

SUMMER 2020

# SALISBURY

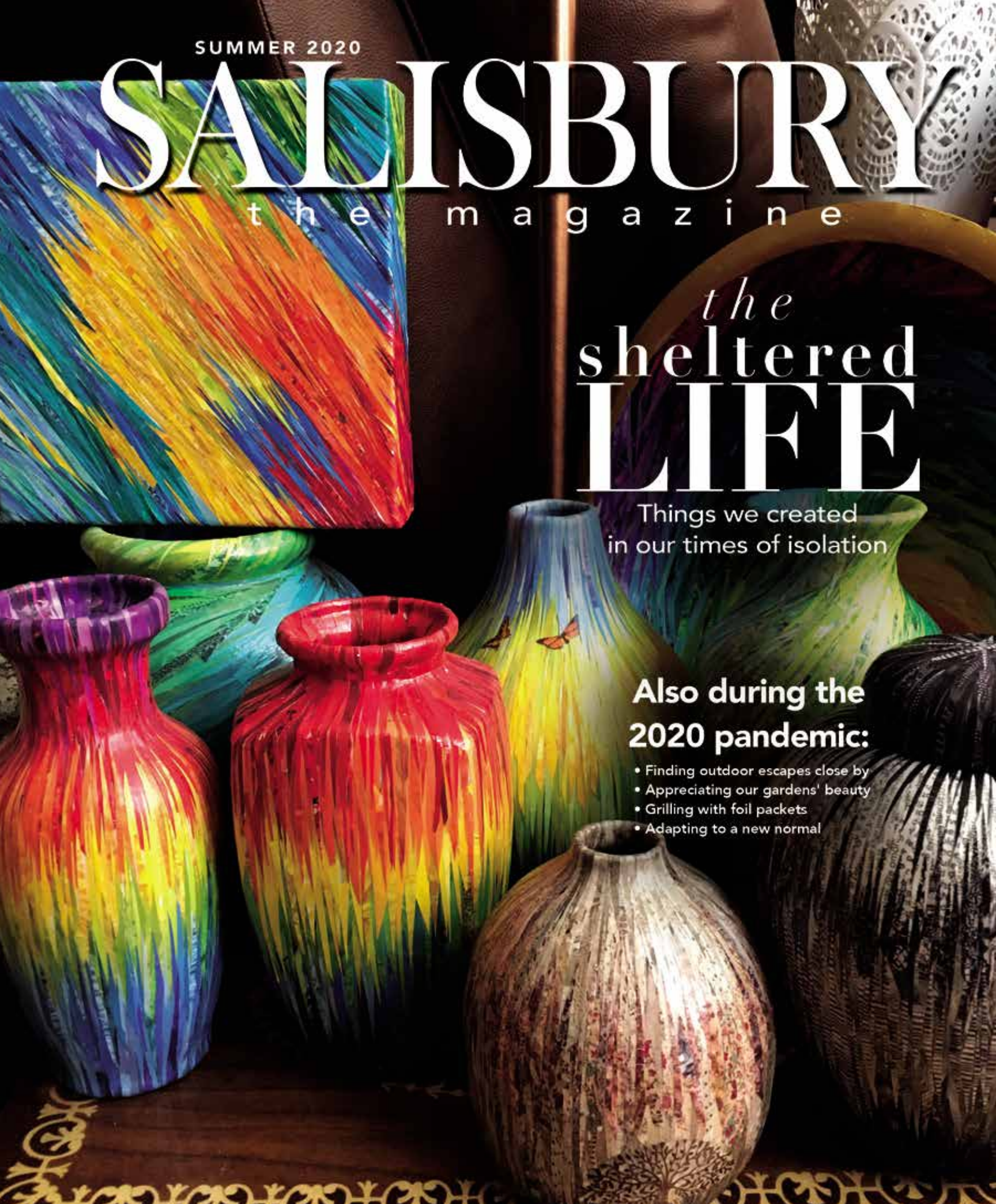
the magazine

*the*  
sheltered  
**LIFE**

Things we created  
in our times of isolation

**Also during the  
2020 pandemic:**

- Finding outdoor escapes close by
- Appreciating our gardens' beauty
- Grilling with foil packets
- Adapting to a new normal





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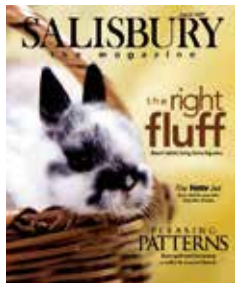
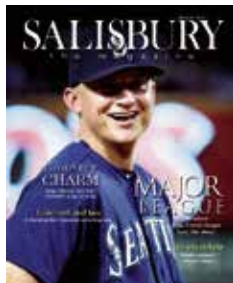
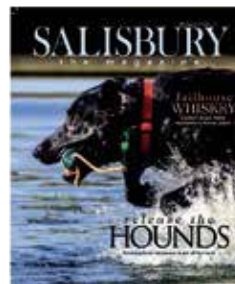
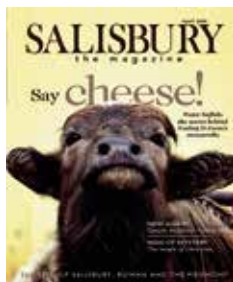
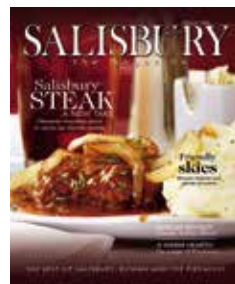
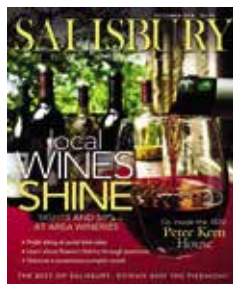
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# FEATURES

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*It's been a good time to rediscover  
Spencer Woods, Tom Smith Nature  
Exploratorium.*

by MARK WINEKA

*On the cover: Brenda Zimmerman uses a collage or découpage technique  
relying on small feathers of paper cut from magazine ads to cover various  
items — a hobby she pursued during stay-at-home orders.*

*On this page: Cindy Smith Bernhardt and her dog, Ollie, explore the trails  
at the Fred and Alice Stanback Educational Forest and Nature Preserve  
(Spencer Woods). Photo by Sean Meyers Photography*





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# *The pandemic brings an early Thanksgiving*

**T**he two turkeys in our freezer sat there like aces in the hole.

Who knows exactly when my wife bought them — probably during some grocery store sale running up to past holidays — but those birds gave me peace during the weeks we have been sheltered at home during the pandemic days of 2020.

Sure, we go to the grocery store whenever our supplies run out, but having the turkeys in reserve as a food source satisfied my survivalist instincts. They gave me as much comfort as having three extra rolls of toilet paper on the shelf.

It came to pass — early in May — that my wife and I just couldn't wait any longer. We had tired of pimento cheese sandwiches and soup, frozen pizzas and beer or bowls of cereal with blueberries.

On a weekend, I pulled out a turkey for thawing, and by Monday we were baking that baby to a golden brown. I noticed my wife had bought the young turkey for a ridiculously low price — a 12-plus-pounder for \$3.53 — so this was a bargain to boot.

We resisted doing all the typical dishes to go with our turkey. We merely had potatoes and onions on the side and some apple sauce. That evening, sitting in our recliners amid the constant glow of television, we enjoyed our personal Thanksgiving, one filled with gratitude.

Many heroic people have sacrificed to make it possible for us to stay at home and out of COVID-19's way. We often joke about not knowing what day it is because of the monotonous, forced isolation, but who are we kidding? We know we have it easy.

In fact, for many of us, the sheltered life turned into a period of self-appraisal, rediscovery, creativity, experimentation and appreciation for family, simple things and nature's beauty around us. We have dedicated this issue to those kinds of things.

You'll find a story about a couple of places that people rediscovered

during the pandemic — the Tom E. Smith Nature Exploratorium behind Horizons Unlimited and the Fred and Alice Stanback Educational Forest and Nature Preserve, often called Spencer Woods.

Photographer Sean Meyers hit the trails to provide the images for these now better-appreciated nature areas.

Many people took to their grills during their isolation, and contributing writer Kris Mueller tells how grillmaster and author Cyndi Allison uses foil packets to her advantage. It will take you back to your Scouting days.

In a quick Q&A as our Rowan Original, Pam Hylton Coffield, owner of Stitchin' Post Gifts, speaks about their secrets to business success, and also the challenges created by the COVID-19 restrictions. Connie Loflin Peninger provided the artwork for Salisbury's the Place, and Tim Truemper the photograph for Through the Lens.

Otherwise, Salisbury the Magazine depended on the photographs readers submitted on how their flowers and gardens were growing, the masterpieces they were creating and what kinds of activities they pursued during their more sheltered lives.

You sent in hundreds of images for us to choose from — and over this challenging period, it made this different kind of issue possible.

We are thankful. So much has been given to us during a period in which too much was sacrificed in lives and livelihoods.

The second turkey in the freezer is for all of you.



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



| *through the lens* |

*by Tim Truemper*



*Tim Truemper took this photograph of Salisbury's Bell Tower during sunrise. The Wrenn House also is silhouetted against the sky. Both historic structures will be part of Bell Tower Green, a park now under construction in downtown Salisbury.*



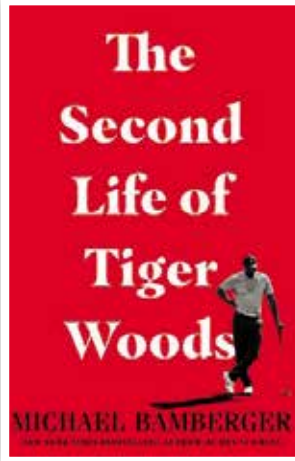
## Reading ideas for Father's Day and beyond

If you are in the market for Father's Day gifts, and your dad is more of a traditionalist (like mine), I suggest gifting him Michael Bamberger's **The Second Life of Tiger Woods** (272 pp. Simon & Schuster, \$28). Bamberger details the remarkable recovery (physically and emotionally) of one of golf's greatest players in this remarkable read for fans of a comeback, even if they do not enjoy the sport itself.

If your pops has a soft spot for animals, or less patience for sports, Jennifer Finney Boylan's **Good Boy: My Life in Seven Dogs** (272 pp. Celadon Books, \$26.99) could be the perfect present. Boylan chronicles changes in her life via the lenses of her pets, noting "As a transgender woman who began life as a boy, it's in the dogs that I owned pre-transition that I can now understand men, and the person I once was, a long time ago." This book could be the next classic memoir — heartwarming and illuminating.

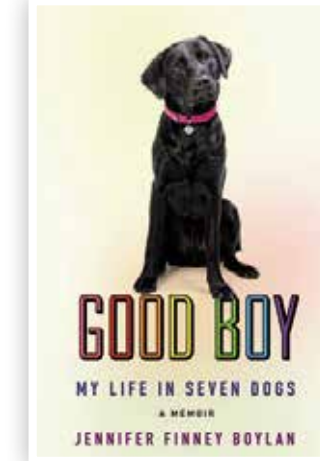
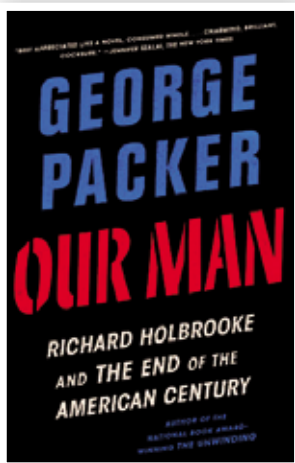
Another new release exceedingly worthy of anyone's time is Theresa Anne Fowler's novel, **A Good Neighborhood** (320 pp. St. Martin's Press, \$27.99). Here Fowler profiles two families in conflict — first, over a dying tree separating their yards; later, to thwart a budding teenage love affair.

Authored from the perspective of their neighbors in a nondescript town in North Carolina, Fowler's book painstakingly at-



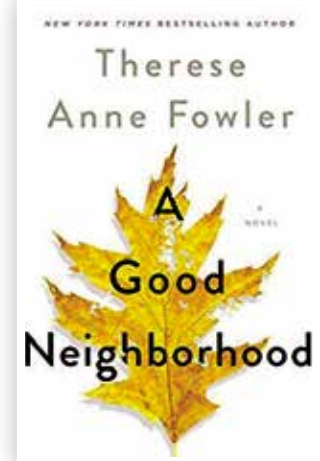
tempts to detail rising tensions between families of differing races while skirting criticisms of cultural appropriation that surrounded Jeanine Cummins' recent release, "American Dirt." She succeeds in providing a tragically beautiful tale of wasted youth under the shade of an oak tree, and the glares of those hidden behind window blinds.

Out now in paperback is **Our Man** by George Packer (624 pp. Vintage, \$17.95). Packer follows his 2013 National Book Award



winning "The Unwinding" with this exhaustive biography of Richard Holbrooke. A complex figure in American foreign policy, Holbrooke sought to be a famed peacemaker, and occasionally succeeded, yet he rarely received the leadership roles he aggressively sought. Packer had incredible access to Holbrooke's archives and social network; this book will fascinate those entertained by the minutiae of diplomatic deals — and petty grievances.

Also new in paperback, **Disappearing Earth** by Julia Phillips (272 pp. Vintage, \$16.95) is simply the best novel I have read in years. Phillips' first chapter describes the abduction of two young sisters; the subsequent 12 chapters contain narratives from 12 loosely connected women, all members of the girls' remote Siberian society, who dole out tantalizing clues to the sisters' fates, month by month, as the area resumes its life in the aftermath of a shocking crime.



Written by an American with significant professional ties to this, her non-native, community, Phillips's work brings fresh understanding of the ways any neighborhood can rally to protect, or damage, their own. **S**

*These titles are all available at Salisbury's independent bookstore, South Main Book Company, located at 110 S. Main St. Call 704-630-9788 or email [southmainbookcompany@gmail.com](mailto:southmainbookcompany@gmail.com) to confirm store hours and events. Alissa Redmond owns the store.*





# The mother of (re)invention

*Customer service and the ability to adjust have served Pam Hylton Coffield well*

STORY AND PHOTOGRAPHY BY MARK WINEKA

**B**ack in 1975 when Pam Hylton Coffield started her downtown business, sales representative Sam Patton told her not to expect making any money in the first three years.

And he was right. As a 20-year-old business owner, Coffield couldn't pay herself or her mom, Margaret, a salary at first. She took a part-time job elsewhere to help make ends meet, while also pursuing her business degree from Catawba College.

She relied on Margaret when she couldn't man the store herself.

But Coffield went on to prove her business savvy many times over, adapting her business model along the way. Today, she owns the

45-year-old Stitchin' Post Gifts at 104 S. Main St. and recently was named a 2020 Main Street Champion.

Coffield also served on Salisbury City Council from 1986 to 1993, years during which she had perfect attendance at council meetings. Though Karen Young was the first woman City Council member as an appointee, Coffield made local history as the first woman elected to the council.

She also has served on the boards of the Chamber of Commerce, Downtown Salisbury Inc., Tourism and Convention and Faithful Friends. She received a Certificate of Merit from the city in 1983, and the Community Appearance Commission recognized her in 1990 for

her contribution to downtown revitalization.

A native of Augusta, Georgia, Coffield has lived in Salisbury since 1960. She graduated from both West Rowan High and Catawba College. She and her husband, Hodge, live in Salisbury, and Pam is the daughter of Wallas Hylton and the late Margaret.

Coffield's store cats — first Knitwit, and now Sasha — became ambassadors for Stitchin' Post Gifts and integral to her business advertising and fundraising for the Humane Society and Faithful Friends.

Salisbury the Magazine recently caught up with this Rowan Original for a quick Q&A during the time many businesses such as Coffield's were dealing with COVID-19 restrictions:



**Q.** *Stitchin' Post Gifts has been a downtown anchor for decades now, one of the longest surviving businesses. Can you briefly summarize why you think it has been a success?*

My dad says it's about personality and attitude, and I believe that. My mom and I started the business, and she was so sweet, kind and accommodating to customers. Back in the needlework days, some customers would buy kits from our bigger competitors, then bring them to us so we could teach a certain stitch. Even though they had bought the kits elsewhere, you invited them in, sat them down and helped them get unstuck — and then they traded with you for the rest of their lives. She (Margaret Hylton) was a master at that. I give her a ton of credit.

I also used to hang out with Al Hoffman, Paul Bernhardt, Clarence Mayfield and R.O. Everett. They were such good businessmen. I really learned a lot from all of them. About inventory, Clarence used to say,

“You can't sell from any empty apple cart.” R.O. lived by the rule you had to return all business calls by dusk of the same day.

Buying the (circa 1860) building in 1982 was a great move and, of course, you work hard, keep consistent hours and take care of your employees and customers.

**Has the COVID-19 crisis been the biggest challenge your business has ever faced, and what kinds of emotions and frustrations did you have to deal with as a business owner?**

By far the biggest challenge. You spend your whole life driving people to your door and then suddenly overnight you try to keep them away. We're known for reinventing ourselves and our product offering over the years but always took baby steps as we had the time to test. Here we go again reinventing ourselves, but this time there's no transition time. It was overwhelming and still is. But we adjusted by going to curbside pickup, more mail orders and a bigger push on social media.



***When we return to a new normal, so to speak, will your store be the same, or will you be doing anything differently?***

We will follow all the state guidelines for safety, sanitization and more. It was a challenge to make a sneeze guard look cute in a store like ours, but we did it and our customers love it.

***In hindsight, how do you think the state's response to COVID-19, as it related to businesses such as yours, could have been better?***

They did the best they could with what they knew at the time. I think Gov. Cooper has been sensitive, thoughtful and strategic with his guidelines. Nobody knew the answers ... not the banks, not the accountants. We all were guessing and wondering, and all the information was so vague. But that's because nobody knew anything about what was happening.

***During the shutdown, what kinds of things did you find yourself doing at home to pass the days of isolation? It had to have been an unusual time for you.***

I didn't stay at home. It was shocking to walk into a dark store on that Tuesday morning after closing. I was at the store packing and mailing out hand sanitizer the first week of shutdown. We pushed our social media hard and generated sales for mailing and curbside pickup. We discovered we needed to jump into the world of e-commerce and started doing Live Facebook sales. This is like starting a new business. It's a completely different business model than front-door selling. My limited staff and I were working five times harder for five times less money. So there was no rest for us during that time.

***What are some of the biggest needs or challenges facing downtown Salisbury these days, and what would be the biggest shot in the arm for it?***

Friday Nights Out, the Empire Hotel, employee parking and a parking deck.

***Looking back, what was the best decision you ever made as a business owner?***



*Pam Hylton Coffield, owner of Stitchin' Post Gifts, stands in front of a backdrop she recently used for a Live Facebook promotion, just one of the adjustments her downtown Salisbury business had to make during the quarantine.*

Locating downtown and buying the building. Look at Towne Mall, Rowan Mall, Salisbury Mall — all are gone, but the downtown is still here. The downtown is original. Stitchin' Post Gifts is original. Each business here is original. There are no cookie-cutter businesses — all are unique with their own personalities. I wouldn't want to be anywhere else.

***What are your passions outside of work?***

Working out, hiking, girlfriend trips, spending time with my hubby, Hodge, and our bas-set hound, Gretta, and, of course, caring for my dearest daddy.

***Your dad, Wallas Hylton, is a famously happy man of 100. What has he taught you about life?***

Whoa! You don't have enough time! When I was in elementary school, all the kids were getting an allowance but me. So I told my dad, and we went to Home Savings and Loan, where he deposited \$25 in my first savings account, in lieu of an allowance. I still have the little blue book. "You're going to see how this grows," he said. That was just a wonderful financial lesson in investment. He always said, "Make as much money as you can and save as much money as you can." Dad was like his father, Alfred, who

also managed his money well, and that got passed down to us. In other aspects, my parents led by example. They were the best — loving, kind and godly. They taught all of us kids to be that way in life. And there's a lot of laughter in the Hylton family. Dad taught us how to laugh at ourselves — not everyone can do that.


***What two things might I always find in your fridge or pantry?***

We get on these food kicks. Right now, it's Brussels sprouts and leftovers from LA Murph's.

***What are two or three of your favorite books?***

The Bible, and most others are business/trade journals and educational materials.

***If you could go back 30 years, what's the best advice you might give a younger Pam Hylton Coffield?***

Watch your finances. Make as much money as you can and save as much money as you can. Invest 10% of what you earn — another pearl of wisdom from Clarence Mayfield. Don't burn any bridges in business if you can help it. Lead by example. Earn your trust with people — it's a wonderful thing, trust. 



| food |



*Cyndi Allison tends the grill in her backyard in Cleveland.  
(Photo by Eli Wittum)*



**C**yndi Allison's first cooking experience as a preteen resulted in a toaster fire involving a Pop Tart.

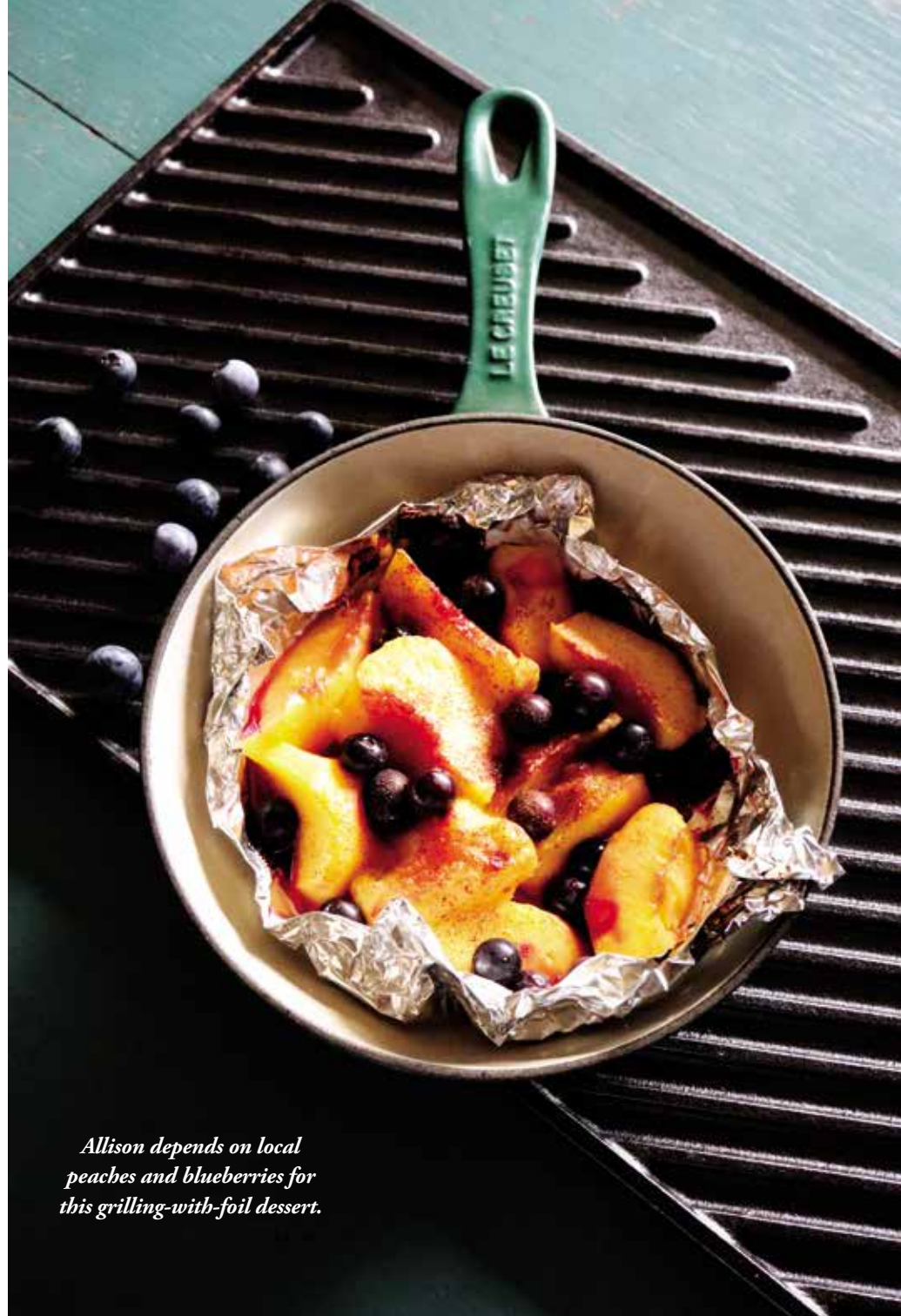
Her father promptly banned her from the kitchen but later agreed to let her cook hamburgers and hot dogs on the grill under his tutelage.

"I guess he figured that if I was outside, I couldn't burn anything down," said Cyndi, a longtime resident of Cleveland in western Rowan County.

His strategy proved successful. Over the years, Cyndi has fine-tuned her grilling skills and taught others how to make delicious meals outdoors. In April, her first cookbook was published by Ulysses Press, which produces books for targeted niche groups and is one of the country's fastest growing small publishers.

Cyndi's book, "Grilling with Foil Packets," focuses on cooking food outdoors by wrapping and sealing it in aluminum foil. For those new to the cooking technique, it's not a lot different in concept from cooking food in a roasting pan with a lid.

"You can actually cook foil packs in the oven because a foil pack is a small oven, in and of itself," Cyndi said. "It is sealed up so that it is steaming, just like it would be in a roaster pan."



*Allison depends on local peaches and blueberries for this grilling-with-foil dessert.*

# Silver ovens

*Grilling with foil packets offers a simple, easy-clean, fun option this summer*

BY KRIS MUELLER / PHOTOS SUBMITTED



# from the grill...

## HAM CHEESE FOIL SLIDERS

**Cyndi Allison:** I could always count on one of the church ladies to bring ham cheese sandwiches to potluck dinners when I was growing up. This made me happy, because I loved the little sandwiches, which I considered the ultimate in “elegant.”

**MAKES:** 12 sliders | **PREP TIME:** 5 minutes | **GRILL TIME:** 20 minutes | **REST TIME:** serve immediately.

- Foil needed: 1 piece, 6 inches longer than the bread pan
- 2 tablespoons (1¼ sticks) butter
- 2 teaspoons spicy brown mustard
- 2 teaspoons poppy seeds
- 1 pan of 12 white dinner rolls in foil pan (or buy a foil pan to fit the rolls in if you don't find them sold in pans)
- mayonnaise, to taste
- 8 slices deli ham
- 8 slices Swiss cheese

1. In a small pan, melt the butter over the grill. Stir in the mustard and poppy seeds; set aside.

2. Without separating the rolls, remove them from their foil pan. Cut in half cross-wise, like a giant hamburger bun.

3. Place the bottom section back in the pan and spread mayonnaise over the cut surface.

4. Arrange the ham slices on the mayonnaise; you may have some overlap. Place the cheese slices over the ham slices. Again, they may overlap.

5. Place the top section of rolls back in the pan, covering the ham and cheese.

6. Pour the butter mixture evenly over the tops of the rolls.

7. Wrap the foil sheet loosely over the top of the pan to prevent burning and moisture build-up and crimp loosely around the pan edges.

8. Grill over medium heat for 20 minutes, or until the cheese has melted and the butter has soaked into the roll tops.

9. Remove from the grill, remove the foil

sheet, and use a serrated knife to cut into pieces along the original roll sections. Serve immediately.

## PEACHES AND BLUEBERRIES

**Allison:** I live in peach country and always look forward to the peaches ripening each summer. I eat them lots of ways, but this may be my very favorite. Cooking peaches on the grill smell fabulous — and they taste even better.

**MAKES:** 1 serving | **PREP TIME:** 5 minutes | **GRILL TIME:** 10 minutes | **REST TIME:** 5 minutes

- Foil needed: 2 (12 x 9-inch) pieces
- 1 medium ripe peach, peeled and sliced
- 1¼ cups fresh blueberries
- 1 tablespoon butter
- 1 tablespoon brown sugar, to taste

1. Lightly coat a foil sheet with nonstick spray and put the peach slices in the center of the sheet.

2. Pour the blueberries over the peaches.

3. Cut the butter in small chunks and distribute evenly over the fruit.

4. Sprinkle the sugar evenly over the top.

5. Cover with the second sheet of foil and seal the edges closed.

6. Grill for 10 minutes over medium heat, or until heated through.

7. Let rest for 5 minutes before opening.

## LOW-COUNTRY FOIL BOIL

**Allison:** You will feel like you've landed on the East Coast of the United States when you try this recipe. Although low-country boil is traditionally made in a pot of boiling water, foil packets give you almost the same result but in smaller batches and requiring less equipment.

I do suggest using only sausage for the meat in this dish, although you'll see shrimp

as a key ingredient along the coast. The issue with shrimp is that it cooks really quickly, so it is added when a traditional boil is almost done. With foil packs, everything cooks for the same amount of time, so the shrimp gets rubbery before the other foods are cooked through.

**MAKES:** 1 serving | **PREP TIME:** 20 minutes | **GRILL TIME:** 25 minutes | **REST TIME:** 10 minutes

- Foil needed: 1 (12 x 18-inch) piece
- 1 andouille chicken sausage, cut in ¾ inch slices (approximately 1/5 pound)
- ear of corn, cut in 1-inch pieces 6 small red-skinned baby potatoes
- 2 teaspoons Old Bay seafood seasoning
- 4 ice cubes
- Tabasco sauce, to taste
- 1 sliced lemon wedge (optional)

1. Place the sausage pieces, corn, and whole potatoes in the center of the foil sheet.

2. Sprinkle the seafood seasoning over the meat and vegetables.

3. Place the ice cubes on top of the food.

4. Fold the foil ends together over the meal and then seal the sides closed.

5. Grill over medium heat, grill lid closed, for 25 minutes.

6. Let rest for 10 minutes, then pour off the excess liquid and empty the contents of the pack onto several sheets of newspaper, which will absorb any extra water and eliminate the need for a plate (or even utensils).

7. Splash with Tabasco sauce and squeeze on lemon juice, as desired.

**Fun Fact:** This low-country boil is known as Frogmore Stew. No, there were never any frogs in the recipe; the dish originated in Frogmore, South Carolina, on the island of St. Helena near Beaufort. There are a lot of frogs along the Southern coast, and they are very loud. But the coastal residents are not “eating” frogs.



But foil packet cooking, either on a grill or a campfire, is simpler, cleans up easier, and is much more fun, she added.

While growing up in Cleveland, Cyndi was exposed to the outdoor campfire experience through Girl Scouts. As a military spouse, she lived in Greece and Japan, where she learned to experiment with different types of foods. After she returned to Cleveland, her two sons became Boy Scouts (and later Eagle Scouts), and she started cooking with them using foil packets.

"I helped all the Scouts learn outdoor cooking at some of the meetings, but most of our cooking with Scouts happened when all the boys would come to the house, pitch a tent in the yard and make food outside while they spent the night here," she recalled.

About 15 years ago, Cyndi started writing a cooking blog, which drew a large following of readers across the country. Ulysses Press saw the blog while doing research for a new cookbook, contacted Cyndi and asked her to help them create the cookbook. Cyndi did the writing, pulling information from her blog and recipe boxes, and took many of the pictures. Her son, Eli Wittum, coached her on the technical aspects of photography so that the pictures would be print quality.

If you read between the lines of her book, Cyndi's Scouting background peeks out as she thoroughly prepares readers for creating easy, tasty meals. The book's introduction provides all the information grillers need to know before putting their foil packets to the fire — what type of aluminum foil to use, how to regulate heat, which foods cook well

*With her low country boil recipe done on the grill, Allison almost always relies on potatoes and corn from the Correll Farms at the Salisbury Farmers Market.*





in foil, and other helpful tips. She even addresses recycling aluminum foil and other items.

Chock-full of recipes and attractive pictures, the book provides ideas for main meals, side dishes, snacks and even some desserts that can be made in foil packets. The three recipes that accompany this story were chosen because they are easy to make, and the ingredients are easy to find. Produce shown in the photograph of the Low-Country Foil Boil came from the Salisbury Farmers' Market and nearby Correll Farms.

Cyndi encourages parents to grill outdoors with kids because it gives them a new perspective on cooking.

"The reason I started cooking outside after I had kids was because if it was done indoors, cooking was a chore, but if it was done outdoors, it was a party," she remembers. "The boys were always interested if we were going outside

to cook and they wanted to help."

She recommends getting grill gloves for kids to use to turn and flip the packets.

"That way, they can grab hold of the foil and turn it or flip it over and not have to use a spatula, which can cause kids to drop the packet through the grate or have food roll out into the yard," she said.

This summer as you plan a meal using one of Cyndi's recipes, don't forget the ingredients that are essential to creating a successful grilling experience with foil packets — being relaxed, having fun, and enjoying the meal!

*Kris Mueller is a freelance writer living in Salisbury.*

*Cyndi Allison's cookbook, "Grilling with Foil Packets," can be found on Amazon.com and the websites of major bookstores. **S***



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*Bailey Wingler drew this illustration depicting the feelings of isolation and anxiety.*

# Production values

*As we sheltered, our creative talents ignored the boundaries*

WRITTEN BY MARK WINEKA | SUBMITTED ARTWORK

**F**or Brenda Zimmerman, the days of isolation wrought by the COVID-19 pandemic meant she had plenty of time.

“I am doing a lot to keep busy,” Zimmerman said in April, a month in which a majority of Rowan Countians were sheltering at home. “Doing any and everything to avoid what I need to do, which is clean out my garage.”

Forget about the garage, Zimmerman ended up spending hours with a collage technique she started about two years ago. It employs quite small “feathers” of paper cut from magazine advertisements.

“Over time,” Zimmerman said, “I have refined it and gone from flat canvas to 3-D items. It is tedious and time-consuming. All paper is hand-cut, and each little strip is applied one at



*Arnold Hatley produced this fish among many of his metal projects. Look closely, and you'll see he uses recycled utensils.*

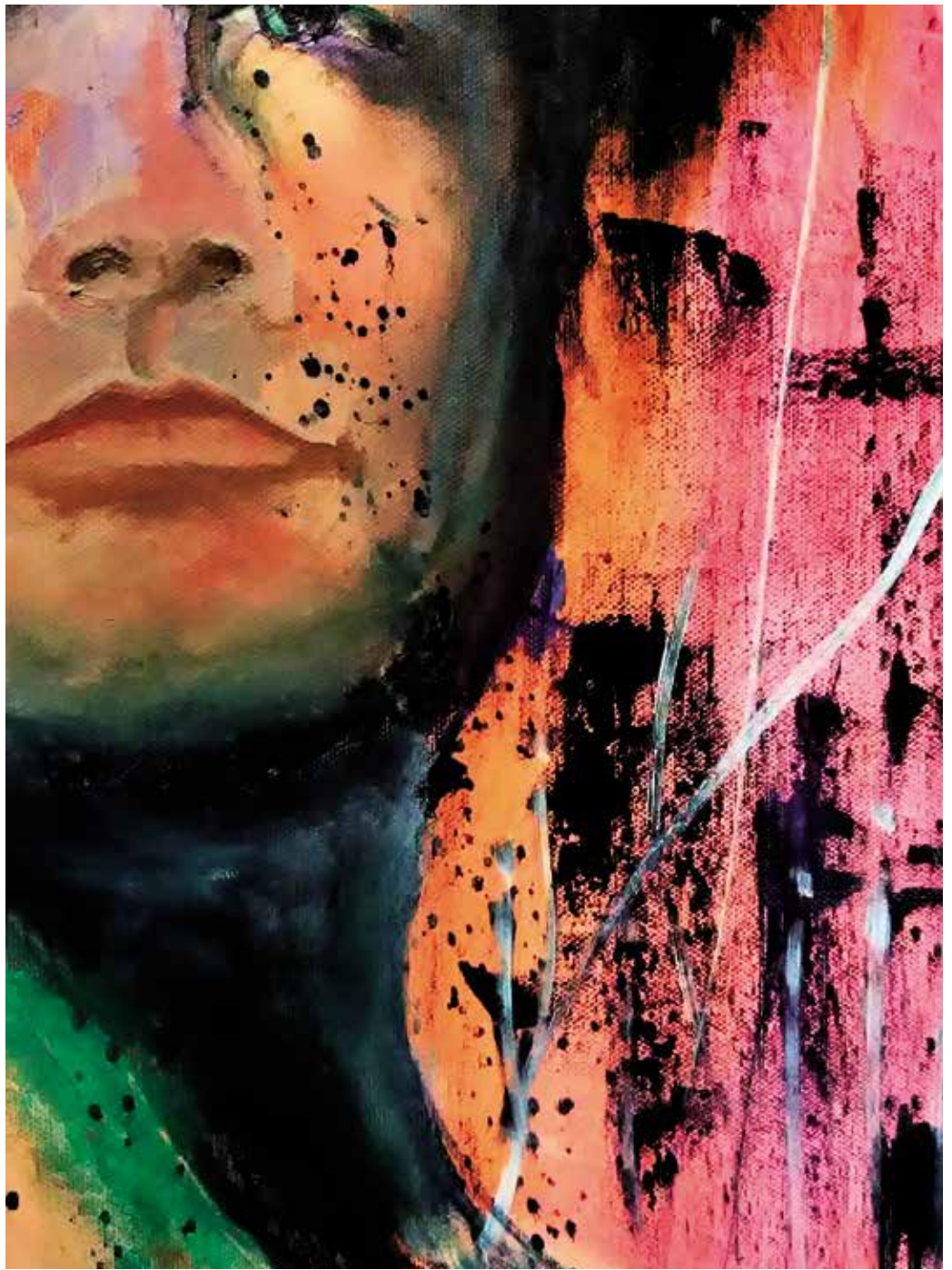




*Lisa Weber of Graham Road painted these mini barn quilt squares for birdhouses she and her husband Walt made during the weeks of isolation.*



*Left: Brenda Zimmerman's collage or découpage technique uses very small feathers of paper cut from magazine ads. Pictured is her progress on a large pot. Right: An oil painting by Patt Legg.*



a time, kind of like tinsel on the Christmas tree you decorated with your mom.

The paper feathers cover things such as vases and jars, and with Zimmerman's artistic eye and patience, they become strikingly unique pieces.

Zimmerman's industriousness serves as an example of what COVID-19 precautions at home led many people to do — be creative.

Salisbury the Magazine asked readers to submit photographs of some of their arts and crafts projects at home, and they responded in

kind, showing there's no lack of talent in Rowan County.

Karen Goodman in Rockwell found it a good time to make more of her crosses and other art pieces which rely heavily on whole and broken pieces of vintage and costume jewelry. She started out using jewelry to embellish the crosses her husband, Jay, makes from old barn wood.

"I have probably made well over 200 crosses, mostly for people whose mothers, grandmothers and even fathers have passed away," Karen said.

"(It's) broken jewelry that would be stuck away in a box and never seen again. I love bringing these pieces back to life for these families."

Over the years, Karen has branched out into making her "Trees of Life," "Season Trees," butterflies and Santas — anything to flex her creative muscles.

Meanwhile, the artists in Rowan County found spots for their painting easels in quiet places outdoors, or they holed up for hours in their studios at home. Connie Loffin Peninger





*Ann Hall experimented with fluid acrylic art in her home studio and came up with this colorful painting. 'I'm calling this one 'Chaos,' from all we're going through with the coronavirus these days,' she says.*

became prolific, cranking out spring-inspired acrylics with regularity.

"What's my favorite one day," she said, looking over some of her work, "may not be my favorite the next." But she noticed continued improvement in her pieces.

"I keep growing because the Lord has blessed me as a cancer survivor for 30 years come July, and I try to show his grace in my work," she said.

Another artist, Phyllis Steimel, also kept herself and other members of the Carolina Plein Air group occupied with weekly assignments to tackle on their own.

"Interesting times — but creators get creative," Steimel said. "... I'm painting, playing the piano, walking and soon getting to the guitar."

Steimel also set aside one day for hand-sewing two homemade masks, which she and her husband wore when out in public.

Over these pages, you'll see all manner of creativity spawned ironically by a virus that was so destructive.

The craftsmen and artists behind the works know something researchers have proven time and again — that the quiet, focused, repetitive nature of creative projects can relieve anxiety and be just as good as meditation.

Namaste.



*Jeffrey Gooden stands in his workshop with a birdhouse mailbox he made for Country Club Drive in Lexington.*



*The days of isolation gave Merle Yost of Salisbury time to create more of her handcrafted, clay-fired flowers and other items.*





Artists Phyllis Steimel painted regularly during the self-quarantine, including this piece she titled 'Penitence.'



Karen Nance did this needlepoint piece.



Judy Kennerly of Salisbury honed her expert skills at book folding during the quarantine.



Artist Cherrathée Hager painted a whimsical mural on the side of a barn owned by Rhonda Stirewalt-Roseman at Happy's Farm. 'Painting at the farm with the horses, pigs and other farm animals was the perfect way to be social distancing,' Hager says.



Luann Nor-dine had her watercolor entries for the Silver Arts competition framed and ready to go, but the COVID-19 scare canceled the event. This was going to be one of her entries. She calls it 'Buoy Life.'



| the arts |



Amy Fesperman used her considerable crafting skills to make this deer-hunting gnome.



Artist Marietta Smith says that 'during my confinement at home, I have had extra time to spend outdoors in my own yard. I was once again taken by the beauty and persistence of what's left of the ancient maple tree by our back porch.' The tree has been inspiration for several pieces of her art over the years, including this watercolor she calls 'And Still She Persists.'



Tonia Burdett, a local artist whose business is Carolina Girl Painted, says some of her best-selling items are three-piece canister sets like this one, which she painted during the sheltering period.



Karen Goodman of Rockwell uses broken vintage and costume jewelry to embellish wooden crosses that husband Jay makes from old barns. Karen has made well over 200 crosses and recently has branched out into other pieces.





*Reagan Bradshaw, 10, of China Grove, did this butterfly.*



*Hal and Karen Sutton call this their COVID-19 conquer deck and beat-the-virus boardwalk, made from recycled lumber that represents years of collecting.*



*David Wrights stepped up his production of one-of-a-kind lamps, such as this John Deere-themed light. Wrights says he makes his lamps 'to stay busy and out of trouble.'*



*Carol Dorsett had time to do this gouache painting of Hurley Park. The original, she says, is on 12-by-12 Strathmore 400 watercolor paper.*

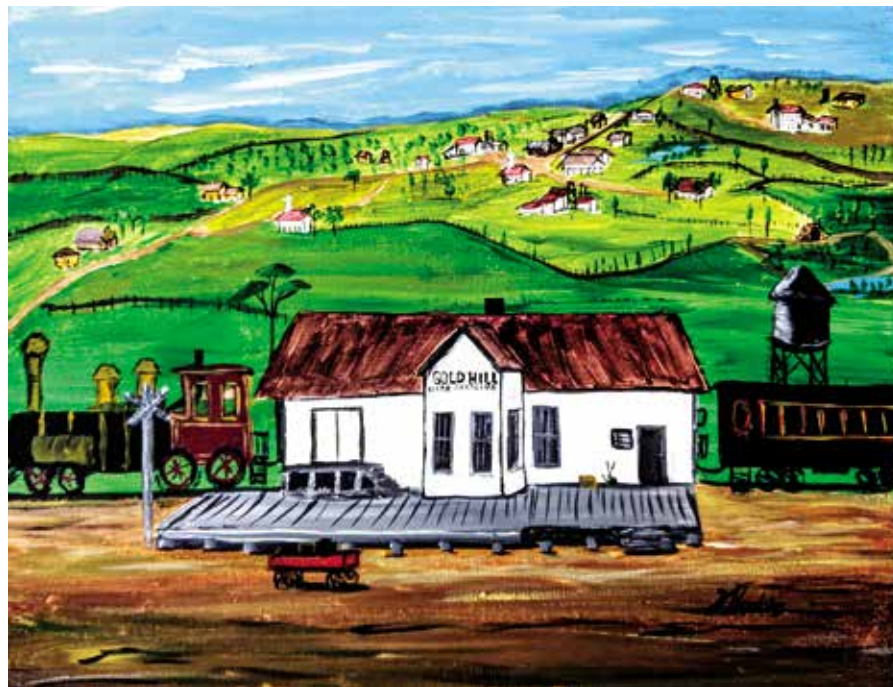


*Deborah Hirst found plenty of time to cross-stitch future Christmas gifts for her family members.*





*A golf-inspired watercolor by Sue Rink of Salisbury.*



*Above: Vivian Hopkins painted this scene of the old Gold Hill depot with the village in the distance. Left: An artist at work, Dave Collins ties a fly for his next fishing trip.*





*Pat Watson models a blouse she made. 'People who sew are creative and always full of ideas for their next project,' she says. 'There's a saying among us that goes, the one who dies with the most fabric wins. I decided to use up some of my stash.'*



*Above: Artist Connie Eads calls this 'Summer Flowers,' a canvas panel in water soluble oils.*



*Wayne Wrights took to building bluebird houses, using his own circular design. He relied on wood blown down from a storm in 2019. The bird-house on left is walnut; on right, cedar.*



*Left: Brenda Burns Morris says she made considerable progress on her latest quilt.*



*This yard art for Easter was drawn by Susan Linn, jigsawed out of wood by her sister, Leda Belk, and then painted by Susan.*



*Connie Loflin Peninger painted many garden scenes from her studio at home and thinks she continues to improve with every piece. 'I keep growing because the Lord has blessed me as a cancer survivor for 30 years come July,' she says, "and I try to show his grace in my work.'*



*Bailey Wingle and son Killian paint a mural on their fence at home.*



*One of the many paintings done by artist Sharon Forthofer during the isolation period.*





*A butterfly box built by Wayne Cline.*



*A summer watercolor by Gail Crowell of Salisbury.*



*For the Easter holiday, Breeanna Smith and Kailin Bomely painted their grandmother Connie Hand's front door to resemble stained glass.*



*Rose Burnett of Salisbury crocheted this beautiful piece.*



*Using costume jewelry as her main medium, Karen Goodman of Rockwell offers her take on a 'treehouse.'*



| the arts |



**Left:** Marie Davis, founder and CEO of Ria's Beauty Collection, made these colorful caps and masks during the isolation period. 'I haven't crafted in two years, and now is the time for me to get back on track,' Davis says. 'I just wanted to share a photograph of what I've been working on in the past couple of weeks.'

**Right:** From her home studio, Athena Debra Moore, who owns Athena's Stained Glass, kept on creating elegant pieces.



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*Left: Lydia Johnson passed along this picture of art created by the Virginia Casey Center of Trinity Oaks Health and Rehab.*  
*Right: Barbara Garwood, a Salisbury native and longtime resident, recently moved to a mountain home in Linville with her husband, David. This is a scene she painted around their new home. **S***



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*Susan Everhar's clematis*



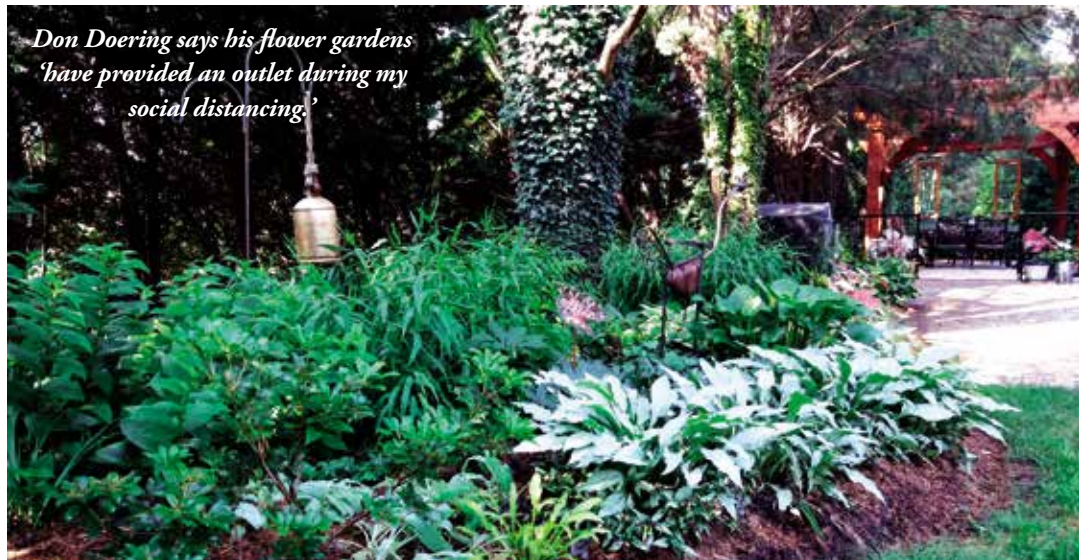
**Above:** This crabapple tree was in its full splendor at the Woodleaf home of Steven and Pam Forrest. **Below:** Angela Galloway found this nest with eggs in waiting.



| *at home* |

*Flowers adorn a stone fence in the Gold Hill village.*

*Don Doering says his flower gardens 'have provided an outlet during my social distancing.'*





*Life begins the day you start a garden.*

— CHINESE PROVERB



*Left:* A tiger swallowtail visits creeping phlox in the garden of Cathy Smith of Rockwell. *Middle:* Water beads on the petals of this flower in Mary Ann Roberson's garden. *Right:* A corner of Kathleen Dunn's oasis.

# Playing with colors

*During the pandemic's isolation, Rowan Countians find hope, peace in their gardens*

WRITTEN BY MARK WINEKA | SUBMITTED PHOTOS

**Y**es, the COVID-19 pandemic forced us inside on occasion, but in a weird twist, it also made us appreciate the outside even more — spring's bounty of flowering trees and shrubs, the colorful birds, the abundant bees and butterflies and the many fragrances of a burgeoning, blooming season.

Don Doering said his flower gardens provided him an outlet during the days of social-distancing.

"I have been living in my garden, instead of the Literacy Council at the library," he reported.

Kathleen Dunn said the beauty of spring made the quarantine easier at her Salisbury home. Sabra Mills said, "I've spent a lot of time enjoying God's beauty in my backyard."



*Le-Nea Goble says this log cabin, which is part of her yard and garden, was a playhouse her father had built for her as a child.*



When looking onto her own garden and remarking that “where flowers bloom, so does hope,” maybe Linne’ Wallace of Salisbury was borrowing from an old Indian proverb that said, “All the flowers of tomorrow are in the seeds of today.”

“During this COVID-19, stay-at-home crazy world,” Tiena Miller said, “working outside in my flowers has managed to keep things a little normal — and it’s a nice place for our family to sit on the porch and enjoy the sweet fragrance of spring.”

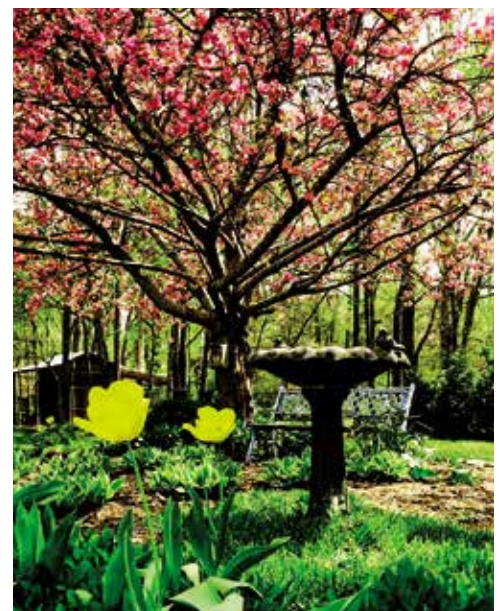
Over the next several pages, you will take in photographs of some of the beautiful flowers, gardens, trees, birds and insects sent in by readers of Salisbury the Magazine during their weeks of staying at home. Mixed in, you also might see a couple pictures related to people preparing their vegetable gardens or big farms planting the seedlings that will become this summer’s cash crops.

As a backdrop or soundtrack of sorts to all these images, some notable quotes about flowers and gardens are woven in, just as reminders.

What do they remind us? Maybe it’s the message that even when we put ourselves in cages, the beauty of life and nature continues without us. We are guests in this world, and what a beautiful world it can be.



*Drew Hammill, who owns Gold Hill Flower Co. with his wife, Melissa, holds a vase of fresh-cut flowers.*



*Left: Mary Jo Simpson took this picture of some fiddlehead ferns growing on her property. Middle: Flowers from the garden of Vicki Williams. Right: ‘During this COVID-19 stay-at-home crazy world, working outside in my flowers has managed to help keep things a little normal — and it’s a nice place for family to sit on the porch and enjoy the sweet fragrance of spring,’ Tiena Miller says.*





*Mary Ann Roberson caught this bluebird enjoying lunch.*



*Baily Wingler and son Zeplin plant a home garden.*



*Sweet Williams from Jennifer Hubbard's yard.*

“  
*We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.*

— Abraham Lincoln



*'I've spent a lot of time enjoying God's beauty in my back yard,' Sabra Mills says.*



**Left:** A bee checks out a flower in the garden of Mary Ann Roberson.

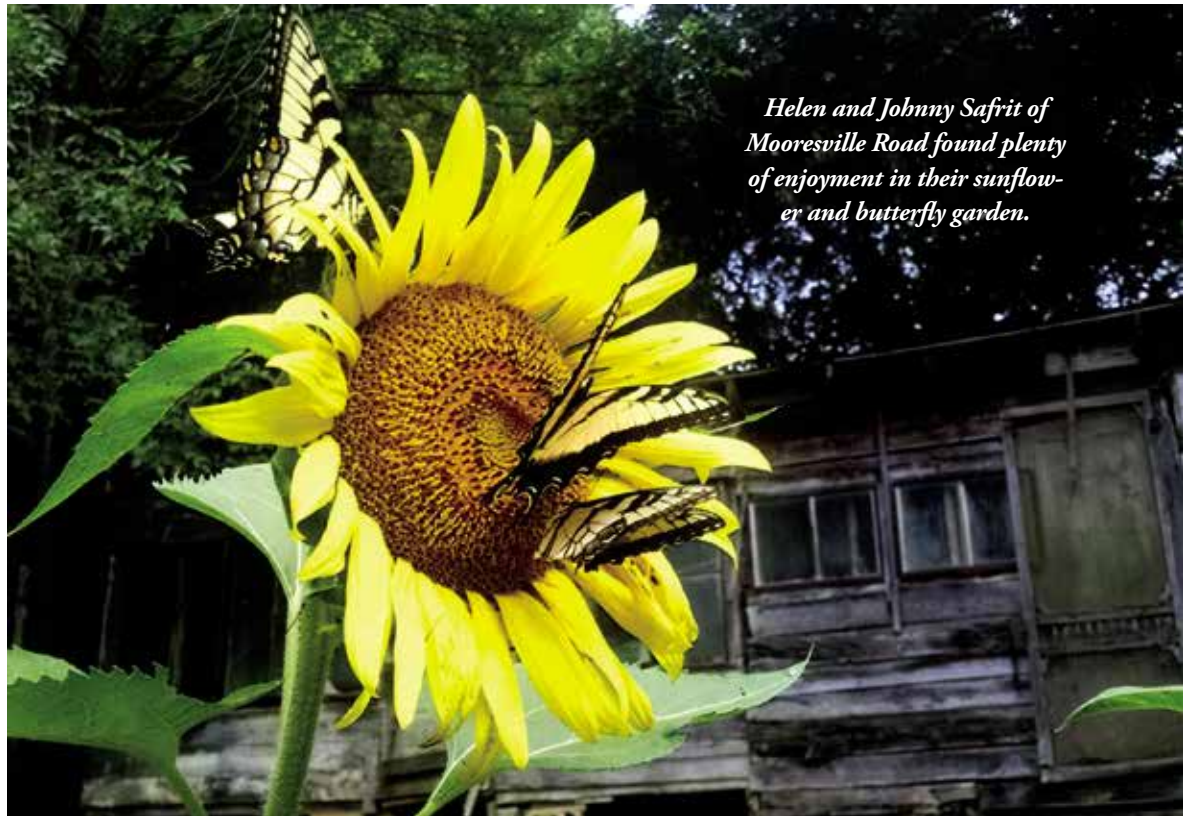
**Right:** Jon McCachren likes to watch the birds around his house, including this meadowlark on top of a weeping cherry tree.







*Steve and Mary Jo Simpson had a good spring cover of red clover, shown here in the morning.*



*Helen and Johnny Safrit of Mooresville Road found plenty of enjoyment in their sunflower and butterfly garden.*



*A hydrangea bush sits in full bloom at the home of Henri and Terri Fecteau at The Gables.*

*Look deep into nature, and you will understand everything better.*

— ALBERT EINSTEIN



*Christopher Queen does some spring mulching around the house.*



*For her garden, Le-Nea Goble likes to repurpose things around the log cabin, which was shown earlier on page 31.*



*Kris Mueller's Easter flowers.*





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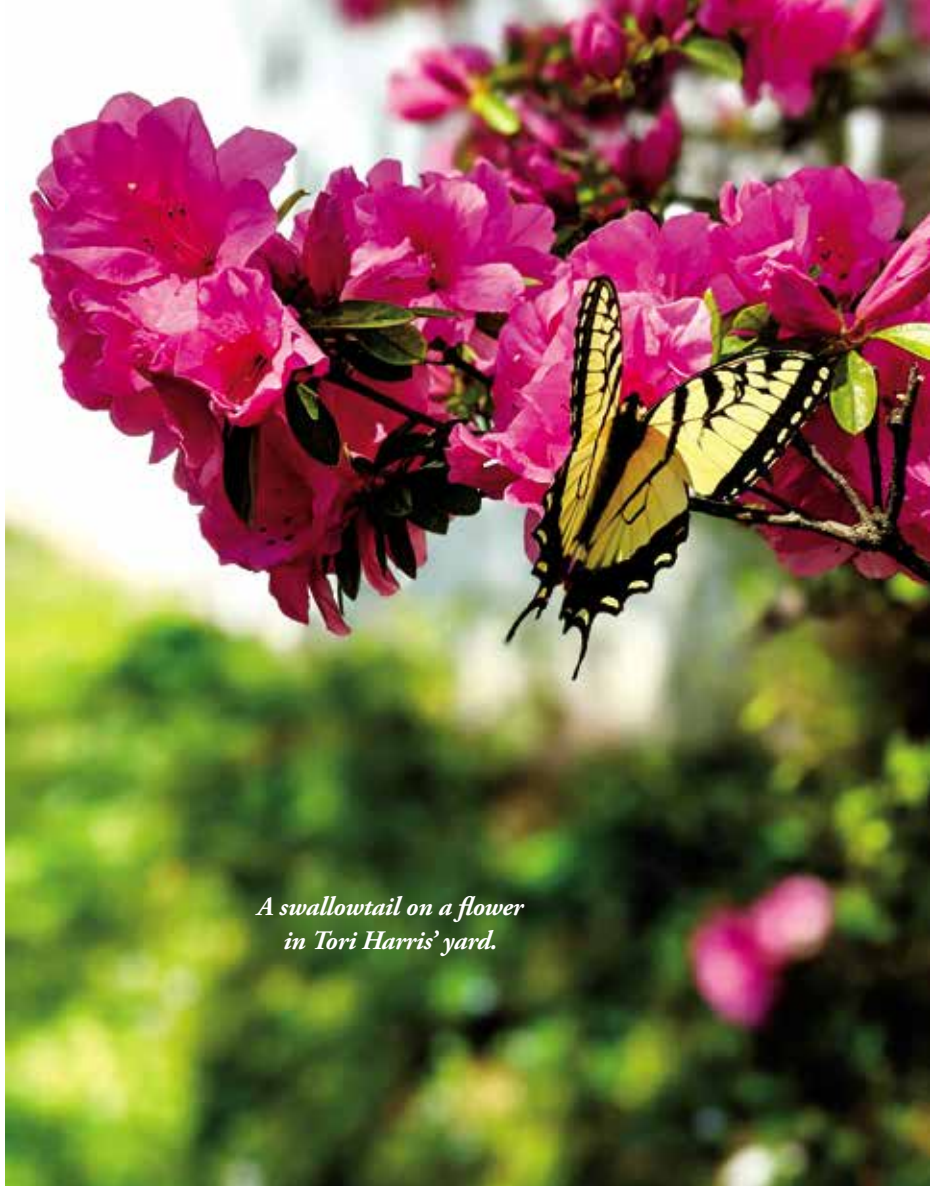
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*'This is a Lady Banks rose, and it goes wild,' says Barbara Corriher of this beautiful plant growing at her farmhouse in southwestern Rowan County.*



*A swallowtail on a flower in Tori Harris' yard.*



*Doing their best impression of a famous painting, Acey and Carol Worthy prepare for some gardening around their house along East Bank Street.*



*Sue Everhar's blueberry cream day lilies.*



*Vivian Hopkins supplied this photo of flowers along a stone wall at Gold Hill Mines Historic Park.*





*Left: Videographer Joe Girdler caught this bee at work.*



*Right: A ball-cap made a nice container for this asparagus from the garden of Pat and Jim Murtaugh.*



*From Barrie Kirby's garden.*



*From the gardens of Mary Ann Roberson on Old Mocksville Road.*



*Flowers brighten the front door of Drew and Melissa Hammill, who own the Gold Hill Flower Co.*



| *at home* |



*Sandy Flowe's handsome landscape at her house in The Gables.*

“  
*Many eyes go through the meadow, but few see the flowers in it.*

— Ralph Waldo Emerson

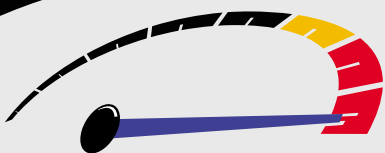


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*Left:* 'Our azaleas are beautiful this year,' says Lori Mason. *Middle:* Bailey Wingler planted this raised bed. *Right:* A tiger swallowtail enjoys nectar from Vicki Williams' money plants.



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| at home |



*Dari Caldwell and her husband cultivate a backyard vegetable garden each year. 'We have never enjoyed it more than this year,' she says. 'We have already planted carrots, lettuce, onions, radishes, cucumbers, zucchini and yellow squash. As is our tradition, we plant tomatoes on Good Friday.' Whatever excess they'll have later goes to the Community Care Clinic for its patients.*



*Lou Adkins says Chanaka and Gayle Yatawara gave her an amaryllis bulb 12 years ago for Christmas. Adkins planted it in her yard, and it comes back beautifully every year.*



*Ready to plant: the greenhouse at Wetmore Farm.*



*Flowers from Linne' Wallace's yard.*



*C.J. Peters caught this image of a blooming flower next to the front of his historic McCubbins-McCanless House on Park Avenue.*



*'During the pandemic, I am gardening,' Debbie Hoffman says. 'It is what I do every year, but now it is especially uplifting.'*



*Mary Austin and her husband, Raymond, are retired and used to working enjoyable hours in their yard and garden off Baxter Road. 'We grow approximately a quarter-acre of vegetables, along with our flowers,' Mary says, and some of her many flowers are pictured at left.*





*A contrast of colors brighten a part of Kathleen Dunn's garden.*



*A nicely camouflaged toad on Carolyn Glasgow's patio railing.*



*Scott Wilhelm caught this cardinal with his camera.*



*The front yard landscaping of Carol and Acey Worthy's home on East Bank Street.*


*Flowers always make people better, happier and more helpful; they are sunshine, food, and medicine to the soul.*

— LUTHER BURBANK



*The pink dogwood blooms in her yard come and go quickly, Carolyn Glasgow says.*



*In preparation for planting 5,200 okra plants, Ethan Bancroft, 17, on the tractor, puts down some plastic on his vegetable garden with the help of uncle Chris Corriher and garden guru John Weddington. Ethan's big garden also will include corn and beans, according to his mother, Emily Corriher Bancroft. *



*Sara Lee and her son, Gabe, ride the trail to Horizons Unlimited's Tom E. Smith Nature Exploratorium. The Natural Heritage Area behind Horizons Unlimited offers platforms, trails and boardwalks in a wetland environment.*







# NATURAL FITS

SPENCER WOODS, TOM E. SMITH  
EXPLORATORIUM OFFER PUBLIC ESCAPES  
RIGHT IN OUR BACKYARDS

by MARK WINEKA | photography by SEAN MEYERS



**D**r. Jay Bolin wears two hats — as an educator and as a resident — when it comes to his appreciation for a pair of urban forests that are much closer and accessible than you think.

Each semester, as head of the biology department at Catawba College, Bolin takes his botany classes to Spencer Woods, where they conduct soil labs and study a wide variety of plant life. Bolin also enjoys visiting Spencer Woods on occasion as a private citizen. The 42 acres provide an escape by offering manageable woodland trails, a pond with an observation deck and, if desired, pavilions for family picnics.

“It’s been continually improved upon since it started,” Bolin says.

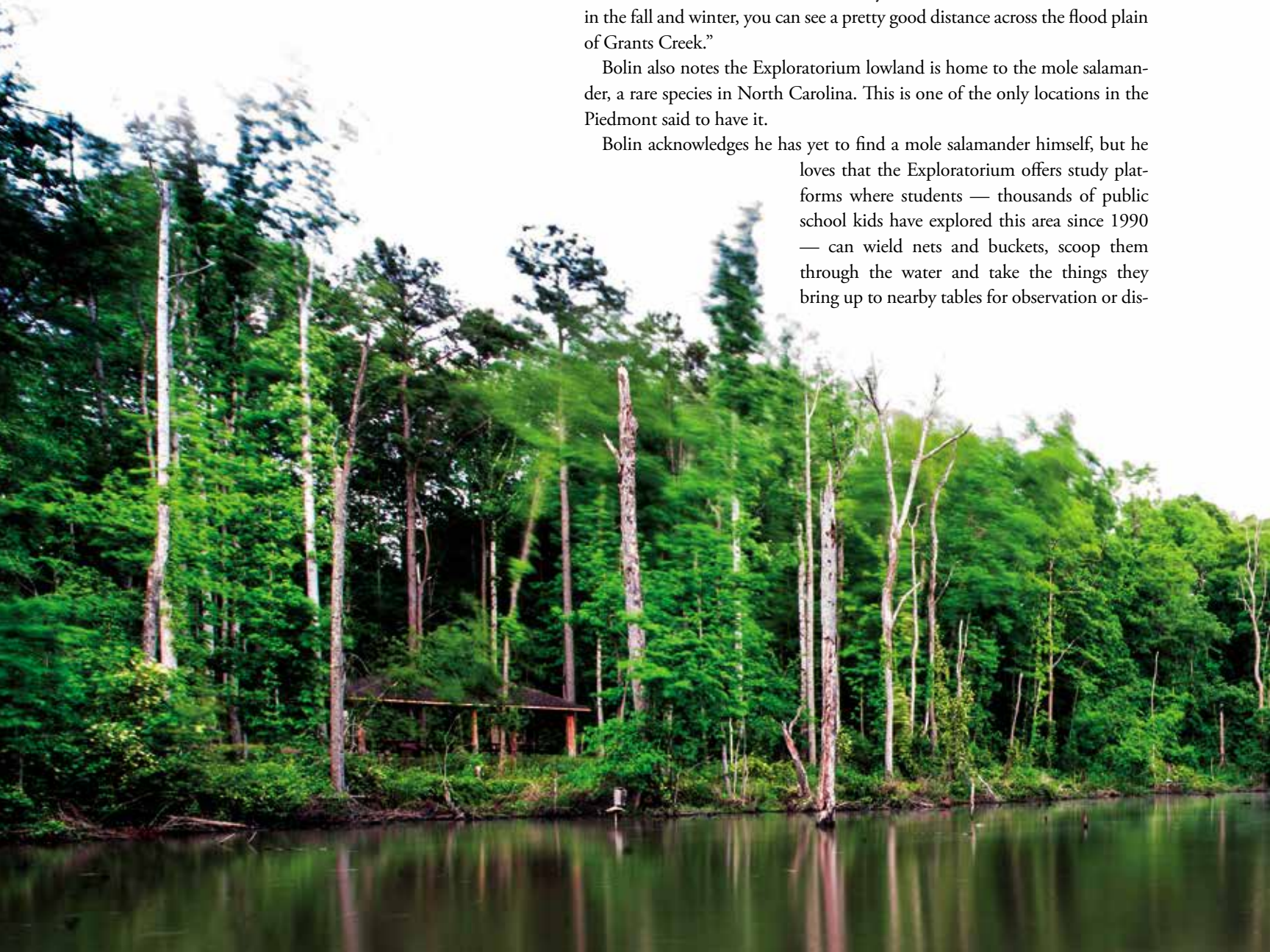
Likewise, Bolin carries a great fondness for Horizons Unlimited’s Tom E. Smith Nature Exploratorium. He lives nearby, and the area is close to Catawba College and Knox Middle School. So almost every morning, Bolin walks with his dog, Gichi, in this 34-acre forest that’s so unique in its topography for Salisbury. Sometimes daughter Eva hikes with them.

On the Exploratorium’s upper trail, you might think you’re in the N.C. mountains. On its lower trail, boardwalks and bridges, you are in an intriguing wetland forest.

“What’s so cool about that,” Bolin says, “is that when the leaves are down in the fall and winter, you can see a pretty good distance across the flood plain of Grants Creek.”

Bolin also notes the Exploratorium lowland is home to the mole salamander, a rare species in North Carolina. This is one of the only locations in the Piedmont said to have it.

Bolin acknowledges he has yet to find a mole salamander himself, but he loves that the Exploratorium offers study platforms where students — thousands of public school kids have explored this area since 1990 — can wield nets and buckets, scoop them through the water and take the things they bring up to nearby tables for observation or dis-





section.

It's not lost on the educator side of Bolin, either, that the Exploratorium is a N.C. Natural Heritage Area and a Certified Schoolyard Habitat of the National Wildlife Federation.

The Exploratorium has an expansive array of aquatic species, wetland plants and hydrology indicators to explore, along with a station-to-station story walk, educational boards describing things such as headwater forests and forest succession, a small outdoor classroom and the 1842 log-built Setzer School.

While school field trips of years past have introduced Rowan and Davie County school students to this Horizons Unlimited treasure, the Exploratorium has been more of a secret to the general public, to which it is open dawn to dusk.

The same could be said of Spencer Woods. Both places became newly appreciated during the pandemic restrictions as people were looking for safe, isolated, outdoor spaces to explore.

"I just love it down there," says Sara Lee, who hikes regularly through the Exploratorium with her 9-year-old son, Gabe, and their dog, Lexie. "I just think there is so much to talk about. When we're walking, we just talk and his imagination goes wild."

They live close enough to either bike or walk to the Exploratorium, which on most days seems almost climate-controlled. "It's kind of nice all the time," Lee says.

What amazes Lee is that the Exploratorium — and the same thing goes again for Spencer Woods in Spencer — is smack dab in the city.

"It's so in-town," Lee says. "It's seems like the middle of nowhere, but it's in town."

For the record, Spencer Woods' trails can be accessed in Spencer off South Rowan Avenue, along which are two small areas to park. A larger parking area is located at the end of 11th Street

in Spencer, and it's not far from the pond observation deck and a pavilion.

The Tom E. Smith Nature Exploratorium is located in Salisbury behind the Horizons Unlimited education center at 1636 Parkview Circle. Generous parking and access to the Exploratorium also are available at the end of Lily Avenue.

It should be noted that the Exploratorium is a completely separate nature area from the adjacent Fred Stanback Jr. Ecological Preserve at Catawba College.

Stanback, a widely known local, state and national conservationist, says the Tom E. Smith Nature Exploratorium has "spectacular views that remind one of the North Carolina mountains."

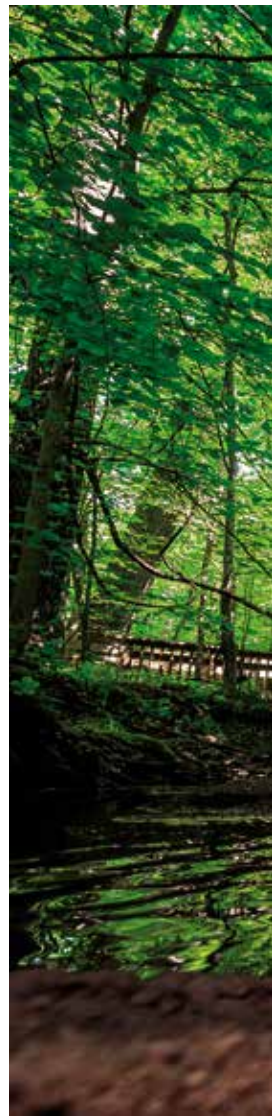
"From the upper trail you can look down to a swamp with very tall trees," Stanback says. "The lower part of the trail has a boardwalk through the swamp. I doubt if any city in the state has anything quite like this."

When the original boardwalk and bridges rotted away, Stanback and Smith, the former chief executive of Food Lion, split the \$100,000 cost of replacing the network with eco-friendly materials. These new amenities were celebrated in the spring of 2015, and they provide a unique opportunity to explore a wetlands ecosystem



*The eastern shoreline of the small lake at the Fred and Alice Stanback Educational Forest and Nature Preserve in Spencer.*





**Left:** Initials carved into a beech tree along the trails at the Fred and Alice Stanback Educational Forest and Nature Preserve in Spencer. **Right:** A cinnamon fern blooms at the Horizons Unlimited's Tom E. Smith Nature Exploratorium.

up close.

Stanback also has a passion for Spencer Woods. He and wife Alice's names are literally all over it. The official name — you can see it prominently on several of the park signs — is the Fred and Alice Stanback Educational Forest and Nature Preserve.

But Stanback and other longtime Salisbury/Spencer residents prefer calling it Spencer Woods, for nostalgia's sake.

"It came within one day of being logged," Stanback recalls, "but a heavy snowstorm prevented that and gave Jason Walser, then director of the land trust (LandTrust for Central North Carolina), time to raise money from Julian Robertson and several Salisbury citizens to buy the property, which was given to the town of Spencer."

Many of the big donors in 2011 made contributions in honor of Fred and Alice Stanback, enabling the land trust to buy the forest from Craft Development of Charlotte. With bulldozers already on site, the real estate company planned to clear-cut the 42 acres, grade it flat and replant it in loblolly pines. The land trust stepped in and bought it for \$645,000,

before selling it to the town of Spencer in 2012 for \$200,000.

Meanwhile, the town developed a Spencer Woods Master Plan for trails, parking, signs, benches, a pond observation deck, shelters (or pavilions), bridges, picnic areas and accessibility for the disabled.

For funding help, the town also secured a \$206,000 state grant. Again, private donors came through — this time with matching money, giving the park \$412,000 for development purposes.

"The town of Spencer has made the area into a lovely park," Stanback says.

Spencer Woods offers its long Stanback Loop Trail, and another trail leading to the town's Eighth Street Ballpark.

In the summer of 2014, a 10-person crew from the N.C. Conservation Corps spent seven weeks of eight-hour days building trails, rerouting others, erecting a bridge and installing culverts.

Spencer Woods is home to owls, rabbits, squirrels, hawks,

*Story continues on page 49.*





*Above:* Jay Bolin, his daughter, Eva, and their dog, Gichi, explore the trails and creeks in Spencer Woods. *Right:* A sign points the direction to the Stanback hiking loop. *Below:* An eastern box turtle eats some breakfast along the trails of Spencer Woods.







***Above:** Sara Lee and her son, Gabe, pick honeysuckle as they explore the trails at Horizons Unlimited's Tom E. Smith Nature Exploratorium. **Below left:** A barred owl looks for prey in Spencer Woods. **Below right:** A puffball rests on the side of a tree at Horizons Unlimited's nature trail.*







possum, woodpeckers, raccoons, ducks and more. Cindy Bernhardt and other kids of her generation actually knew it by another name growing up in Spencer. They called it “Chicken Springs.”

Bernhardt often rode her bicycle on South Rowan Avenue, which bisects the forest, and dreamt of someday having a cabin in those woods. She never imagined that decades later she would be a regular visitor to this urban forest, appreciating hardwoods that are probably 150 years old and native species of wildflowers such as Mayapple.

She has led Arbor Day walks here, enjoyed the blue heron

*Cindy Smith Bernhardt and her dog, Ollie, explore the trails at Spencer Woods.*

skimming the pond and recorded nature videos for her elementary school students. Most recently, she has been paying attention to a cooper hawk’s nest and its young birds.

“It’s just an amazing place,” Bernhardt says. “Nature can provide a remedy for you better than a prescription. It can heal what hurts or ails you.”

Two-time N.C. Environmental Educator of the Year Anne Ellis has a close connection to both Spencer Woods and the Tom Smith Nature Exploratorium.

“You can get a decent walk going in there,” Ellis says of Spen-





cer Woods. “I go there a couple times a week and find something different every time.”

*A fungus enjoys the morning rain at Horizons Unlimited's Tom E. Smith Nature Exploratorium.*

Smith provided the original funding to establish Horizons Unlimited's Nature Exploratorium in 1990. Science education specialists such as Ellis and Lisa Ruffy Pope long guided the many student excursions through this nature area — Ellis for 12 years.

“You're in the heart of the city, yet you see two very different ecosystems,” Ellis says, emphasizing how unique the Exploratorium's wetland forest is.

She speaks of taking a net and catching crayfish, just for fun. She delights in describing the turtles and salamanders and how she has seen all kinds of wildlife, including owls, hawks, beavers, possum, deer, ducks and “lots of good snakes.”

Haylie Dixon has been the naturalist at Horizons Unlimited since last August. “We have seen a lot of people out there, which has really been exciting to us,” she says of its recent rediscovery of the Exploratorium during the pandemic.

Dixon also mentions the sharp contrast in ecosystems the Exploratorium offers. “You can see the change in animals from the top of the trail to the bottom,” says Dixon, who especially appreciates the wetlands.

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*Eva Bolin uses a cell-phone app to identify the plant, Virginia spiderwort, at the Fred and Alice Stanback Educational Forest and Nature Preserve in Spencer.*





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*Sara Lee and her son, Gabe, explore Setzer School, a 19th-century one-room log schoolhouse, located at Horizons Unlimited's Tom E. Smith Nature Exploratorium.*



*A devil's bit plant blooms at the Fred and Alice Stanback Educational Forest and Nature Preserve in Spencer.*

"I have spent a lot of time back there. It's so quiet."

She describes hearing a herd of deer running or the indentations she has found where deer and their fawn have been relaxing in the grass. Or she marvels about the time she and students saw a snapping turtle emerging from hibernation.

Hiking through the Exploratorium or Spencer Woods is a much different experience than the virtual classroom many students have found themselves in lately.

"This is the best learning there is," Ellis says. "... You're just out there, kind of in your own world." **S**



*A violet wood sorrel blooms in Spencer Woods.*

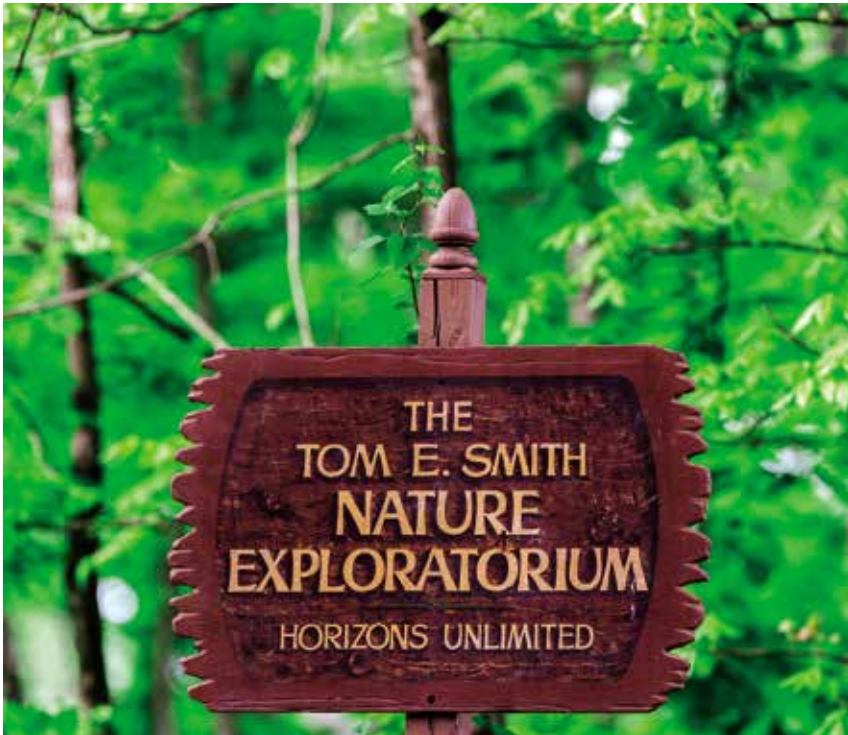


*A swamp cottonwood shows its colors at the Horizons Unlimited's Tom E. Smith Nature Exploratorium.*



*Mayapple soaks in the rain at the Fred and Alice Stanback Educational Forest and Nature Preserve in Spencer.*





*Left: A sign marks the entrance to Horizons Unlimited's Tom E. Smith Nature Exploratorium.*



*Right: An old man's beard plant blooms at the Fred and Alice Stanback Educational Forest and Nature Preserve (Spencer Woods).*

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**Left:** Charlie Gray Shelton fishes with his grandfather Terry Morrow. **Middle:** ‘Since we can’t visit our favorite German restaurant, we created our own rooftop biergarten,’ says Cheryl Goins, owner of Pottery 101. ‘Prost!’ **Right:** Nick Mueller gives his dog, Gracie, a quick bucket bath.

# the **S**cene

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## How we coped...

**W**e called it many things — social distancing, sheltering at home, a quarantine, isolating — but it became our “new normal” as we tried to stay safe during the COVID-19 pandemic.

We filled the days and weeks by getting reacquainted with our families, our homes, our pets, our talents, our pastimes, our televisions, our cooking skills, our inner youth and ourselves.

The precautions we took against the virus led us to do things we probably did not anticipate. We wore masks to go to the grocery store. We became experts in drive-through and drive-up

lines, online ordering and even sidewalk chalk art.

The kids made kitchens into their school classroom. Moms and dads converted dining rooms into offices and held daily meetings through video conferencing.

Grandparents also video-chatted or read books to their grandchildren over computers and smart phones. Instead of attending in person, we tuned into the virtual concerts associated with events such as the Cheerwine Festival and Pops at the Post.

We dressed more casually, explored the great outdoors, fixed and repaired long-neglected items around the house,

went fishing more often, baked things and improved our guitar playing.

Boy Scouts worked on their merit badges. As diversions, folks camped in their backyards and circled around toasty fire pits.

We had to celebrate Easter and attend church at home. Birthdays, Mother’s Day, Memorial Day and school graduations were much different celebrations this year, if they happened at all.

In retrospect, those of us who were able to shelter slowed down for a while, and the following pages provide evidence for the kinds of things we did.

— Mark Wineka





*Nick Golden, a woodworking, carpentry, construction teacher at South Rowan High, and his brother Michael Altmann of Carson High, were allowed to tear up their mother's patio and redo it, using Michael's design. Nick did a time-lapsed video of the project to use for his class at South.*



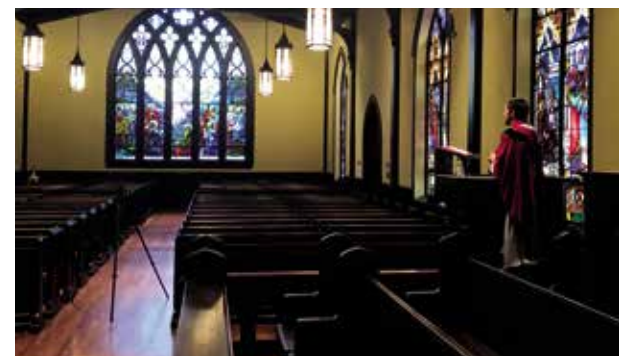
**Left:** Silas Patterson delights in his catching of this fish at Dan Nicholas Park. **Right:** This photograph shows John Paul Minton Jr. and his son, Jakob, sitting with their cherished dog, Vanya. Jakob reports a 30-second interview he was supposed to do for a school project turned into a classic, two-minute interview with his dad on why he loves Vanya so much. 'We have mined this dog for so many stories over the years,' John Paul Minton says in the video.



*Brother and sister secret agents Jackson and Whitney Wallace are on the case, trying to solve the mystery of COVID-19, at their grandmother Linne' Wallace's house.*



**Left:** Stella receives some help from her mother, Corie Brewer, in making a cake. **Right:** Singer/guitarist Colton Sherrill plays on the porch while Roxie lends an attentive ear.



**Above:** St. Luke's Episcopal Church's rector, the Rev. Dr. Robert Black, prepares for the live-streaming of a Monday service during Holy Week. Because of the COVID-19 precautions, St. Luke's Episcopal started streaming its regular services on Facebook March 22. **Left:** Connor and Alivia Christman take an April hike on a trail at the Eagle Point Nature Preserve.





*Ranger, Jeremiah and Brooks Haaland with the crosses they painted for Easter.*



*A birthday parade marked the 6th birthday for Whit Welch, son of Josh and Katie Welch. As he watches from the grass, his uncle Jamey Welch, aunt Melissa Welch and cousin Caroline Welch drive by in their decorated truck.*



*Raylan Vickers, 3, takes his first shooting lesson with a BB gun.*



*Leon Casner, 93, a longtime resident of Milford Hills in Salisbury, moved to Elmcroft during the pandemic period. Here, Leon holds a message of congratulations to his older brother, Ray, and Ray's wife, Gerry, who were marking their 73rd wedding anniversary.*



*Friends Julie Wagoner, Fle Griffith and Penny Roemer walk on the Salisbury Greenway, keeping a socially acceptable distance apart.*



*Freedom Christian Worship Center continued to have its regular Wednesday food pantry open during the shelter-in-place period. Helping were Jerry Menster, Pat Flannery, Debby Eller, Harley Eller and Tina Vanhoy.*



*Salisbury City Councilman David Post took this selfie preparing for a council meeting held by video-conferencing, meaning he didn't necessarily have to wear long pants.*



*First cousins Bonnie Emerson and Tzena Wicker practice social distancing while kayaking around Panther Point on High Rock Lake.*





*Matt Clements, a West Rowan High grad and former resident of Cleveland, and Marisa Bailey were supposed to celebrate their wedding in Raleigh during the first week in April, but COVID-19 squelched those plans. One of Marisa's bridesmaids arranged for a Zoom 'happy hour' instead in which many of the wedding participants gathered for a conference call. That's Matt and Marisa center right among those on the call.*



*Brittany Vanhoy spends time on the porch with her puppy, Oakley.*



*Steve Simpson repairs a door to an old tree-house, using the back of his pickup as a work table.*



*Kari Johnson's 6-year-old daughter, Dallas, enjoys time on her new drum set.*



*Joan Hartsell joins in on the Patterson Road Easter golf cart parade. Joan's daughter, Cindy Martin, says it 'was great fun to wave to our cousins from across the way and drive by our 96-year-old uncle's house and wave to him from the driveway.'*

*Shirley Price, who is on the computer screen, teaches her 2-year-old granddaughter Leola how to make a cheese puff snack during the days when they were far apart.*



*Libby and Jay Fowler pose with an even more famous 'Cast-away' — Wilson, the volleyball. 'It takes a little humor along the way to get through these days of confinement,' Libby says.*





*Jackie Harris reports that Callie, her rescue dog, helped in making the days of confinement go easier.*



*Carol Worthy roasts a hot dog at her back yard fire pit.*



*Outside The Medicine Shoppe, employee Julie Kenny delivers a prescription to the car of Rick Anderson, whose dog, Rex, greets Julie. 'This is why you keep it local my friends,' says Anderson, owner of Sidewalk Deli. 'You won't find any of the chain pharmacies providing this kind of customer service and protection.'*



**Left:** Boy Scout Layton Barber of Troop 443 works on his pottery merit badge. **Right:** On the Behrooz family's pier at High Rock Lake, Randy Miller shows off his catch of the day.



*Camera-shy Steve Poteat hand-pollinates his pawpaw blooms using a paintbrush. 'Probably not many people do this, or even know what pawpaws are,' wife Donna says.*



*Wilson and Nancy Graham found themselves playing many hotly contested pingpong matches.*





*Above: Taking part in the Easter Parade down Patterson Road were Bob and Barbara Sloop with their son, Chris, and his family. Right: Jim Murtaugh waves to his wife, Pat, as he finishes painting their barn.*



*Lucy Black stands next to her Home Garden Kit, one of 35 distributed to students during the month of April through a project involving Happy Roots, Horizons Unlimited and Rowan-Salisbury Schools.*



*Kathleen Dunn reads a book in the sunroom she and husband Gene Krueger had time to remodel during their quarantine.*



*Anita Bloom and Robin McNeely took this picture just after completing a 3.5-mile run at the Salisbury Community Park.*

*Graham Brady, 5, sits with a bean plant he rooted earlier. It was supposed to be a school project, but his teacher sent it home when schools were shut down.*



*Acey Worthy replaces a window sill in the sunroom of his Salisbury home.*



*And what is this? That's what Lulu seems to be asking about her first Easter basket while a patient dog, Ruthie, waits his turn. Lulu, who was six months old in this photo, is the granddaughter of Carolyn Glasgow.*





*Tim Truemper took this picture of neighbor Vince Pastore playing the guitar on his porch on Mitchell Avenue.*



*Though they were scheduled to have a much bigger wedding in Charlotte, Claire Corriher and Nathan Hoekema downsized dramatically to a small family wedding on the farm of her parents, Darryl and Barbara Corriher. The wedding took place on the first weekend in May. Claire's parents were married at this same farm in 1987, and a photo from that day of Darryl and Barbara on a John Deere tractor was published in the Salisbury Post.*



*Riley Jones works on his sidewalk train with an inspirational message outside of Rowan Helping Ministries.*

*Rockwell Boy Scout Dawson Raynes of Troop 324 works on his public health merit badge by demonstrating how to boil water for safe consumption and how to clean dishes properly while camping.*



*Former Rowan County Commissioner Leda Belk and her dog, Ginger, catch up on some yard work.*



*Dillin and Angela Galloway play a hand of rummy at home.*

*Kylee Edmunds, a fifth-grader at Shive Elementary School, does her homework at a kitchen table. She is daughter of Phil and Jeanette Edmunds, and her teacher is Dena Najarian.*







*Lauren and Will Almeida, who are students at Overton Elementary, joined their grandfather Tony Almeida on a hike through the Tom Smith Exploratorium behind Horizons Unlimited. They stopped for this picture at the podium of a small classroom in the woods.*



*Young golfer Carson Hurst takes a swing during a COVID-19 round at Irish Creek in Kannapolis.*



*Rick Foster, far right, sent this photo of him playing bingo with fellow residents at The Laurels.*



*Celeste Ward's constant companion has been her bird, Hedrick.*



*Floyd Burton, who is 100 and a big Catawba College supporter, sits on the back porch at the home of daughter Delores Morris and enjoys a catered meal from Debbie Suggs.*



*This 'family bunny mobile' was part of the Easter golf cart parade on Patterson Road. On the top row are Sharon Ritchie, Cody Ritchie and Caitlin Ritchie-Lane. Below them are Becky Lane, Nicole Ritchie, Hunter Ritchie, Maggie Lane and Jeff Ritchie.*



*Since they couldn't travel during the COVID -19 quarantine, Elaine Spalding and husband Keyth Kahrs decided to camp overnight in their backyard for a couple of nights as birthday and Easter gifts to themselves.*

*Cora Greene is a nurse and a homebrewer. She made more than 10 gallons of beer in her off-hours. 'Could not pick a better person to be cooped up with,' husband Bill Greene says.*



*Salisbury musician-composer Marc Hoffman plays the keyboards from his home as part of an online concert.*





*Sarah Truemper applies a fresh coat of paint to a building off Mitchell Avenue.*



*Janice Truemper's dogs, Lucy and Colby, found a grassy spot with flowers to their liking during their walk in Chestnut Hill Cemetery.*



*Arnold Hatley, middle, enjoys an evening around the fire pit with great-grandchildren Ella, 8, and Canaan, 6, and Sophie the dog.*



*This is the 'Corona Cart' relied on by residents of the Trinity Oaks cottages.*



*John Graham Corriher, son of Danielle and Graham Corriher, inspects some worms he dug up during a lot of 'outside time' he had during the quarantine.*



*Pam Coffield's dog, Gretta, stayed inside and donned bunny ears to celebrate Easter.*



*Home from college and wielding a camera, Robyn James snuck into the room where his mother, Mary, was drowning in paper. She had taken to the floor culling through and tossing what she called "several lifetimes of dusty files about people, places and events" she doesn't even remember any longer.*





*On a walk downtown, Jaudon Cline stopped by St. Luke's Episcopal Church, which was alive with the colors of spring. Jaudon provided many of the photos throughout this issue.*



*Ester Marsh takes a ride through the woods on her horse, Poppy. 'Reconnecting with nature helps me escape the craziness of social-distancing and self-quarantine,' Ester says.*

*Three generations of nieces and nephews surprised Crawford Felker Sloop, affectionately known as 'Uncle Jr.,' with an Easter parade down Patterson Road.*



*Staff members at Trinity Oaks made one evening special by doing a low country boil for residents.*



*In his workshop, Jim Martin makes nesting boxes that he gives away to friends.*

*Reggie Hall figured out how to load this gazebo onto a trailer by himself. His wife, Ann, said this gazebo, which stood along the Yadkin River bank at their home, was close to sliding in. 'I was amazed he could do this alone,' she says.*



*Leo Davi Soares, the 18-month-old son of Shantal and Edmar Soares, came to help Shirley Hooper plant her garden at Brookfield Circle. 'He was so excited at first,' Shirley said, 'but soon tired of the whole veggie-growing affair and was ready for his nap.'*





Ruby Corriher, daughter of Danielle and Graham Corriher, shows off some of her chalk masterpieces.



The daughters, grandchildren and great-grandchildren of Barbara Thomason, a resident at the Oak Park retirement community, formed this impromptu pyramid to go along with the bubbles and signs they used to celebrate Mother's Day for Thomason. The family matriarch watched from her third-floor balcony.

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After finishing online classes, Jace Cline refurbishes his great-grandfather's 1952 Allis-Chalmers tractor.



Karen Boger's granddaughters Olivia and Emma Boger play in the creek enjoyed by many generations of the family. With the girls are dogs Zeke and Sissy.

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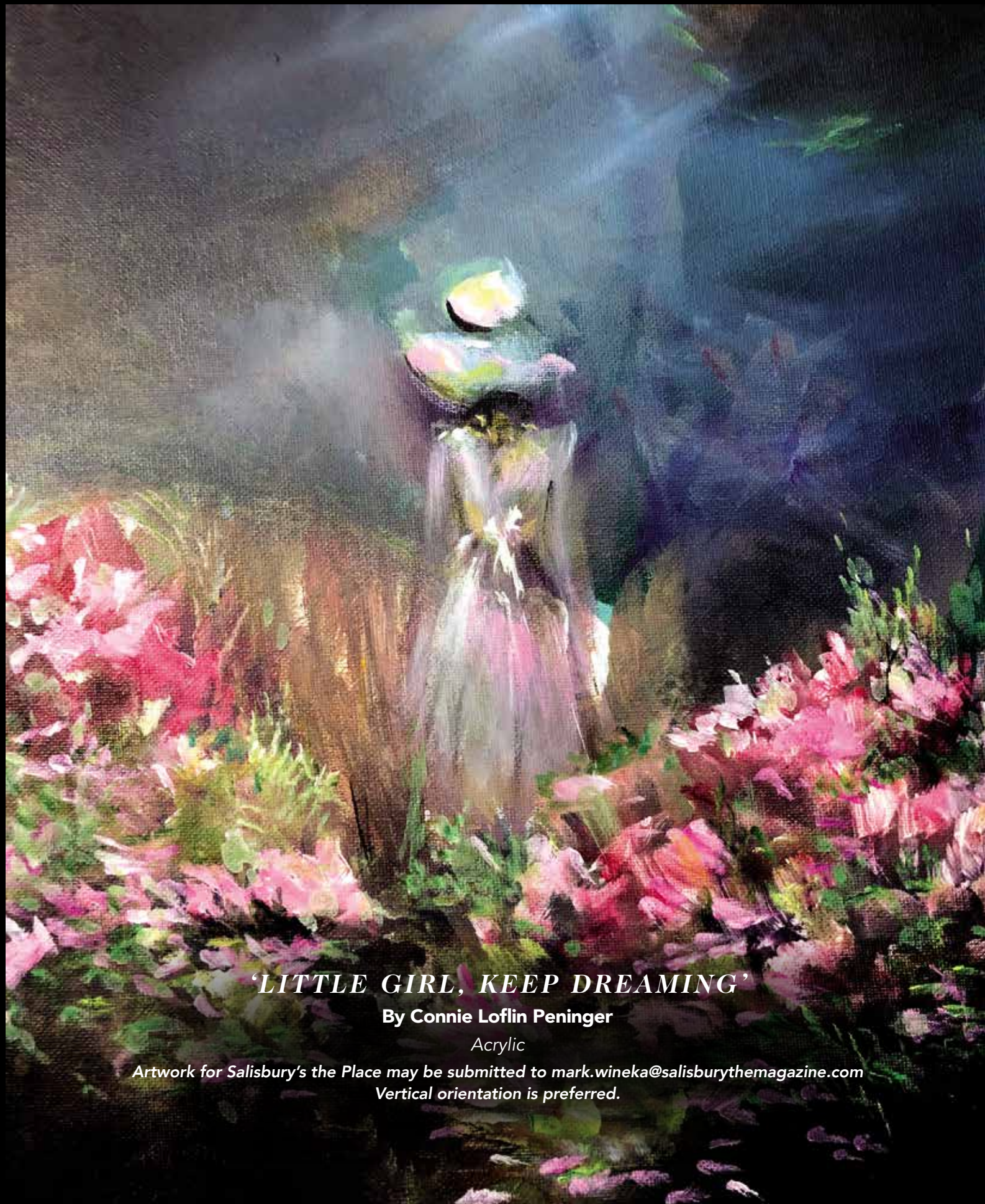
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**'LITTLE GIRL, KEEP DREAMING'**

**By Connie Loflin Peninger**

*Acrylic*

Artwork for *Salisbury's the Place* may be submitted to [mark.wineka@salisburythemagazine.com](mailto:mark.wineka@salisburythemagazine.com)

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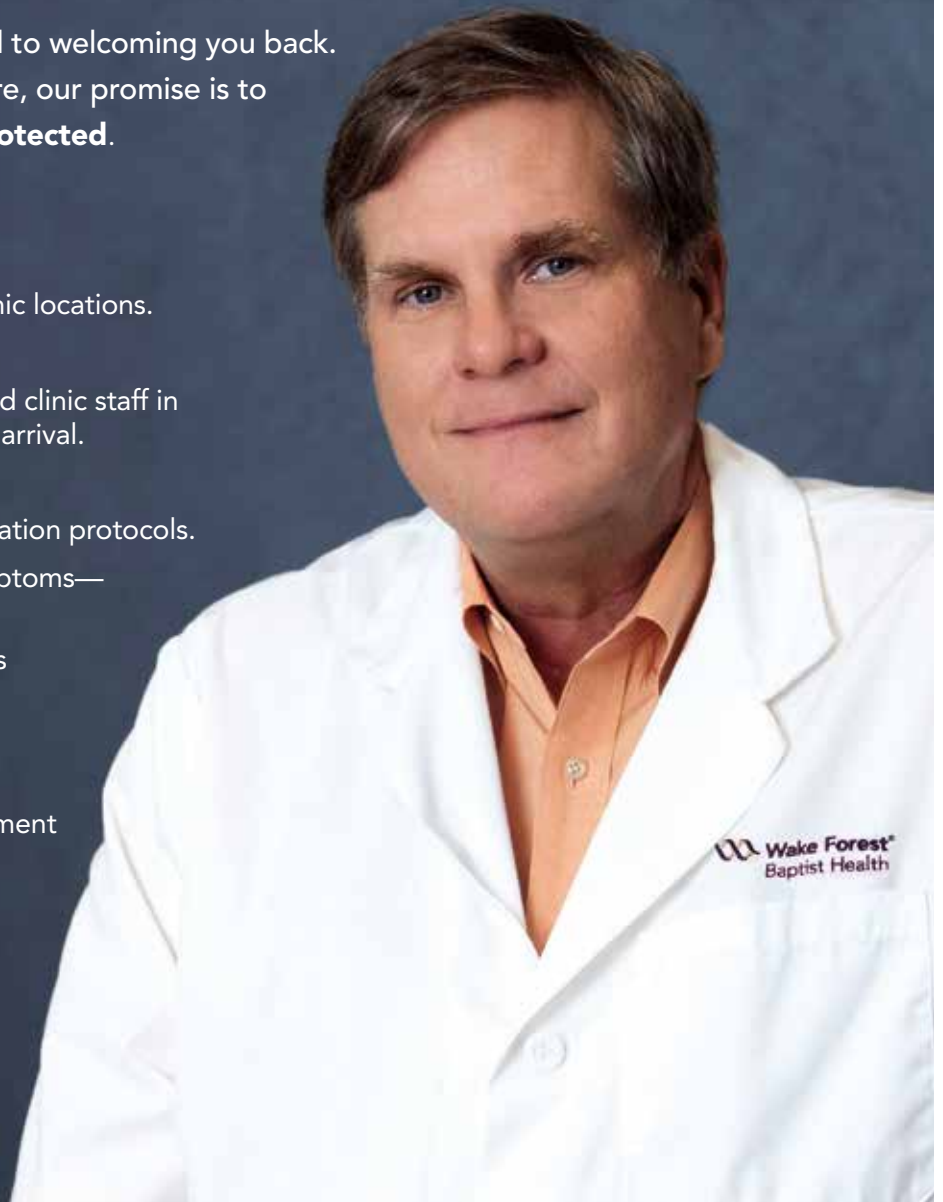
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