

Summer 2018

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# SALISBURY

the magazine

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## Winner's circle

Jeff Hammond  
knows NASCAR

by BEN WHITE

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## Take us to the river

Close to home, the Yadkin  
brims with potential

by C.L. MYERS

**On this page:** Flowers dot one of the many trails at Boone's Cave Park, a great place to visit along the Yadkin River.

**On the cover:** Dave Holman readies to throw out of a thicket of dormant kudzu while playing disc golf at Ellis Park.

— Photo by Jon C. Lakey



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# Trying out a different golf club

**Y**ears ago, when my kids were in elementary and middle school, we often drove over to the city's Kelsey-Scott Park and played a round (nine holes) of disc golf. The course was new, and at first I think we probably threw regular Frisbees before realizing there actually were particular drivers, putters and mid-range discs made for the sport.

Not so many people in Salisbury played disc golf then. We usually had the course to ourselves, and we thought we were doing cutting-edge stuff, not knowing disc golf had been around since the early to mid 1970s. I remember a turning point came for us, especially my sons, when we attended an event at Kelsey-Scott for which the city recreation department brought in a disc golf pro out of Charlotte.

Watching him play that day and give instructions on how to drive (use the "X" or crossover step) and putt for better accuracy changed the way we looked at the game. Our mouths dropped open at how far he could throw a disc, and how he could shoot such low scores, making mincemeat out of our humble home course.

My son's games immediately improved, and their enthusiasm for disc golf has not waned, even as they've now gotten into their 30s. I lost my excitement for the sport as soon as they started throwing farther than I did.

I met the boys recently for a family gathering in Chattanooga, Tennessee, and we made time one afternoon to find a course and play



a quick nine holes. Well, they played. I just went along for the walk. I still resent that their skills have long eclipsed mine.

In this edition of Salisbury the Magazine, you'll learn more about disc golf and its amazing growth. In our story, we meet only a handful of the local disc golfers, but they represent the large fraternity of players who take on courses throughout the region and, like my sons, love to find a new course when they travel.

Elsewhere in this edition, contributing writer C.L. Myers, who lives on High Rock Lake, reminds us of all the history and recreational opportunities available in the Yadkin River area between U.S. 64 and U.S. 29.

Some exciting enhancements to Boone's Cave, the York Hill river access and the Wil-Cox bridge areas are on the drawing board for the not-so-distant future.


On other pages, Ben White sits down and talks to NASCAR great Jeff Hammond, a

Rowan County resident, about his days as a champion crew chief and his role today in racing's broadcast booth.

Shavonne Walker checks in with Krystal Stukes, founder of the Triple Threat Dance & Charm studio. Deirdre Parker Smith updates us on this year's farmers' market. We also pay a visit to Tammy Barry's Buckle & Bell Shop in Gold Hill, which operates out of the old File store.

Catch up with Rowan Original Lynne Scott Safrit of Kannapolis.

Recent Catawba College graduate Christopher Derrick takes us to the beach with his Through the Lens photograph, and Millie Small spells things out on our Salisbury's the Place page.

Have a great summer — and look out for flying discs. 

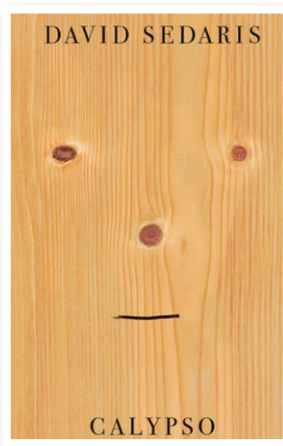
**Mark Wineka,**  
*Editor, Salisbury the Magazine*

Salisbury's Christopher Derrick, who recently graduated from Catawba College, captured this picture of wild horses on the sand portion of Highway 12 in Corolla, North Carolina. Derrick took the shot in May 2017, using a Canon 5D Mark III camera with a 100mm to 400mm zoom lens.





# A little something from the beach, for the beach



**"Calypso"**  
By David Sedaris

One thing you can count on, David Sedaris is funny. His stories are called "cheerfully misanthropic." In his latest book, "Calypso," he turns his thoughts to middle age and mortality, sense of humor fully intact.

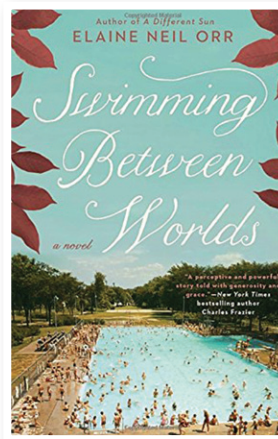
Sedaris buys a beach house on the Carolina coast, with visions of relaxing vacations, long days playing board games, working on his tan with his closest friends and family.

Naturally, this utopia does not exactly materialize. The setting is perfect, but he finds the most difficult guest is himself.

"These stories are very, very funny — it's a book that can make you laugh 'til you snort, the way only family can," reads a blurb for the book.

Sedaris is sharp as ever and he evokes laughter with shocking observations. He comes face-to-face with what a lot of us already know — our bodies betray us and it happens in the most precipitous ways. You get to the point where you realize there's more past to your life than future.

This is the best line from that same blurb: "This is beach reading for people who detest beaches, required reading for those who loathe small talk and love a good tumor joke. 'Calypso' is simultaneously Sedaris' darkest and warmest book yet — and it just might be his very best."



**"Swimming Between Worlds"**  
By Elaine Neil Orr

And keeping our attention on the Carolinas, Elaine Neil Orr writes about a young woman and two young men in a small neighborhood in Winston-Salem, in "Swimming Between Worlds."

Recent college graduate Kate is in a tailspin from the recent deaths of parents she adored and the discovery of hidden letters that make her doubt everything she knew about her family.

Boy hero Tacker, a young engineering student, is back from an odyssey in West Africa where he fell in love with the local culture but is sent home in shame.

His story and Kate's intertwine when, on the same day and in different moments, they meet a young African-American man named Gaines.

The relationship that develops is complicated, as each one searches for love, freedom and new beginnings.



**"By Invitation Only"**  
By Dorothea Benton Frank

Now let's switch to South Carolina, where Dorothea Benton Frank, a perennial favorite for her Lowcountry settings, has written a new version of town mouse vs. country mouse in "By Invitation Only."

It begins at a barbecue engagement party thrown by Diane English Stiftel to celebrate her son Fred's engagement. The bride's father, Alejandro Cambria, a wealthy power broker from Chicago's celebrated elite, discovers the pitfalls of cell phone signals. The mother of the bride, a snooty mansion dweller, meanwhile, learns about moonshine and dangerous liaisons.

"By Invitation Only" is a tale of two families, one struggling to do well, one well to do, and their children, the privileged daughter of Chicago's crème de la crème and the son of hard-working Southern peach farmers, who are engaged.

Frank inserts humor, sharp wit and empathy into a novel of two different worlds — of limousines and pickup trucks, caviars and pigs, skyscrapers and ocean spray — filled with a cast of characters who all have something to hide and a lot to learn.

Frank throws in differing legal opinions, a headlong dive from grace, and an abrupt twist that will reveal the truth of who these characters are and, when it truly counts, what kind of grit they have. Are they living the life they want? Do they have regrets? Would they change their lives if given the invitation?

**K**ANNAPOLIS — Lynne Scott Safrit's first job at Cannon Mills was emptying spittoons.

"It was not glamorous," she says.

Like most kids who grew up in Kannapolis, she worked in the mill during summers in high school and college. Both her parents — neither of whom finished high school — worked there.

"We had so much fun," she says.

Safrit took a job with Cannon Mills right after college and stayed in Kannapolis her whole career, retiring three years ago as president and CEO of Castle & Cooke, the real estate company owned by California businessman David Murdock.

"It was a great place for me in terms of advancing my education level and working on exciting projects," she says.

Safrit graduated cum laude from Catawba College in 1980 and earned a master's degree in human development and learning with a focus in counseling from UNCC a year later. In 2014, she received a doctorate in public health from UNC.

Safrit, who turns 60 this year, retired to spend more time with her family, which includes husband Wally, 68, — city attorney for Kannapolis — and their two children, Elizabeth, 26, and Wil, 24. Safrit didn't take maternity leave with either child, and wants to make up for lost time.

"In some ways, I've regretted that, but when you're in management, you just have to do that," she says. "It was a day-to-day thing, and we did the best we could. Now, I wouldn't miss anything that's happening in their lives."

That includes lunching with Wil, a second-year law student at UNC, or traveling with Elizabeth, who was Miss United States (in Miss World competition) in 2014.

Retiring took some adjustment, Safrit admits. "I think I was just ready to do something for me. I traveled a lot, and then I got into a groove. I have breakfast with Wally, then I read and go to the Y. I walk my dog."

Safrit has also learned to cook.

"Now I've got several specialties I'm good at," she says. "I'm basically doing the things I didn't have time to do."

Salisbury the Magazine recently caught up with Safrit, a Rowan Original:

Lynne Scott Safrit poses at her home in Kannapolis with the family English Springer spaniels Beckett and Brinkley.

— Jon C. Lakey photo



# Change of pace

After career that was part of Kannapolis' transformation, Safrit takes time for herself.

By Susan Shinn Turner

**Q. What's it been like during the past 30-plus years to see your hometown transform from traditional Southern mill town to a world-class research center?**

Amazing. Obviously, it was a very sad and depressing time when Fieldcrest Cannon closed its doors and so many people, not just in Kannapolis but also Concord, Salisbury and the surrounding area, lost their jobs. The saddest thing was that many of these people really had no other vocational training and therefore no ability to find employment in other areas. So when we conceived the campus, one of the original goals was to create 21st century, knowledge-based jobs that would not go the way of textile and furniture and other traditional manufacturing jobs, but would give people the opportunity to secure jobs that improved their livelihood and offered promise for the future.

As the campus continues to expand and small companies are spun off by entrepreneurs within the universities and in the private sector, the availability of jobs in the life sciences will continue to grow and provide opportunities for people in our community. I always thought how incredible it would be for young people in Kannapolis to have not just athletic stars and NASCAR drivers as their role models but these world-class scientists who are working on the North Carolina Research Campus.

**Did you ever want to live anywhere else?**

I love so many places in the world. There's no place like home, but I do feel a kindred spirit with many places where I have traveled and could see myself living there: New York, London, the Amalfi Coast in Italy, the charming little villages in New England.

**Who was your mentor during your career?**

I have always had great respect for women who managed to be successful in their careers

but somehow managed to find a balance and had full lives outside of their work. Women like Condoleezza Rice; Elizabeth Dole; Darla Moore; Wendy Oliver with the Dr. Phillips Foundation; former UNC President Molly Broad; Roberta Wieman, executive vice president for Castle and Cooke; and Pat Rodgers, president of Rodgers Builders.

**What was the biggest moment of your career?**

The moment I stood on the stage in Veterans Park and we announced the NCRC. I knew that lives would be changed that day and that our community would be on a new path to transformation and growth. This project was so collaborative and innovative. I knew that it would take a while for its reality even to sink in for most people, and I was just excited to be able to play a part in its inception and development.

**What was the secret of maintaining a successful, two-career, high-profile marriage, and how has your relationship changed with Wally during the past three years?**

As of this July, I've been married for 30 years and I have the greatest husband in the world. Our entire married life, we have both had careers that required a lot of hard work and long hours, so that's really all we have ever known. I think the secret of a great marriage and a balanced family is one that took me a long time to learn: You have to draw a line between work and home. As to how our relationship has changed in the last three years — I am enjoying being able to do things around our household that I never had time to do before, most importantly, I'm now a pretty good cook! And I try to do a lot of the household errands like grocery shopping, because Wally is really busy with all the new development going on in the city right now.

**Since you've learned to cook recently, what are your specialties?**

Chicken pie, chicken piccata, herb-roasted pork tenderloin, cornbread muffins, peach cobbler, meat loaf, and I'm really good at baking just about any kind of cake or cookies. But we do try to eat healthy, so I have learned to cook okra that's not fried!

**What do you predict for the future of Kannapolis with the stunning redevelopment now taking place?**

Kannapolis is really growing now with the population currently right at the 50,000 mark. I think Kannapolis is very fortunate to have such progressive and forward-thinking city leaders who understand that there is room to both embrace our heritage and create a new city center which will be a magnet for growth and will attract new business and residents to Kannapolis. But I have no doubt that even with all the growth that is coming, Kannapolis will still maintain its friendly, small-town feel. The future for Kannapolis is bright!

**What five words would you use to describe Kannapolis?**

Friendly, Southern, innovative, home, renaissance.

**What are two foods usually in your fridge or pantry?**

Avocado and papaya.

**If you could go back and talk to a young Lynne Scott Safrit today, what piece of advice would you give her?**

Work hard but don't forget to play hard, too. Finding a healthy balance between career and family, work and your personal life, is critical to finding happiness in your life. And always have at least one dog! **S**



Above: Lee Ly sells flowers at the Salisbury/Rowan Farmers' Market on April 14. — Rebecca Benson photo. Below: Local tomatoes in all sizes and colors. — Deirdre Parker Smith photo. Right: Maggie Baines, center, smiles at Chloe Griffin at the Yadkin Path Montessori tent. — Rebecca Benson photo.





Trish Dunn, right, looks for a pastry made by Kristine Turco, left, at the Salisbury Farmers Market.

— Rebecca Benson photo

# Fresh and friendly

Salisbury/Rowan Farmers' Market makes summer worth the wait.

By Deirdre Parker Smith

**I**t's not hard to find the Salisbury/Rowan Farmers' Market this year — it's out in a wide open space at 520 S. Main St.

That's the parking lot next to the Elks Lodge. You'll know you're there when you see the tents and the Rustic Roots food truck. There's plenty of parking, and you don't have to cross any streets. You may be lured by good smells from that truck, owned and run by Chase Reyn-

olds of Two Pigs Farm.

Walk into the wide open space that's lined with tents. To your left, you'll see Lee Ly's beautiful flowers and lush vegetables. Lee says her flowers sell the best, although she also has green onions, baby bok choy, baby arugula, malabar spinach, tiny, perfect French breakfast radishes, green garlic, cilantro and three kinds of lettuce — no worry about contamination.

Mike Miller, president of the market board, is known for trailers full of sweet corn, as well as cantaloupes, tomatoes, watermelon, green beans, peppers and more.

Back for a second year is Chantel Johnson of Off Grid In Color. She lives off the grid in a tiny house and grows much of her food. Her thin-cut pork chops are a ten-

## FOOD

der treat, and she has fresh eggs, sausages and microgreens, which she suggests as a healthy snack.

Chantel is also a licensed doula — like a midwife — and has a degree in social work. She's taking orders for Thanksgiving turkeys now — they need time to grow. And she hopes to do presentations on how to live a simpler life, raise food and preserve it.

The crowd was thin on opening day in April, but the vendors were excited to see customers, and the faithful patrons were anxious to get back to the routine of buying local, fresh food.

Leigh Graham and her mother, Margaret Graham, come almost every week. Margaret is a pickle maker and is always on the lookout for the best cucumbers. “We are thrilled to be back and visit with folks,” Leigh says.

Joyce and Joel Goodwin are regulars, too, and Joyce, especially, sings the praises of the market. “It’s so wonderful, and so wonderful to see all our friends,” she said.

Conversations pick up where they left off last winter, when the market went into hibernation.

Bethany Sinnott, a busy Master Gardener and retired English professor, is there with her basket, catching up with friends. Betty and Jerry McLean arrived for the first market, bags in hand. “It’s always an exciting day when the market opens, and there’s lots of space here and lots of choices,” Betty said.

On the first day, there’s a line at Two Pigs Farm, where Yorke Reynolds and her mother, Mikell Reynolds, are busy digging in freezers to find the pork, beef, chicken, lamb or sausages people ask for. They also have fresh eggs, which have gone up \$1 this year due to a rough winter and predators, and they have a good supply of alpaca socks, gloves and more from their herd.

And speaking of happy animals, Pat and Bobbie Killian now have 12 goats who are “part of the family, really,” Pat says. With those friendly goats, they make soap in a rainbow of colors

**Chantel Johnson poses for a photo while holding her pork chops at the Salisbury/Rowan Farmers Market.**  
— Rebecca Benson photo



and scents, as well as coal tar soap to help with poison ivy and bites and shaving soap and even dog shampoo. You can pamper yourself with a bath bomb — always popular.

Treehouse Soaps is back, too. Their soap uses goats’ milk, as well as vegetable oils, like avocado, and rich butters.

If you’re out of jelly after the long winter,

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## 2018 JUNE EVENTS

### BEAR ENRICHMENT EVERY SATURDAY & SUNDAY

Location: **Wildlife Adventures**  
Time: **2:00pm** (weather permitting)

### MEET THE ANIMAL EVERY SATURDAY & SUNDAY

Location: **Wildlife Adventures or Nature Center**  
Time: **3:00pm** (weather permitting)



### 2018 SUMMER READING KICK-OFF

Date: **June 3rd** Time: **11:00am-2:00pm**

Rowan Public Library is hosting its annual Summer Reading Kick-Off at Dan Nicholas Park. Families may register for RPL's summer reading program and take part in fun, hand-on-crafts and activities.

**FREE for all ages.**

### NIGHT PROWL NATURE PROGRAM AT THE CAMPGROUND

Date: **June 9th** Time: **9:00pm**  
Meet at the campground shelter.

### "SCHOOLS OUT" FISHING TOURNAMENT

Date: **June 11th** Ages: **5-18**

Register at the concession stand. Prize goes to the student that catches the largest fish. It will be a whopping good time.

### GEM MINE - FATHERS DAY WEEKEND

Date: **June 16th-17th**

Fathers get \$2.00 off any bucket bought at the mine and 30% off all men's jewelry. Ask before you buy or price will be too high.

### NATURE CENTER HERP PROJECT

Dates: **June 18th-21st**

Become immersed in Herpetological studies and field research by collecting, analyzing and documenting native species.

Ages: **Rising 9th thru 12graders** (Maximum of 10 students)

Participation by application.

Mike Lambert 704-216-7833 Michael.Lambert@rowancountync.gov

### NATURE ADVENTURE CAMP

Have fun studying the wild side of nature. Summer Camps will be offered two different weeks for each of the grade levels. **Registration begins March 1st.**

Date: **June 25th-29th** Time: **9:00am-4:00pm**

Ages: **Rising 1st-2nd grades** (Maximum of 15 campers)

Cost: **\$50.00 - Lunch, snack and beverages provided.**

Registration accepted with only full payment. Pre-registration required. Limited Space. Payment by cash, check or credit card. Brooke Wilson 704-216-7834 Brooke.Wilson@rowancountync.gov

## VISIT OUR OTHER EXCITING PARKS...

### Ellis Park

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Salisbury, NC  
704-216-7783

### Eagle Point Nature Reserve

665 Black Road,  
Salisbury, NC 28146

### Sloan Park

550 Sloan Road,  
Mt. Ulla, NC 28125  
704-637-7776

### Dunns Mountain

Nature & Historical Preserve  
Dunns Mountain Road,  
Salisbury, NC

## FOOD



**Top:** Attendees walk around at the Salisbury/Rowan Farmers Market. **Above:** Beth Setzer picks out kale at the Two Pigs Farm tent. — *Rebecca Benson photos*

Teachers Can Too has its popular Centennial Jelly, made for Cheerwine's 100th year, as well as the original apple butter and cinnamon apple butter. If that's not enough, you can find strawberry, blueberry, blackberry, peach and more.

Regulars have their eyes peeled for fresh asparagus, a rare treat, and on this day, both David Correll and Mike Miller have some, from pencil thin to fat.

You can stop by Better Loafing for bread, including gluten-free loaves, then spread it with McCombs Pimento Cheese, just a tent or two over. And if it's traditional poundcakes, pies, muffins and cookies, Kristine Turco is ready and waiting for you. Her lemon muffins often sell out. Try the lemon raspberry, too.

If you got hooked on Eunice Rebrey's McGillin's Fruitcakes, look for her on first Saturdays in June, July, August, September, and then every weekend in the fall.

Other vendors come as their crops mature, like Larry Pruitt, who you can count on for greens, turnips and sweet potatoes in the late summer and fall. Twin Oak Farm brings the vegetables that say summer — tomatoes, cucumbers, squash and zucchini, green beans, corn.





**Above:** Lee Ly, back, makes a bouquet of flowers while her son Simon puts out produce at the Salisbury/Rowan Farmers Market. — *Rebecca Benson photo.* **Below:** Flavor awaits, with fresh garlic, celery and herbs like cilantro and basil. — *Deirdre Parker Smith photo.*

During the early market season, you can sleep in — for a bit. Once 9 a.m. hits, customers flow in. Later in the summer, you want to be the early bird who gets the best batch of Brussels sprouts from David Correll, or the first pick of sweet corn.

You can easily feed yourself for a day, a week or more at the market. Buy Talton Correll's eggs, choose your sausage, get half a coffee cake, ground beef for burgers with lettuce, onion and tomato. For dinner, sauté pork chops with a side of chard, or do a stir fry with bok choy, green onions and zucchini.

Take advantage of all the knowledge at the market. Ask Lee what to do with bitter melon. Find out the best way to keep lettuce fresh. Ask David why that tomato has stripes and if the yellow tomatoes have as much acid as the red ones.

The key to enjoying the market is to interact with the vendors and customers, swapping news and discussing recipes.

They want you to buy what they've grown, but do it responsibly — it's all beautiful, but you can't eat it all at once. Learn how to preserve what you can and make menus based on the gorgeous freshness you find. **S**



## THE ARTS





Krystal Stukes points to one of her students featured in a magazine at the Triple Threat Dance & Charm studio.

# All the right moves

Stukes' studio combines dance, charm.

Written by **Shavonne Walker** | Photography by **Rebecca Benson**

**S**alisbury native Krystal Stukes had mapped out a corporate future with Walt Disney World, but instead the military wife and mother unintentionally fell into the career of her dreams.

In 2016, Stukes opened her own studio, Triple Threat Dance & Charm, in a low-key location just off West Innes Street, a few minutes walk from the Catawba College campus.

“I never thought in my wildest dreams ... it wasn't part of my plan,” Stukes said.

The former pageant queen and dancer/majorette at N.C. A&T State University had interned with the Disney company and planned to stay on to work full-time. However, she married Quodolphius, a military sergeant, and the couple along with her daughter, Sari Lewin, moved to Seattle, Washington.

Stukes said life took a turn for the good and landed her back in Salisbury to be closer to family after her husband's deployments to Korea and Afghanistan. In 2013, she began teaching a dance class through the Salisbury Parks and Recreation Department.



Khari Short, right, smiles at Krystal Stukes after she asked a practice question during charm school.

In addition to the recreation classes, Stukes also led the dance ministry at Mount Zion Missionary Baptist Church and formed the Ladies in Pearls at North Rowan High School, which was an extension of the charm program that Stukes teaches at her studio. The program has a focus on community service and was taken over by another teacher after Stukes left the school.

Stukes also coached a dance team at North Rowan High.

The classes kept getting bigger, and with a financial investment from her husband, Stukes opened her own studio at 129 W. Corriher Ave.

“I want to see them grow,” she said of her students.

Each season, Stukes looks for opportunities for the girls. So far, it has led them to a summer workshop with Disney choreographers, some of her dancers are featured in a Lebo’s dancewear

catalog, and soon they’ll have a chance to dance on a cruise ship.

The charm portion of her dance studio was influenced by her daughter’s time on the Washington pageant circuit and the lessons she learned as a child from her grandmothers, who she calls true Southern belles.

Stukes’ daughter, Sari, now 10, got her start in pageants at 2 months old and by the age of 4, she was a state title holder for pageants in Washington.

## LIFE LESSONS

Stukes gives her students tips they can use in everyday life. For instance, she teaches them how to walk confidently into a room and how to properly sit, as well as what to wear during an interview.

“In reality, they will have to interview for a job,” Stukes said, and she wants them to be ready.

Her grandmother attended a school for girls, and during that era, students were taught proper etiquette. The lessons passed down from her grandmother are the basis for many lessons Stukes forwards to her girls.

She also has included social media etiquette, public speaking, positive body image and personal grooming.

Stukes teaches the girls about proper skincare to include wiping off their makeup and “how they are beautiful before they put on the makeup,” she said.

The dance teacher has a mixed-race studio, but it’s predominantly African-American students.

Stukes said with African-American girls there

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**Above:** Sari Lewin, center, Leena DeBose, left, and Khari Short practice their baton routine.

**Right:** Krystal Stukes, center, hands Nalaiah Everhart, right, tutus while Gigi Hairston holds a folding chair.

is still a struggle with their appearance from the type of hair texture, to the shade of brown their skin is, to the struggle of being considered good enough.

“I don’t think they have enough people telling them they are beautiful and to know their worth,” she said.

Stukes said her family, particularly her grandmother, made her feel special and it’s the feeling she wants to give to each of her students.

Stukes wanted to add etiquette to her roster because it was something she learned in her formative years and something she felt isn’t being taught much to young girls.

“I remember wearing my Easter dress and hat at the table with my grandmother,” Stukes said.

She also discusses attitude and body language



## THE ARTS

and how it can affect your mood and the mood of others in a room, she said.

Stukes recalled getting dolled up for her first pageant. Her mother took her to a dressmaker who wrapped her in pretty pink fabric, took her measurements, and when she returned weeks later, she had a beautiful gown.

Stukes said she felt like Cinderella and thought the seamstress, Ms. Ruby, was her fairy godmother.

### CLASS IS IN SESSION

Students at Triple Threat range from 2 to 16, but Stukes also prepares older students through college to be pageant- and interview-ready for future jobs.

In charm school, the toddlers learn about sharing, using their words and have dress-up/fairy time.

“It’s about personality,” Stukes said of the toddlers.

She talks to the toddlers about their favorite toys or foods. Those toddlers have an opportunity to be a part of the Triple Threat queen court, Tiny Miss and Baby Miss.

The elementary school-aged students, who include children 7 and 8, are a part of the Mini Miss. Those students work on interviewing skills before a panel of judges.

Stukes’ students have had opportunities to be in the Holiday Caravan and to participate in the annual Martin Luther King Jr. celebration.

Stukes typically has eight slots for charm school and others who participate in modeling opportunities.

Charm School classes are held every Saturday from March through May, and the girls also practice once a week. The studio is open from 4-8 p.m. daily, and the cost to participate is \$60 a month.

Girls compete in dance competitions in the Carolinas and Virginia.

### LASTING IMPACT

Stukes said volunteerism is very important to her and she instills those values in her students. The girls have collected toys at Christmas for the Born Leaders Club and have volunteered at Rowan Helping Ministries.



“I try to teach them to give back and not always take,” Stukes said.

She said she wants her students to ask themselves, “what can you do to help someone?”

As for her Triple Threat pageant participants, Stukes said she tells them their crown gives them a platform bigger than before they received a crown, but whether they have a crown or not they can still believe in a cause or have a platform.

All of her students must maintain a certain grade-point average to continue dancing.

Stukes said there are myths that surround the dance world — that it’s costly and that there’s drama around every corner. She said she encourages her parents to not spend a lot of money on pageant and charm court dresses. In fact, she advises students to wear a pretty Easter dress and they have even found gems at local thrift stores.

Six of her girls will dance in a summer program with the Joffrey Ballet School in New York.

Lecana DeBose, 12, first became involved as a dancer at her church under Stukes and wanted to learn more and perform competitively. She enjoys that dance helps her deal with stress. The North Rowan Middle School student also plays volleyball.

Charlotte Wood, 13, is in her first year at Triple Threat and joined after her cousin was attending. Wood said she likes to dance and sing. She also enjoys learning new dance routines from Stukes.

Devora Neely enrolled her daughter, Jada, 7, in the program three years ago after seeing information about Triple Threat on Facebook.

“She was always dancing around the house,” Neely said. “I had wanted to get her involved.”

Neely likes that Stukes and the other teachers expose the girls to a lot of experiences and opportunities.

Angela Hampton has two daughters, Jaiyiah, 7, and Kaliyah, 10, who are enrolled. Her daughter’s teacher thought dance would be great for discipline. The family moved to North Carolina from Ohio.

Hampton said she loves the interaction Stukes has with the girls.

Deiatra Chambers has a daughter, Alyssa, 10, who has been with Triple Threat for two years. Chambers grew up with Stukes and decided to enroll Alyssa. She’d gone to another studio, but it wasn’t a good fit. Alyssa was able to make friends immediately with the girls at Triple Threat.

For more about Triple Threat Dance & Charm visit <http://www.3xthreatdc.com>. 

A rustic wooden interior, likely a cabin or lodge. In the foreground, a dark brown leather sofa with a patterned pillow is visible. To the right, a wooden dining table with a lamp and a chair is partially shown. In the background, a large window with a studio light fixture is set against a wooden wall. The ceiling features woven baskets. The overall atmosphere is warm and cozy.

# INSIDE TRACK

As crew chief, broadcaster or cowboy, Jeff Hammond knows the winning formulas.

Written by Ben White



Jeff Hammond sits in his Rowan County home amid his wife Sharon's collections and his own hunting artifacts. Hammond, a former NASCAR crew chief, is now an analyst for FOX NASCAR. — Wayne Hinshaw photo





Driver Darrell Waltrip, left, and crew chief Jeff Hammond celebrate in Victory Lane as they acknowledge Waltrip's second Plasti-Kote Spray Paint award of 1989. — Photo courtesy of the NASCAR Hall of Fame

Jeff Hammond feels Rowan County's beautiful western countryside is best for raising horses, cattle and enjoying the outdoors. That's where his passion for rodeos, cowboy boots and ultimate hero John Wayne flourish — all beginning with a birthday pony at age 6. He even occasionally organizes rodeo competitions on his 200-acre spread.

Hammond is also a part of an entirely different world of studios, bright lights and television cameras where dress jackets and open collar shirts are his attire. For nearly 20 years, he's been on the sets of FOX Sports for NASCAR Cup series race broadcasts and his current role as analyst on the show "Race Hub," FOX Sports 1's daily news and information program.

In addition, he serves as an analyst for FOX NASCAR Sunday, the network's pre-race show, alongside Chris Myers and Darrell Waltrip from 2001 to

2013.

In 2014, he covered stories on pit road as they developed throughout the race for FOX NASCAR, becoming the first former crew chief to serve in that capacity for network television's NASCAR coverage.

Hammond's vast knowledge about NASCAR's top divisions comes in part from living the sport himself. As a crew chief, Hammond has 43 Cup series victories with Waltrip, a three-time Cup series champion, from 1982 to 1992.

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Above: Hammond has a small collection of model race cars at his home. Some are models of cars for which he served as crew chief. Right: Hammond enjoys hunting and has examples of his success on his walls.

— Wayne Hinshaw photos

He also worked with drivers Bobby Hamilton, Kenny Wallace, Loy Allen, Chad Little and Kurt Busch, to name a few, before turning his attention to television broadcasting beginning with the 2001 Daytona 500.

There are many parallels between creating winning strategies and giving millions of race fans across the nation insights on the latest topics of the day.

Hammond is a master of both.

“In racing, it’s all defined in lap times and fast pit stops,” Hammond said. “It’s time over distance. In television, the shows are also time over distance when it comes to segment A, segment B, etc. Everything is predicated on time.

“Sometimes you have 45 seconds to make your point



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Left: Hammond is quite involved in rodeos. Here, he competes in team roping on his horse LT. Right: Hammond has a famous 'Martinsville Speedway Grandfather Clock' in his hallway that is presented to winning drivers at the Martinsville track. Driver Darrell Waltrip gave the clock to Hammond.

— Wayne Hinshaw photos

and other times, you have two or three minutes. Offering a closing comment means being concise and having to work with the fewest amount of words possible. It's always a challenge. Guys able to do that, such as (announcers) Chris Myers, Mike Joy and Doug Rice, are blessed and are true artists in their own right."

While growing up in Charlotte in the late 1960s, Hammond had a career goal of working in the family construction business founded by his grandfather. Hammond entered East Carolina University in the fall of 1974 and was set for a promising four-year football career. One tackle too many and the need for yet another surgery prompted a return home. Along with a talent for building and creating, stock car racing was his second love.

He often listened to Motor Racing Network radio broadcasts beginning at a young age. The first real taste of racing came when his uncle asked him go along to pick up a race car in Lancaster, S.C., in the late 1960s.

"It was a 1956 Ford that was painted school bus orange with the No. 54 on its sides," Hammond said. "That was the beginning of my introduction to fast cars. I wanted to drive while I was growing up, but all they would let me do



In this photo from April 15, 1984, driver Darrell Waltrip, center, celebrates in victory lane with crew chief Jeff Hammond after their 1984 TranSouth 500 win at Darlington. — Photo courtesy of the NASCAR Hall of Fame

was go out and warm up the car at race tracks. I was only 14 or 15 years old at that time."

Hammond did eventually race on Friday and Saturday nights, building his own dirt

track cars alongside his dad and brother. Scraping up front for wins often led to destroyed race cars and hot tempers. That's when he began building cars instead of driving them.



Jeff Hammond, in the brown jacket, and former NASCAR driver Michael Waltrip (center right) appear on 'Race Hub' with hosts Shannon Spake, left, and Adam Alexander, far right. The show is broadcast from a Charlotte studio. — Photo courtesy of FOX Sports and Brian Gomsak

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Through those efforts, fate sent his life in an unexpected direction.

Race car parts were often bought from “Tiger” Tom Pistone, a former NASCAR driver that supplied many Winston Cup regulars in Charlotte. Hammond would at times do construction work for Pistone in exchange for what he owed for pistons, water pumps or rear-end gears.

Pistone’s shop often attracted many of NASCAR’s legendary crew chiefs, such as Herb Nab and Jake Elder, as well as NASCAR independent non-factory drivers Jim Vandiver, Walter Ballard, Carl Adams and Elmo Langley. Money was tight in those days and jobs for volunteer shade-tree mechanics were readily available.

Hammond’s dad wisely advised him to work with various drivers, not committing too deeply to any

Hammond with his horse LT that he rides in team roping competition in rodeos. In back is a rodeo arena on his farm.



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Hammond is a big fan of the late movie actor John Wayne. — Wayne Hinshaw photo

particular one in case a good opportunity with a top team came along. While working with Ballard as a tire changer and jack man in 1975, Hammond got his break.

Nab, then crew chief for team owner Junior Johnson and driver Cale Yarborough, discovered Hammond was an exceptional welder and offered him a job for \$200 per week. Hammond thought he had died and gone to heaven. He was being paid a weekly salary to race.

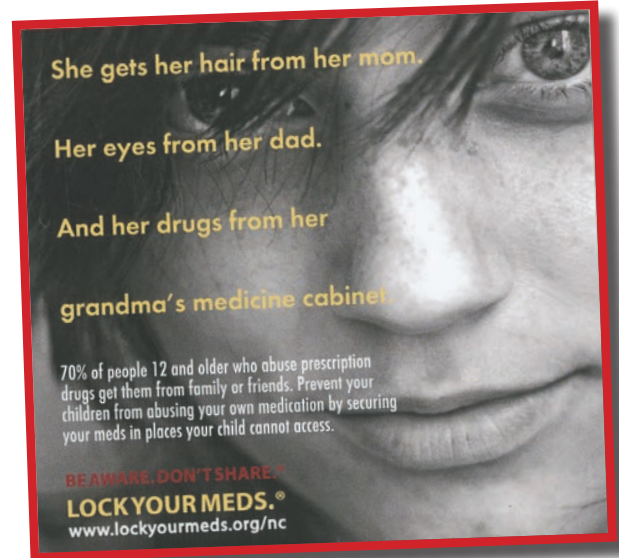
“Working with Junior Johnson’s team was intense but low key,” Hammond said. “I enjoyed working on the cars and changing tires. It was a great environment and I loved it. That was because Cale was who he was. I still think Cale walks on water. I still think he is one of the toughest race cars drivers to ever strap on a helmet.

“To this day, Junior is still the best team owner I’ve ever worked for. I totally respect everyone I’ve turned a wrench for but Ingle Hollow was home.”

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Hammond contributed heavily to Yarborough winning 55 races and three Winston Cup consecutive championships in 1976-78 while with Johnson. At the end of 1980, Yarborough made the tough decision to run a limited schedule to spend more time with his family. Waltrip came to Johnson's team with aggressive changes in philosophy that included building a fleet of new race cars.

In the beginning, Hammond and Waltrip clashed like oil and water, in part because Yarborough and Waltrip were at each end of the spectrum on chassis setups and personalities. Yarborough would compensate for what his car was missing, while Waltrip wanted his cars to be perfect in case he needed more in the closing laps.

Crew chief Tim Brewer helped guide the team to 12 wins and the 1981 Winston Cup championship. When he and several team members left Johnson for

more money, Hammond found himself in an interesting position.

"I never aspired to be a crew chief until 1981 when Darrell showed up," Hammond said. "Darrell is Darrell. You either like him or you hate him and then for me it was the latter. Anytime Darrell said something smart, I would say something smart right back to him. I would say, 'Did ya'll win that race last year by doing that?' He would say, 'Nope.' I'd say, 'Then why do we have to change it?'"

"At the start of the 1982 season, I thought, 'Why do I want someone else to come in here and do what I think I can do?'" I walked in and asked Junior to give me a shot as crew chief. Darrell agreed to give it a try. I told Darrell I would give him 110 percent. I told him I would give everything and then some. From then on, we won a lot of races had a lot of success together."



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Their eventual deep-felt admiration for one another led to a strong friendship that still exists today. Together, they won another 12 races and the Winston Cup championship in 1982. Their collective talents produced another title in 1985.

“I think it went great,” Waltrip said of their time together. “I brought the best out of him, and he brought the best out of me. At times we would disagree about things and fight about things, but I think it really made us stronger. He got to know that side of me, and I got to know that side of him. I knew which of his buttons to push and he knew that with me. It turned out to be a great relationship.”

Hammond and Waltrip joined forces again at Hendrick Motorsports from 1987 to 1990 and Darrell Waltrip Motorsports in 1991 and 1992 and again in 1997. One of their biggest success stories came with team owner Rick Hendrick when they won the 1989 Daytona 500 through miraculous fuel mileage, leading

the final 53 of 200 laps without a pit stop.

“Number one, that’s a big win for me because of what it meant in Darrell’s career,” Hammond said. “When it’s your day, it’s your day. We saw it start to develop and began setting up our plan. Junior would say, ‘There’s a time to gamble and a time not to gamble. At Daytona, let it all hang out.’ We told Darrell we had a plan and to stick with us and it worked.”

When Waltrip retired with 84-career Cup wins and three titles to join FOX Sports in 2001, Hammond was the man he called to be by his side. Hammond was set to become a team manager with owner Jack Roush, who graciously gave him the chance to interview with FOX.

Hammond remembers that conversation: “Jack said, ‘You go and do your audition. If it doesn’t work out, I’ll put you in as team manager.’ Jack was a straight shooter, a lot like Junior Johnson and a true racer. He backed me.

He left the door open if I needed it. I still consider him a good and a very dear friend today.”

Hammond’s colleagues see his broadcast talent each time he steps in front of a microphone and consider him one of the very best.

“I think what stands out about Jeff is his versatility,” said “Race Hub” host Adam Alexander. “In the early days on FOX, he was part of the pre-race show and then he would be in the booth to do practice or qualifying. Then his role changed to where he was a roving reporter and he’s always been on the analyst rotation on Race Hub. He had been able to adapt to the various roles, especially from crew chief to broadcaster, which is pretty impressive.”

Whether its horses or horsepower, Hammond lives for the adrenalin rush that all forms of competition bring. **S**

*Salisbury’s Ben White, an award-winning writer and author, has covered NASCAR for many publications for 36 years.*



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A photograph of a forest with a large tree trunk in the foreground and a wooden boardwalk in the background. The trees are mostly bare, suggesting late autumn or winter. The ground is covered in fallen leaves and some green grass is visible in the foreground.

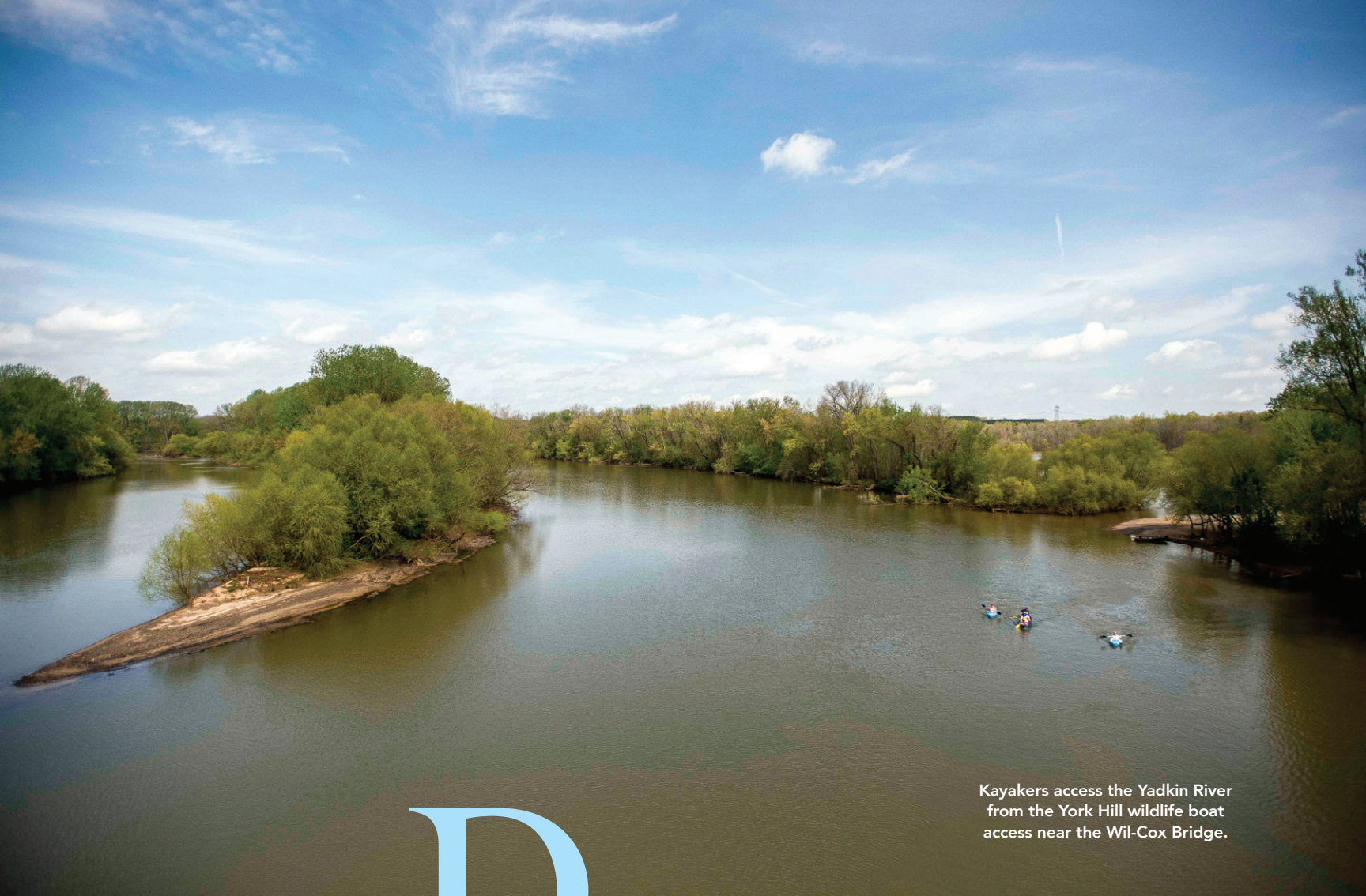
# A YADKIN TRIANGLE

The river area just north of Salisbury, Spencer brims with history, recreation and potential.

Written by C.L. Myers | Photography by Jon C. Lakey



A couple follow the boardwalk through the wetlands at Boone's Cave.



Kayakers access the Yadkin River from the York Hill wildlife boat access near the Wil-Cox Bridge.

# P

addling down the Yadkin River, the sun reflecting off the water, you can't help but feel the presence of those who came before you.

From the Native Americans of 12,000 years ago to Spanish explorers who navigated these waters in the 1500s. From the European settlers of the 1700s to the early Colonial Army, whose deeds at Trading Ford turned the American tides during the Revolutionary War. From the Confederates and Union troops who battled it out at the Yadkin River Ridge to the industrialization of the 1900s.

All of these things happened at this triangulated Yadkin River area of Davidson, Rowan and Davie counties, an area brimming with history.

"Without the Yadkin River and the Trading Ford, the history of this area doesn't exist," says Chris Phelps, executive

director of Davidson Tourism Recreation Investment Partnership (TRIP). "Without the Trading Ford, we don't have the history of the Yadkin River crossings, the fords, the ferries, and the bridges. Without the bridge to protect, we don't have Fort York. The cause and effect of the impact of this area historically is staggering."

And TRIP, along with an adhoc alliance of Wil-Cox Bridge/Fort York Steering Committee members, county employees, county commissioners, the LandTrust for Central North Carolina, NCDOT, N.C. State Historic Office and grant funding from the N.C. Department of Natural and Cultural Resources, the N.C. State Parks Department



and Duke Energy are helping to pave the way to what could possibly be a 15-mile long river walk and acres of public accessible land — land which also has significant historical value.

All of that, of course, is part of their future opportunities, which include DOT Acquisitions, a Partnership with the land trust and an agreement with Cube Hydro Carolinas, among others.

Meanwhile, there are three focal points that will be completed within the next two years. One is the Daniel Boone Heritage Canoe Trail. The second is improved river access at Boone's Cave Park. The third is York Hill and Wil-Cox Bridge.

## DANIEL BOONE HERITAGE CANOE TRAIL

Listen to the water as it passes over the fish weir, and it's not hard to see the beautiful fowl and fauna in the Piedmont. Bald eagles soar over the water, looking for fish to eat. Depending on the time of the year, there are plenty of osprey nests in the limbs that canopy over the ripples below.

These days you can see more and more pad-

**Upper left: Ultra-marathoner Grady Gaston runs at Boone's Cave, which has seven miles of new hiking and biking trails. Above: Numerous signposts point the way.**

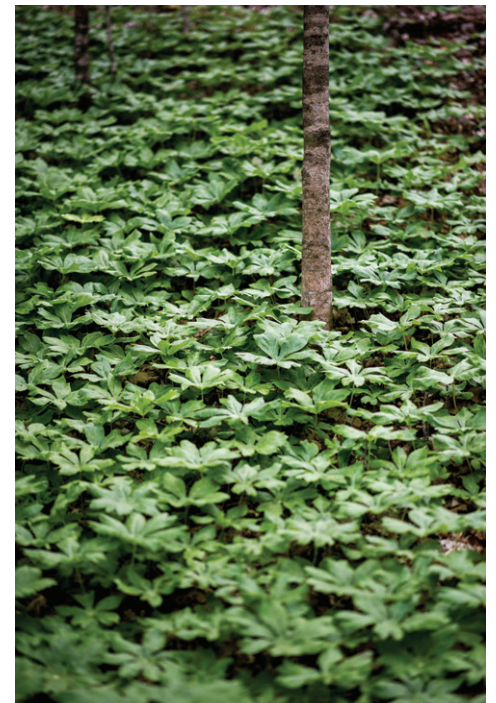
dleboarders and kayakers traversing down the Yadkin River from the U.S. 64 Daniel Boone Heritage Canoe Trail Access at the Davidson/Davie County line. Downstream, they pass a fish weir — a primitive place to catch fish created by the hands of Saponi Indians, who once dwelled on the banks of this basin — southward 12 miles to Boone's Cave, taking in the sights and sounds of nature.

Who knew that under these waters are American eel and shad, all being reintroduced into the Yadkin Basin thanks to Alcoa's relicensing agreement?

Along the shores are artifacts — arrowheads and spear points that can be found just a foot or two underground.

"Do you realize that within five miles of the Wil-Cox Bridge there are 258 different historical sites?" asks Wil-Cox Bridge/Fort York Committee Chairman and former Davidson County school superintendent, Max Walser.

It's a rhetorical question, but one with some



substance and thought.

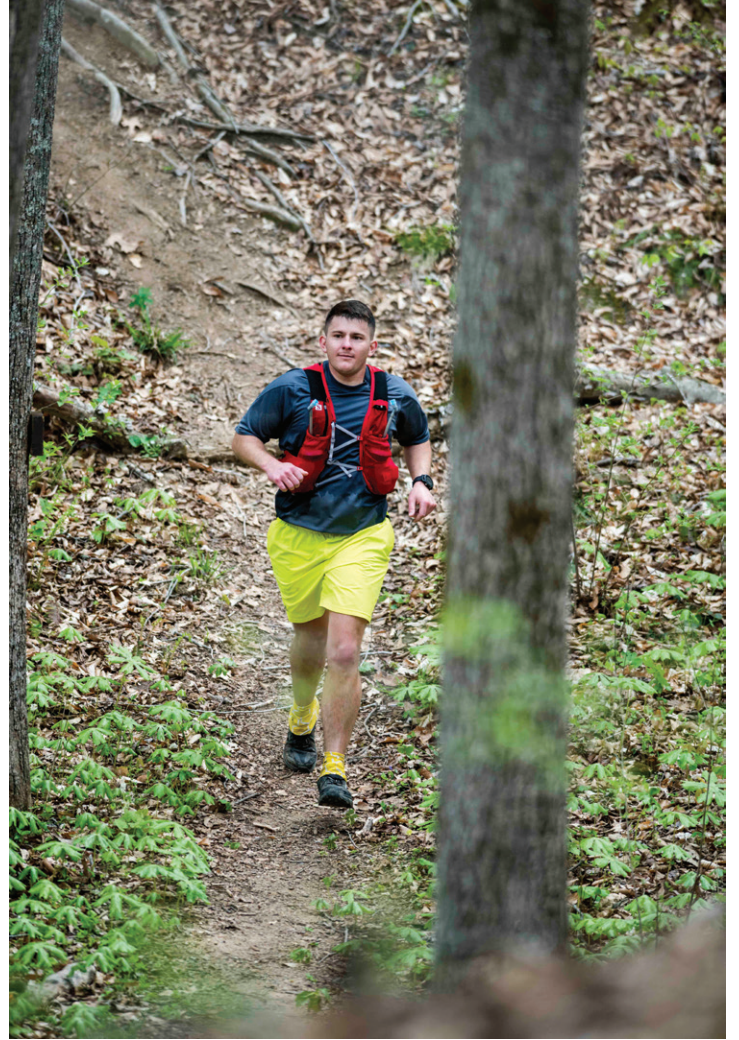
All of this is only a part of Davidson County's vision of combining eco-tourism with historical tourism.

*Story continues on page 42.*



Top: A lone kayaker makes his way near the Wil-Cox Bridge. — Photo by Christopher Allran  
Above: Kayakers Kit Berman of Salisbury and Suzanne Clodfelter of Lexington paddle near the York Hill access. Right: The 126-year-old cottonwood at Boone's Cave.





Above and right: Boone's Cave offers plenty of trails through the woods. Below: Bob Dainton, who was kayak fishing, comes ashore at the York Hill access.



The U.S. 64 Access will be finished in two months. There will be a riverside access, parking by the river as well as ADA accessible parking. It's all about improved amenities access to the river and amenities to accommodate to all user groups.

"That access is so instrumental because it's the start of our canoe trail," Phelps says. "Then there's the Boone's Cave area that is hard to get down to the river with your gear currently. The plan is to have two ADA parking places there.

"Otherwise, drive down to the river, unload your gear, then drive back up to the parking area. Our goal is for more people to use these public spaces and appreciate what we have here at home and these improvements are geared toward making it easier to do."

## BOONE'S CAVE

Local legend has it that Daniel Boone would paddle downstream with his pelts of fur and camp out in Boone's Cave on his way to Salisbury to sell his goods.

Well, there's actually more to the story than that.

While most people think of Daniel Boone as being from Kentucky, those from the Piedmont of North Carolina know a different story — the story of a famous frontier family of Squire and Sarah Boone and all their children, including trailblazing son, Daniel, who once lived right here on the banks of the Yadkin River. Seriously. They owned land here.

Sim DeLapp, who is on the board of the Wil-Cox Bridge/York Hill subcommittee, is also on the board of directors for the National Boone Society.

"Anybody that lived here most of their life has heard these stories," DeLapp says, "but,

with the help of Ken Kamper from Missouri, a Boone historian, he has helped us a lot. Out of that help came a document that Mr. Kamper found dated 1752. It was a survey of some land for two gentlemen that described where the land crossed Sandy Creek at the Boone's Fork and that then the land intersected Squire Boone's property. It's a significant find."

DeLapp also pointed out where they had previously found a stone that was in the ground next to Boone's Cave that had graffiti on it, under that graffiti, a carving that said "D. BooNE." With help from the folks at Old Salem, they had it cleaned and compared it to other similar stones in Missouri. That stone is now in the Davidson County Historical Museum.

"With the Boone family," DeLapp says, "it's like you'd think it would be. It wasn't just Daniel Boone. He was just 15 years old. It was his mama and his daddy and sister and brothers

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Civil War reenactors take in the view from York Hill.

— Christopher Allran photo



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A kayaker heads down the Yadkin River after passing under the Wil-Cox Bridge. The pedestrian bridge will be a focal point in planned recreational improvements.

and their wives. They came down from the Shenandoah Valley. They came down and settled there and squatted there for three years and then Squire Boone put in for a Granville Grant to Ripen in three years, and when it ripened it would be your property.

“He got two Granville grants in 1854. One is on what is now Old 64. The second was on Dutchman’s Creek, part of a watershed. This is all what was old Rowan County which is now Davidson, Davie and Rowan.”

Already Boone’s Cave has had many revisions over the years since it was a state park turned county park. New shelters. Seven miles of brand new biking and hiking trails.

According to Phelps, before the end of the year, there will be more primitive camping sites and new riverside camping platforms. And by 2019, a new road will be carved into the land going all the way down to the river for canoers

and kayakers to off-load. Plans are for that area to also be ADA-compliant.

### WIL-COX BRIDGE/YORK HILL

The Wil-Cox Bridge was built in 1899.

It was gifted to Davidson County by the N.C. Department of Transportation in 2015, with the state giving \$2.5 million for preservation activities. Two years ago, Davidson County named a steering committee to develop strategies for future greenway trails, pedestrian use and other ideas to attract tourists.

Included in the group are three county committee members, Steve Shell, Lance Barrett and Zak Crofts, along with Walser, Betty Pfeiler, Chris Watford, Thomas Mashburn, Kathryn Clifton, Guy Cornman, DeLapp, and Phelps.

“The Wil-Cox Bridge is about a 1,500-foot span,” says Davidson County Planning Direc-

tor Cornman, describing the Wil-Cox Bridge and the plans for it.

Future enhancements include benches, flower containers, picnic shelters, hiking paths and a riverwalk, where visitors can view the river up close.

“It will be the linking of Davidson County to the Town of Spencer,” Cornman says.

In August 2016, Davidson County received Fort York Hill as a gift. This spot was not only a military stronghold for one of the final Confederate defenses, but the land below — Trading Ford — was home to Native American settlements and the place where Continental Army Gen. Nathanael Greene dodged the advancing British Gen. Cornwallis and possibly turned the Revolutionary War.

From the York Hill boat access to the Wil-Cox bridge, there will be a river walk — a \$1.6 million project that the committee has been

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The conceptual site plan for the Wil-Cox Bridge Recreation Area.

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working on for two years.

Benesch and Associates is the contractor hired to complete the Wil-Cox Bridge/York Hill Master Plan.

Things are moving quickly on the project. York Hill ground will be broken in June. The rest of the aspects of the projects should be done in November.

“That will entail a new parking lot, new river walk, ADA amenities, (and) improved access to the Wil-Cox bridge itself,” Cornman says. “And the Town of Spencer received a \$3.5 million grant from the DOT to downsize U.S. 29 to three lanes with bike and pedestrian trails all the way from Wil-Cox Bridge to the Transportation Museum, then from the Transportation Museum to Grants Creek, which had Revolutionary significance.”

That is on the DOT’s 2020 plan.

The master plan also calls for tying 22 miles together with bike trails, walking paths along the river front and utilizing Wil-Cox Bridge between Davidson County and the Transportation Museum. Already, several grants have been written, all aiming for projects to be completed by 2020.

In time, there will be a tourist attraction, similar to those offered in state and national parks.

“We also want to include a bike trail up to Boone’s Cave from York Hill,” Cornman says, “And there will eventually be stairs put in up to York Hill, because of the significant elevation.”

In time, the hope is a 30-mile riverwalk and 1,300 acres from the business park to the river and up to Boone’s Cave. That will take time, donors, grants and coordination from many different agencies.

This group hopes others can see the benefit of bringing together the many phases of history and recreation for the good of the entire region. **S**

*C.L. Myers is a journalist who has worked in magazines, television, radio and newspapers for the past 30 years. A lover of history with a passion for life on High Rock Lake, Myers also has authored two books.*



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Top: Harry Cintron holds one of his many discs. Above: Part of the enjoyment of disc golf is walking the trails through Ellis Park. Left: Nick Holman's bag of discs.





Nick Holman and Shane Meacham wait as Dave Holman tees off from the 12th tee box at Ellis Park.

# Flying saucers

Disc golf is more than a walk in the park.

Written by Mark Wineka | Photography by Jon C. Lakey

**I**t was one of the typical disc golf rounds at Ellis Park for Dave Holman, son Nick Holman, Harry Cintron and Shane Meacham.

There were some great shots — Nick put a disc in the basket from about 90 feet away on No. 17 for a spectacular birdie. But there was heartache and the need for perseverance, too, as they navigated underbrush, vines, briars and stands of trees while hunting down errant discs.

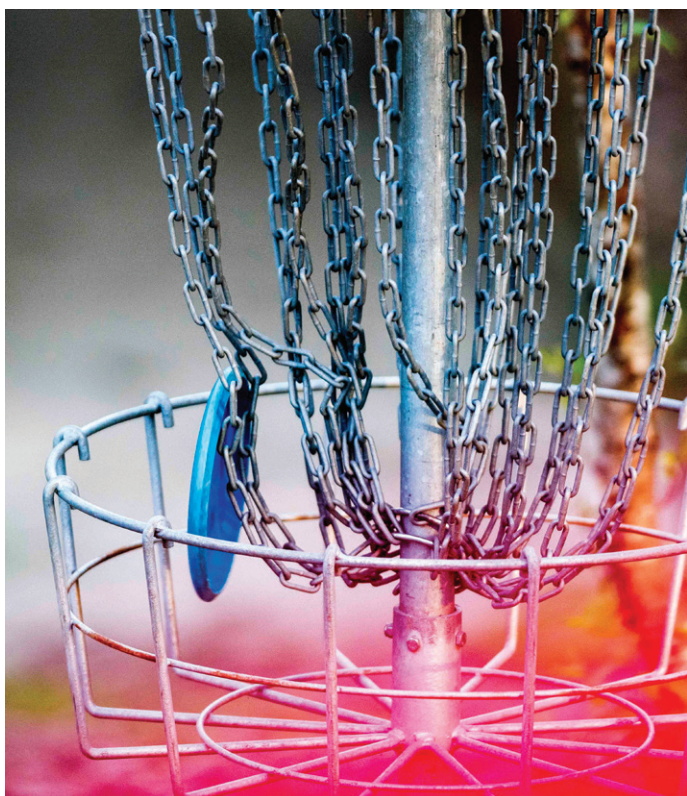
“This is kind of like regular golf,” Dave Holman said. “It will humble the crap out of you.”

These four buddies playing disc golf are typical of the demographics in an increasingly popular sport that’s only about four decades old. It’s played mostly by men, and the largest percentage of players fall in the 25- to 44-year-old age range.

Locally, the sport took root with the installation of nine disc golf holes at Kelsey-Scott Park in 1997. Now Ellis Park offers a much more challenging 18-hole course. Lake Corriher Wilderness Park in Landis has 12 new holes. Catawba College students have nine holes on campus, and there’s talk of putting a disc golf course at Sloan Park.

North Carolina has an inventory of at least 240 disc golf courses today, and in 2017, the Professional Disc Golf Association listed 5,863 courses in the United States with 2,694 tournaments or competitions (in-

## WELLNESS



cluding 135 in North Carolina).

“We live in an area of North Carolina that has some of the best courses anywhere, especially in Charlotte,” said Dr. Randy Kirby, associate pastor at First Presbyterian Church in Salisbury.

**Above: Nick Holman uses a putter on his attempt to finish the hole. Left: Shane Meacham’s putter strikes the chains and falls into the basket on No. 8.**

Kirby started playing disc golf — actually the original Wham-O Frisbee golf — when he was a student at Mary Washington College in Fredericksburg, Va. Now 61, Kirby continues to play “as often as I can.”

“There was a time when I was one of the best players in Salisbury,” Kirby said, and he held many of the course records at Kelsey-Scott Park. “I’m not anymore. There are much better players out there.”

Many of today’s disc golf courses have been established by city and county recreation departments. Dave Holman, manager at Hoffman Rental & Leasing in Salisbury, plays with his son and several of their friends (Tim Kimball often joins in) two to three times a week.

On weekends, they sometimes travel to courses in Mecklenburg, Cabarrus and Stanly counties and even into South Carolina. There have been days when their group has played 36 to 60 holes. A pair of courses in Stanly County “are kind of our favorites,” Holman said.

“We’re pretty heavy into it.”

As with many disc golf enthusiasts, Holman likes the sport because it’s affordable and convenient. Most courses charge nothing, and there are no tee



Shane Meacham putts.

## WELLNESS

times to worry about. You play at your leisure, often by texting friends, Holman said, and asking, “Ellis at 6?”

But Holman said don't discount the exercise and being outdoors. On typical courses, players walk considerable distances up and down sometimes tough terrain. The sheer act of throwing the disc also can be aerobic and good for flexibility and muscle-building.

The similarities to regular golf can't be ignored. Discs are generally labeled as drivers, mid-range and putters. The object is to complete a hole — from tee pad to basket — in the fewest throws possible. As you make your way down the fairway, you throw from the spot where your previous disc has landed.

There are even disc markers. Serious players carry bags, which are filled with a multi-colored array of discs, coming in handy for different

situations. The “holes” are actually pole baskets with chains that catch well-aimed shots.

Brian Romans, sales manager for Team Chevrolet in Salisbury, has been playing since 2001, when he was attending Catawba College. He often tackles Kelsey-Scott Park or Ellis Park locally, but if he's traveling out of town, he packs his discs and enjoys finding new courses to play.

“I like to go and play alone,” Romans said. “I lose my discs when I play by myself, but it's quiet and peaceful, a nice departure.”

Like Holman, Romans enjoys the simplicity and affordability of disc golf. He still has discs that were given to him in college. “I don't take it very seriously,” he said. “If I play with other folks, I probably preface things with ‘I'm terrible.’”

Romans said he appreciates the kind of community and understanding disc golfers have

among themselves. Players often write their names and telephone numbers on discs in case they are lost.

Romans said he has personally held on to found discs for weeks until the opportunity came to return them to their owners. “The camaraderie is nice,” Romans said.

Recently playing with longtime friends in a 42nd annual Frisbee (not disc golf) tournament near Fredericksburg, Kirby said, “I picked up a disc today and it said, ‘Welcome home.’”

Kirby once received a call from someone in Arizona, who had found a disc with his name and telephone number written on it.

Kirby realized it probably was a disc he had given to a friend who moved to Arizona. He told the caller thanks and to enjoy his new disc.

Daniel Thrailkill, a bluegrass guitarist who teaches music and is part of the group Trail-

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Dave Holman takes his third shot on the 12th fairway.



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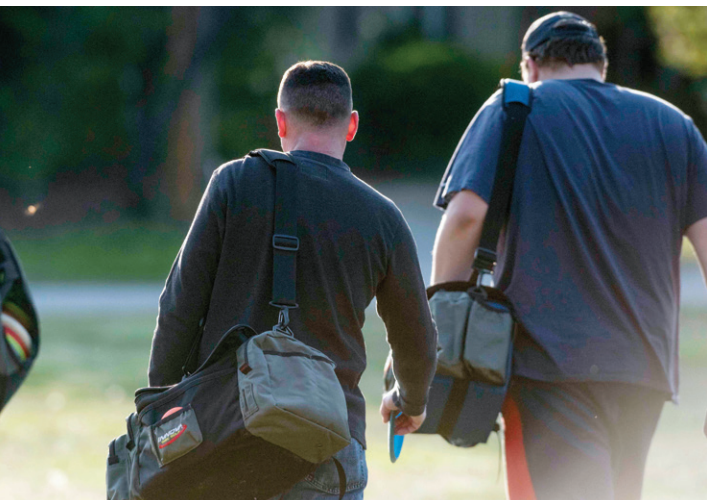
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Above: Nick Holman finds himself behind a large tree on the 12th fairway. Below left: Disc golfers Shane Meacham and Nick Holman walk off to the next tee box. Below right: Harry Cintron reacts to a missed putt.



blazers, said he first played disc golf a year ago with bandmate Jonah Horton. They took on the Wilkesboro Rolling Pines Disc Course.

“We were pretty terrible at it,” Thraikill said. “But our passion for the sport grew immensely.”

Now the whole band is playing. When the Trailblazers travel on the weekend, the trips usually incorporate a visit to a disc golf course. Their collection of discs has grown.

“It’s something a lot of people can pick up,” Thraikill said. “I just like getting out and walking, getting my cardio up. ... I really like watching the discs fly, and we compete against each other. Jonah and I are the most serious about it in the band.”

Horton and Thraikill have improved to the point where each has won a disc golf tournament.

Dave Holman started tossing discs about three-and-a-half years ago when he and Tim Kimball were introduced to the sport by their sons. Holman recalled going to a Target store and buying a \$30 starter kit, which included a driver, putter and mid-range disc.

For practice, the men went to some open space at the East Rowan YMCA. “We were trying to throw it like a Frisbee,” Holman said. Soon they were getting pointers from skilled players and watching professionals on YouTube.

The more they played and made new friends in the sport, the more they were incorporating sidarm and tomahawk throws and learning even how to roll their discs through tight spots.

They also picked up on some of the lingo, from terms such as understable and overstable discs, to S-curves or helixes, to a mando — a specific flight path (mandatory) that the course dictates you must follow on a certain hole.

On their recent outing, the Holmans, Cintron and Meacham kept score on Cintron’s cellphone app called UDisc, which also lists courses, tracks personal stats and

## WELLNESS

measures throws. As always, the men frequently kidded each other, as well as passed out congratulations on good shots.

“You’ve got to be creative when you get in the woods,” said Meacham, preparing for one of his sidearm throws from behind some trees.

One thing you learn quickly in disc golf is not to shout out “Nice!” on a fellow player’s shot while his disc is airborne. Too much can still happen while the disc is in flight, such as hitting a tree or limb and careening off course. Saying “nice” is like the kiss of death.

It happened to Cintron during their round at Ellis Park. A shot that started out promising — and one of his friends called out “Nice” — took a turn and landed in a thicket.

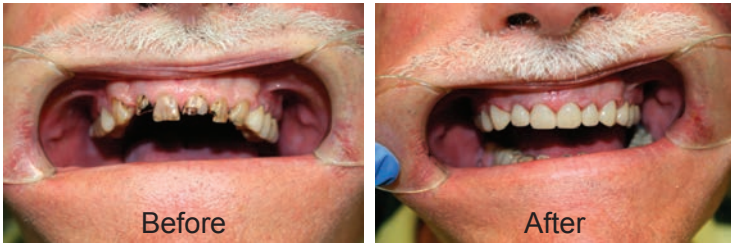
“Don’t ‘nice’ me, Bro,” Cintron reminded his friend.

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Harry Cintron and Dave Holman celebrate a 90-foot shot into the basket by Nick Holman (right) at Ellis Park.

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**G**OLD HILL — Willie Page saunters into the Buckle & Bell and heads directly to the woodstove in the middle of the store. It's full of ashes, because the stove serves as the shop's main source of heat. Page plans to clean up the ashes and carry them out.

"You can take the girl out of the city," Page says, starting the task, "but it takes her a while to learn the country ways."

He pauses a moment before adding, "but she's doing pretty good."

Page is referring to Tammy Barry, owner of the Buckle & Bell. Every weekend, Barry makes the two-hour, 10-minute drive from Raleigh to open her store in Gold Hill's historic village.

"I think it needed me as much as I needed it," Barry says. "... I feel like this store talks to me."

Barry doesn't inhabit just any store. She does business in a structure built in 1906 by A.M. Eller. The store's original location was on Bringle Ferry Road, and it served as hub for the Craven community for a good 75 years.

Not long after Eller was killed in a 1932 truck accident, Lee and Olivia File took over the store's operation and ran things for 52 years. It naturally became known as the File Store. Nothing about the building itself has really changed.

The forest pine inside and out has never

been painted. The wooden ceiling and floor are original, as are most of the shelves, countertops, display cases and front and back porches.

The building is much longer than it is wide, and the tiny Craven post office cage still exists in a corner. Wielding a big butcher knife, Lee File was famous for slicing pieces of bologna for sandwiches, and Barry lovingly displays the knife under glass.

To save it from demolition, the File Store was moved from Bringle Ferry Road to the Gold Hill village in 2000. Wayne and Jennifer Moore used it for an antiques store in its most recent incarnation before Barry bought the property last spring.

"I've had many people come in with stories about Mr. File," Barry says. "... I just felt compelled to be part of this history."

She made sure to hang hand-painted signs saying "Formerly the File Store" over her front and back doors. Now the old store provides the nostalgic backdrop for one of Barry's greatest adventures — retail.

Barry grew up in Fayetteville. Her dad retired from the U.S. Army when she was in the third grade, and her family settled on a big cattle and crops farm owned by one of the Rockefellers — yes, those Rockefellers. It is now public park land.



# The 'un-general store'

Buckle & Bell connects a city girl to the country.

Written by Mark Wineka | Photography by Jon C. Lakey



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## REMINISCE



Above: The former File Store in November 2000, after it was moved to its current location. Right: Signs at Buckle & Bell remind visitors the building used to house the File Store.

After high school, Barry attended Peace College and N.C. State University. She majored in math and went back to school to become a certified public accountant. Her career up until the Buckle & Bell had been involved mostly in public accounting and tax compliance.

But she quit accounting, because she was needed at home to focus on her 13-year-old daughter, Sadie, and her husband, who battles multiple sclerosis. In addition, she acknowledges, the tax code was constantly changing, and “I just didn’t have the brain energy to keep up with it.”





Top: Tammy Barry operates her store, Buckle & Bell, out of the old File Store that she owns in the Historic Gold Hill Village. Above: The store has antiques and gifts. Left: The buckle design on the front door handle.

## REMINISCE

Barry first visited Gold Hill in November 2016. She had arranged to meet her sister, who lives in South Carolina, for a sisters' weekend, and Gold Hill represented a half-way point. Barry booked the Morgan Ridge cabin in the historic village for two nights, but her sister ended up not being able to make the trip.

Barry stayed anyway and found herself having long conversations with the Gold Hill shop owners and even taking notes. The funny thing was, she didn't notice the old File Store, which was vacant and for sale by the Moores.

For another try at a sisters' weekend in April 2017, Barry booked the Key Cabin in Gold Hill and sold her sister on the wild-and-crazy idea that they should buy the File Store and make it their own.

Things happened in a flurry from there, and to make a long story short, the limited liability company the sisters formed didn't work out. Tammy and her husband ended up buying the store on their own.

The deal was closed May 31, 2017. So with no retail or buying experience, Tammy Barry was in business, some two hours away from her home in Raleigh.



Lee File used this butcher knife to cut bologna at his store.

"The learning curve was terrifyingly steep," she says, looking back and being eternally grateful to the other Gold Hill merchants who helped her get started. "What I knew how to do well is shop for gifts for people I know, and I know good merchandise."

Plus, she has a good sense of style. People often told her, "You need a store," or "Be an

interior designer."

Barry went on her own personal buying trips and otherwise searched online for the kinds of things she wanted to sell. Some of her North Carolina-made items include jams and butters from Teachers Can, Too! in Salisbury, kettle corn from Raleigh, cheese straws from Concord, greeting cards from Carrboro, and from Weaverville, glass art, handmade soaps, candles and sprays.

That hardly accounts for everything. She

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brought in jigsaw puzzles, stuffed animals, graphic art T-shirts and hats, a line of men's apothecary (Duke Cannon) and vintage book journals.

"I call it the un-general store," Barry says.

**Karen Cross, left, and Tammy Barry take a porch break at Buckle & Bell.**

The vintage book journals from Ex Libris Anonymous were among the first things that caught her eye. The company repurposes interesting books from the past. A Dr. Seuss "Green Eggs and Ham" and a Bobbsey Twins edition are examples. It salvages the covers and some of the more interesting excerpts before adding 75 pages of blank, acid-free paper good for journaling or sketching.

Barry says people use them for things such as garden- ing, recipe, birthday memories, wedding planning, travel and bird-watch- ing journals. An old sewing basket holds some of the journals on display in the store.

Barry usually has a table and chairs set aside in the store for a jigsaw puzzle in progress. "I'm a big fan of doing jigsaw puzzles," Barry says. "It takes out any stress from a conversation."

Outside, on one of her picnic tables, visitors can play games of Con- nect 4. She sells drinks and snacks. You can grab a water out of a tub and pay using the honor system.

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Karen Carson of Harrisburg lends a big helping hand at Buckle & Bell, where Carson also sells some of her antiques. “I like the new stuff,” Barry says. “I don’t know the old stuff.”

The shop’s front and back porches invite you in with things such as old rocking chairs, a washtub planter, a hand truck, a gas pump, soft drink bottles in a rack, barrel tables and a rusty bicycle pulled up to the steps.

For good measure, Jasper, the fluffy village cat, hangs around. And Jack the donkey brays a frequent hello just outside the back door.

The name “Buckle & Bell” comes partly from the tiny bells that jingle every time a customer enters or leaves through the antique screen doors. “Buckle” refers to the beautifully defined buckle on the handle of the File Store’s original front door.

When Buckle & Bell was coming together and preparing to open, friends and family kept telling Tammy they had never seen her so happy.

“I just kept smiling all the way through,” she says.

Jim Mull fashioned an attic apartment for Barry that she uses on the weekends. While the apartment was under construction, Barry and the friends and family helping her with the store would sleep on air mattresses around the woodstove.

One night, Barry was the only person awake, and she swears she heard four heavy footsteps walk across the attic floor overhead.

As Barry says, the store speaks to her. 

*Store hours at Buckle & Bell, 1045 Back St. (behind Montgomery Store), are 11 a.m.-6 p.m. Saturdays and 11 a.m.-3 p.m. Sundays.*



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Above: A rusty gas pump stands sentry outside Buckle & Bell.

A jigsaw puzzle in progress, left, and gifts for sale, right.



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Megan Ferden, Abigail Young, Meg Alexander and event chairperson Taylor Sexton Durham

# 'Bloom in Celebration'

Salisbury Academy's ninth annual Bloom gala on March 17 served as a joyful reflection on the school's history and a celebration of the community that has supported the school's mission and culture for a quarter century. Held in the Back Shop of the N.C. Transportation Museum, "Bloom in Celebration" brought 350 people together for an evening of sharing memories and learning about the latest news at the school, all while enjoying food, dancing and a live auction. "Being given the opportunity to chair this event in Salisbury Academy's 25th year is an incredible honor," Bloom chairwoman Taylor Sexton Durham said. "Seeing so many people with a shared commitment to the school come together in this special evening is terrific, and it speaks to the many lives that Salisbury Academy has touched."

— Photos by Jenny Tenney



Above: Sean and Teresa Anderson  
Left: Jason Keith and Diana Dandro



Above: Kristin Shields, Robert Anderson and Lynn Anderson  
Left: Elizabeth Anderson, Forrest Anderson, Trevor Eppehimer and Tory Curran.





Above: Kristin and Beverly Dillard  
Right: Jay Dees dances with Davian Ellison.



From left: Deejay Stevenson and Hannah Addair; Dennis and Kimberly Chunn; Diane and Luke Fisher



Above: Brian Lee, center, enjoys the auction.

Left: Scotti and Billy Webb dance to the live music.



Trudy Thompson and Gwen Webb

## Fashions for a Cause

Fashions for a Cause celebrated its 20th anniversary April 10 with a champagne toast. It actually was sparkling cider, but organizers were bubbly all the same during the perennially sold-out event. Sponsored by the Rowan Medical Society Alliance Foundation, the event raises money for the Community Care Clinic. This organization serves uninsured and underinsured adults in Rowan County through free medical, dental and prescription services. For every dollar contributed, the clinic provides \$8 in services, so the \$250,000 raised by the alliance since 1998 equals \$2 million in services for those in need. "We think it's wonderful," says Charlotte Hall, a longtime Fashions for a Cause committee member. "We're a small organization to be able to do that."

— Photos by Susan Shinn Turner



Peggy Whicker and Michelle Patterson



Models exit the stage at the close of the fashion show, held in the refurbished Crystal Lounge.



Pianist Jana Thomas, right, with daughter, Lauren.



Trish Brinkley served sparkling cider to toast the event's 20th anniversary.



Attendees toast the show's 20th birthday.



Emcee David Whisenant goes over the fashion show script. He always learns many new fashion terms, and his favorite this year was 'boho.'



Jewelry vendor Jackie Ford, left, and model Delores Thomas are veterans of many Fashions for a Cause shows.



Above: At left, Natalie Murphy and Elizabeth Bergsma sell raffle tickets. Right: Additional clinical staff includes Dr. Amy Wilson and Katelyn Storey.





Above: Salisbury native Wyndham Robertson, who lives in Chapel Hill, was the evening's guest speaker. Right: A large crowd filled the Salisbury Station for Historic Salisbury Foundation's annual meeting.



## Historic Salisbury Foundation's annual meeting

Guest speaker Wyndham Robertson delighted a large crowd attending Historic Salisbury Foundation's 45th annual meeting at the Salisbury Station. Robertson, a Salisbury native, had distinguished careers in journalism as a writer and editor for Fortune magazine and in education as vice president of communications for the University of North Carolina system. During the business portion of the meeting, HSF President Susan Sides recognized volunteer Doug Black as a "trustee emeritus," and Karen Hobson gave her executive director's report highlighting many of HSF's accomplishments.

— Photos by Mark Wineka



Left: Wyndham Robertson, right, shares a laugh with Larry Bowyer and Karen Lily-Bowyer. Right: Susan Sides, president of the foundation board, names Doug Black as trustee emeritus for all his volunteer contributions to the foundation since 2001.



Pam Morris, Marjie Aggers and Fred Aggers



Elizabeth Derrick, Carolyn Hood and Joan Rusher



Emcee Preston Mitchell set a gentle tone for the evening in his portrayal of Mister Rogers.



Members of Smart Start Rowan's community relations committee pose with keynote speaker Dr. Dana Winters, who is in the green sweater. From left, the women are Barbara Jo Corriher, Celia Jarrett, Amy Brown (Smart Start's executive director), Winters, Natalie Burns and Smart Start staff member Mary Burridge. Other committee members are Millie Cress, Melissa Oleen and Zandra Spencer.

Jane Welch, in black, stands between two of the late Shirley Ritchie's children, Mark Ritchie and Celia Jarrett. With them is Amy Brown, executive director of Smart Start Rowan. Shirley Ritchie, who died in 2015, founded Smart Start Rowan, the non-profit organization which serves children in Rowan County ages birth to 5.



## Champion for Young Children

Jane Welch, a 44-year educator, was named the Shirley P. Ritchie Champion for Young Children at an event sponsored by Smart Start Rowan. The evening's theme at Catawba College's Crystal Lounge was "Won't You Be My Neighbor?" In light of that, the keynote speaker was Dana Winters, director of simple interactions and academic programs for the Fred Rogers Center.

— Photos by Susan Shinn Turner



Staff members of Salisbury Pediatric Dentistry, one of the evening's Silver Sponsors, include, from left, Dr. David Thome, Victoria Harden, Natalie Burns, Dr. Erin Turner and Yeiza Livingston.



Jane Welch, right, was named winner of the Shirley P. Ritchie Champion for Young Children award. With her are sister Martha Brown and her mother, Martha Hayes.



Front: Ballplayer D.J. Laxton dances with Oak Park resident Barbara Thomason; back: Bryan Ketchie with resident Donna Boughton.



Above: The dance floor was full the entire evening, bringing participants many new 'Magical Moments.'



Oak Park resident Murray Cross pins a flower on his great-granddaughter Payton Vamery.

Right: Joe Butts dances with Jean Saunders (left) and Alex Cirino has Ann Marie Rivera as a partner.



## Oak Park's 'Magical Moments' Prom

Oak Park Retirement residents made new memories amid "Magical Moments" at their senior prom thanks to the participation of the East Rowan High Jazz Band and the Catawba College baseball and volleyball teams. The night began with a dinner, magic show and dancing to the music of the jazz band and deejay Dana Grubb. Bob Freeman, 92, and Cora Kirkman, 95, were crowned king and queen.

— Photos by Leslie Poteat and Walter Leather



Left: Women in the first row surrounding Oak Park King Bob Freeman are Allison Benton, Micah Ensor, Allie Grubb, Brittany Small and Abby Benton. On the back row are Jaida Henderson, Jessica Walker, Jade Brooks, Kim Hurtado and Macy Eidenberger.

Right: Oak Park Queen Cora Kirkman and resident Anne Hollifield pose with ballplayers Zach Queen, Heath Mitchem, Abner Diaz, Sawyer Strickland, Nick Borgen and Joe Butts.





A unit dressed in WWII uniforms and driving WWII vehicles rolls along during last year's Faith 4th of July parade. — Wayne Hinshaw photo

JUNE

**1 Board of Trade First Fridays**  
 June 1: China Grove's Hanna Park and sidewalk along Main Street from Town Hall to Encore on Main — Beginning at 5 p.m. Entertainment and at least eight vendors. Ice cream truck, live entertainment, arts and crafts.

**1 China Grove Main Street Challenge 5K**  
 June 1: 333 N. Main St., China Grove — Race beginning and ending at the fire department starting at 9 p.m. with multiple events such as children's fun runs beforehand. Usually 400-500 participants. Refreshments available.

**1 Piedmont Antique Show**  
 June 1,2,3: Rowan Fairgrounds, 1560 Julian Road — A "True Antique Show" in North Carolina. Check the fairgrounds website for details or call 980-521-4928.

# Summer 2018

## Upcoming events in the Salisbury-Rowan area

**2 112th Annual Fun Fest**  
 June 2: 725 Crescent Road, Rockwell — Fundraiser benefiting Nazareth Child & Family Connection, formerly Nazareth Children's Home. Headlining band: Darryl Harwood. Car giveaway — \$5 raffle tickets. Car show — register at Nazcfc.org.

**2 Pops at the Post**  
 June 2: 131 W. Innes St., Salisbury — This 14th annual free outdoor concert is presented to the community by the Salisbury Post and the Salisbury Symphony Orchestra. Concert begins in early evening.

**2 Concerts in the park**  
 June 2, 16; July 6, 28: 700 W. C St., Kannapolis — Sponsored by Kannapolis Parks and Recreation, this 2018 Summer Event Series offers free nights of family entertainment. Blankets, lawn chairs and picnics/coolers are permitted, and concessions will be available. No pets, tobacco, grilling, glass bottles or outside alcohol can be brought in. Coolers will be checked at several entry points. The Beer and Wine tent will be open during concerts for alcohol sales. ID is required. Acts include Loverboy, June 2; Starship, featuring Mickey Thomas, July 6; and Too Much Sylvia, July 28.

**5 A Ramble through Rowan Film Series**  
**June 5, 12, 19: Rufty-Holmes Senior Center, 1120 Martin Luther King Jr. Ave., Salisbury** — 10-11 a.m. This free film series continues to explore and discuss the phenomena of Rowan County from Colonial times to the present day. Presented by Gretchen Witt of Rowan Public Library. Started May 8. Topics covered include Lot 19 Becomes the Rowan Public Library, The Nay-Sayers, A Trip Along the Great Wagon Road, The Struggle for Liberty: 1754-1775, The Struggle for Liberty Part II: 1775-1791, Rowan's Myths & Mysteries, Courage & Conflict and Rowan in the Civil War.

**7 Thursdays on Main Lunch**  
**June 7, 14, 21: 119 N. Main St., Kannapolis** — The Thursday on Main lunch series will feature free performances by various musicians ranging from bluegrass to classical to country and rock music. Held under the oak trees, lunch will be available, or attendees can bring their own. Acts include June 7, Shiloh Hill; June 14, Diamond-Shaped Daylight; and June 21, 'The Boat Rockers.

**8 Movies in the park**  
**June 8, 22, July 6, 20: 700 W. C St., Kannapolis** — Movies are free of charge, begin at sunset and are sponsored by the Kannapolis Parks and Recreation Department. Blankets, lawn chairs and picnics/coolers are permitted, and concessions will be available. Children under the age of 18 must be accompanied by a parent or guardian. Music and entertainment before each feature film. Movies include June 8, "Beauty and the Beast"; June 22, "Sing"; July 6, "Airplane!"; and July 20, "Coco."

**9 Annual All Mopar Car Show**  
**June 9: N.C. Transportation Museum, Spencer** — All day. The Plymouth Car Club will display all kinds of Mopar vehicles, so look for a great collection of Dodges, Chryslers, Plymouths, Imperials, DeSotos and more.

**12 History Club**  
**June 12: Rowan Museum, 202 N. Main St., Salisbury** — Free and open to the public. Franklin Merrell will be giving a presentation about "Washington's Spies" at 7 p.m.

**14 Thursdays on Main Evening**  
**June 14, July 12: 119 N. Main St., Kannapolis** — Held on the second Thursday in May, June, July and August, this evening

music series will feature free performances by various musicians ranging from bluegrass to classical to country and rock music. Held under the oak trees, dinner will be available, or attendees can bring their own picnics. Acts include June 14, The Tim Clark Band, and July 12, The Embers.

**14 'Souvenir'**  
**June 14-23: Lee Street theatre, 329 N Lee St., Salisbury** — "Souvenir" asks the question, "Do you have to have talent to be called an artist?" Based on the true story of a tone-deaf socialite and her long-suffering accompanist, this laugh-out-loud comedy is a love song to the perseverance of the human spirit. Performances run June 14 through June 23 at 7:30 p.m. with a special matinee performance June 17 at 2:30 p.m.

**16 Cruisin' the Grove**  
**June 16: Main Street, China Grove** — Anything with a motor welcome. Held on the third Saturday of every other month starting in April. Music, an ice cream truck, and open restaurants and shops.

**18 History Camp**  
**June 18-22, July 9-13, July 23-27, Aug. 6-10: Rowan Museum, 202 N. Main St., Salisbury** — Ever wonder what life was like in Colonial days or during the Civil War? Your kids can get a taste of history at one of Rowan Museum's summer camps. Colonial camps for rising third through fifth grades, and Civil War camp and a new Revolutionary War camp for middle schoolers, rising 6th through 8th grades. Colonial Camp: June 18-22 and Aug. 6-10; Civil War Camp, July 9-13; Revolutionary War Camp, July 23-27. Fees for all camps include T-shirt, snacks and supplies. Cost: \$150 per week, per camper, \$130 per camper for museum members.

**21 ARTpops — Summer Cocktails**  
**June 21: Waterworks Visual Arts Center, 123 E. Liberty St.** — ARTpops are mini adult classes offered throughout the year. In this one, learn how to make refreshing drinks, with or without spirits, for your guests and offer appetizers that are a feast for the eye as well as the palette. Contact Waterworks for details.

**22 Gallery Gallop**  
**June 22: Downtown Salisbury** — Live artist demonstrations in front of partic-

ipating downtown shops and restaurants. Downtown gallery tours and more.

**23 4th Annual Fire Truck Festival**  
**June 23: N.C. Transportation Museum, Spencer** — All day. The annual Fire Truck Festival represents the largest gathering of fire trucks in the state of North Carolina. Possibly more than 100 fire trucks on display. Meet firemen from across the state, get a close look at the equipment they use, vote for your favorite fire truck, and enjoy a spectacular family day at the museum. This year's event will include hose reel demonstrations, displays, other emergency response vehicles, the annual fire truck parade, the Norfolk Southern Safety Train and music.

**23 Stories Under the Stars:**  
**June 23: 850 Mountain St., Kannapolis** — A unique literary performing arts event, each program is geared toward families with children of all ages. June 23, Columbia Marionette Theatre; July 21, Steve Langley.

**23 Salisbury Pride Festival**  
**June 23: Lee and Fisher streets, Salisbury** — All day. Come out and enjoy the Eighth Annual Salisbury Pride Festival. Live entertainment, arts and crafts, dancing and more. Celebrate being one with the diverse community of Families and Friends of the LGBTQ and Straight Allies.

**25 Camp GOTR**  
**June 25-29: 114 Link St., Salisbury** — Camp GOTR (Girls on the Run) is a five-day camp for girls in rising 3rd-5th grades. Camp GOTR combines the best of Girls on the Run with all the fun of camp. During this weeklong session, girls will build friendships in a fun and inclusive setting that includes interactive games, being physically active, and expressing creativity through art & crafts and storytelling. Contact Amy Spear at amy.spear@girlsontherun.org, or 704-280-6203 for more information.

**25 Summer ARTventures**  
**June 25-29: Waterworks Visual Arts Center, 123 E. Liberty St., Salisbury** — Ages 4-5, "Messy Art I: Fizz, Pop, Bubble." Let science and art collide. Come dressed to create new colors to splatter, dribble and pour. Enjoy daily story time, snack time, and an end-of-the-week outdoor sculpture tour. Ages 6-8, "Claymation Junior," an imaginative and highly engaging form of animated storytelling.



Students will create storyboards, design clay characters and build background sets. These young filmmakers will record their movies using iPads and apps. Also for ages 6-8, "Adventures in Printmaking." Young printers will experiment with relief printing, stamping and monoprinting using a variety of techniques and papers to make their prints. Contact Waterworks at 704-636-1882 for details.

**30 Salute the Troops**  
**June 30-July 1: N.C. Transportation Museum, Spencer** — All weekend. Honor the sacrifices of soldiers past and present and learn about the equipment, weapons, and vehicles of war. Activities include: Military Vehicle Show, living history camps, weapons talk, kids' activities, train rides and lectures.

## JULY

**4 Faith Fourth of July**  
**June 29-July 4: Gantt Street, Faith** — Six-day festival (note June 29 start-up date) with amusement rides, entertainment and food. On the Fourth of July, the mile-long Independence Day Parade begins at 10 a.m. Festivities start in the park after the parade with the singing of the national anthem followed by introduction of dignitaries and the crowning of Miss Rowan County Veteran. Food booths and rides are open. Faith Idol Finals begin at 7 p.m.; the band, 8 p.m. Old-fashioned games at the ballpark, along with other activities. Fireworks at 10:30 p.m. Visit the Faith Fourth website for entertainment schedule and ride specials.

**12 'High School Musical 2'**  
**July 12-15, 19-21: Norvell Theater, 315 E. Fisher St., Salisbury** — We're all in this together... again! The wildly successful Disney's "High School Musical" team is back with another adventure for everyone's favorite Wildcats. Everything comes to a head at the talent show, where the group has to remember their motto: "All for one, and one for all." Contact Piedmont Players at 704-633-5471 for tickets and showtimes.

**19 'Memphis'**  
**July 19-28: Lee St. theatre, 329 N. Lee St.** — "Memphis" tells the story of a white radio DJ who wants to change the world, and a black club singer who is ready for her big break. Come along on the incredible journey to the ends of the airwaves — filled with laughter, emotion and roof-raising rock

n' roll. Winner of four Tony Awards including Best Musical. Showtimes 7:30 p.m., unless a matinee. Tickets will be available June 19.

**20 Farmers Day Kickoff**  
**July 20: Hanna Park, Main Street, China Grove** — Kickoff of the 2018 Farmers Day in China Grove. "Red Dirt Revival" will be playing from 6:30-8:30 p.m. Come check out the vendors before they open.

**21 Farmers Day**  
**July 21: Main Street from Church Street to Patterson Street, China Grove** — 37th Annual Farmers Day Festival. This year's theme is "Bring the farmers back to Farmers Day." Gem mining, Soap Bubble Circus, Professor Whizz-Pop and other shows and activities. "Gal Friday" performing at the Saturday dance and fireworks at 9:30 p.m.

**21 Genealogy Workshop: Church Records**  
**July 21: Rowan Public Library, 201 W. Fisher St. Salisbury** — This workshop will look at the information that can be garnered from church records and where to look for these church records. The class will look at local, denominational and global resources for church records.

**25 Bright Star Children's Theatre: Old MacDonald Sing Along**  
**July 25: 119 N. Main St., Kannapolis** — 10-11 a.m. Everybody on the farm has a favorite song. Join Old Farmer MacDonald, his wife Mrs. MacDonald, Daisy the Cow, Simon the Pig and all your favorite friends from the farm for a fun and energetic singalong that brings everyone together. This fun interactive show has a strong character message of sharing and caring for others and is a great option for our youngest audiences.

**27 Carolina Picker Show**  
**July 27-28: Rowan County Fairgrounds, 1560 Julian Road, Salisbury** — Vintage, antique, and collectible show. All items must be pre-1979. Live band and food available. Gates open at 8 a.m. with a \$3 entrance fee. Contact Shane Benfield at 704-232-6428.

**26 'Avenue Q The Musical'**  
**July 26-29, Aug. 1-4: Meroney Theater, 213 S. Main St., Salisbury** — "Avenue Q" is part flesh, part felt, and packed with heart. The laugh-out-loud musical tells the timeless story of a recent college grad named Princeton who moves into a shabby New York apartment all the way out on

Avenue Q. He soon discovers that although the residents seem nice, it's clear that this is not your ordinary neighborhood. Although the show addresses humorous adult issues, it is similar to a beloved children's show; a place where puppets are friends, monsters are good and life lessons are learned. Contact Piedmont Players at 704-633-5471 for tickets and showtimes.

**27 2Day 5K for Jesse C. Carson and South Rowan high schools**  
**July 27: Main Street, China Grove** — This is a midnight madness run through China Grove. Proceeds benefit both the Jesse C. Carson and the South Rowan High School athletic departments. Combined, Carson and South field 36 varsity teams and 16 JV teams. By participating in the 2Day 5K, you will be helping the 400+ student-athletes at both schools.

**28 Celebrity Car Show**  
**July 28: N.C. Transportation Museum, Spencer** — All day. The museum's newest auto show will feature the cars that were stars in your favorite television shows and movies. These replicas of the originals will bring back great memories and offer great photo opportunities.

**28 Village Ghost Walk**  
**July 28: Gold Hill Village, 840 St. Stephens Church Road, Gold Hill** — Fun evening of ghost stories around the Village Shops at Historic Gold Hill. Go to the Arbor in the Village (behind the bakery at 850 St. Stephen's Church Road) to purchase your \$5 ticket on the night of the Village Ghost Walk. Guided tours will begin at 8 p.m. Tickets will be available beginning at 7:15 on the night of the walk only. Children under 6 are free. Sponsored by the Gold Hill Merchants' Association.

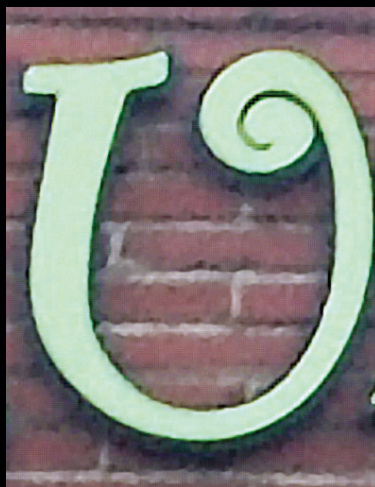
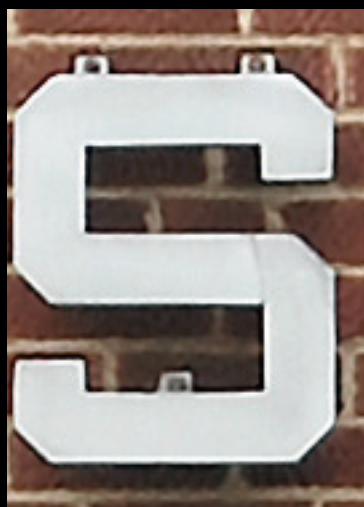
**28 Dragon Boat Festival**  
**July 28: 6480 Long Ferry Road, Salisbury** — All day. Come join more than 3,800 spectators from Rowan, Davidson, and Stanly counties to watch the fifth annual Rowan County Chamber of Commerce Dragon Boat Festival. This is the largest event held on High Rock Lake every year and will have refreshments provided by food vendors, Cheerwine and local vineyards and breweries. In addition to the race, there will be a drummer parade and a raffle held during the lunch break. Attendees are encouraged to bring lawn chairs or blankets. However, no pets, coolers or outside food will be allowed. 

# Spelling test

Do you know where these letters are?

The letters here spell out "Salisbury," of course. But each one comes from a different business sign in town. Can you figure out the locations for each of these nine letters? Good luck, it's difficult. Resist turning the page upside down for the answers as long as you can.

— Photos by Millie Small



Answers: S-Wells Fargo; A-Latin Mix; L-Lyery Funeral Home; I-Integro; S-Salisbury Motors; B-Blue Bay; U-Queens; R-Pro-Med; Y-Country Donutz.

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