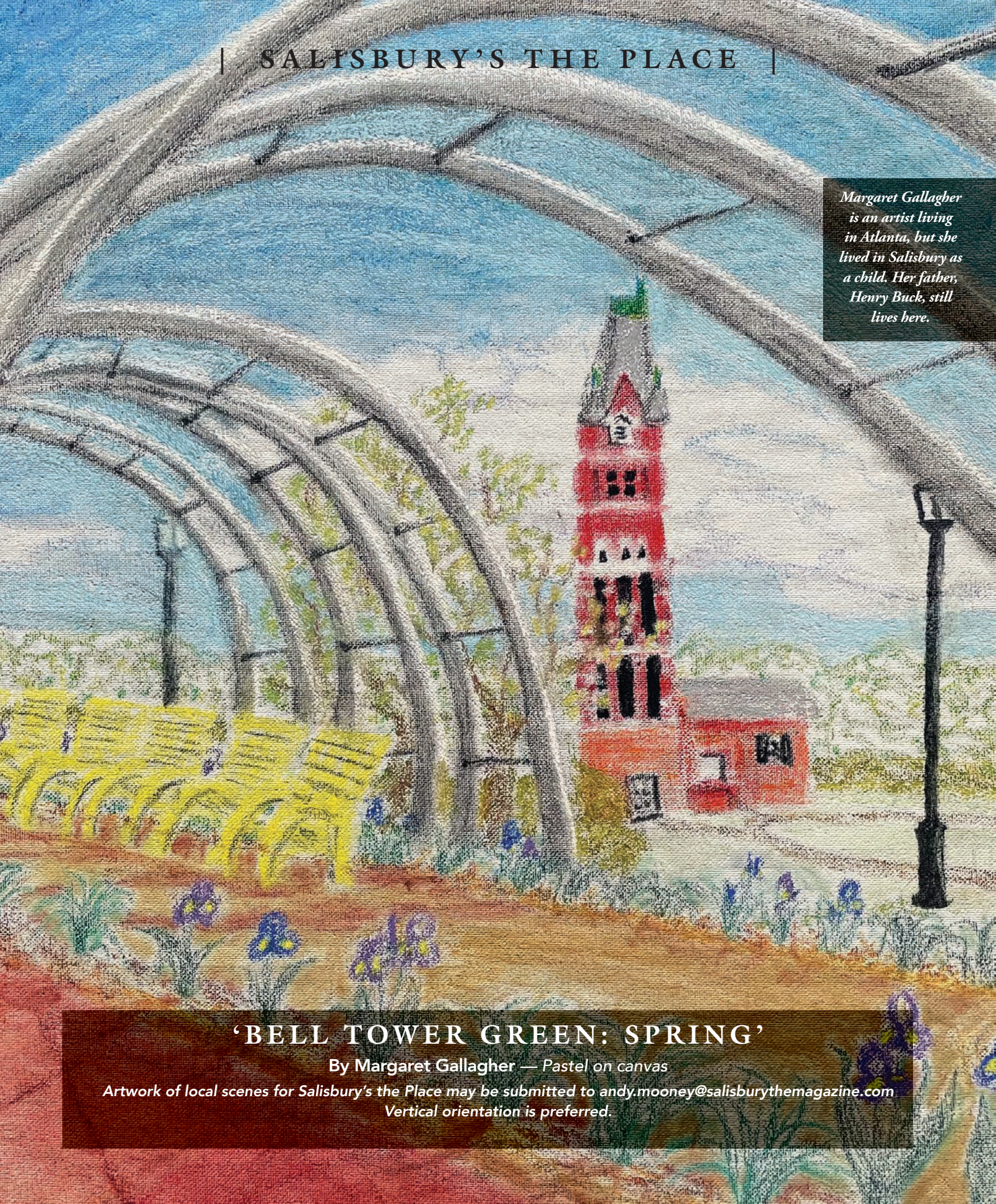
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Margaret Gallagher is an artist living in Atlanta, but she lived in Salisbury as a child. Her father, Henry Buck, still lives here.



‘BELL TOWER GREEN: SPRING’

By Margaret Gallagher — *Pastel on canvas*

Artwork of local scenes for Salisbury's the Place may be submitted to andy.mooney@salisburythemagazine.com
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