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FEATURES

20 SENIOR SPOT

Ruffy-Holmes provides
a range of activities

30 NATURE'S COURSE

Hiking group
hits the trails

38 CUSTOMER SERVICE

McLaughlin's is
a community staple



On the cover: From left: Shirley McLaughlin, Harry McLaughlin and John McLaughlin pose for a photo in McLaughlin's Grocery. On this page: Kevin Rice chalks up his pool stick prior to making a shot at Ruffy-Holmes Senior Center's billiards room. (Sean Meyers photos)



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DEPARTMENTS



THE ARTS
14 Garbage to greatness

Carolina Artists create treasures from trash

WELLNESS
48 Community Care

Clinic director has overseen dramatic success



IN EVERY ISSUE

- Editor's Letter** p.8 **Rowan Original** p.12
Through the Lens p.10 **Salisbury's the Place** p.58
Bookish p.11

INDEX OF ADVERTISERS

Ace Hardware of Rockwell 43	F&M Bank 25	Ralph Raker's Shoes 5	Stout Heating & Air 51
Bare Furniture 4	Godley's Garden Center 43	Ritchie's Steamway Carpet and Upholstery Cleaner 43	TMR Realty 52
Bargain Store Furniture Co. 43	Griffin, Cathy (Century 21) 7	Rowan Kannapolis ABC 53	Tom's Carpet Care 43
Barnhardt Jewelers 28	Hannold, Greg 17	Salisbury Digital Inside Back Cover	Trinity Oaks 27
Baxter's Consultants 43	Historic Salisbury Foundation 47	Salisbury the magazine 17	Windsor Gallery Jewelers 26
Blue Bay Seafood 29	Landis Plumbing Supply, Inc. 53	Sink Farm Equipment 9	Yatawara Gynecology, Wellness & Aesthetics 26
Cabarrus Eye Center 28	Lil' Shavers Wood Shop 51	Steven's Butcher Shop 52	Yates, Melissa (Lantern Realty) 53
Caskey, Mike 47	Powles Staton 2	Still Waters Restoration 43	
Cozart Lumber 43	Queen City Back Cover		

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First Meals on Wheels delivery experience a great one

When I spent the night recently with my best friend, Carol Everhart, she asked if I'd help her deliver Meals on Wheels. In all the years I've been writing about Meals on Wheels, I've never delivered them. And I've never said no to Carol.

We went to the Meals on Wheels building at 1307 Salisbury Ave. in Spencer and picked up our cooler. Carol had a list of names with detailed directions. All we had to do was input the addresses in her GPS. I drove Carol's car and she got out and delivered since she'd been on the route before. While she was doing that, I punched in the next address.

Volunteers always say how easy it is to deliver Meals on Wheels and how much fun they have. They're right. Carol and I delivered to eight locations on our route, and we were done in 40 minutes. Income doesn't matter. Meals on Wheels is for anyone who can't prepare their own meals. We delivered to neat, small homes out in the county, and we delivered to much larger homes in the country club neighborhood.

Executive Director Cindy Fink is this month's Rowan Original. She'd love to have you as a volunteer. Give her a buzz at 704-633-0352 or cfink@mowrowan.org.

I'd also like to introduce you to our new intern, Ella Jones. Ella is a sophomore at North Rowan High School, where she is student body president, and in February spearheaded a peaceful, student-led walkout. Currently ranked first in her class and an all-A student, she is a member of the volleyball and swim teams.

She works at Coco Java and babysits. The daughter of Kevin Jones — the North District school board representative — and Cybil



Jones, a physician's assistant with Salisbury Pediatrics, she is interested in studying political science and journalism.

Look for her byline in the magazine as well



Ella Jones is a sophomore at North Rowan High School, where she is student body president, top of her class, and member of the volleyball and swim teams. (Andy Mooney photo)

as the Post. Who knows? She may become the next Kristy Woodson Harvey, a former Post intern.

Or president of the United States.

Ella's debut story is about a recent Carolina Artists meeting with a theme of Trash to Treasure. Andy Mooney, our creative director and an accomplished artist and photographer in his own right, provides the photos. Welcome, Ella!

In Bookish, Deirdre Parker Smith reviews "Child," a memoir by Judy Goldman, a white woman raised by a Black woman in the South of the mid-20th century.

In Business, Maggie Blackwell has written about McLaughlin's Grocery, a business anchor in the Black community. Looking for mouth-watering, hand-cut meats and food you can't find elsewhere? McLaughlin's has it.

In Wellness, I sit down with Krista Woolly — who doesn't sit down much. She's celebrating her 10th year as executive director for Community Care Clinic.

I also wrote about Ruffy-Holmes Senior Center and its Outdoor Adventure Club. It's not my father's senior center. Daddy was a Ruffy-Holmes member for a while. He loved the chair yoga class because it helped his posture. One day, he was walking on the treadmill and the treadmill posted, "Speed up."

"I turned off the treadmill and came home," Daddy said at the time. True story.

Gail Hounshell, a member of the Outdoor Adventure Club, contributes a story she wrote for the Monday Memoir Class at Trinity Oaks.

Thanks as always to the fabulous Sean Meyers for photographing the Ruffy-Holmes stories and McLaughlin's.

Enjoy, and I'll see you next month!

— Susan Shinn Turner
Editor, Salisbury the Magazine



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THROUGH THE LENS by Ron Bellinghausen



Ron Bellinghausen captured a photo of jet contrails being illuminated by a bright moon at High Rock Lake.

To submit a photo for Through the Lens, send a high-resolution photo to andy.mooney@salisburythemagazine.com. Photos must be vertical orientation.

‘Child’: A testament to love’s power

Feel Mattie’s warm hand touch your cheek. Smell her chicken frying in the kitchen. Hear her soft voice and her laugh.

Judy Goldman has written “Child,” an unforgettable memoir of the Black woman who raised her, Mattie Culp, who lived with the family for decades in Rock Hill, S.C.

It speaks to the true meaning of love and family and it confronts often-unanswerable questions about race and divisions that will always exist.



Judy Goldman

Goldman bravely tackles these issues, and does it with a gentle hand and much love. But is that enough? She wonders how an employee, someone paid to take care of a family, can truly love that family. Is it a sense of obligation, of duty?

In the South of the 1920s and ‘30s, Mattie grew up knowing her place was to serve others; to love, but always be separate; to share, but always hold back; to build bridges and barriers and know when and how to use them.

Mattie cares deeply for Judy, protects her, feeds her, shares a room with her. In turn, young Judy shares her secret laughs and dreams with Mattie, her best friend.

Mattie is best friend to Goldman’s mother, Mrs. Peggy, a bright woman who keeps the books for her husband’s clothing store, The Smart Shop. She loved her children enough to see the goodness in Mattie, and trust her with their care.

“Child” speaks to the era — the ‘40s, ‘50s, ‘60s and beyond, when race relations in the South were little changed over the last hundred years.

“This book was always going to be about



“Child” by Judy Kurtz Goldman. University of South Carolina Press. 2022. Paperback, \$19.99.

A 2022 Katie Couric Must-Read New Book

all my brushes with racism,” Goldman says in a phone interview. “I didn’t march, but I was involved in it all the way through. I taught at the first integrated high school in Georgia, that was what the whole book was about.”

Her agent said, “I think the story is about you and Mattie.”

She was right — love lights all the pages, the pure love of a child, as well as the concerned love of someone acutely aware of the role race plays in our relationships, and in this world.

Goldman says she never felt any guilt about Mattie. “When I made that promise, over and over, ‘When you get old, I will take care of you,’ I believe I saw that as part two of the relationship, just as important as her taking care of me.”

When Mattie is in her last years, Goldman sees that Mattie needed to believe in herself, to take care of herself, with no one else’s help. She had to fail and triumph, clear hurdles and deal with setbacks.

What a delicate balance to hold. Never mind employment and race, but the balance we all hold with those we love. When do we step in, with love. When, with love, do we step back?

Here’s what Goldman remembers: “I only knew this: the way Mattie wrapped her head in a faded, flowered scarf before bed, the sureness of her body beside me, her soft and generous bosom, her soft and generous everything, her quiet hymns Jesusing me to sleep.”

Goldman expects different reactions to this book. “The reaction that scares me the most is the person whose family employed a Black maid in the ‘40s who is not exploring the unconscionable scaffolding on which those relationships were built and how I will handle it.

“I’m secure in what our relationship meant to both Mattie and me. It felt important for the book for me to look much further than that.”

Goldman is concerned that someone will misinterpret her perspective. “She was employed, paid to love me and she was paid to love me and she loved me. We need to explore all the parts of it.”

Goldman is 80. Mattie died in 2007. “Child” is a testament to the truth of their love for each other. Chapter after chapter will leave the reader feeling that love. It wasn’t an easy time in America, especially the South, but it is clear from the Dedication that Goldman sees Mattie as her cherished treasure: “For Mattie Culp: This book is because of you, But then, so much that is good about my life is because of you.”

Let “Child” speak to those deepest places in your heart. **S**

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

ROWAN ORIGINAL



*Rowan Meals on Wheels
Executive Director
Cindy Fink in her office.*

| Q & A |

Delivering the goods

*Meals on Wheels Executive Director Cindy Fink
is passionate about serving seniors*

WRITTEN BY SUSAN SHINN TURNER | PHOTOGRAPHY BY WAYNE HINSHAW

You're a native of Rowan County.

What brought you back home?

I was looking for a job where I would live closer to my dad, Ken Fink, who is 91 and still lives in Salisbury.

How did you get interested in the job with Meals on Wheels?

I had reached out to Meals on Wheels about a fund development job they posted during the summer of 2016.

I let them know that I would be living with my dad as of October while looking for a job. When I moved back to Salisbury, they invited me to join the board of directors. I was interested in the home-delivered meals program because my mother, the late Margy Fink, had been the Child Nutrition Director for Salisbury City Schools and she was passionate about providing nutritious meals for children during school and with the summer feeding program.

From 1998 to 2009, I worked with seniors, gave Senior Safety Programs, and provided pharmacy services in senior living communities. I became passionate about serving seniors. Seniors deserve our respect and assistance in getting the resources they need to have a superior quality of life in their later years.

What have you learned during the past five years as executive director?

It has been gratifying to see our efforts come to fruition. I learned that with an amazing staff, supportive board of directors and a caring, generous community, small nonprofits can make a big impact. Focusing on our mission and using our strategic plan as a guide keeps our organization on the path to success. Acknowledging our donors and providing full financial transparency makes our organization a trusted partner in the community.

What misconceptions might people have about Meals on Wheels?

A: Many people think that meals are free and the government pays for meals. We receive an allocation from the Federal Government through the Older American's Act. The state and county match a small percentage of the funds. This year

we received \$62,000 which is enough to provide one year of meals to 27 of our 245 weekday participants.

Some people think that Meals on Wheels is only for those who are food insecure or needy. We provide meals to seniors over 60 years old who are homebound, cannot prepare their own meals, and need nutrition support.

Participants with financial resources pay for their meal based on a sliding scale of income less necessary expenses.

Many folks think that delivering a meal is all we do. Our dedicated volunteers deliver a hot tray, cold tray and milk while inquiring as to the wellbeing of each participant. Volunteers



Fink helps Tom Strobl load meals into a van.

observe any changes in condition and safety or security issues.

One of the biggest concerns for our seniors is the lack of socialization and the increase in symptoms of depression. We are currently running a pilot project that uses a touch screen Claris Companion Tablet that we call "Charlie" to help increase socialization and mitigate symptoms of depression.

What are five words to describe Meals on Wheels?

Nutritious, responsive, volunteer-based, forward-thinking, value-added.

How else are you involved in the community?

I sing in the Chancel Choir at St. John's Lutheran and am active in the Salisbury Rotary Club. I also serve as the treasurer on the board

of directors of Rowan Partners in Education.

What are your interests away from work?

I love to play tennis, snow ski, garden and read. Recently I worked on the pit crew for a vintage racing team, and I may add that to my hobbies.

Tell me about being a house mother at a UNC sorority. (I am fascinated by this job!)

For five years, I had a "working sabbatical" at Kappa Kappa Gamma sorority.

My primary responsibilities were for the kitchen, housekeeping and landscaping staff, parking arrangements for the girls and for the facilities that included the 10,000-square-foot main house (that turned 100 years old during my tenure) and the 1,100-square-foot "study house" on the same property.

After I walked the houses and properly each day, I checked in with the chef, and paid any invoices for services or products like paper towels and toilet paper. You cannot imagine how many cases of toilet paper you go through in a sorority house.

In the mornings, when the girls were in class, I spent a lot of time in the yard, planting bulbs, pulling weeds, trimming shrubs, and keeping the porches dressed in hanging baskets of ferns and pots of colorful annuals.

During the afternoons, I left my apartment door open for the women to stop in and chat or ask questions, etc.

I do have some funny stories, and I have changed the names to protect my young friends. If you want a good laugh, ask me about the "Perpetually Clogged Toilet" or the "Radiator Man."

What are two things you always have in your fridge?

Duke's mayonnaise, for making almost anything, and apples, because they are snacks and dessert!

What advice would you give to a young Cindy Fink?

Wait at least one day before sending a questioning, negative, or important letter, response, or email.

THE ARTS

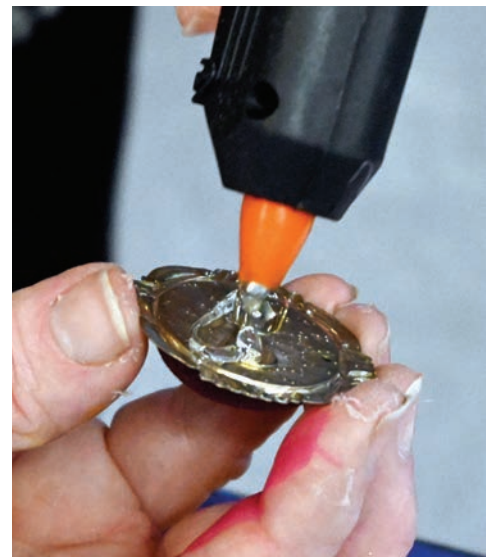


Mary Ellen Bennett shows some of the art she made during the "Art from Trash" workshop during the February meeting of the Carolina Artists.



Left: Connie Eads' finished piece.

Right: Hot glue is a common practice at the workshop.





Clyde dumps out a bag of rubbish onto a table.



Mary Ellen Bennett painted an onion bag for this piece.



‘It’s OK to be broken’

Carolina Artists create treasure from trash

WRITTEN BY ELLA JONES | PHOTOGRAPHY BY ANDY MOONEY



Andrea Brown works on a project during the meeting.

Striding over to a table, local artist Clyde unceremoniously dumps a bag of trash onto its surface. A ceramic mug falls to the floor and shatters. Clyde is unfazed.

“It’s OK to be broken,” he says.

The Carolina Artists is a group of about a dozen creative people which meets every third Thursday in The Pit at St. John’s Faith Center. They try out a wide array of art forms. They range from members who take art classes in their free time to Cherrathée Hager, who does many of the window art installations you may see downtown.

Mary Ellen Bennett, the artist leading the lesson at the Feb. 17 meeting, began making art as a form of expression after her son’s death.

“Because of what happened I now get very involved in what I am doing when it comes to art,” she says.

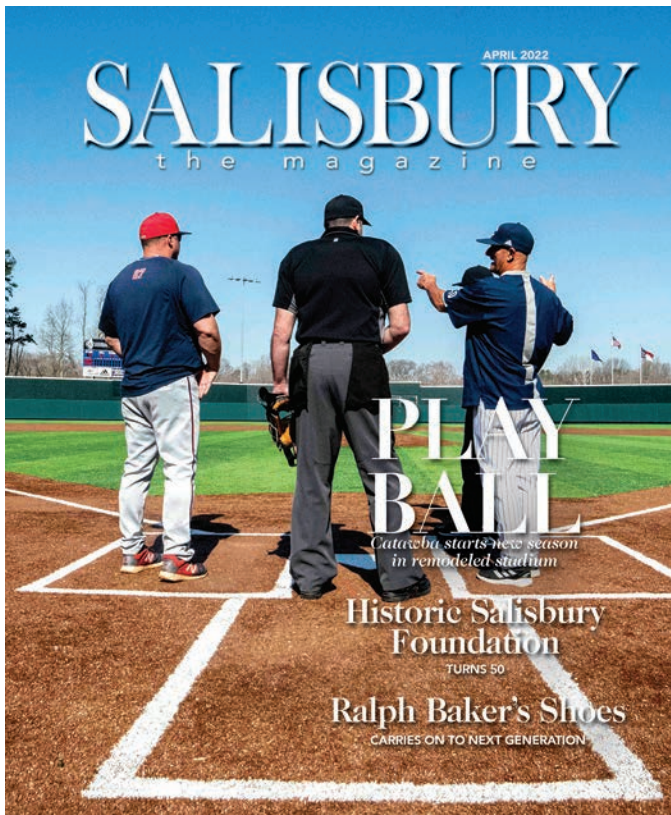
She happily refers to herself as a “mad scientist” when



Carolyn Blackman coats seashells in paint.

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THE ARTS



Above: Carolyn Blackman adds a finishing touch of pink leaves.

Left: Janet Payne's finished project.



it comes to her art, using items like thimbles, wire, baby oil, and even rubbing alcohol to put her emotions into something hands-on.

Bennett referenced taking multiple structured watercolor classes, but metallic paint in splatters is still her favorite material, showcasing the purposefulness in no ground rules and allowing the lack of envisioning to actually make the piece that much more powerful.

Connie Eads says, "I figure out what to bring but not what to do," in an attempt to allow herself to play around in an alternative format than the ones to which she typically comfortably conforms.

The art created within the Carolina Artists meetings is a beautiful demonstration of redefining misconceptions surrounding the thoughtfulness behind abstract art, showing that sometimes the most emotionally compelling pieces have developed meaning in the moment.

After Bennett's informal walkthrough, the artists break apart to different tables to begin their own creations, using broken pieces and harsh actions to make something captivating.

"This is not my normal but I like it," Janet Payne says.

Janet Isenhour is still doing her typical style, a collage, but allowing herself to try the new presented techniques and mediums on it by chopping up earrings to arrange on her semi-meticulous collage.

At the end of each meeting is a synopsis of one thing each individual learned, showing that the artists have acknowledged they produce the best outcome whenever they allow a sense of Impressionism within their element; breaking down the stigma that one person's "funky" metal wheels cannot be hot glued to another's pink feathers.

At the end of each meeting is a synopsis of one thing each individual learned, showing that the artists have acknowledged they produce the best outcome whenever they allow a sense of Impressionism within their element.

At the end of this meeting, artists had created a funky metal wheels hot glued with pink feathers and glitter; a picture frame with leaves attached; foam covered with thimbles, wires, and metallic paint, to name a few.

Definitely trash to treasure. **S**

Ella Jones is a sophomore at North Rowan High School and an intern for Salisbury the Magazine.

Andy Mooney, creative director for Salisbury the Magazine and himself a local artist, contributed to this story.



*Above: Andrea Brown displays her finished piece.
Below: Janet Isenhour applies color.*



*Connie Eads
adds texture
to her piece of
artwork.*



Below: Clyde and Mary Ellen Bennett discuss a project.



Rufy-Holmes Senior Center's billiards room is a popular place for the gentlemen.



***Above:** Rufy-Holmes Senior Center class participant Donna Morrison's finished stained glass project rests in the window. **Right:** Rufy-Holmes Senior Center class participant Ann Pruett grinds a piece of stained glass in a covered grinder during one of the 8-week course classes. **Opposite:** Rachel Goodnight used a template to help with her stained glass projects.*





'the happening
PLACE'

Rufty-Holmes Senior Center
is a hive of activity

WRITTEN BY SUSAN SHINN TURNER

PHOTOGRAPHY BY SEAN MEYERS



Above: Diana Anderson works on stained glass project. Below: Nan Buehrer is Rufty-Holmes Senior Center's executive director.

If you think Rufty-Holmes Senior Center is about Bingo and basketweaving, think again.

This place is hopping from 8 a.m. to 5 p.m. Monday-Friday. The billiards room is consistently full of “pool sharks,” either watching or playing.

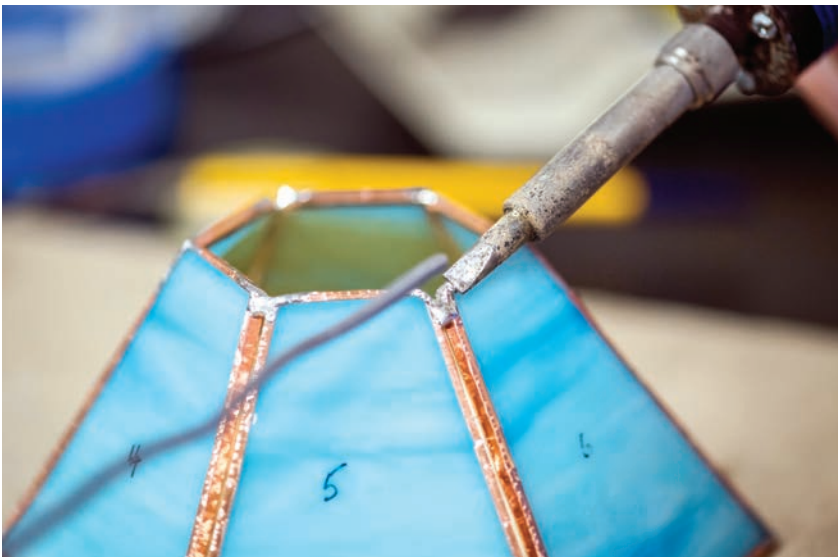
“It’s our smallest room but it’s the most popular,” says Tyler Kent, the center’s new marketing and media manager.

There are senior fitness programs which are reimbursed by insurance companies. There are specialty exercise classes such as tai chi, Jazzercise, and chair yoga. The center has a partnership with other local organizations, such as lap swimming through the Hurley Y, and works with local physical therapists for water therapy.

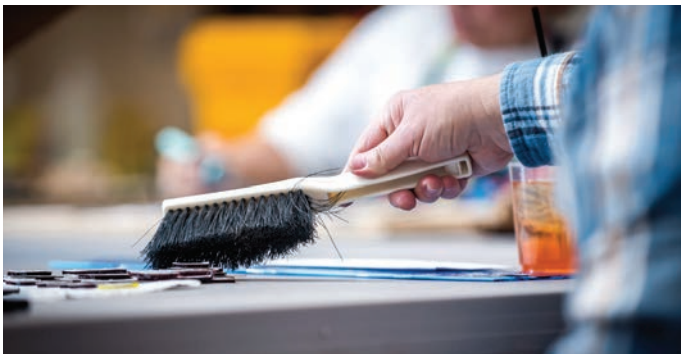
The center offers watercolor classes, stained-glass classes, and more.

“This is the happening place,” says Carolyn Byrd, a





***Clockwise from top:** From left, Rick Sanders, Larry Leonard and Billy Ramer watch as Floyd Cuthbertson lines up a shot; Arden Haagenstad works on stained glass project of a Victorian house for his wife; a well-worn chalk cube rests on the pool table; stained glass lamp shade gets soldered.*



Clockwise from top: Rick Sanders lines up a shot as Larry Leonard looks on; Jerry Marvin holds a photograph of former and current pool room buddies; Jerry Shepardson sweeps away pieces of stained glass; Darrell Blackwelder works on stained glass project.

WE'RE FLIPPING OUT!

We've always known Steve Fisher is the best, but the F&M Bank family is thrilled that he's been recognized for the second consecutive year by the **Charlotte Business Journal** as one of the area's **"Most Admired CEOs."**

We couldn't agree more. He leads by example, inspiring every employee with his commitment to service and community growth and support. We wish every company had a CEO like Steve (but we're keeping him to ourselves!)

Congratulations to Steve Fisher!



A Tradition for Life



Steve Fisher and Lori Huie at the Boys & Girls Club of Cabarrus County Pancake Day, a fundraising tradition in Concord for over 60 years.

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Clockwise from bottom left, Jenny Collins, Darrell Blackwelder, Carolyn Byrd and Carol Shimmel work on their stained glass projects.

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new stained-glass class student who's just completing her first project — a bird, what else?

And yes, Bingo is wildly popular.

Pre-COVID, the center completed 1,000 tax returns a year through AARP. Just reading the calendar makes you want to take a nap.

Best of all, membership is free.

Nan Buehrer, who joined the center five years ago as executive director, is only the second person in that position since Rick Eldridge started in the position the year Rufty-Holmes opened, in 1988.

The center serves clients ages 55 to 100, Buehrer says. Since the center's founding, needs have changed. Buehrer is tasked with making its footprint more efficient.

"The population is aging," she notes. "There's more demand for services."

She continues, "We're all about helping someone be happy, healthy, and independent for as long as possible."

In 2021, the center logged 5,000 unduplicated visits.

"We serve all of Rowan County's older adults," Buehrer says. "It's constant education."

Along with offering classes, the center has a lunch program which is huge, with six locations through the county, along with a family caregiver support program. A Hispanic lunch program started in March, and meets the second and fourth Wednesday of each month.

Buehrer loves the center's diverse membership.

"Age doesn't discriminate when it comes to your body's aging," she says.

Each year, the center sends out letters for its annual fund, and donors and members have the opportunity to make a donation to support fellow members. There are scholarships available to pay any specialty class fees.

"We do not turn anyone away," Buehrer says.

On the day of our visit, the center was planning a leisure trip to Charleston in May. The center often offers outings to plays at Piedmont Players Theatre and Lee Street Theatre.

"There is a price point for everyone to take a leisure trip," Bueh-

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Becky Russell looks over her finished stained glass project.

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rer points out.

The center also offers a place for local organizations to meet — TOPS, the Doll Society, the quilters guild, and local retiree groups, included.

Kent and Buehrer agree that the center's biggest challenge is its name — it's not Rufty-Homes, and it's not a retirement center.

That all goes back to education, they say.

"Rufty-Holmes Senior Center needs to become one more jewel in the crown of Salisbury," Buehrer says.

"We really are a hidden jewel in this community," Kent says.

"We're the one-stop shop for aging resources," Buehrer adds. "It's very fulfilling to work here."

Kent's father died of Alzheimer's and he didn't know about all the services available to families.

"How many people out there don't know?" he asks.

"We're constantly evolving to meet the needs," Buehrer says.

"We have a responsibility to the community to pay attention to senior needs." **S**

ABOUT THAT NAME

According to the center's web site, The Henry E. Rufty – Haden C. Holmes Senior Center was the result of a community-wide campaign to raise funds to construct the center in 1987.

More than 2,000 local citizens donated monies for its construction and furnishings, including two large gifts from Archie and Frances Rufty and the James F. Hurley family.

The center is named after Archie Rufty's father, Henry E. Rufty; and Jim, Gordon and Haden Hurley's maternal grandfather, Haden C. Holmes.

Both men served the Salisbury-Rowan community in local government during their lives. Rufty was a former Rowan County manager, and Holmes a former city manager for Salisbury.

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trail
KICKS

Rufty-Holmes Outdoor Adventure
Club gets joy from nature

PHOTOGRAPHY BY SEAN MEYERS



***Clockwise from top:** Carolyn Glasgow leads Chris Kyles and Nancy Boyd along the trail during a hiking excursion with the Ruffy-Holmes Senior Center's Outdoor Adventure Club along the Lake Shore trail at Lake Norman State Park in Troutman; a trail marker signals the route; hiking poles come in handy during a the excursion.*



***Above:** Angie Smith is ready for the cold weather hike. **Below:** Gary and Janet Rash make their way along the trail during a hiking excursion with the Ruffy-Holmes Senior Center's Outdoor Adventure Club.*



If you are over 50 and looking for some fellowship in the great outdoors, the Outdoor Adventure Club is for you.

It's sponsored by Ruffy-Holmes Senior Center, and Janet Rash serves as the group's informal secretary, sending out emails each month before the hikes, held every fourth Friday (every third Friday in November and December).

"When I retired for a second time, I joined Ruffy-Holmes," Rash says. "I joined for the trips."

She also helps with senior tax preparation, and takes jazzercise classes. She plays pickleball at the Y.

"It's a real fellowship group," says Rash, 73.

At first, the club offered other outdoor events, she explains, but now has morphed into hiking.

"We always offer two options for a hike: more strenuous and longer, and less strenuous and shorter," Rash says.



Paula Herion, left, and Nancy Boyd make their way around Lake Norman during a hiking excursion.

Elbert Kluttz has served as trail leader since 2016. Kluttz, 82, took up hiking after he retired in 1998. He always takes the longer and more strenuous route.

He's probably the oldest member of the club, he says, but he's also the fastest. The day he was called about the club, you guessed it, he was out hiking. His daughter and son-in-law — he has three children, all hikers — are in the process of hiking the Appalachian Trail, and he was doing some hiking with them.

Kluttz likes the fact that the club is a congenial, diverse group. "And I just like to be outside," he adds.

Rash says the club has brought a lot of new members into the senior center.

"It's a safe place to go mingle," she says. "Bingo is huge there. There are watercolor and stained glass classes. Whatever your interest is, there are activities there."

— By Susan Shinn Turner



The agony and ecstasy of walking and hiking

In the spring of 2021, after a difficult January and the anniversary of my husband Trevor's death, I began to gradually increase the distance I was walking to 2½ or 3 miles, and I stayed in that range throughout the spring and early summer.

After the spring flowers faded, I longed for some different scenery, and decided to walk in some of our local parks. I revisited Hurley and City parks, and sections of the Salisbury Greenway. I explored some of the trails at Dan Nicholas Park, the recently refurbished Granite Lake Park, and the Fred and Alice Stanback Educational Forest and Nature Preserve (formerly Spencer Woods).

Someone mentioned the Salisbury Community Park on Hurley School Road; I was surprised that I had lived in Salisbury for years without knowing about this beautiful park with its paved path and lake.



by
**GAIL
HOUNSHELL**

I introduced a visiting friend to some of the parks, including the Fred Stanback Ecological Preserve behind Catawba College's Center for the Environment, and Tanglewood Park in Winston-Salem. We met friends and hiked trails in Rock Hill, S.C., a couple of times, too. One long weekend, she and I ventured further afield, to Dupont State Forest near Brevard, and hiked several miles in a long loop that included three waterfalls. That was our longest hike yet — 6 miles — and, hopefully, preparation for some hiking trips later in 2022.

As I was growing more aware of the number and variety of parks and greenways that we have in our county, I heard about a hiking group, the Outdoor Adventure Club, sponsored by Ruffy-Holmes Senior Center. I contacted a leader of the group in May; she added me to their email list and included a list of the group's completed and planned hikes for 2021, followed by a detailed description of the next month's hike. I procrastinated through the hot summer months but finally joined a hike of the Buffalo Creek Preserve trail near Mt. Pleasant in September.

Some members of the Outdoor Adventure Club have been hiking together since 2016 and are experienced and hardy hikers. One of the leaders is an 82-year-old man who keeps everyone on their toes with his speed and agility. The age range of the hikers appears to vary between 50 and 83, although two or three look a bit younger to me. The number of hikers also



varies, with smaller numbers during the hot summer and cold winter months and larger numbers during spring and fall. There were 13-19 on the four hikes I have attended.

The trails are marked, but rough, ranging from 3 to 5 miles, and from easy to moderate, with some strenuous sections, especially on trails that climb to views. Most of the trails are located within a couple of hours of Salisbury, and include familiar sites like Hanging Rock, Morrow Mountain, and Lake Norman.

In December of each year, a nearby hike is chosen to give time afterward to plan for the next year's hikes. In December 2021, we met at the China Grove Family House Restaurant after a hike in the Lake Corriher Wilderness Area. The leaders invited everyone to offer up hikes, and created a list, which was emailed to members. A few days before each hike, which is typically held on the fourth Friday of the month, a leader emails a description of the trail, e.g., trail has lots of roots, hike

Elbert Klutz, 82, is the trail leader for the group during a hiking excursion.





borders a lake, great views at the top); detailed directions to the trailhead; whether there are bathrooms at the trailhead (and where to stop nearby, if not); and the name of and directions to a nearby restaurant where hikers can choose to have lunch after the hike.

I have also been looking up the trails on a phone app I learned about called All Trails, which provides maps; descriptions of terrain, distance, and elevation; and reviews from other hikers. And — if you remember to start and stop recording — the app records and saves your hike.

After each hike, photos are gathered from members who took them and emailed to all; and are posted on Rufty-Holmes and Outdoor Adventure Club's Facebook pages.

In October 2021, we hiked a scenic, wooded trail with switchbacks on Morrow Mountain, and in November 2021, we hiked the Piedmont Trail in Greensboro, which borders Lake Brandt. The views of Lake Brandt are gorgeous, and I enjoy stopping to take photographs along the way when I am walking.




The group was moving at a pretty good clip, though, so I only slowed occasionally to snap a photo and rarely came to a complete stop. This was a mistake on this rough trail that was thick with roots. One moment I was walking slowly, taking a photo, and the next moment I was falling headlong, landing smack on my chin,

my toe caught on a root. I was shaken and had scraped my chin, but I was able to hike out.

I was thankful that I had not broken my chin or any teeth in the fall. I iced my chin for a few days to help with the swelling, then switched to heat to help my body reabsorb the blood. Lesson learned: Come to a complete stop to take photos!

Despite my fall, I have enjoyed each of the hikes I have hiked with the Outdoor Adventure Club. The other hikers have been welcoming and friendly, and I have enjoyed their company, along with the fall colors, the wonderful scenery, and the varied hiking trails. OK, I could do without the roots.

It is easy for me to get caught up in the busyness, drama, and boredom of my daily life. Hiking offers solitude, solace, and sustenance, and reminds me of the deep connection we have with nature, one another, and God. 

Gail Hounshell is a resident of Trinity Oaks. She wrote this piece for the monthly Monday Memoir Class.



Above: From left, back row: Lana Miller, Chris Kyles, Nancy Mott, Elbert Klutz, Kathy Mowery, Glen Albracht. Front row: Gary Rash, Susan Musselman, Janet Rash, Carolyn Glasgow, Angie Smith, Paula Herion, Nancy Boyd at the Lake Shore trail at Lake Norman State Park in Troutman. **Below:** Nancy Mott shares a moment with the group during an excursion. **Left:** Kathy Mowery leads the way.





Korean War veteran William Allen Jr. drove down from Mocksville to purchase goods from the store.



Left: The dial on a scale. Above: Big Ivan's Big Bone BBQ Sauce sits on a shelf at the store.

Customers wait to order at the butcher station.



community HUB

McLaughlin's Grocery pivots, listens to serve its customers

WRITTEN BY MAGGIE BLACKWELL | PHOTOGRAPHY BY SEAN MEYERS



Photographs and memorabilia hang above the checkout area.



McLaughlin's Grocery has been operating for more than 60 years in the West End neighborhood.

O

nly a handful of local family businesses have survived for more than 60 years, and McLaughlin's Grocery is one of them.

It's currently co-owned by Harry "Mac" McLaughlin, the third-generation owner and recently elected Salisbury city councilman. His partner is his uncle John McLaughlin, who ran the store for 58 years. John, his sister Shirley and brother Harry Sr. — Harry Mac's dad — helped their mother Ovella in the store on weekends and after school throughout their younger years. It's been a part of their lives as far back as they can remember.

McLaughlin's Grocery started in 1934 as Scott's Grocery, owned by James D. Scott, one of the eponyms of Kelsey-Scott Park in the West End. At that time the store was a wooden building with wooden floors.

Scott sold the store to Ovella in 1958. She had worked there since her husband's death and managed it when Scott was away.

John says at the time there were 21 meat-cutting operations in town, and McLaughlin's was the only Black-owned one.

The siblings remember those days fondly. Their mother worked 12 hours a day, six days a week. As their dinner cooked on the pot-bellied stove, customers would sometimes lift the lid and ask, "What's for dinner?"

Shirley says her happiest memory is her mom's success.

"Thinking back how good she was, how successful, how hard she worked — she was a whiz at math — we are proud of her."

Harry Sr. agrees.

"She was so smart and had more common sense than anyone I've ever known. We had two hot meals a day: a hot breakfast and hot dinner. She was a fantastic lady— very successful. She maintained a wonderful relationship with the community. Everybody liked her and she liked everybody."

Ovella taught her children to treat everyone with respect.

"Some of the people we called 'Mister,'" John says. "That may have been the only time they were referred to as 'Mister.'"

The culture of respect on the store was so pervasive, the siblings say, that once an out-of-towner used profane language and a regular customer told him, "Don't you talk that way in this store."



Harry McLaughlin works the butcher counter at the store.

CARRYING CREDIT

Ovella carried credit accounts just as Scott had before her. When credit customers made purchases, the family wrote them in the ledger. People came in every week to pay on their accounts. Harry Sr. recalls it was all based on trust and it worked out just fine.

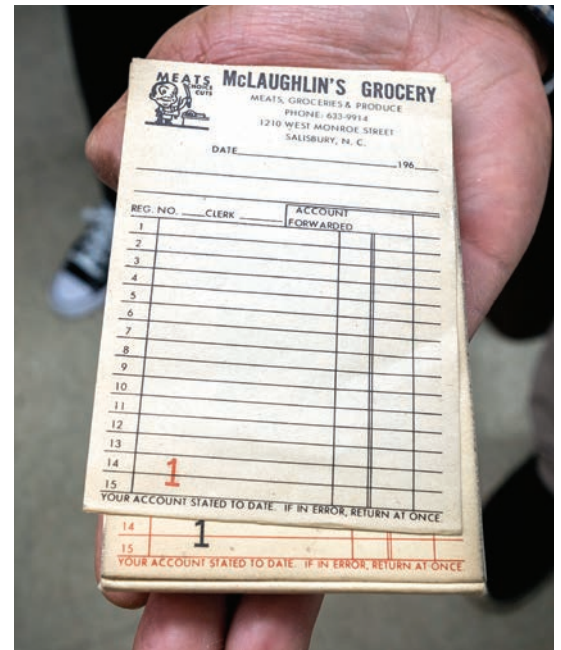
They warmly remember several credit customers. Maggie Leazer had an account for at least 60 years, starting when Scott owned the store up until her death at age 104.

Harry Sr. remembers Florence Johnson Harris, a teacher who retired and returned to school to be a nurse in her 60s. He says she struggled to enter nursing as a black woman. She lived into her 90s and visited the store for her daily RC Cola.

He recalls a white farmer named Eller, who'd fallen on hard times in the Depression. Scott gave him credit and allowed him to pay it off as he could. Ovella continued to carry the account. Eller was so grateful that he and his wife were loyal customers for more than 40 years. As his health failed, he called in his orders and they delivered to his farm until Eller's death.

THE NEW STORE

In 1961, S. T. Ross, a local Black contractor, built the current masonry building. They moved the old store to the back of the property, operating out of it during the week of



Harry McLaughlin holds an old receipt booklet from by-gone days.



Customers wait to order at the butcher station.

construction.

“Grading started at 7 Monday morning,” John beams, “and we opened the new store on Saturday.”

They recall other improvements over the years. Initially, John, Shirley, Harry, and their mother remembered all the prices, writing them on the paper bag to add them up. Later they used an adding machine. Today a cash register makes everything easier.

Many folks heated their homes with kerosene or coal, and the store sold both. John and Harry Sr. remember delivering coal and groceries on their bicycles. They sold Crown gas, too, via a gravity-fed pump. A little glass window had markings like a measuring cup to show how many gallons were dispensed. When the government required leakage insurance, it was no longer economical to sell gas. They removed the pump and filled the underground tanks with sand.

The store had a metal soda box cooled with ice. Trucks ran on dirt roads, and the bottles accumulated dirt. One Saturday job for the kids was to empty the Coke box, clean



Various knives and butcher utensils hang from the wall.

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*Shirley
McLaughlin shows
a photo from the
original Scott's
Grocery Store.*



*Left: The store
is a haven
for nostalgic
memorabilia
that was
available for
many years.*



*Right: Harry
McLaughlin
cuts some
pig's feet at
the butcher
counter.*



Clockwise from top: Among the popular items in the store are the Fufu plantain mix, Trofai palmnut concentrate and Wazobia Palmnut oil; old cash registers find their way to the storage area over the years; the original scale, used in the Scott's Grocery Store, sits idle on a shelf; a vintage sign hangs in the store; Harry McLaughlin works the butcher counter at the store.





Carrie Stevenson helps out regularly at the store.

it out and re-load it.

COMMUNITY HUB

“Being a community hub is 75 to 80 percent of the reason we’ve survived,” John says. “Especially in the winter, whether customers bought peanuts, a soda or tobacco, they weren’t stuck in the house during cold weather. We were a close-knit community and had a close relationship with everybody.”

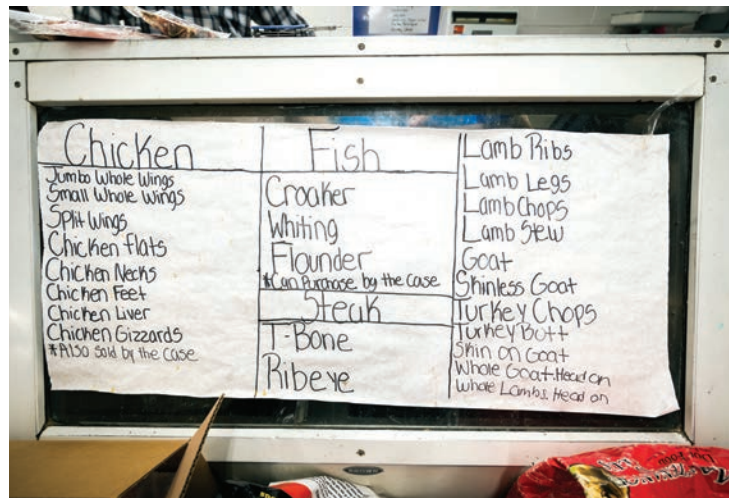
“We knew who was sick, who had passed, politics, medical issues, and plenty of gossip,” Shirley says, laughing. “Sometimes people would come by and not buy anything, but just hang out.”

The late police Sgt. Mark Hunter famously called it his headquarters and received calls there. At one point, crime increased in the area, affecting business. Hunter helped clean up the crime and the customer base returned.

Livingstone College has always been an influence on the store. Although students now get their essentials at big box stores, they drop in for emergency items or snacks. Kids come in for candy, and neighbors come by for a soda and conversation.

SPECIALTY MEATS

Custom meat is the legacy specialty at McLaughlin’s. To this day, you



Left: At one time, gas was available at the store. Right: A handmade menu sits in the store.

can have pig feet cut just the way you like them. The store offers luncheon meats not available anywhere else. There's hog jowl bacon, fatback and souse meat. They also offer oxtails, goat, lamb, cow skin, cow feet, pig tails, pig ears, pig feet and hog maul, smoked turkey wings and turkey neck. The quality of their steaks is legendary. Customers can call in an order and it will be ready when they arrive. They recently resumed delivery due to Covid.

The original cutting table still stands in the rear of the shop. Its concave center belies the decades of chopping on its surface. A blocksman used to visit to level it off, but as butcher shops have faded away, so have auxiliary trades like blocksmen and knife sharpeners. Harry Mac proudly shows the original saw used to cut hogs back in the day. Today, like most meat vendors, they use an electric meat slicer.

PIVOTING TO SURVIVE

Accommodating customers has always been a key part of store culture, and John credits the store's lasting success to their flexibility.

As competitors like Food Lion and Winn-Dixie opened, the family pivoted to remain competitive, opening on Sunday for two hours before going home to eat, change and get to church. At the time, stores weren't open on Sunday, and closed during the week by 6 p.m. McLaughlin's stayed open until 8 p.m., and 10 p.m. on Saturday. They stayed open for tardy shoppers, often not getting home until late at night. This accommodated working folk who didn't have banker's hours. The revenue from extra hours bridged the gap as new stores attracted more people.

"Those two hours on Sunday morning were good hours," John says. "Sunday was the only day some working people could come."

KINDNESS


Ovella led by example when it came to kindness. She and the children prepared Christmas baskets for those who weren't doing well. They always prepared food when someone died.

"A lady came by when she heard our mom had passed," Shirley says. "Mom had given her food when she didn't have any, and she never forgot. My mom didn't talk about what she did, she just did it."

GOING FORWARD

The store carries hard-to-find items that can't be found in other stores. Fufu, palm oil, hushpuppy mix and the afore-mentioned meat products are some of the unique offerings. You'd think an old store would be dusty, but to the contrary, jars gleam and you can smell soap in the air.

Shirley helped John at the store and when he retired, she told Harry Mac she'd help him get started. "It's been four years now," she says, "and the end is not in sight." Harry Mac says she's priceless, and there's no way he could pay her what she's worth.

He says he's trying to determine the next niche for the future. For now, he's ordering, stocking, selling, slicing meat — and listening to citizens' needs so he can serve them at the City Council level. As always, McLaughlin's is listening to the community. 



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Krista Woolly enters her 10th year as executive director of the Community Care Clinic of Rowan County.

‘God’s hands and feet’

Community Care Clinic executive director Krista Woolly has overseen radical success

WRITTEN BY SUSAN SHINN TURNER | PHOTOGRAPHY BY SEAN MEYERS



Krista Woolly, right, assists Dental Coordinator Debbie Hill, center, as Dr. Brett Leslie preps a patient for a dental procedure.

Krista Woolly is completely out of her comfort zone.

While she relishes discussing all of the accomplishments at the Community Care Clinic of the last decade, she loathes talking about herself.

Those associated with the clinic's executive director, however, say that its success comes directly from the top.

Community Care Clinic provides medical, dental, and prescription services for uninsured and underinsured adults in Rowan County over age 18.

Take a look at what Woolly, 57, has done in the 10 years since she's led the clinic:

- Assembled a talented and compassionate team; reworked positions to accommodate clinic needs and provided cross training across those positions.
- Shifted the clinic from prescribing medicine to a Lifestyle Medicine program.
- Employed and mentored 11 college grad-

uates during their gap year, all of whom have been accepted into medical, physicians assistant, dental or dental hygiene school.

- Attended Health Communities/Blue Cross and Blue Shield Leadership Academy, a two-year program, to strengthen non-profits and develop a strategic plan.
- Led a fully funded clinic renovation in 2019.
- In 2021, transitioned to a full-time (four days a week) dental service for the first time in the clinic's 26-year history.
- In July 2021, increased the poverty level to 250 percent below poverty level to provide access to care for more patients.
- Serves as vice chair for the N.C. Association of Free and Charitable Clinics.
- Is expanding prevention services and partnerships for patients.
- Is providing access to care for the growing Hispanic population.

'SHE MAKES THE MAGIC HAPPEN'

While Woolly may not want to talk about herself, clinic supporters are eager to share comments.

"She's the boss who makes the magic happen," says Dr. Amy Wilson, medical director, who just happens to walk into Woolly's office unannounced at this very moment. (Woolly immediately leaves, embarrassed.)

Wilson is followed by Larry Weems, chief clinic officer of Novant Health, whose comments are also unsolicited.

"This is a special clinic," he says. "To have a full-time physician is wonderful, but full-time dentistry is the holy grail."

Woolly says that a third chair was ordered in September and will hopefully arrive soon. Dr. Brett Leslie leads the dental team, which includes Dr. Mitch Siegel and Dr. Susan Muth. Lori Graeber is dental hygienist.

When the dental program started, patients

only had teeth pulled and had cavities filled. Now, the staff is able to offer a treatment plan, which includes preventative care of cleaning teeth — and saving them.

“We had one patient who is 46 and recently had their teeth cleaned for the first time,” Wilson says. “It is thrilling to offer this service.”

NEW RELATIONSHIPS

Ten years ago, the clinic had no real relationships with other nonprofit agencies. That changed when Woolly arrived. Now the clinic works regularly with the hospital, Rowan Helping Ministries, the health department, the Department of Social Services, and other local nonprofits.

Woolly, along with Kyna Grubb (executive director of Rowan Helping Ministries), founded Neighbor to Neighbor. It’s a group of local women, all of whom serve in leadership positions.

“We have no agenda and we don’t want one,” Woolly notes. “We solve problems big and small. We’re all safety net organizations.”

The women met for lunch together bimonthly before COVID, but hope to reconvene this spring. They email one another more frequently, which is when a lot of problems get solved quickly and efficiently.

Speaking of COVID, Woolly is extremely proud of the fact that the clinic never missed a beat in the past two years. She still has the same staff she did pre-pandemic.

“We worked straight through,” she says. “We were deemed essential workers. We have a dedicated team and family.”

Wilson, medical director since December 2017, recently received certification in Lifestyle Medicine. This program takes into account exercise, sleep, the amount of water you drink, the amount of fruits and vegetables you eat, your stress level, mindfulness, and relationships.

“You can’t work on prevention and wellness until you address basic health needs,” Woolly points out.

Now that the clinic has done that, Wilson and others can take on a more holistic approach to caring for patients.



From left, Caroline Parrott, DeAnna Turner and Krista Woolly share a moment during a recent morning at work.

“She’s remarkably faithful and dependable. Ask her to do something, and there’s absolutely no way it won’t get done. No way.”

— THE REV. DR. RHODES WOOLLY

RENOVATIONS

Woolly is married to the Rev. Dr. Rhodes Woolly, senior pastor of St. John’s Lutheran Church. She chuckles at the fact that his father, the late Rev. Dr. Don Woolly, was known as a “building pastor,” and in fact, St. John’s is just wrapping up a large-scale renovation of its sanctuary after completing a new building in 2015.

Likewise, Fisher Realty renovated the clinic in 2018-19. The clinic has new floors, new paint, new LED lights, and a central front desk.

“We have increased safety and efficiency and we’re more environmentally friendly,” she notes.

Woolly says of Luke Fisher, “He was fabulous

to work with. There was not one hitch.”

When the clinic received extra funds to expand its dental program, Fisher and his group returned during Christmas 2021, and renovated the dental clinic in three weeks. Again, Woolly says, it went off without a hitch.

Now if they can just get that chair in ...

STRATEGIC PLAN

One of the first things Woolly did after she became executive director was to develop a strategic plan.

“I wanted to know best practices for a nonprofit,” says Woolly, who led an outpatient physical therapy clinic in Winchester, Va., before moving with her family to Salisbury in 2009.

“We use our strategic plan all the time,” she says. “It doesn’t just sit on the shelf. We look at internal practices, external practices, and sustainability.”

Woolly is proud of the fact that 100 percent of the clinic’s board members are donors. For funding, she aims for 50 percent to come from grants and 50 percent from individuals. And for

every \$1 that's donated, the clinic provides \$8 in services. The late Paul Fisher, CEO emeritus of F&M Bank, loved to say that was an excellent investment.

A HELPER

Likewise, Woolly loved her work in Virginia.

"I really just like helping people," she says. "It was a great marriage of helping people without worrying about getting paid for insurance."

Woolly considered going to medical school before she and her husband started their family. Their children are Carter, 26, who works for George Mason University in Washington, D.C.; Matt, 24, a middle-school math teacher in Denver, Colorado; and Anna Grace, 20, a sophomore at Appalachian State University.

The couple will be married 30 years on May 16. They're planning a trip to Denver to see Matt, and her husband plans to attend a festival

of homiletics. Romantic, no?

Speaking of preaching, that was the whole reason the family came to Salisbury. Rhodes Woolly took the call at St. John's, so Woolly took 11 months to get her family settled.

She served on the Community Clinic Board for two years at Brenda Goodman's behest, and was hired by the board soon after. At first, she worked while the kids were in school, but it soon became a full-time job.

COVID has been by far the greatest challenge of her tenure.

"We can't work from home," she says. "We lived into it pretty quickly because we had to. If we didn't see our patients, who would? We were it."

Wilson saw patients via telemedicine. The clinic added a roof to the porch to deliver medications in the parking lot.

"We did COVID tests out there forever,"

Woolly recalls. "The front porch became a treatment room."

'GOD'S HANDS AND FEET'

Why does she do what she does?

"As a Christian, you wake up and you think, 'I hope my day is filled with being God's hands and feet,'" Woolly says, "and I get paid to do that. It's a great combination of being in the medical profession and meeting people where they are. I feel humbled, honored, and proud to do that every day."

When she's not at work, Woolly enjoys doing yard work, working out at the Y, going out with friends, walking downtown with her husband to eat or walking together at Catawba's nature preserve. Now that they're empty-nesters, they travel to visit their children instead of ferrying them to their sporting events.



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OTHERS' VOICES

Everyone, it seems, knows about the clinic these days. And that was Woolly's goal from the beginning.

"Krista has done a great job at the Community Care clinic for many years," says Fred Stanback, whose family is a longtime clinic supporter. "But the most impressive thing I have seen her do is the Mission of Mercy Dental Clinic she spearheaded a few years ago (2013, 2015, 2017). This did an amazing amount of good for people who were really hurting. Many people participated in the two-day clinics, but Krista had a lot to do with its success.

"She is a most valuable citizen of our community."

Dr. Brett Henson is current board co-chair with Fran Misner.

"I just love working with Krista through my volunteer work at the clinic and on the board," says Henson, a Salisbury endodontist. "She is



Krista Woolly chats with office manager Deborah Bailey.

the epitome of a leader. During the past 10 years, she's put the clinic in an extremely strong position.

"Other clinics look to what we do here in Rowan County and push their clinics to the next level, because that's what we've done here."

Spring is such a Great Time to Buy or Sell Your Home! We are Here to Help!

 A real estate advertisement for TMR Realty, Inc. The top half features a green and white floral border with the text "Spring is such a Great Time to Buy or Sell Your Home! We are Here to Help!". Below this, there are eight circular headshots of real estate agents, each with their name and contact information. The agents are: Mechelle Kuld, Monica Roane, Shellie Stubbs, Tara Wood, Teresa Rufty (with email teresa@tmrrealtyinc.com), Jill Dickson, Janet Edwards, Jason Shrader, and Landen Cavin. The bottom section features the TMR Realty, Inc. logo, the name "Teresa Rufty, Owner, Broker In Charge", and her contact information: Office: 704.245.6184 • Mobile: 704.433.2582, 131 E. Innes St., Suite 305, Salisbury, NC 28144, www.tmrrealtyinc.com. On the right side of the bottom section, there is a "2021 ROCCO gold" award logo from Salisbury Post, with "FINALIST" written below it.

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 An advertisement for Steven's Country Store & Butcher Shop. The top part features a red and white checkered border with a rooster illustration and the store's name in a stylized font. Below the name is the address "15725 Mooresville Road". The middle section has a pink and white background with the text "Visit our Butcher Shop for your Mother's Day Cookout! Ribeye's, filets, hamburger, and all beef hotdogs." followed by a decorative "Happy MOTHER'S DAY" graphic. To the right of this graphic is the text "Seasonal decor & Gift Baskets for Mom!". The bottom section has a pink background with the address "15725 Mooresville Road, Mooresville, NC", the phone number "704-660-0971", and the hours "Monday-Friday 8am-5pm • Saturday 8am-4pm". A small Facebook icon is visible in the bottom right corner.

“Her love of the clinic shines through in all she does,” says Jennifer Flynn, a Salisbury attorney and former board member. “She is a compassionate, extremely proficient executive director — she always puts the best interests of the clinic first. She stays abreast of what is going on with other clinics, pursues continuing education for her and her staff, seeks new offerings for the clinic, and explores new grant opportunities and fundraising ideas. Her business instincts are right on and she can manage a budget well and squeeze the most out of a dollar. She sees the merit in both short- and long-term strategic planning, and wears the visionary hat well. Her integrity guides what she does.

“Krista is an inspirational leader for her staff, treating them with respect and encouraging them to be all they can be. Krista is a strong communicator — you will always know where

she stands — doing so in a professional, collegial manner.”

As reticent as Woolly may be about talking about herself, Teen Aron, the clinic’s communications and development director, is the exact opposite when discussing her boss.

“Did she tell you she does Meals on Wheels on Fridays? Did she tell you she teaches a Sunday school class? Did she tell you she visits her mom once a month?”

Woolly, Aron says, is part of the new breed of pastors’ spouses, blazing her own path while still being an active part of her St. John’s family.

“She’s always upbeat,” Aron says. “She only wants to bring out the best in us. She has a servant’s heart and instills it in us. She works with the board to make sure the staff is well taken care of. And I don’t mean just money. They’ve brought in lunch for us. That’s been particularly important this year. She is everything you

would ever want, plus she’s the ‘First Lady of St. John’s.’”

Her husband agrees.

“Krista looks through the lens of serving others,” Rhodes Woolly says. “Rarely a day goes by that she’s not helping someone — and I’m not talking about her work at the clinic. In many respects, it’s her hobby — the way she enjoys spending her free time.

“She’s remarkably faithful and dependable. Ask her to do something, and there’s absolutely no way it won’t get done. No way.”

Mike Fuller, a retired pharmacist who still volunteers at the clinic, recalls being on the board with Woolly before she was offered her current role. Fuller says he’s delighted to fill in for Cathy Teat, full-time pharmacist.

“Krista has taken the clinic light years from where I imagined,” he says. “She has taken the concept and run with it.” **S**

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THE SCENE



Sidewalk Deli owner Rick Anderson and his friend Kristy Woodson Harvey at the launch party. (Deirdre Parker Smith photo).



From left, Kristy Woodson Harvey, Salisbury Mayor Karen Alexander, Paul Woodson, former mayor and Kristy's father; and Beth Woodson, Kristy's mother, at the launch of Kristy's new book, 'The Wedding Veil' on March 29 at the home of Bill and Shari Graham. (Nancy Shirley photo).

Kristy Woodson Harvey book launch party

Fans of Kristy Woodson Harvey came from near and far as Bill and Shari Graham graciously opened their home for a book launch party on March 29. 'The Wedding Veil,' Harvey's first foray into historical fiction, tells the story of a wedding veil passed down through generations. It also includes the story of the Vanderbilt family. What could be a more winning combination? Congratulations, Kristy!



Kristy Woodson Harvey fans Megan Smith and Kathy Leasure with Harvey's new book about the Vanderbilts. (Deirdre Parker Smith photo)



From left: Jessica Williams, Cristina Frost, Melissa Steele-Matovu, Kristy Woodson Harvey, Madison Donohue, Zoie Horecny and Elise Piambo. (Nancy Shirley photo)



Author Kristy Woodson Harvey poses with fans of her books at the launch party. (Deirdre Parker Smith photo)



Brenda Wood with Paul Woodson, Kristy Woodson Harvey's father, and former Salisbury mayor. (Deirdre Parker Smith photo)



Members of the Peripatetic Book Reviewers, Trudy Thompson and Mimi Carlton. (Deirdre Parker Smith photo)



Kristy Woodson Harvey speaks to fans gathered at Bill and Shari Graham's home for the launch of Kristy's new book, 'The Wedding Veil.' (Nancy Shirley photo)



Alissa Redmond, owner of South Main Book Co. in Salisbury, and her assistant Hannah Addair at the launch of Kristy Woodson Harvey's new book. (Nancy Shirley photo)



From left, Dr. Ozzie Reynolds, Luke Fisher and Jake Alexander Jr., three of the few men at the launch party for Kristy Woodson Harvey's new book. (Deirdre Parker Smith photo)

Kristy Woodson Harvey and Sylvia Leonartaritis, who has written a novel, 'Stealing Freedom,' at the launch party for Harvey's new book. (Deirdre Parker Smith photo)



Perennial party planners Hen Henderlite, left, and Shari Graham, right, flank author Kristy Woodson Harvey at her book launch. (Nancy Shirley photo)

THE SCENE



Distinguished Scouter Jack Kepley speaks on history of Scouting and personal reflections.



The 2021 District Leadership Awards presented by District Commissioner Dan Waggoner (at the podium). From left: Carolyn Rios, Pack 443; Dave Roof, Pack 443; Alana Rathbun, Pack 443; Jim Shepherd, Pack 306; Luther Lyerly, Pack 306; Garrett Frick, Troop 324; Scarlett Fleming, Troop 4328

Boy Scout Sapona District awards

The Sapona District of Boy Scouts of America's Central N.C. Council held its Centennial Banquet in February. Adult leaders as well as Scouts were honored. Dylan Harrington, Christian Stebe, and Sam Lisenby were recognized as Eagle Scouts, the highest honor in Scouting. Longtime Scout leader Jack Kepley was a featured speaker.

— Photos submitted by Henry Fairley IV



Henry Fairley IV, left, and Christian Stebe (green uniform) prepare for the opening flag ceremony.



From left: Eagle Scouts: Dylan Harrington, Christian Stebe, and Sam Lisenby



Retired District Chairman George Wilhelm accepts a service plaque from Current Chairman Tom Duncan, in the background.



Recipients of the Sapona Centennial Unit Awards. From left: Dave Roof, Pack 443; Sam Lisenby (accepting for Troop 443); Scarlett Fleming (accepting for her daughter Salem), Troop 4328; Jack Kepley, Troop 448; David Wilson, Troop 442; Justin Fisher, Troop 379



P.J. Ricks and Esther Adkins Smith at the Brady Author's Symposium luncheon.



Members of the Peripatetic Reviewers Book Club, who started the symposium in 1987, return each year for the event. This year's guest was Wilmington-area author Jason Mott.

Left, Stacy Peters, with Dr. Patrick Swaney, assistant professor of English and Writer-in-Residence at Catawba College, which hosts the Brady Author's Symposium.



Brady Author's Symposium

The Brady Author's Symposium returned to Catawba College in March. Members of the Peripatetic Reviewers Book Club started the popular event in 1987. The college has hosted a number of local, regional, and national authors over the years. This year's author was Jason Mott, the author of 'Hell of a Book,' reviewed recently in Salisbury the Magazine.

— Photos by Deindre Parker Smith



Maegan Worley, left, Director of Web Services at Catawba College, and Zia Dean, Associate Director of Creative Services, wait to have books signed by author Jason Mott.



At the table with author Jason Mott are Jane Brady Arnold, whose family established the Brady Author Symposium, her friend Sallie Iselin and Catawba President David P. Nelson.



Jay Dees talks with Jason Mott, author of the National Book Award Winner, 'Hell of a Book,' at Catawba College's Brady Author's Symposium March 17.

Rebecca and Beth Creekmore with Elizabeth Cook, retired editor of the Salisbury Post, at the March 17 luncheon for the Brady Author's Symposium featuring Jason Mott.



From left, Kit Davis, Sheila Prevette and Jewell Mayberry at the Brady Author's Symposium luncheon at Catawba College.



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