

September 2018

SALISBURY

t h e m a g a z i n e

SILVER LINING

Arnold Hatley transforms
utensils into art

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Some 'old house magic'
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What a registry needs

Caniche's Bridal Room delivers

by **SUSAN SHINN
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Paradox Farm

Couple take care of creatures great and small

by **MARK WINEKA**

On this page: Nancy Faller drives a carriage on her Paradox Farm in Davie County.

— Photo by
Jon C. Lakey

On the cover: Everyday flatware becomes a silvery fish thanks to the welding skills of Arnold Hatley.

— Photo by Jon C. Lakey



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Rowan Originals offer up good advice

Will you still need me, will
you still feed me
When I'm 64?
— Paul McCartney

The story goes that Paul McCartney (with help from John Lennon, perhaps) wrote the song “When I’m 64” as a 16-year-old, when he was not yet a renowned Beatle. It was released years later on the Sgt. Pepper’s album during a time, I’m sure, when being 64 still seemed like a long time away for McCartney.

Toward the end of many of the question-and-answer sessions we have with our Rowan Originals — this month, it’s Catawba College head football coach Curtis Walker — we ask what advice they would give a younger version of themselves, if they could go back in a time machine.

Or we simply wonder what advice they would offer young people in general. Inherent in the question, I guess, is the notion that with age and experience comes wisdom. When we’re 64, on our way there or already well past it, maybe we’re a bit wiser than we were, say, at 20.

I’ve been going through some past issues of Salisbury the Magazine recently, and I couldn’t help but stop and review the advice offered up to young people by the Rowan Originals.

Some was funny. Craig Kolkebeck, artistic director for Lee Street theatre, said he would go back and tell his younger self, “Run, run as fast as you can!”

Some was wise and succinct. Writer Jenni-



fer Hubbard said, “Get to know an old person, one not related to you who lives in your community.”

Reid Leonard, director of Piedmont Players Theatre, offered words which should be permanently stamped as warning labels on all of us, but particularly young folks: “Put your phone away when you get behind the wheel of a car.”

Robert Jones, assistant librarian at Rowan Public Library, reminded us of how precious our days on earth are: “Carpe diem (seize the day) with your family and friends, as your life can be turned upside down in an instant.”

Rick Eldridge, the retired executive director of Rufty-Holmes Senior Center, took a common sense, fatherly-advice approach:

“Live modestly,” Rick said, “so you don’t have large debt, can own property, and save for the future. Keep a dog, preferably a Labrador retriever. Listen to your elders and spiritual leaders. Be generous with others. Keep moving forward. As Will Rogers said, ‘Even if you’re on the right track, you’ll get run over

if you just sit there.’”

I lingered for a time on Helen Brown’s answer because it seemed like a clear road map. “Form friendships with positive people,” she said. “Avoid harmful habits such as smoking, drugs, alcohol. Graduate from high school, continue your education by learning a trade or earning a degree. Find a job you love and do the best you can. Have faith in God and yourself.”

As I kept reading, common themes among the Rowan Originals surfaced:

Be responsible. Work hard. Take education seriously. Read a lot. Look to God. Engage in the community. Don’t underestimate yourself. Dream big. Cut out the negative. Live in the present. Treat people with kindness. Don’t expect a handout. Find a balance between work and family.

“Always be on your best behavior,” Wilson Cherry said. “You never know who’s watching or listening or how they can bless you.”

That’s good advice for anyone, even 64-year-olds. With apologies to the now 76-year-old McCartney, I remain “yours sincerely, wasting away.” **S**

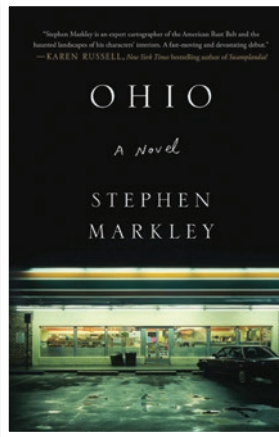
Mark Wineka,
Editor, Salisbury the Magazine

through the lens | by jon c. lakey



The silo at Paradox Farm.

How we are, how we want to be, how we achieved



"Ohio" By Stephen Markley

"Ohio" is being hailed as the "debut of a major talent." The novel is set in a small town in north-eastern Ohio, a place devastated by the recession, the opioid crisis and the wars in Afghanistan and Iraq.

It covers one hot summer night in 2013 when four classmates come back to their home town, all haunted by their own ghosts and their shared history.

This generation came of age amid wars, economic misery, political extremes, growing racial hostility and an absence of opportunities. The death rate for rural whites has skyrocketed, due to suicide, addiction and a spreading sense of disillusionment.

Bill, an alcoholic, drug-abusing activist, has repeatedly failed, and now has a package strapped to the underside of his truck.

Stacy, a doctoral candidate, comes to confront her former lover's mother. Dan, having served three tours in Iraq, is headed to dinner with his high school sweetheart, and Tina, whose encounter with the captain of the football team sets off an explosive ending.

"Ohio" is being called a murder mystery and social critique, capturing our fractured times and hinting at a turbulent future.



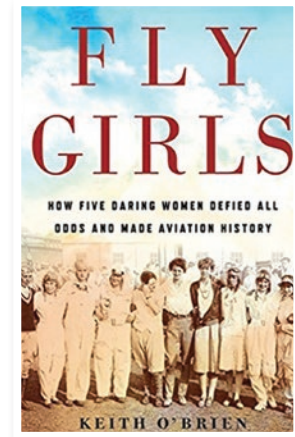
"Tell the Machine Goodnight" By Katie Williams

This came out in the summer, and the NPR reviewer loved it. It's the story of Pearl, whose job is to make people happy, and her decidedly unhappy son Rhett. Rhett is a sensitive teen who derives happiness from rejecting joy. Pearl, a happiness technician, just can't figure out what to do.

The story is told by a variety of endearing characters in their lives. It is a moving and entertaining story about relationships and how they define and surprise us.

Author Williams brings to light our national obsession with positive psychology, quick fixes and technology. You see, the machine uses skin cells from inside your cheek to provide "contentment plans" for those seeking happiness.

Williams explores how we rely on machines and screens to distract us, disconnect us and connect us. Kirkus calls it an "imaginative, engaging and emotionally resonant story."



"Fly Girls: How Five Daring Women Defied All Odds and Made Aviation History," By Keith O'Brien

The title says it all. O'Brien searched letters, published and unpublished memoirs, newspaper reports and material from historical collections and museums to write about five women who defied odds to become aviators.

Amelia Earhart is the most famous, but he also writes about Louise McPhetridge Thaden, Ruth Nichols, Ruth Elder and Florence Klingensmith.

Klingensmith studied to become a mechanic and learn planes inside and out, but her first job was as a stunt girl standing on a wing in her bathing suit.

Thaden was attracted to "boyish pursuits," according to her mother. Nichols was a socialite daughter of wealthy parents. Elder wanted to be the first woman to fly across the Atlantic.

Although they were rivals in the air, they were fast friends on the ground, helping to encourage each other and fighting the strong sexism from the men who ran air races and backed fliers.

O'Brien recounts the dangers of early flight, from weather to mechanical problems and crashes.

The non-fiction work is described as vivid, suspenseful and determined. **S**



Curtis Walker, head coach for the Catawba College football team.
— Jon C. Lakey photo

Walker, Catawba Indian

Work ethic, accountability, discipline at core of football coach's approach / By Dennis Davidson

He still looks like he could play the game.

Curtis Walker, a three-time All-America linebacker during his four seasons at Catawba College (1989-1992), still has a youthful and fit appearance as he roams the sideline now as the Indians' head football coach.

Arriving at Catawba in 1988 as a skinny kid out of Graham High School near Burlington, Walker red-shirted that first season, so he could fill out his 6-1 frame and learn a new position.

The rest, as they say, is history, and by 2008, Walker was inducted into both the Catawba and South Atlantic Conference Halls of Fame. In addition to his outstanding player career, Walker began a coaching career that led him to assistant jobs at Salisbury High School, Ca-

tawba, Coastal Carolina and Western Carolina, before taking his current position at his alma mater in December 2012.

As head coach, Walker has led Catawba to 35 victories in 56 games, over five seasons. The Indians were 9-2 last season, just missing the playoffs. The 2015 squad won the SAC championship, going 9-3 and earning a playoff berth.

Walker was Catawba's defensive coordinator in 2001, under head coach David Bennett — considered one of the best seasons in school history, as the Indians advanced to the NCAA II national semifinals.

Walker married a local girl, the former Sheka Foxx, a North Rowan High School and Winston-Salem State University graduate. The couple live in Salisbury with their two sons, Jalon (14) and Curtis II (12), also known as "Deuce."

Q. In 25 words or less, how would you sum up your coaching philosophy?

My coaching philosophy is simple. I think you need three core values (work ethic, accountability and discipline) to be successful in life. We share within our program that success comes when you apply those values in the classroom, on the field and in the community.

Talk about the 2018 Catawba Indians, what are you excited about?

As always, the excitement is high when thinking about the upcoming season. From year to year, the reasons for the excitement is always a little different. In 2016, it was about completing the cycle of the first recruiting class within our program. Last year, the buzz was geared around an outstanding senior class that won more games than recent senior classes. The class included players who were four-year starters and others who set career and single-season records during their time at Catawba. Now, the excitement is about the new players who will fill the roles of the 2017 seniors. We will get to enjoy watching players grow into the roles for which they were recruited. We feel as a staff that we have recruited the right young men to step up and make the transition into their roles.

As a player, what's your fondest memory of playing for Catawba?

That's got to be when I set the single-game tackle record (25) against Wofford College in 1991. That day, I remember being so prepared, mentally, that it felt as if I was in the huddle with Wofford's offense on every play. I appreciate that moment because it was a game against arguably the greatest player ever to play at Wofford (QB Shawn Graves).

What coach had the biggest influence on your football playing career and how so?

Throughout my career, I played for several influential coaches who had great impacts. I feel that I had my most growth as a person during my time in college. I was a first generation college student who, at the time, probably had more street in me than knowledge. Bill Mauldin led a staff that held a team accountable for their actions. Coach Mauldin took a high school nose guard and taught me to play linebacker. Through tough love, he taught me how to be disciplined. The greatest influence on my life came when Coach Mauldin opened my eyes to seeing the big picture. I am very thankful that he showed me how to use my 4.5 years at Catawba to set up the next 45 years of my life.

What sports do your sons, Jalon and Curtis ('Deuce'), seem to be gravitating toward, and what's the best sports advice you can give them as a father?

Our boys keeps busy with all sports at this stage of their development. They both are starting to show more interest in one more than the others (Jalon — football and Deuce — basketball) as they get older. The only advice we give at this time is that our boys play the particular sport as long as they enjoy it and play it with great sportsmanship.

What book or books have been among your favorites?

There are two books that I keep close to me. "The True Measure of a Man," by Richard E. Simmons III, is centered around how perception of success,

achievement and recognition fail men in difficult times. "Leadership Fitness," by Homer Rice, is a good read for developing and reinforcing successful positive leaders.

Beyond football, do you have any pastimes or hobbies you are passionate about?

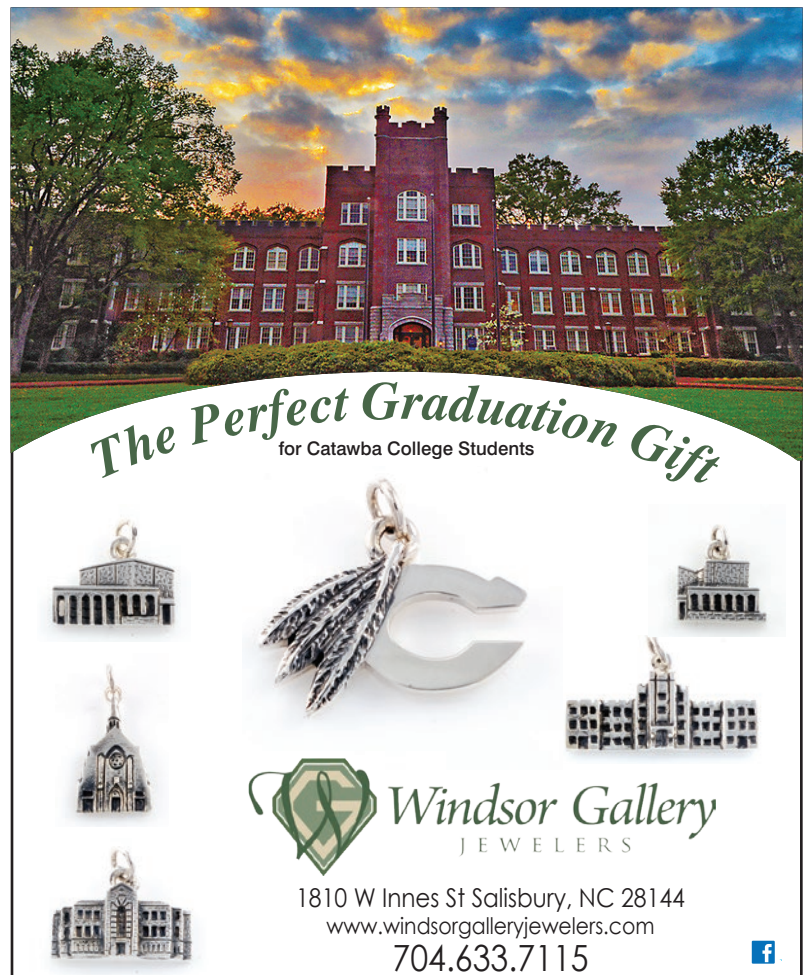
I try to play as much golf as I can when I am not driving our boys to camps or basketball tournaments during the summer months. I also enjoy weekly racquetball matches with Ken Washko, Greg Edds and Jim Murphy.

Two foods that are always in your fridge or pantry?

That would be fruit snacks and Pop Tarts. These are two items that our boys seem to love.

If you could go back and talk to the Curtis Walker of 25 years ago, what advice would you give him?

I would tell him to work hard and clean up his act because he will marry a beautiful woman who will be the mother of two outstanding young men. I am so thankful for my family and I couldn't make it without their love and support. They all make me so proud! **S**



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The advertisement features a photograph of a large, multi-story brick building with a central tower, likely a campus building. Below the photo, several pieces of jewelry are displayed, including necklaces with pendants shaped like the letters 'C' and 'W', and pendants depicting various campus buildings. The Windsor Gallery Jewelers logo is prominently displayed in the lower right corner.

THE ARTS



Above and lower left: Hatley's silverware creations include birds, pineapples and fish. Lower right: Hatley receives flatware by the bucketful from a commercial compost site in Goldston.





Heavy metal

Arnold Hatley makes magic with silverware.

Written by Mark Wineka | Photography by Jon C. Lakey

Arnold Hatley is a modest man. He scoffs at the notion that many people consider him an artist, but the things he does with metal — specifically, discarded restaurant silverware — makes you long for things bright and shiny.

“I’m not a creator,” Hatley says. “God’s a creator. I’m just a manipulator.”

You might catch his metal crafts at festivals, such as Autumn Jubilee at Dan Nicholas Park, in a downstairs booth at the Salisbury Emporium or on Facebook. Admirers who look closely soon

realize his creations are made of everyday flatware.

He makes a lot of birds, such as owls, peacocks, eagles, cranes and swans; or maybe it’s flowers, dragonflies and pineapples; or yet again, it could be fish, turtles and dogs.

Hundreds of stainless steel utensils — the heads of spoons, the prongs of forks, the blades of knives and many of their handles — go into a typical piece.

Hatley creates a sturdy framework out of rods or piping. He cuts the silverware with shears and saws. He polishes with steel wool. He bends with

THE ARTS

a vise or a tubing roller machine that is really meant for making car mufflers. He welds the utensils or their parts to his metal outlines in the patterns that fit and create the image he wants.

“It’s just like putting shingles on a roof,” Hatley says.

His wife, Brenda, keeps telling him he’s a true artist, whether he likes it or not.

“I deny it,” Arnold says.

A retired electrician, the 74-year-old Hatley often treats his passion for metal like a job. He says he wakes up late, works for a while in his two-story shop next to the couple’s house on Godbey Road, has lunch and returns to the shop for the afternoon.

“If I get up in the morning and don’t have anything to do, I’m bored to death,” Hatley says. “I’ve got to keep busy.”

As he bends, cuts and welds the silverware, Hatley listens to country music. He has a refrigerator full of water and soft drinks and some snacks on a table nearby. Late in the afternoon, Brenda and their 3-year-old basset hound Sophie come for a visit, and they stay until Arnold calls it a day.

While she’s in the shop with Arnold, Brenda hovers over her latest jigsaw puzzle. She says she sometimes has to hold her ears shut or wear headphones to block out the shrieking metal noises Arnold is making.

But Brenda is his biggest fan and promoter. With all the stuff Arnold was creating — he only started this seriously about two years ago — the Hatleys decided they should attend a



Forks, spoons and a spatula or two went into making this owl.



Above: Hatley spends hours most every day at the workbench in his shop. Below: The heads of forks make up the rooster's feathers.

few festivals and gauge people's interest in possibly buying pieces.

Arnold said it was more like the couple realized, "Well, we can't set all this stuff on the dining room table."

"Everybody asks, 'Where do you get all this silverware?'" Brenda says of people's reactions.

"I say, 'We eat out a lot,'" Arnold says.

Hatley actually depends on a much more reliable source for his silverware. He knows a friend, Dean Brooks in Goldston, who provides him the restaurant silverware separated out from his commercial compost site.

The company collects food refuse at restaurants for the compost operation and, believe it or not, a lot of purposely discarded or accidentally discarded silverware winds up among the waste.

After a considerable amount of time, the compost is run along a conveyor belt, and a large magnet grabs whatever silverware is mixed in. Hatley receives it free and by the bucketful. He does his own cleaning and polishing with steel wool but also acknowledges that the stainless steel keeps its shine amazingly well.

Hatley grew up in Concord, where his father operated the Red Pig barbecue restaurant for a time. Arnold volunteered for the Army and



served with the 82nd Airborne from 1965-68. He spent much of his time in the Dominican Republic, not Vietnam.

On his return home, Hatley took electrician-related courses at Rowan Technical College

and landed a job with a Charlotte company for 11 years. Obtaining his electrician's license, he ran his own business in Concord for 20 years.

Arnold and Brenda — it's the second marriage for both — moved from Concord to

THE ARTS



Above: The Hatleys' basset hound, Sophie, examines some of Arnold's creations. Below: Arnold Hatley in his welding mask.

Rowan County five years ago. Arnold's mother had died, and they wanted to be closer to children, grandchildren and Enon Baptist Church.

Arnold's creative side may have started to reveal itself when he bought a welder 12 years ago. An avid hunter, Hatley started making deer stands.

He also has shown a talent for creating decorative gates, trellises and picnic tables, often incorporating into the designs old tools he would find on his frequent trips to Cline's Antiques in Mount Pleasant.

Around the handsome stone patio and fireplace the Hatleys have built in their backyard, Brenda motions to the large cactus Arnold made out of horseshoes. And he acknowledges that the shade to an attractive lamp post is really an old olive bucket turned upside down.

He became interested in what he might be able to do with silverware when he attended the well-known flea market in Hillsville, Virginia. He was fascinated with an eagle a seller had



fashioned from spoons, knives and forks. The price also caught his eye: \$2,800.

"He said it took him nine months," Arnold recalls.

Hatley returned home and set about making his own silverware eagle in about nine days.

"I thought, it doesn't look all that bad — I'll keep going," Hatley says.

The eagle now has a proud perch next to the

patio.


Hatley's creations aren't in the \$2,800 price range. His lowest-priced items are his flower stakes at \$28. A few of his more intricate pieces might cost close to \$400. You can hang his creations, sit them on a table, stand them up and place them inside or outside.

"I really enjoy it," Arnold says. "It gives me a purpose."

Jokes aside, the Hatleys do like to eat out on occasion and not because they're looking for silverware. Arnold acknowledges he's a fan of K&W Cafeteria, though Brenda usually prefers eating someplace else.

If you look closely at one of Arnold's large peacock creations, its beak — the handle of a piece of silverware — reveals it came from K&W. There's a hint of mischief in Arnold's eyes, knowing Brenda is in the room.

"I did that on purpose," he says.

See Arnold Hatley's work and updates on Facebook at "Arnold's Metal Crafts." 

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- 11:30-12:00 Mailvis
- 12:00-2:00 Darrell Harwood
- 2:00-2:45 Mailvis
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FOOD

Former Salisburyan Angela Kelly has been operating her Proper restaurant in downtown Boone for eight years.

The restaurant features homestyle cooking with a modern slant, where collards and buttermilk biscuits are considered 'classics.'

Simple tastes best

Angela Kelly presents food the Proper way in Boone.

Written by Deirdre Parker Smith

Photography by Jon C. Lakey

WELCOME
PLEASE PARK
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PROPER
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they will

In an old jail surrounded by flowering shrubs sits an unassuming restaurant in Boone: Proper.

Inside is its unassuming owner/chef Angela Kelly, who grew up in Salisbury but fell in love with Boone and food.

Tucked into its cozy spot and surrounded by student apartment buildings, Proper serves simple Southern food to college students, tourists and local regulars seven days a week. Angela takes Mondays off from the kitchen to do paperwork, but she is there every day.

On the menu you'll find fried chicken, catfish, tomato pie, meatloaf, mashed potatoes, macaroni and cheese, collards.

"I like things simple. I like to make simple food. It's what tastes best," says Angela, who has been in the restaurant for eight years.

Funny choice for someone who was a biology major at Appalachian State University. She had planned to be a teacher, but she took some time off. Like so many students, she worked in restaurants. She ended up baking for a coffee shop, Espresso News, for eight years.

Once in grad school, she had to teach biology lab. She found out she did not want to be a teacher, of biology or anything else. But she loved baking.

Her mother, Ann Rouzer of Salisbury, isn't really sure where Angela got her love of cooking. "I think really, it was while she was at Appalachian."

Ann remembers, "She did sort of take off on her own. If I was cooking a meal, she would prepare something different to have with it."

Angela learned to cook with Ann's mother and her stepfather Allan Rouzer's mother. "She learned some kind of fancy relish to serve with meat from Allan's mother," Ann says.

Angela's friend had a catering business and started looking for a commercial kitchen. She decided to join in, and they found the old jail, which had been other restaurants before. The owners of the nearby Wild Craft had run a restaurant there, but found doing both was too much, so Angela and her catering friend opened a cafe.

When her friend was ready to move on, Angela bought that half of the business and opened Proper in 2010.

She serves coffee from Espresso News at the restaurant. And she sources



her food from local farmers and producers.

She likes to hire young people and enjoys being surrounded by students. Her kitchen staff is mostly young men wearing tie-dyed T-shirts, sporting man buns and baseball caps.

The kitchen is very small and full of equipment, but they work around each other without any fuss, and know what they're supposed to be doing without being told.

They do a lot of prep because Angela doesn't believe in huge batches, so today's cucumbers and onions were probably made in the morning.

"Simple and fresh," she says again. Even when she tastes something and wants to recreate it, if it's a complicated recipe, she will work to pare it down into simpler steps so it's easier for the kitchen to reproduce.

A lot of people have come through the kitchen over the years. Two had culinary school experience, the rest were just folks looking for a job.

She "likes people who interact well with others."

Ann says Angela's employees "will tell you what a great boss she is. I

FOOD



Lunch plates at Proper with some popular dishes.

don't think I've ever met a person who didn't like her."

Angela praises her front-of-house staff for being polite and friendly. "We see lots of familiar faces here," even people who used to work there. As people come in for lunch, it's obvious they've been here before. They know where they want to sit and they're familiar with the menu.

Ann said her daughter's idea was "that good people should have good food at reasonable prices." She likes that the restaurant is one "where people feel comfortable enough they can sit and visit after they eat."

The dining area is small, just the front room of the building, but at some point a front porch was added with floor-to-ceiling windows. The windows came from the old Mayview hotel in Blowing Rock.

A few open to create a cross breeze, and there are tables there and outside under the trees.

Angela says it was a jail for only eight to 10 years. There was one room for a cell, which is now a room where they store the dishes, silver, napkins and such. The door is still surrounded by a metal frame. Also in the dining area are two large wooden



Kelly peels cucumbers for a cucumber and onion side dish she learned from her mother, Ann Rouzer.



FOOD



posts, once supports for the staircase. You can see the image of the stairs on the exposed brick wall. Now the only access to upstairs is the fire escape.

Underneath a mat is what feels like a door — and that's the entrance to the basement, a place Angela says she hates to go. Even the guys in the kitchen get spooked by it, so they don't keep much down there.

Angela says the building dates back to 1886. The sheriff lived in the front of the house. Inmates were held in the single cell, but women prisoners were held upstairs.

This jail replaced another one that was so poorly built inmates could just take the bars out of the windows and escape, like in an old Western.

Angela and her friend worked day and night on the restaurant to get it ready to open. She didn't have a name for the place, and her ideas went flat. So, one night, she and her friend were eating at a Mexican restaurant, and she folded food into a burrito.

"He said, 'That's a proper burrito' and that was the name. There's a lot of ways you can use that word, meaning doing things the right way, treating people right, preparing food to bring out the best of the dish, the proper way."

On a Monday, the place is not too busy, but when it opens at 11:30, people come in right away, and there's a steady customer base — students, retirees. Two women sitting in the corner of the porch are sisters, one from Louisville, Ky., and one from Greensboro. This is their meeting spot.

Summer is the busiest time, Angela says. But it stays warm enough for people to eat outside until about December.

Angela uses her mother's cucumber and onion recipe; the key lime pie is from her aunt, and the cornbread sort of came from her father, Larry Kelly, who lives in Texas.

In the summer and fall, much of the food at Proper is local. The collard greens are always plentiful. They grow well in the mountains, and Angela's collards are rich and slightly sweet, without any of the bitter taste collard haters expect.



Angela enjoys a cup of coffee, which comes from Espresso News, where she baked for years.

She was expecting a delivery from a man who picks blackberries, and she gets her cheese from local cheesemakers. The beer and cider available are all from mountain brewers.

Proper does lunch, dinner and brunch. Most days have a special. Tuesday is chicken and lima, which Angela had at a friend's house and has become very popular. Her fried chicken lovers were not so popular, so she changed it to country-style steak recently.

Fried chicken, mashed potatoes and macaroni and cheese are popular, though she wishes people would order something green. Fried chicken and collards go over well, too.

Tomato pie is one of the favorites. It's made on a biscuit crust, with Roma tomatoes and eggs, flavored with rosemary, and it is fragrant and delicious. Ann loves the tomato pie. She is generally a vegetarian, so Angela's sides are her favorites.



Laura-Lee Williams, center, serves Emma Prins and David Wolf their lunch order.

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Lunch sandwiches include a popular chicken salad melt, pear and toasted pecan chicken salad with Ashe County Carolina Blue cheese served open faced on multigrain bread.

Or maybe a catfish Po' Boy, with roasted garlic, lettuce, tomato and pear remoulade.

Thursdays are turkey and dressing day; meatloaf is popular, and it comes with house-made ketchup.

For brunch, Angela serves a biscuit baby. The most recent one was made with strawberries and figs, with an orange glaze. She started out using the scraps left over after making biscuits, but the babies became so popular, she has to make a whole turn of them.

Allan has to take cornbread muffins home whenever he visits, Ann says.



The patio at Proper.

Ann is happy her daughter is happy. “If you’re going to work, you might as well do something you enjoy. ... If she’s not in the kitchen, she’s doing something for the restaurant. It’s really a 24-hour, seven-day-a-week job.”

Angela loves when people from Salisbury or Rowan County come to Proper. “She likes to come out and talk to them,” Ann says.

It’s just part of Angela’s Proper philosophy — to make good food for good people. **S**

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Split into five apartments during the 1940s housing crunch, the Turn of the Century Victorian Bed and Breakfast on South Fulton Street now welcomes visitors from all over the world.





Turn of the Century

Salisbury bed and breakfast carries an ‘old house magic.’

Written by Elizabeth Cook

Photography by Jon C. Lakey

Karen Windate had more than architecture in mind when she named her bed and breakfast inn “Turn of the Century.”

In addition to period furnishings, she planned to fill the Victorian home with old-fashioned peacefulness and charm.

She wanted to provide a respite, a place where lodgers could enjoy, as she puts it, “cool, calm and quiet at a level that flies in the face of technology.”

Welcome to 529 S. Fulton St.

Karen recalls the man who, shortly after checking in with his wife, said he couldn’t believe their room had no TV.

The next day the wife told Karen they’d had the best sleep ever.



A lamp glows in the Rose Room.



Karen was working in the Atlanta area as corporate staff manager for BellSouth when she decided she could be her own boss. She had operated a small Victorian bed and breakfast in Georgia several years before, and she wanted to apply the lessons she learned in another B&B.

It was time to go all-in.

First she needed a building. With the help of parents Betty and Vic Bowman, she set out on a search in 1997 for a Victorian house that needed a new owner. Eventually they landed in Salisbury, and Karen decided the towering pebble dash house in Salisbury's West Square Historic District was The One.

Its potential was camouflaged well. Built in 1905 by Herman G. Heilig, the house had been divided into five apartments in the 1940s during the post-World War II housing crunch. A series of absentee landlords and decades of deferred maintenance meant the house was in rough shape.

In a neighborhood known for architectural gems and painstaking restorations, this house stood out, and not in a good way.

"It was the bane of Fulton Street," Karen says.

Neighbors welcomed her with open arms and closely followed the two-year restoration. The



Above: Karen Windate stands in the stairway of her home, which she opened as a bed and breakfast in 1999, after extensive restoration of the 1905 structure.



Above: The Wedgwood Suite includes a spacious bedroom and a sitting room with separate doors to allow for privacy. Right: Branches add a decorative touch to a corner in the house.

house was so chopped up that it no longer had a staircase from the first floor to the second. Architect Karen Alexander helped Karen figure out the original layout and designed a new one. The determined B&B owner armed herself with a good plan, a sharp eye for detail and perseverance.

Two years later, she welcomed her first guests.

For her hard work and vision, Karen received Preservation North Carolina's 2001 Gertrude S. Carraway Award of Merit.

Historic homes don't have to feel dark and old, Karen says. But they can have an air of mystery.

For example, if the sun's rays hit her front windows' bevels at a certain angle in the afternoon, a five-spectrum rainbow shows up on the floors and walls.

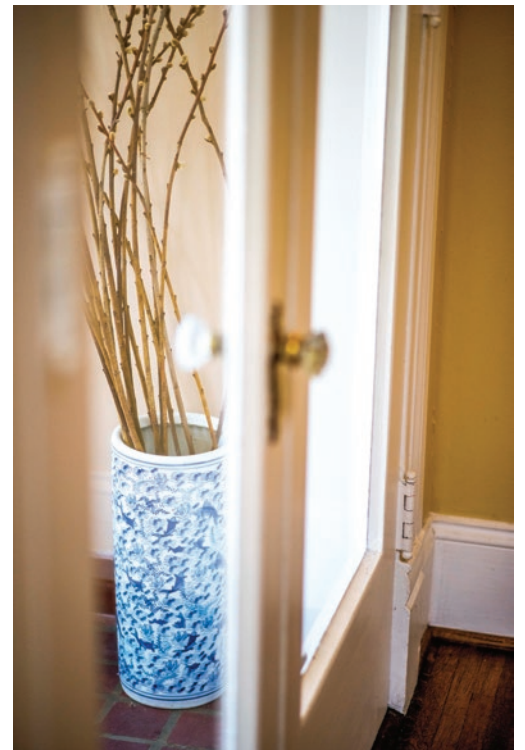
"I call that old house magic."



The result is a stately, serene residence with four guest rooms — three single rooms and one suite that includes a sitting room.

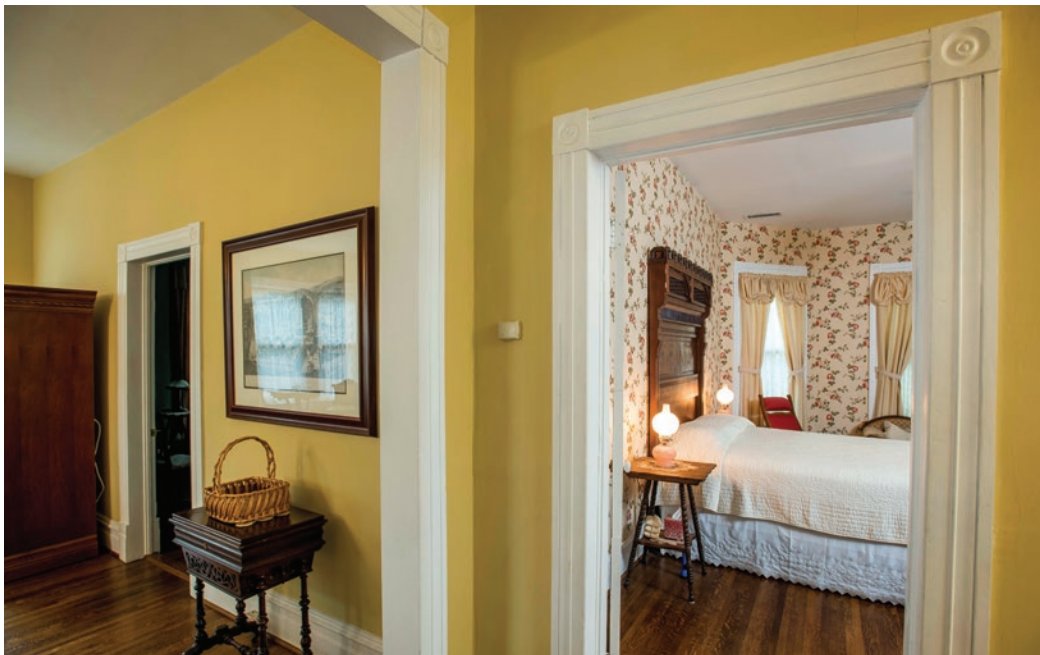
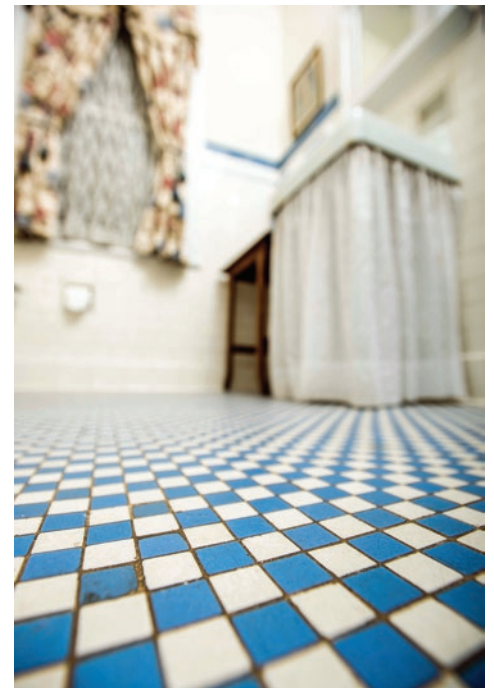
Karen furnished the rooms with Victorian pieces, as true to the period as practical, and tweaked the layout to accommodate modern tastes.

"We love queen size and king size beds in America," she says, "and private





Clockwise from left: The English room's sink was installed in a dresser. Behind the screen is a closet converted into a bathroom; The parlor features period wallpaper and an assortment of books about the area and state; Bright tile covers the floor in a bathroom; Seen from the hallway is the Rose Room and the bed's heavy, carved headboard.



When the afternoon sun hits small, beveled panes in the front windows, light pours into the house at all angles — old house magic, says Karen.





The Veranda Room, once a sleeping porch, features wicker furniture and lace-covered windows. Below: An Italian teacart is set for a snack.

bathrooms.”

Big beds and multiple bathrooms were rare in 1905.

Each room has a theme. The English room, for example, has several English pieces, including the half-tester brass bed and a gentleman’s dressing armoire with built-in shaving mirror. One closet became the commode and the other accommodates a shower. The sink is installed in a dresser. “It’s very European to have a sink in the bedroom,” Karen says.

The Rose Room, with cabbage-rose wallpaper, features a heavily carved Victorian headboard and dresser dating back to 1880, according to Karen. The headboard is so heavy it’s attached to the wall for safety. An Italian teacart can double as a computer desk. Filling out the room are a wardrobe and a fainting couch (think chaise lounge with a little more back support). There’s also what Karen calls “a turn-of-the-century La-Z-Boy” — an antique chair with foot and head rests and a mecha-

nism that enables the sitter to recline slightly.

The Veranda Room, once believed to have been a massive sleeping porch, features six large windows, giving it a sunny air. You’ll find the only new furniture in the rooms here, sturdy modern wicker. “Vintage wicker is interesting to look at,” Karen says. But not to sit in on sleep on. The double headboard hints at the fact that the king-size bed can be separated into two twin beds, if needed.

The roomy Wedgwood Suite gets its name from the shade of blue on its walls. The bedroom has a kingsize bed. The sitting room is both more rustic and more modern than other rooms; it contains a vintage partner’s desk that is plain in design,

and you’ll see the only TV to be found in the rooms.



The suite works well for small business meetings as well as parents and children on college tours, Karen says. It’s been used for job interviews, doing legal work and holding small gatherings.

On a nearby wall is an interesting relic — an April 19, 1929 Salisbury Post, one of several newspapers found behind full-length mirrors that were taken down for re-silvering. Thrilled to find the artifacts, Karen had this one framed for display. Headlines cover the hanging of a murderer in Illinois and a \$234,000 shortage at a bank in Statesville. “Yanks Drop First Game to Boston,” says a headline that could

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AT HOME



Above: Craftsmen helped Karen recreate a built-in china closet in the dining room. Right: The front hallway opens onto the parlor, which includes a desk on the left that converts to a bed.



The fireplace and cabinet at one end of the dining room represent fine craftsmanship and perseverance. Karen searched all over to find matching tiles for the fireplace surround.

have been written in 2018.

Then there's this: "Milking of Cows Fascinates Smith."

Fascinating.



The dining room figures prominently in any bed and breakfast. Turn of the Century guests tend to gather around the large oval table at different times, depending on their reason for being in town. Business clients are up and out. Others adopt a more leisurely pace.

Anyone care for a chocolate zucchini pecan muffin? How about eggs Benedict?

After 19 years of innkeeping, Karen has had guests from all over — Japan, India, Nairobi. "My table is around the world."

Turn of the Century has been the scene of weddings — two in one week — family reunions, business meetings and honeymoons. She welcomed two women who attended convent together in the Himalayas and were getting together for the first time in 40 years.

"The singular best thing about it is the

people," Karen says. "You have to believe people are inherently good."

One of her least favorite phrases to hear applied to Salisbury is "best-kept secret" — and she does all she can to make knowledge about the community widely known.

Her goal has been to create an inn with a sense of history and place that is part of the fabric of Salisbury.

She acts as a full-time concierge, giving out-of-town visitors a full dose of Salisbury charm, as well as local maps and lists of activities. Karen says she wants their stay to be a positive, memorable experience so they'll leave with good impressions of the city and return for more.

In her parlor is a book about famous North Carolinians, and she's collecting autographs from the people featured in it. That includes artist Bob Timberlake of Lexington and former Sen. Elizabeth Dole, whose home place is just a couple of blocks away.

Her clientele also includes Rowan County residents who want to take a break from their day-to-day schedules.

"You can do a getaway without going far

away,” she says.



Karen opens Turn of the Century to the world, but most of all it is her home.

As the restoration progressed nearly two decades ago, Karen says she was going through money at an aggressive rate. Funds were running low. So when it came time to do interior finishing work, her parents moved in with her to help heat-strip wood and paint walls.

It was the classic labor of love.

To thank them, Karen had Windsor Gallery Jewelers create a silver pendant for her mother and a money clip for her father, both in the shape of the house’s front.

To her surprise, the following year her parents had a pendant depicting the house cast for her in gold. She wears it on a chain around her neck.

“I finally found a way to take my house with me,” she says. **S**



In the alcove leading to the Wedgwood Suite’s sitting room hangs a framed copy of a 1929 Salisbury Post.



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THE BRIDAL ROOM

As fall weddings become more popular,
Catiche has everything a bride's registry needs.

Story by Susan Shinn Turner

Photography by Jon C. Lakey



Tracy Smith, right, guides Alee Johnson Halsey in picking items for her bridal registry at the Caniche Bridal Room. Gifts such as Waterford crystal and Kate Spade china and flatware are a few of the items Halsey picked out for wedding gifts.



Caniche co-owner Lesleigh Drye, left, and Alee Johnson Halsey.



kate spade
NEW YORK

In 2018, September is the most popular month for weddings, according to Brides magazine.

Whatever month you choose to get married, Caniche's Bridal Room is ready to help you select the perfect registry. Located upstairs at Caniche, 200 S. Main St., Salisbury, The Bridal Room offers a full-service registry, from china to flatware to linens and home furnishings.



Sydney Safrit is a September bride. She and fiancé Cameron Emblar have purchased their first home in Concord and will be married Sept. 2 in Pinehurst.

“My experience at Caniche was wonderful,” she says. “Everyone was super nice and helpful.”

The first stop in creating a registry often begins downstairs.

“When a bride comes in, anything they see in the store is available to them,” says Tracy Smith, bridal consultant.

“We just made a place for them to sit and be comfortable and go through catalogs,” adds Lesleigh Drye, who co-owns Caniche with Missie Alcorn.

The store has always had a bridal registry available, but Drye and Alcorn have created a dedicated space upstairs for brides to meet with Smith. There are displays of place settings, crystal and flatware — and catalogs galore.

“This generation does a lot of online shopping,” Smith says, “but I like to feel the weight of a bowl or a fork.”

“Caniche offers the most trending and all-inclusive gifts for every bridal registry, from dinnerware to drinkware, home





Alee Johnson Halsey, left, talks about her May wedding with bridal consultant Tracy Smith.

accessories to beautiful linens, embroidery and personalization,” Alcorn says. “All of our gifts are exquisitely wrapped in beautiful wedding paper and bows for that special bride and groom.”

Smith has seen firsthand the increase in fall weddings, she says, and often works with Virtual Sounds DJs. “They are as booked in September as they are in May, June and July.”

She adds, “Our downtown is in the process of a revitalization. Everything is at a bride’s fingertips here, if they give it a chance.”

Caniche has always been known for great gifts for members of the wedding party and, of course, endless monogramming choices, Alcorn says.

Years ago, the store purchased an embroidery machine. “We couldn’t keep up,” Drye says. “Then embroidery kind of fell off. But it doesn’t matter if monograms are popular or not — people want to give you a gift that’s personalized for

weddings and graduations.”

“If you have a monogram, it’s such a personal touch,” Smith says. “It means that people have gone above and beyond to select that gift.”

The store carries a wide selection of personalized glassware, including Tervis tumblers and Swing insulated tumblers. Kate Spade monogrammed place settings are popular, as is Beatriz Ball metalware because you never have to polish it. Another nice thing for wedding guests, Smith points out, is that the shop carries gifts in every price point.

Drye and Alcorn thought Smith would be the perfect person to serve as their bridal consultant.

“She knows everybody,” Drye says, “and you can’t rattle her.”

“When the young ladies come in, they all have stresses aside from the wedding,” Smith notes. “They’re finishing school, or they’re career women.”



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And Smith has life experience, Drye says, and can help them make decisions their mom would — but she’s not the mother of the bride.

“Seeing is believing,” Smith says of the items available at Caniche.

“Brides want a fresh, new look,” Drye says. “This is not your grandma’s china.”

“They want a modern spin on things,” Smith adds.

The store carries decorative pillows that can be personalized with a couple’s name and anniversary date, and there’s not a couple who leaves without one, the women say. Also high on the lists are personalized wooden serving boards.

Besides Kate Spade, Caniche also carries Lenox monogrammed china. It’s a timeless look, Smith says. Out-of-town family members can view the registry

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online, and family and friends who live in town can come in to make their gift selections, if they want.

“It’s a hometown flavor,” Smith says.

Smith is still building her clientele, but says she typically works with six to eight brides at a time. You can call the shop to set up an appointment with her.

“It’s a complimentary service, and it’s a casual thing,” Smith says. “We all want these brides to be comfortable. It’s fun. It should be easy.”

It was for Nancy Smith Moeller, who married Hans Moeller in October 2015. The Moellers live in Charlotte.

“My experience at Caniche was great!” she says. “Their selection was very different from where I registered for my everyday china, fine china and crystal in Charlotte. They had a lot of casual entertaining pieces that are practical and versatile. Caniche does a wonderful job with embroidery. Several guests gave me pretty embroidered hand towels that now reside in our powder room and guest bathroom.

“Since I got married in Salisbury and a lot of our guests were from Salisbury, I wanted to register at a local store. I was impressed by their selection

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and the helpfulness of their staff when we had our first consultation.”


“My experience was nothing but pleasant, and I would recommend Caniche as a wedding registry hands down,” Lindsay Smith says. “My husband Benjamin and I were married in October 2017 in Asheville. We now live five miles from where we wed. Tracy helped me tremendously when it came to picking out my registry. She showed me that Caniche offered an abundance of items that ranged from fine china by Kate Spade — my personal favorite — to monogrammed patio drink sets.

“There were endless options when it came to housewares and just cute little trinkets! Another one of my favorite things that Caniche offers is their ability to personalize many of their items. There’s just something about picking out the font of what will be your new initials that is so exciting and satisfying.”

Alee Johnson Halsey and her husband, Philip, were married May 12 in Spring Island, S.C., and now live in Charlottesville, where Alee is continuing her career as an artist.

“We are longtime lovers of Caniche, and we love supporting local businesses,” says Halsey, who grew up in Salisbury. “They have a beautiful shop with everything you could possibly need to decorate your home. They made it a fun process.”

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Carley Bloomfield, Drye's daughter, is another Caniche bride. She and her husband, Scott, married June 25, 2016.


"It was such a pleasure and great experience working with my mom and Tracy," she says. "I especially loved the selection of dishes, home decor, and kitchenware they had to offer. They made it extremely convenient and easy for friends to buy from the registry, and out-of-town guests were able to buy gifts online. We couldn't be happier with the dishes and silverware we get to use daily, and all the beautiful home decor throughout the house — thanks to Caniche."

To set up a wedding registry consultation with Tracy Smith, call Caniche at 704-638-5522. **S**

Susan Shinn Turner is a freelance writer who lives in Raleigh.



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Nancy Faller and her husband, Joe Martin, say hello to Moo-Moo the emu. Faller is president and Martin is vice-president of the Paradox Foundation, a 501(c)(3) nonprofit dedicated to the rescue and care of many kinds of animals.



TO THE RESCUE

Paradox Farm tends to animals in need.

Story by Mark Wineka
Photography by Jon C. Lakey





One of the dictionary definitions of “paradox” says it’s a statement that seems contradictory, unbelievable or absurd, but in fact could be true.

Which brings us to Paradox Farm in Davie County. At first blush, the eye takes in an impressive front gate, rolling pastures filled with horses, an old-fashioned bank barn and winding trails. You think this has to be one of the more picturesque, pastoral farms in Davie — and it is.



Nancy Faller and Joe Martin with one of their dogs.

The contradiction comes into play when you realize you've also entered a menagerie, where dogs looking for a ride pile into golf carts and pot-bellied pigs, sheep, goats, chickens, peacocks, mallards, geese and an emu named MooMoo are roaming the paddock.

This isn't just your run-of-the-mill beautiful farm. In truth, it's a not-for-profit foundation — the Paradox Foundation — dedicated to the rescue and care of animals, while also offering educational opportunities for kids.

The owners of the farm and founders of the foundation are the wife-and-husband team of Nancy Faller and Joe Martin. They might wish that some highfalutin, deep thinking went into the name of Paradox Farm, but they acknowledge the name derives simply from their being “a pair of docs.”

They are both anesthesiologists.

Faller specializes in chronic pain management and pain research at Carolinas Pain Institute in Winston-Salem. Martin is an operating room anesthesi-

ologist in Elkin.

Their farm stretches back from U.S. 601, across the road from Jerusalem Baptist Church and not too far from Boxwood Lodge.

“We're not trying to have more animals than anybody else,” Faller says, looking around at all their creatures, great and small. “I don't know, they just come.”

Faller and Martin point out Oho, a goat that at first was bottle-fed and raised in their house.

The pair of pigs rooting through the yard, Stanley and Hamilton (or is it Hamlet?), are conspicuous just because of their enormous size. They came from a couple who were moving to Alaska to be missionaries.

“They're very nice pigs, we like them very much,” Faller says.

Buddy, another goat, has a goose as his closest friend. The two are inseparable. “It's very funny,” Faller says. “I don't know why, but it's a very funny thing to watch. ... A lot of these goats and sheep and such are rescue.”



Great Pyrenees serve as guardians for livestock on Paradox Farm.



Roosters have a little skirmish in the paddock.



She points to one of the sheep. "He was going to be lamb chops," Faller says.

The paddock holds 11 goats and that grateful sheep this particular morning. They rush to the fence to visit with Nancy and Joe, while the free-range chickens establish a pecking order in the yard.

"We get a lot of roosters because people want hens for eggs," Faller says.

The couple liberally assign names — sometimes unusual names — to most of their animals. "His name is Dorothy," Nancy says, nodding toward a rooster.

MooMoo, the emu, is not a rescue story. He was hatched in the couple's incubator in the lower level of the barn.

"Every year, I hatch a few of whatever I think we need," Faller says. "Right now, I'm down to one turkey. I'm also trying to breed a few more peacocks."

As for MooMoo, Martin can't help but think of a dinosaur and "Jurassic Park" when the emu prances around. "This is one goofy bird," Nancy says. "He's always good for a laugh."

Farther away in distant pastures, some 22 rescue horses are grazing the day away. Many rescue horses are physically able, but not mentally able, Faller explains. In their eyes and movements when they first arrive, you can see fear, terror and lack of confidence, she says.

At Paradox Farm, Faller, Martin and the folks working for them purposely make time to touch the horses, pat them and work with them. They provide the blacksmithing for their feet and the veterinarian for their shots.

"They are amazing animals," Faller says. "There's something about the horses. Many of them are just neglected, but once they trust you, they trust you implicitly. I absolutely cherish the bond and friendships with them."

Flip represents one of her rescue stories. He came to the farm with one of his ears torn, and it took a year before Nancy could touch him. One day, with Nancy sitting in the paddock with him, Flip trotted over and nudged her shoulder.

"I got you now, buddy," she told him. Soon, she was grooming him and dancing with him to music. "He got to where he just loved it."

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Friends of Nancy and Joe set off on a ride along the many horse and carriage trails on Paradox Farm.



Faller points to two young turkeys recently in her incubator.

■ ■ ■

In 1995, Martin and Faller purchased 50 acres here. About 10 years later, Nancy's parents bought more than double that property on land adjacent to them, and now Paradox Farm covers about 160 acres.

"It's just amazing to live like this," Faller says.

She grew up in Florida suburbs of West Palm Beach, served in the Army as a general medical officer and flight surgeon and completed her anesthesiology residency in Charleston, S.C. Faller and Martin moved here originally to start a medical practice, and as for where to live, they asked themselves, country or town?

"He is not the farm person, he's the house person," Faller says of Joe, "but he picked the farm life."

Joe laughs when he realizes that, on occasion, he has found himself saying, "Why is there a chicken in my closet?" And he never thought he would be sleeping with squirrels or a goat.

"I knew a lot about animals," Martin says, "but not

about farm life.”

The couple first lived in the 1905 gamekeeper’s house on the property before building their large brick home in 2001.

One of their first horses was a retiring Morgan horse named Challenge, brought in to pull an old doctor’s buggy Nancy’s father, James, had purchased and put away in storage. Challenge came with a trainer, so they built a log cabin in which the trainer could live.

Meanwhile, Faller has developed a strong passion and is quite skilled at carriage driving. She belongs to the Whips and Wheels Carriage Club, and some of the horses on the farm, such as Red the pony, are specifically trained for that purpose.

The Paradox Farm’s symbol has become a horse and carriage, and the grounds are crisscrossed by trails that provide carriage courses, some with hazards. Nancy also has a dressage ring for practice purposes. A lower section of the barn is filled with different-sized carriages for different-sized horses.

Otherwise, Paradox Farm is dotted with buildings, a spring-fed pond, gazebos, family and pet cemeteries and all manner of landscape sculptures that Nancy’s late mother, Dixie, erected.

Nancy and Joe’s friends have enjoyed the farm for fishing, skeet shooting, horseback riding and spooky Halloween rides. Sometimes Paradox Farm is the backdrop for fund-raising events.

“We have a fabulous time here,” Nancy says.

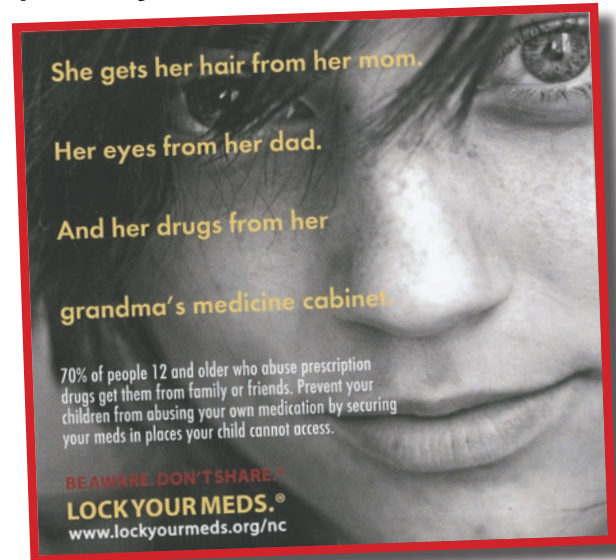


Nancy’s dad, James Faller, tours the farm in his golf cart.

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Faller hitches up Red for a carriage ride.



One of the farm's six peacocks.



Claudia Galup, well known in Salisbury theater circles, has boarded her horses on Paradox Farm for close to 20 years. "It's been just an incredible experience for my whole family," says Galup, whose grandchildren especially love the place.

Often, when some of her local theater productions need props, Galup knows to call on Faller for help. "She just loves a project," Galup says.

"I need more to do," Nancy adds, smiling.



Nancy's dad, 90-year-old James Faller, grew up on a dairy farm near Nashville, and he loves getting out each day to drive the tractor and mow some of the vast acreage at Paradox Farm.

He and Dixie were married 67 years before Dixie's death in 2016. She is buried in the family plot Joe and Nancy have created on the farm. They call it "Paradox Garden."

The cemetery features a metal archway, crosses, benches, a tombstone for Dixie (and James someday) and an owl for friend Mike Morrison.

Morrison asked to be buried in the cemetery with the owl marking his grave. There's also a Paradox Garden grave for Roksey, who was Dixie and James' favorite dog.

James wanted Roksey to be interred in the people cemetery with him and Dixie. His current faithful companion dog, Sealy, "will probably end up there, too," Nancy says.

In the separate pet cemetery close by, dogs such as Shelly and Toby, a chihuahua, have their own markers.

"He turned out to be a really, really great little dog," Nancy says of Toby, remembering how his body was like a Slinky toy and how much they enjoyed seeing him do "the Toby Dance."

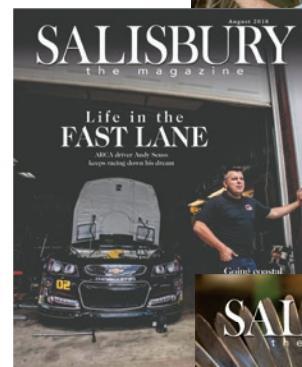


When it comes to their non-profit rescue foundation, Faller and Martin try to encourage people not to think of Paradox Farm first but look for some other living arrangements for animals in need.

They hate to say it out loud, but they have found a three-day rule usually comes

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When it's snack time, the Paradox Farm animals are an attentive bunch.

with the animals finding their way to the farm.

"If they're here more than three days," Faller says, "they're here to stay."

Nancy serves on the board of the Humane Society of Davie County, and she also is medical director for a regional hospice center. Some animals end up at Paradox Farm after their owners have died.

Faller can't say enough about the need for dog and cat birth control, and she emphasizes there are ways to do it without going broke. "It's senseless not to spay or neuter these animals," she adds.

The couple also push heavily for the rescue and adoption of horses. Some of the animals on their farm are still in the judicial system, waiting for cases to be adjudicated.

On occasion, Paradox Farm has adopted out animals, only to see them return.

Most of the dogs finding seats on their golf cart or running beside the vehicle as it goes

up and down the hills of the farm are rescues. Faller saved Gilly, a black Labrador, from being hit on Interstate 40 one Sunday afternoon.

Dottie came from the Humane Society to be a playmate for Emma, who was chewing everything so much that Nancy was called her "Destructo."

The couple's two Great Pyrenees serve as livestock guardians to keep the coyotes away. Nikki and Peggy are cherished chihuahuas, and Josie is a quite "impish" shepherd-and-collie mix.

"Boy, she changed our lives," Nancy says of the rambunctious Josie.

The couple sometimes have taken in special needs animals. Peggy, born without a paw on one of her back legs, is a case in point. She was an abandoned dog from New Mexico and a candidate for a prosthetic replacement through a N.C. State University researcher.

That particular veterinarian moved to Cali-

fornia, and Peggy ended up at Paradox Farm. "She is adorable," Nancy says.

Shelly, one of the dogs in the pet cemetery, had a large cyst on her spine and eventually became paralyzed. Nancy and Joe used a special harness to move her around and lift her into the golf cart for rides.

Smarty Marty, a cat, had a bad bladder that required him to wear a diaper inside the house.

Faller knows her soft spot for endangered animals does her in sometimes, but she can't look the other way. "I can't pass that by," she says of stopping and saving dogs such as Gilly. "I cannot let that happen."

When it comes down to it, Martin says, there's a simple reason the couple share Paradox Farm with all these animals.

"They're all God's creatures," Joe says. "... We get something from it, too. It's a two-way street." **S**

Antonio Rueda, the foreman at Paradox Farm, puts Red through some of his carriage training paces.



Massage therapist Mary Zimmerman uses hot lava rocks and cold pink marble stones in a session with Patti Miller. The dark lava rocks are for deep tissue penetration and the pink rocks aim at reducing inflammation.



The magic touch

Salisbury Therapeutic Massage offers healing for body and soul.

Written by Andie Foley | Photography by Wayne Hinshaw

In the mid 1990s, Mary Zimmerman was mid stride on the long path of a career in business.

She had graduated with a degree in business computer programming from Rowan-Cabarrus Community College and worked for Electronic Data Systems for over a decade.

But, she said, something was missing.

“It was a change of heart,” said Zimmerman. “I knew I wasn’t in the right place for my life. I didn’t feel fulfilled. The corporate world wasn’t a good fit for me.”

So she began exploring. She considered physical therapy, but was limited by full-time hours at her job.

And then a friend introduced her to massage therapy.

“That’s the bite that it took,” she said. “I started interviewing schools right away.”

Zimmerman found a then-small school in Concord: the Blue Ridge Healing Arts Academy. She



Mary Gillespie uses finger pressure during a sinus massage for Johna Galloway. This helps relieve tension, headaches and sinus congestion.

WELLNESS



Massage therapist Travis Allgood works on a leg muscle for Lisa Emery.

graduated from the program in 1997 as a licensed massage and bodywork therapist.

For nearly three years after her graduation, she put her learning into practice by working for her alma mater, all the while continuing her job with Electronic Data Systems.

But it grew to be too much, she said. Though the director of Blue Ridge had given her a fair amount of independence, she still sought more. This, coupled with her previous experience in business and an obvious need for massage therapists in Salisbury, gave her an idea.

An idea to return home to her Rowan County roots and set up shop downtown.

"I just took a leap of faith," she said. "There was really not any planning in it. My husband

and I went shopping for a place to rent and boom, boom, boom. The rest is history."

Now, 21 years after her graduation, Zimmerman will this year celebrate 18 years as the owner and operator of Salisbury Therapeutic Massage.

Located in Suite 400 of 120 E. Council St., Zimmerman's practice has grown in staffing numbers as the years progressed. Today, she's joined by fellow Blue Ridge Academy graduates Mary Gillespie and Travis Allgood, each with their own interesting paths into the world of massage.

When Gillespie made the massage therapy switch, she had been there and done a little bit of it all. She'd trained horses, waitressed

and worked for a heating and air-conditioning company.

Before enrolling at Blue Ridge, she'd worked as a CNA for five years.

"I always liked helping people," she said. "That's why I got into that. ... But I was getting burned out the last six months and could tell it was going to be a downhill slope from there."

She, like Zimmerman, considered physical therapy before being steered toward massage by a friend.

Allgood was given the shove by his spouse.

"I'd worked in the auto repair business off and on for 32 years," he said. "I came home from work one day and my wife said that she'd been standing on her feet all day.

“After an hour’s worth of uneducated reflexology, she told me I had to go back to school and learn how to market my skill,” he said, emphasizing the words “had to” with a cheeky little grin.

According to Zimmerman, this diversity in backgrounds is pretty common in the world of therapeutic massage.

“It’s kind of common with people in our age group,” she said. “You have a life before you come do this.”

A fourth employee with a background in nursing, Cindy Corby, will leave the practice in September. Zimmerman expects her space to be filled soon.



Therapists Mary Zimmerman, Travis Alligood and Mary Gillespie. The artwork was a charcoal drawing by Karen Lee Edgar of Mary Gillespie’s hand and her 2-year-old daughter’s foot. It hangs in the front office at the business.

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WELLNESS



THERAPEUTIC MASSAGE EXPLAINED

According to the Salisbury Therapeutic Massage staff, therapeutic massage fills a different sort of need than other, more spa or luxury-purchased techniques.

Therapeutic massage, they said, combines the relaxation of spa techniques with scientific, trained practices that can alleviate suffering — from sore backs or stiff necks to muscular injuries or emotional disorders.

“Most of our clients come in because they’re hurting and they’re having some issues,” said Zimmerman. “And then we have some that come in because they like to relax. We try to give them both.”

Allgood explained the process more technically.

“Therapeutic massage is a manipulation of

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connective/muscle tissue that helps bring our bodies back to the way they're supposed to be working," he said. "The technical term for that would be homeostasis, and it works."

Using trained techniques, the therapists at Salisbury Therapeutic Massage are able to increase oxygen and blood flow in afflicted areas.

Zimmerman calls it "milking the muscle."

For clients working through emotional struggles, Gillespie said massage techniques offer an emotional release.

"You're in a nice setting," she said. "You have good touch. It's a positive touch. They feel safe and we try to provide that, provide a safe and professional atmosphere."

SPECIALIZED PRACTICES

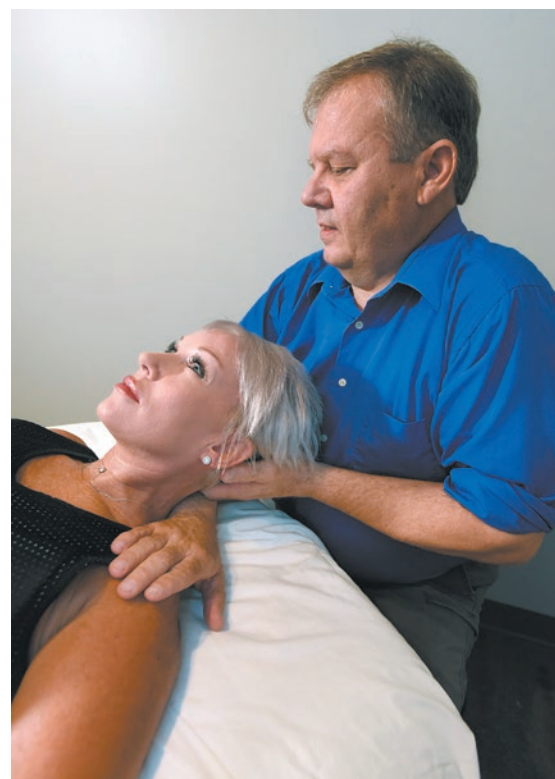
Though the Salisbury staff are each well-versed on a number of different techniques to meet a range of client needs, each has his or her preferred practice.

Alligood offers kinesio taping, wherein a thin, hypoallergenic elastic cotton strip is applied over muscles to "alleviate discomfort by lymphatic drainage."

The tape is applied in different directions and patterns depending on the affected muscle, and its practice is becoming increasingly popular for athletes.

He also offers myoskeletal alignment, a practice involving repetitive movements and stretches to "disassociate movement from pain."

By training muscles in this manner, said Alligood, clients are freed from muscular practices they've subconsciously adopted



Travis Alligood works on a crick in the neck for Beth Christian.

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Mary Gillespie uses finger pressure during a sinus massage for Johna Galloway.

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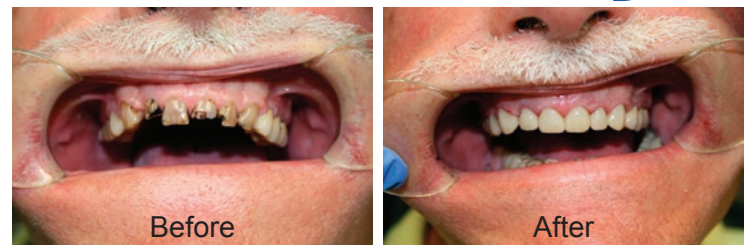
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WELLNESS

for fear of pain: poor posture or tension to name a few.

For Gillespie, a favorite practice is sinus massage. She said the massage is not a preventative, but can help alleviate headaches and promote sinus drainage.

Gillespie along with Alligood and Zimmerman additionally practice hot stone massage, a technique Gillespie said is particularly helpful with relaxing muscles.

She's been practicing the technique for 16 years.

"I love it because I'm able to get in there and manipulate the muscle easier," she said. "... It makes it easier on the therapist and it's very relaxing for the client."

Zimmerman adds cold stones into the mix, which are placed over the surface of the skin rather than used in massage. Cold stones alleviate swelling in problem areas.

The practice owner and active therapist said

she likes to include a bit of each of her learned techniques in her sessions.

"I get creative in a session with each client," Zimmerman said. "I bring a little bit of everything I do to the table: the basics, deep tissue and Swedish techniques, to energy work."

This energy work includes practices like quantum touch, reiki and craniosacral practices. Each are soft touch and measured breathing practices, focused on energy points that "bring the body back into balance and enhance healing," Zimmerman said.

And these techniques offer more than just client benefits. They're giving massage therapists the opportunity to continue their much-adored professions for years.

"I'm seeking out other modalities because they're easier on the body for me to do," said Zimmerman. "This way, if I'm able, I can do this until I'm 70. This amplifies what I can offer to people and as I age, my career can age with me." **S**



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Organ Church members Janice Murray, Kathi Lingle and Le-nea Goble worked together in the kitchen of the fellowship hall at Organ Lutheran Church making chowchow for the upcoming church bazaar.

Cannery row

A trio of Organ Lutheran women harvest a garden and share the wealth.

Written by Mark Wineka | Photography by Jon C. Lakey

ROCKWELL — Le-Nea Goble, Kathi Lingle and Janice Murray thought April 1 seemed a bit too early to be planting the vegetable garden.

But Andrew Brown assured them the heirloom seeds he had would stand the test. Buddy, his faithful Labrador retriever, hopped on Brown's Farm-All tractor with him, and they set to the task of plowing three-quarters of an acre for the Organ Lutheran Church garden Goble had envisioned.

Brown, 84, later instructed the women on the method he uses for planting the seeds, and thanks to generous spring rains, the women harvested their first vegetables by May 30.

Goble initially had pictured people from the community coming to the church garden and picking vegetables they could use for their dinner tables. "I always wanted to do a community garden up there," Goble says. "I sort of recruited these girls and Andrew."

But Goble realized a better idea for helping those in need might be canning everything coming out of the garden and selling the jars at the annual Organ Lutheran Church bazaar on the first Saturday in November.

The proceeds from the canning could go toward the church's outreach efforts, including its food pantry, clothes closet and organizations such as Rowan Vocational Opportunities and the battered women's shelter.

"In the end, it's going to the community," says Goble, president of O-WINGS — Organ Women in God's Service.



A pod of heirloom beans that was growing in the garden spot at the church. Several of the items canned for the upcoming church bazaar came from the garden on church property that Andrew Brown plowed and planted.

REMINISCE



Above: Kathi Lingle combines two pots of chowchow that were cooking on the stove top. Below left: A large pot holds the raw veggies that will be made into the chowchow. The green and red peppers are on top of the other ingredients. Below right: Church member Andrew Brown opens a pod of heirloom beans that were growing in the garden spot at the church.



By July 11, Goble, Lingle and Murray had canned 273 jars in pint, quart and short half-gallon mason jars.

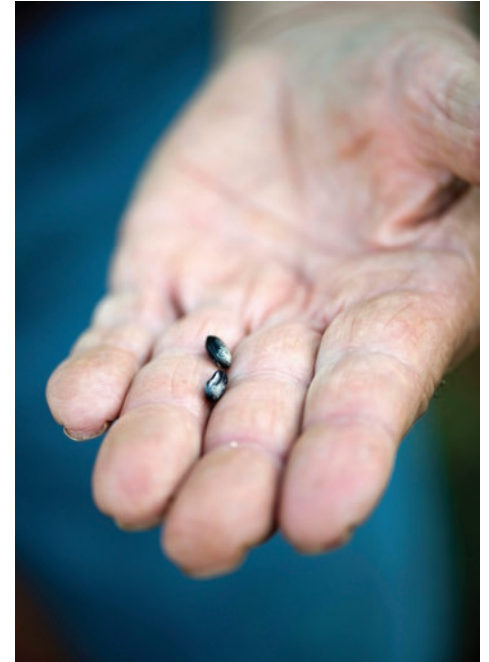
They often followed recipes in the church cookbooks, and they predict green beans and “Dot’s Pickles” — named for church member Dot Honeycutt’s noted dill pickle recipe — will be the big sellers at the November bazaar.

“I’ve already had someone say, ‘I’ll buy all your green beans, just name your price,’” Goble says.

The church garden is tucked away on a spit of land not far from the fellowship hall and parsonage. Starting with that first harvest May 30, Goble, Lingle and Murray routinely were in the garden — about every other morning — gathering green beans, red beets and cucumbers.

They started at 6 a.m.

“Actually, we all live close to the church,” Murray says. “We jump in the cars, and we’re all here in five minutes.”



The women favored the cool, crispy serenity of the spring and summer mornings. Even with the back-breaking picking, they enjoyed sharing the start of a new day when they could still hear the sounds of frogs, crickets and even a neighbor's peacock. On many occasions, the women were joined by Tina Brown.

But once the picking was done, the work was just starting. They immediately moved to the kitchen in the fellowship hall and set about the task of canning. What was canned was dictated by what was picked that day, Murray notes.

"Everything is really fresh," Lingle adds. "It has gone from the garden to the jars."

On one of these last mornings of canning, the women are making chowchow with ingredients they brought with them, from their own gardens or Variety Produce in Rockwell. Except for sweet potatoes and watermelon that Brown planted for later, the church garden is spent, given the hot, dry summer and all the prior harvesting.

The women chop cabbage, tomatoes, red and green peppers, onions and jalapeño, then bring those ingredients to a boil with salt, sugar and vinegar.

"It's really good with pinto beans," Goble says of the chowchow.

Meanwhile, Goble also has had cucumbers soaking in a cold water bath for three hours, prior to putting them in a mixture on the stove in preparation for boiling and canning. They'll make great bread-and-butter pickles.

"We call it our Organ Church cannery," Goble says of the whole kitchen operation. The women bring out all the jars, lids, rims, towels, scoops and funnels they'll need.

A well-oiled machine by now, the three-woman team transfers the calculated mixtures from pots to jars. The boiling temperatures help seal the jars, which are later lined up like soldiers on a nearby counter.

"We like to do it," Lingle says of canning. "We kind of think it's an art. ... We've learned stuff, and we've learned from each other."

The fresh aromas from the kitchen can be

Andrew Brown drives his tractor to the garden at the church.



heavenly.

"You should smell it when we're making bread and butter pickles," Lingle says. "Oh, my goodness."

Church members and the women themselves donated the many jars needed for the canning, which was helped at times by Tee-nie McCullough and Carolyn Bost. Church circle groups also contributed extra ingredients such as sugar, salt, apple and white vinegar, turmeric, mustard seed, celery seed and dill.

"It becomes pricey if you do it yourself," Goble says.

Brown contributed the heirloom seeds — varieties with names such as "guinea head" and "peanut" seeds for the green beans.

"The cucumber (seeds), I had to name myself," Brown says. "I call it the 'Trexler cu-



REMINISCE

cumbers,' because I got the seeds from them 30 to 40 years ago."

Out in the church garden, Brown demonstrates how he finds seeds for the future.

"These seeds I just save every year," he explains, revealing some new guinea heads. "That's my seed for next year."

Back in the fellowship hall kitchen, Goble, Lingle and Murray lament that their 2018 garden is tapped out, except for the sweet potatoes and watermelons that Brown will harvest later.

"It was a pretty garden to begin with," Lingle says.

They'll also miss all the mornings together, picking and canning and sometimes on the run grabbing biscuits from Cheeseman's store. In a short amount of time, they feel they accomplished a lot, while constantly moving.

"You see," Lingle says, "we don't go to the gym. The garden is our gym."

Good news: The women also have plans for doing some grape juice and jellies. All the fruits



Janice Murray preps a green pepper for the chowchow.

(and vegetables) of their labors will be available at the Nov. 3 bazaar.

"We've got something for everybody," Goble

promises.

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Some of the canned goods, which relied on church cookbook recipes.

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Above: Nancy and Ray Glenn. Below: Marshall Knox, Mae Carroll and Ralph S. Johnson



Emree Blackwelder, Shantel Blackwelder, Wyatt Blackwelder, Carole Hopkins, Lainey Fisher, Cooper Medlin, Allison Walker, Amanda Lyerly, JoAnn Hopkins and Michael Hopkins



Faith Fourth of July Parade

Since 1946, the town of Faith has held a big July Fourth celebration and one of the big events during the week is the Fourth of July Parade down Main Street. People watch from porches, storefronts, parking lots, lawns, tailgates, sidewalks and churches in a tradition that spans generations.

— Photos by Mark Wineka



Left: Jason Matthews, Stephen Chandler and Spencer Chandler

Right: Alli Daly, 5



Bayley Atkinson, Beth Atkinson, Doug Young, Kay Young and Kathy Moore



Kim Sheeks



Right: Tim and Becky Williams

Left: Tripp and Suzannah Callahan





Pat Morgan, Boyd Morgan and Amanda Meacham with twins Grant and Gavin Meacham



Daisy Bost, the parade's grand marshal, rode with her great-grandchildren, Easton and Mia Spinella.



East Rowan High cheerleaders had a comfortable parade ride on a flatbed trailer.



Above: Scott, Amanda, Emma and Anna Savage.
Right: Ashlyn Elbadla, 11, and Noah Elbadla, 2



Members of the Rowan County Veterans Honor Guard pass through the heart of town.



Karis, Laurie and Isaiah Beaver



Left: One of Johnny Moore's dairy cows. He has 140 in his dairy herd. Right: Hannah Kayali, Brandy Hampton, Baylee Hampton and Briele Stiel at Bent Creek Ranch on Millbridge Road.



The band Highway 801 played at West Rowan Farm, Home and Garden.

Rowan Arts & Ag Tour

The first-ever Rowan Arts & Ag Tour, held June 2-3, combined the county's rich farm heritage and vibrant arts culture. Visitors learned a lot about farm operations while at most venues they also saw local artists at work. The free, self-guided tour featured 12 Rowan County farms, ranches, the Piedmont Research Station and vineyards.

— Photos by Elijah Wittum and Mark Wineka



Left: Donkeys have become crucial to the pasture rotations for livestock at Joe and Robin Hampton's Back Creek Farm.

Right: Tour-goers were able to ride a tram and roll past the pastures on Joe and Robin Hampton's Back Creek Farm.





West Rowan Farm, Home and Garden in Bear Poplar had a barn dance on the Saturday night of the Arts & Ag tour.



Brian and Johnny Moore stand in the barn for recently born calves at their dairy farm off Hall Road in Mount Ulla.



Above: Artist Ann Borque works on a drawing at the Twin Creek Farm on Hollywood Drive.

Left: Owner Amie Baudoin at Morgan Ridge Vineyards and Brewhouse in Gold Hill.



Left: Some cattle at the Twin Creek Farm on Hollywood Drive give a wary eye to the visitors.

Right: Greenhouse plants are in the foreground of the Moore Farm & Dairy on Hall Road.





Above: Leslie Heidrick, Cristy McKinney and Mark Earnhardt accepted the Wilson L. Smith Philanthropic Award in honor of their late father, Harold Earnhardt. Above right: Winston Ross, Dr. Rachel Ross, Lynn Porter, Andy Porter



Novant Health Donor Appreciation Dinner

The Novant Health Rowan Medical Center Foundation celebrated the support received from its contributors during the annual Donor Appreciation Dinner and Recognition Ceremony on May 31. Over 130 guests attended the event held at the Catawba College Peeler Crystal Lounge. The evening also served as a night of remembrance to memorialize 14 friends of the foundation who passed away in 2017.

Harold C. Earnhardt posthumously received the Wilson L. Smith Philanthropic Award, and his children, Mark Earnhardt, Cristy McKinney and Leslie Heidrick, were there to accept in his memory. Gregg Evans received the first annual Tippie H. Miller Volunteer of the Year Award for his dedicated hours in service to the medical center. Tippie's children, Bobby Miller and Sharon Earnhardt, along with grandson Chase Earnhardt presented the award.

— Photos by Donnie Moose



Tippie Miller's children: Bobby Miller, on left, and Sharon Earnhardt, on right, with Tippie's grandson Chase Earnhardt in the middle.



Left: Gregg Evans, the first Tippie H. Miller Volunteer of the Year Award recipient, stands with hospital President Dari Caldwell.

Right: Perry Hood, Carolyn Hood, Libby Gish and Dr. Larry Gish





Above: Anna Mills Wagoner, Bill Wagoner and Gary Blabon. Right: Jake and Susan Alexander with Luke and Diane Fisher



Left: Brittney Turner with John and Laurie Zerger. Middle: Dr. Myron and Mary Goodman. Right: Nancy and Jimmy Linn



Rick Parker with Richard and Nancy Rendleman



Dr. Gavin Misner, Fran Misner and Novant Health Rowan President Dari Caldwell



Tracy Smith, Kristen Trexler and James Cook



Campbell Aron and Ryleigh Down

Kidsbloom 2018 at Salisbury Academy

Salisbury Academy's Kidsbloom 2018 brought community members, school families and local supporters together in May to celebrate community and kick off the summer season. Children delighted in playing games and jumping in bounce houses, taking breaks to enjoy face painting, a cake walk and a pie-in-the-face fundraiser. In addition to mingling and enjoying the warm weather, adults perused a silent auction featuring local experiences and colorful artistic creations by Salisbury Academy students.

— Photos submitted by Lizzy Roy



Beverly Fowler, head of Salisbury Academy, stands in the gym with a happy group of students at Kidsbloom.



At the Kidsbloom silent auction, Lynn Leonard, Mohamed Eliwa and Kelly Goodman stop in the hall for a picture.



Destiny Richardson, Emmaline Goodnight, Lucy Heilig, Ella Lockhart, Lucy Barr and Lanie Humble.

Bounce houses were among the many things for children to enjoy at Kidsbloom 2018 at Salisbury Academy.



Parents and kids filled the outside grounds at Salisbury Academy during Kidsbloom 2018.



Mildred Avery-Lewis and Beverly Woods

Beverly Woods, left, and Carolyn Ramsey-Williams, right, talk after the dinner to speakers Charles Knox, left, and Judge Ronald Ramsey, who is a 1977 graduate of West Rowan High.



The Steele siblings, who all attended the R.A. Clement School in Cleveland, include from left, Catrella Steele Hunter, Carolyn Steele Snipes, Marsha Steele Knox, Rachel Steele Hunter, Sybil Steele Henderson and Thomas Steele (seated).

R.A. Clement High School Alumni Association

The R.A. Clement High School Alumni Association held its biennial reunion July 6-7, kicking off with a dance and social at the Livingstone College Hospitality Center in Salisbury. Guest speakers for the evening included Georgia Judge Ronald B. Ramsey Sr., along with Charles and Marsha Steele Knox. The Clement School's last graduating class was 1968.

— Photos by Mark Wineka



Members of the Hairston family, from left, include Lonnie Gaither, Brenda Gaither Avery, Stephanie Gaither-Harris and Margo Gaither. The Hairstons are among the biggest financial supporters of the alumni association's efforts to preserve the R.A. Clement School building.

Right: Mary Knox, left, wife of the principal of R.A. Clement School for many of the alumni in attendance, the late George C. Knox, stands with Patricia Diane Moriniere.



Below: During the biennial gathering, the alumni association honored the R.A. Clement High School Class of 1967 and the Class of 1968 for their 50th year reunions.



Marsha Steele Knox, Carolyn Ramsey-Williams and Brenda Pierce



1 China Grove Main Street Challenge 5K
Sept. 1: 333 N. Main St., China Grove

— Race beginning and ending at the fire department starts at 9 a.m. with multiple events such as children’s fun runs beforehand. Usually 400-500 participants. Refreshments available.

1 Joe Hall Breakfast
Sept. 1: 106 Cemetery St., Cleveland —

7-10 a.m. Cleveland Lions Club breakfast funds two West Rowan High scholarships. Includes scrambled eggs, bacon, sausage, country ham, grits, homemade biscuits, juice, coffee and tea. For more information: 704-278-0974.

1 Legends by Lantern
Sept. 1: N.C. Transportation Museum, Spencer —

Enjoy a nighttime walking tour of the museum, exploring Spencer Shops’ historic structures. Tours feature tellings of the legends of the railroad and historic Spencer Shops. Illustrated by the museum’s collection of vintage railroading equipment. Tours begin at 7:30 p.m., and are 90 minutes in length.

1 ‘Steel Magnolias’
Aug. 23-25, 30-31 and Sept. 1: Lee Street theatre, 329 N. Lee St., Salisbury —

7:30 p.m. “Steel Magnolias,” a Southern favorite, is a comedy-drama set in a beauty salon where all the ladies who are “anybody” come to have their hair done. Annelle (who is not sure whether or not she is still married): Truvy, outspoken and wise-cracking; Ouiser, the town’s rich curmudgeon; Miss Clairee, an eccentric millionaire who has a raging sweet tooth; and the local social leader, M’Lynn, whose daughter, Shelby (the prettiest girl in town), is about to marry a “good ole boy,” form an unbreakable friendship. Tickets were available starting July 23.

7 Hope Over Heroin
Sept. 7-8: 700 W. C St., Kannapolis —

noon-9 p.m. Friday, 7a.m.-noon Saturday. Hope Over Heroin Rowan and Cabarrus Counties is a faith-based ministry which organizes outreach events uniting churches, business/civic leaders, and addiction recovery resources with a goal to wipe out the opioid addiction epidemic from our community.

8 ‘The Threads of Time’
Sept. 8, 10-15, 17-22, 24-29, Oct. 1-6, 8-13, 15-18: Waterworks Visual Arts



Calesha Curlee holds onto 2 year-old Braxton as they ride on a carousel during last year’s Rowan County Fair. The fair this year starts on Sept. 14. — Jon C. Lakey photo

September 2018

Upcoming events in the Salisbury-Rowan area

Center, 123 E. Liberty St., Salisbury — “The Threads of Time” features three solo exhibitions: Elaine Fleck, “Interwoven”; Barry Moore, “The Mill Kids”; and Stephanie Woods, “A Radiant Revolution.” Galleries are open 10 a.m.-5 p.m. Monday-Friday, and 10 a.m.-2 p.m. Saturday. Open throughout September and October.

14 Rowan County Fair
Sept. 14-22: Rowan County Fairgrounds, 1560 Julian Road — Rowan County’s annual agricultural fair also has carnival rides, games, food, arts, crafts and exhibitors. Admission, \$5. Go to rowancountyfair.net for times and details.



Johnnie and Ronnie Mack have their pictures taken in front of Thomas the Tank by their mother Kim Mack. They are from Littleton, N.C. Thomas the Tank will be at the N.C. Transportation Museum for the 'Day Out with Thomas' event on Sept. 28. — Wayne Hinshaw photo

15 Germanfest
Sept. 15: 770 Old Stone House Road — 11 a.m.-4 p.m. A celebration of Rowan's German heritage mixing Colonial and modern German traditions on the grounds of the Old Stone House. The museum has partnered with New Sarum Brewing Co. again this year to make special beer specifically for the event. The Brown-Fisher Association will be onsite grilling bratwurst and providing other German-inspired foods for purchase.

16 Darrell Harwood Concert
Sept. 16: West End Plaza, 1935 Jake Alexander Blvd. W., Salisbury — 6-8 p.m. Local country music star Darrell Harwood will be giving a free concert for Special Olympic athletes and individuals with disabilities. RSVP to Jesse Byrd, Special Olympics coordinator, at 704-636-0111.

21 Shakers Dance
Sept. 21: 316 Lake Drive, Salisbury — 7-9 p.m. at Salisbury City Park. This dance is for adults 18 and older with a developmental disability. Light refreshments served by sponsors


and partnering agencies. The Shakers Dance is a partnership of the Arc of Rowan County, Rowan County Parks and Recreation and Salisbury Parks and Recreation. The dance also will be held Oct. 19 at the same place and time.

22 Stand Together Music Festival
Sept. 22: Hannah Park, China Grove — Darrell Harwood charity concert from 2-10 p.m.

27 'For Peter Pan on her 70th Birthday'
Sept. 27-29 and Oct. 4-6 at 7:30 p.m. and Sept. 30 at 2:30 p.m.: Lee Street theatre, 329 N. Lee St., Salisbury — When Ann thinks of her father, she immediately remembers playing Peter Pan in her hometown theater in Iowa. Her memory is jogged by the fact that she and her siblings are with their father during his final moments. His death sparks a conversational wake that includes everything from arguments over politics to when each sibling realized that they grew up. A loving look at a family's view of death, life and the allure of never growing up. Tickets will be available Aug. 27.

28 Day out with Thomas
Sept. 28-30, Oct. 5-7: N.C. Transportation Museum, Spencer — All aboard! Thomas the Tank invites little engineers to join him for a day of friendship and family fun at "Day Out with Thomas: The Friendship Tour 2017." Children everywhere can spend a day with their friend Thomas when the #1 Engine pulls into Spencer. Presented by Mattel.

29 Sports Card and Collectibles Show
Sept. 29: Rowan County Fairgrounds, 1560 Julian Road, Salisbury — 9 a.m.-4 p.m. Sports card, non-sports card, and collectible toy show. 9-4. Approximately 100 tables of great collectible merchandise. Sports cards, non-sports cards, comics, collectible modern and vintage toys, character toys, and more. Admission, \$4; children 15 and under, free.

29 Barbecue, Bands, and Boots
Sept. 29: 165 E. Liberty St., Salisbury — 6:30-11:30 p.m. Due to popular demand, Crosby Scholars' signature fundraiser is back. Monies raised go directly to support Last Dollar Grants. 



'DEPOT STREET'

By Joyce Cavanagh-Wood

Watercolor

Artwork for Salisbury's the Place may be submitted to mark.wineka@salisburythemagazine.com

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