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March/April 2016

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The Women's Issue

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On the Cover: Caroline Merino surrounded by her artwork at City Center Gallery & Books | Photo by Matthew Wonderly

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Small Town Girl...

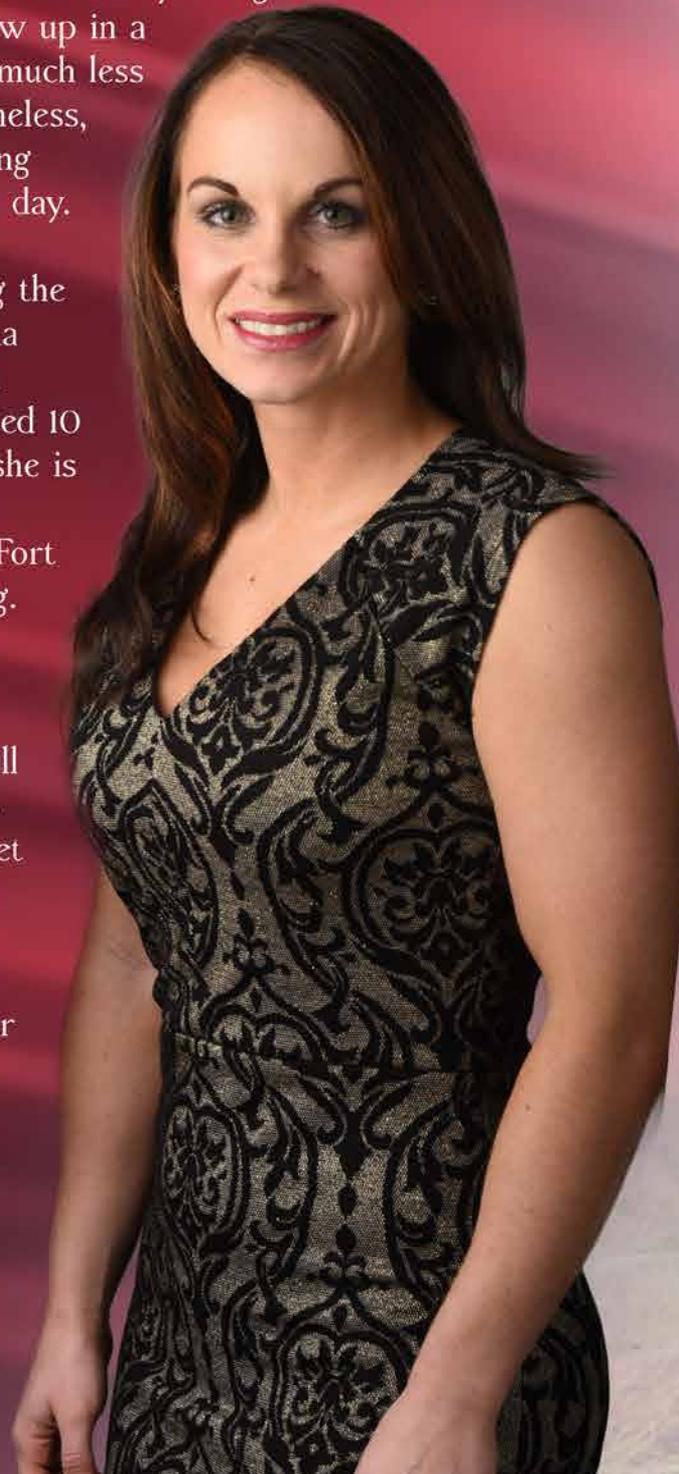
Janet Brown has lived in Fayetteville for nearly 7 years since moving from Colorado Springs in May of 2009. However, she grew up on a pig farm in rural Iowa. Janet is no stranger to manual labor; she has shoveled hog manure, baled hay, walked acres of soybean fields hoeing out weeds every summer and has even detasseled corn fields. Her biggest dream as a young girl was to move to "town". She spent many days on a tractor or inside the barn on her father's farm. Those who get to know Janet today recognize her as fashion-forward and find it hard to believe that she grew up in a small town, where the nearest mall was an hour away, much less that she worked on a farm with pigs and cows. Nevertheless, farm life instilled self-motivation, dedication, and a strong work ethic in Janet that she has benefitted from to this day.

She met her husband, SFC Josh Brown, while attending the University of Northern Iowa, where she graduated Magna Cum Laude with a Bachelor's Degree in Communication Studies and Marketing. Janet and Josh have been married 10 years and have been through 6 Army deployments, so she is no stranger to the hardships of military life. During deployments she was the FRG leader for Josh's unit in Fort Carson, CO and then again for a unit here at Fort Bragg.

Josh and Janet have 3 children that enjoy an active lifestyle. Their son Riley, age 11 plays football and lacrosse, their son Braden, age 10 plays baseball, football and wrestles, and their foster daughter, age 3 dances ballet and tap. Josh and Janet are licensed foster parents in Cumberland County and are currently working on adopting their foster daughter whom they have had since she was 10 days old. They moved to the Stedman area nearly 2 years ago and enjoy having some land and being back in a "small town" area.



Josh and Janet Brown



at Heart



Janet has come a long way since her days on a pig farm. Today, she can be found at Fayetteville Plastic Surgery and Cape Fear Aesthetics Med Spa, where she is the practice administrator for Dr. Edward Dickerson. Over the past 5 years, she has grown the practice in revenue exponentially. Janet strongly believes in providing only the best services to the Fayetteville community, and is always happy to discuss her own beautiful results and experiences with the cosmetic procedures that she has undergone. She has helped add numerous services such as Tattoo Removal, CO2 Laser Skin Resurfacing, the HCG Weight Loss Protocol as well as non-surgical procedures such as ThermiTight, ThermiSmooth, and ThermiVa. ThermiVa is an especially revolutionary procedure that is relevant to women in all stages of life. This comfortable, quick, non-surgical radiofrequency treatment results in life-changing feminine rejuvenation to include an increase in lubrication, skin tightening and smoothing, and even a reduction in urinary incontinence.

Janet has also helped to add body plastic surgeries to Fayetteville Plastic Surgery's list of services by hiring another surgeon and two RNs. Janet worked together with Dr. Dickerson and their lead RN, Jesse McNeely to achieve prestigious AAAHC accreditation for Fayetteville Plastic Surgery's private in-office surgery center. Janet enjoys working with her staff closely on projects that engage their clients and that allow them to step outside of the box and try new things. In January of this year, Dr. Dickerson's 4th Annual Evening of Excellence was held at the Metropolitan Room in downtown Fayetteville. This yearly event is open to the public and serves as a thank you to the Fayetteville community at large. This year, the "EOE" was a Mardi Gras Masquerade themed ball and over 500 guests attended. They hope to see it continue to grow each year.



Janet and the FPS/CFA staff at #EOE4

Although she is very busy, Janet still makes time for fitness. She is a National Level Figure competitor for the NPC and she trains for competitions with J's Fit Factory on Raeford Road. She is also the team coordinator for their growing competitor team of 150+ athletes. She and JJ Henry, owner of J's Fit Factory, developed fitness apparel line called Muscle Swagg and is available for purchase at J's Fit Factory. In partnership with Cape Fear Aesthetics Med Spa, JJ provides personal training to Dr. Dickerson's HCG weight loss clients when they finish their 23 or 40 day program. Janet loves the small town feel of Fayetteville and has been able to make it home. She looks forward to raising her family here and seeing additional growth within the city and at Dr. Dickerson's practice.

Women in Business

Photo by Matthew Wonderly



"I want to say to all the young women out there: there are going to be people along the way who will try to undercut your success or take credit for your accomplishments or your fame. But if you just focus on the work and you don't let those people sidetrack you, someday when you get where you're going... you'll look around and you'll know it was you and the people who love you who put you there and that will be the greatest feeling in the world."

Special thanks to Pressed on Hay Street (a female-owned business)

Perhaps no truer words were ever said by America's sweetheart,

Taylor Swift, after she won album of the year at this year's Grammys. After being "thrown under the bus" not just once by the patriarchy, (Kanye West... John Mayer) she has always risen above and delivered. This time she spoke a message that's been re-tweeted and re-posted thousands of times.

I feel that it's something a lot of women can relate to, even coming from the mouth of a 26-year-old multimillionaire. Hard work beats talent any day and it's even better if you've got skills to back up your work ethic. But when you do get to where you're going... it's those mentors, true friends and family members that go above and beyond who will be there standing beside you. The people who love you the most.

In this issue, we feature so many women who contribute to the growth and betterment of our community. And I am privileged to count many young, female small business owners in my squad of close knit girlfriends.

A restaurant owner here coined us the "Faydashians." A female business owner herself... she knows we are all so much more than that.



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Cape Fear Valley Health is making a national name for itself when it comes to

QUALITY



Cape Fear Valley Health: Centers of Excellence

When it comes to healthcare, nothing matters more than quality. Obtaining high quality care during a hospital visit can mean the difference between life and death or lingering health issues versus a speedy recovery. But quality doesn't come easy or naturally.

There are approximately 5,600 hospitals in the U.S., each providing a different level of care to the public. *U.S. News & World Report* publishes an annual list of the nation's Best Hospitals, as well as a state-by-state list, to let patients know what's available in the marketplace.

Cape Fear Valley Health made the North Carolina list for 2016. The health system did it by earning five quality distinctions. No other hospital in the state earned more.



To the average person, rankings from national publications may seem insignificant. But industry experts understand what it takes to be mentioned alongside prestigious medical centers like the Mayo Clinic, Johns Hopkins Hospital and UCLA Medical Center.

So how did, Cape Fear Valley Health, the state's 8th largest health system, pull off such an improbable achievement? By reinventing itself over the years in an effort to become a world-class hospital. The strategy involved greater teamwork, continually upgrading to the latest medical technology, and always putting patients at the center of everything the health system does.

CEO Mike Nagowski championed the transformation effort soon after joining Cape Fear Valley in 2008. It was a bold decision, because of the imploding U.S. economy at the time. Hospitals nationwide were either closing their doors or contracting in size. But Nagowski bet committing to greater excellence would pay off in the long run.

He was right.

The U.S. economy has rebounded, Cape Fear Valley steadily grew its service footprint across southeastern North Carolina in the years since, and *U.S. News & World Report's* latest Best Hospitals list has Cape Fear Valley's name on it.

The health system has received a number of other recent quality recognitions, as well. They include a letter grade "A" in 2015 for patient safety from The Leapfrog Group. The hospital watchdog group rates U.S. hospitals for patient care with a simple letter grade.

Ranging from "A" to "F," grades are based on research of each facility's approach toward patient safety. Less than 30 percent of all hospitals nationwide received an "A" last year. Cape Fear Valley was the only hospital in southeastern North Carolina to receive a superior grade.

No one could be happier about the "A" than Cape Fear Valley's CEO.

"We earned that letter grade," Nagowski said, "because over the last four to five years, our employees have been on a journey, making this grade of 'A' occur. I want to congratulate them. Very few hospitals accomplished what we did."

THE JOINT COMMISSION RECOGNITION

The most important honor Cape Fear Valley Health received last year may have come from The Joint Commission. The national healthcare accrediting body ranked the health system as a Top Performer in six treatment categories: Heart Attack, Heart Failure, Pneumonia, Surgical Care, Stroke and Perinatal Care.

Top Performer status means Cape Fear Valley provides the most up-to-date, scientific evidence-based care, as compared to anywhere else in the nation. The recognition comes on the heels of The Joint Commission bestowing eight different Disease-Specific Care certifications upon the health system in recent years.

Launched in 2002, the Disease-Specific Care certification program evaluates hospital clinical programs across the continuum of care, not just for one or two areas of a patient's stay.

To date, Cape Fear Valley has received certifications for Hip Replacement Surgery, Knee Replacement Surgery, Heart Failure, Advanced Stroke, Acute Myocardial Infarction (AMI, or heart attack), Pneumonia, Wound Care and Sepsis. Bladen County Hospital also received Sepsis certification. It is the first critical access hospital in the nation to do so.

All the certifications help rank Cape Fear Valley Health among the top 25 hospitals in the nation for patient care quality. The certifications didn't come by chance.

Over the years, Cape Fear Valley has created various Centers of Excellence that focus on the very treatment areas for which it received certifications. One of the first was for the health system's award-winning hip and knee replacement surgery program.

Bradley Broussard, M.D., is an orthopedic surgeon and Cape Fear Valley's Chief of Staff. He says having nurses, physi-

cians and physical therapy staff on the same page when treating patients helps ensure the best outcome.

"Everyone strives for excellence here," Dr. Broussard said. "Not only in the area of patient care, but also in the results."

Jose Delgado, M.D., Associate Medical Director at Highsmith-Rainey Specialty Hospital, agrees with the teamwork sentiment. He works with the hospital's wound care program and says the staff works closely together for a reason.

Treating extensive or lingering wounds can be extremely complicated. Everyone from dietitians and pharmacists to physical therapists and pastoral care staff may be called upon.

"These kinds of wounds are so complex they simply require a more intensive approach," Dr. Delgado said.

Patients suffering from advanced diabetes, vascular disease or traumatic injuries can require months of treatment. Even more specialty care, such as wound vacuum or hyperbaric oxygen therapy, may be necessary if wounds are infected.



HEART ATTACK CARE

Cape Fear Valley Medical Center's Emergency Department is easily the busiest in the state and among the busiest in the nation. It is a center for heart attack patients in the region

Cape Fear Valley has had a Chest Pain Center of Excellence for years. But it was originally accredited through the Society for Chest Pain Centers.

Michael Hodges is the Director for Cardiac Quality and Chairman of the Clinical Performance Improvement Committee at Cape Fear Valley. He says the chest pain center designation was a way to show Cape Fear Valley could compete with any other hospital in the state when it came to cardiac care.

Cape Fear Valley still maintains the Chest Pain Center accreditation. But the health system has also pursued Disease Specific Care certification for Heart Attack treatment through The Joint Commission, as an overall quality strategy.

Maintaining both accreditations means extra work for an already busy cardiac care staff. But it's that commitment to continually pursue quality that defines what Cape Fear Valley Health is today.

"We now have a culture of providing quality care," Dr. Hodges said.

"We know we're doing good work.

We've known that for years.

Now we're just being recognized on a national level for our efforts."

"Everyone strives for excellence here... Not only in the area of patient care, but also in the results."

— BRADLEY BROUSSARD, MD

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publisher's note

Our March issue is featuring our local women in business. When I think about women in business there are three main women in my life that were excellent: my wife, my mother and my wife's grandmother. Sandee Waren, whom I have been married to for 46 years has helped me run several of my businesses. We were in the insurance administration business for 24 years and my wife worked with me there for most of that time running a key department that was essential to our organization. It required intelligence and organizational skills in order to succeed and she has all those qualities. She now is the managing editor of *CityView*, which is an important job. She is great at helping choose stories that will be of interest to our readers and is an excellent proof reader. I have been blessed to have her at my side all these years.



Mary Yarborough, Sandee Waren and Helen Waren

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My mother was an independent person and ran a business that my parents and several friends started in 1958 in our home. Mother ran the operation from our house for two years until it was obvious it was going to succeed. She was operating the day to day tasks of an automobile insurance premium finance business and raising me and my brother at the same time. My mother was the youngest of eight children, growing up in Wake Forest, NC and living through the Great Depression. She graduated from high school and immediately went to work for Western Union. Due to her business acumen, she was given the chance to go to New Jersey to run an office at only 18-years-old. After a year there she was transferred to Fayetteville and the rest is history. When a group of my parents' friends were discussing investing in the new business, several of the men said they would put their money in the deal if my mother was involved. She helped get the venture off the ground and it became highly successful, later being sold to a national company in 1974.

My wife's grandmother was all business, but was raised a farm girl in Grays Creek. When she married Wilson Yarborough they became business partners as well as life partners. They operated several businesses together to include Yarborough Motor Company, where the current county jail is located. Their first business was a gas station on Raeford Road near Zorba's. Back in the 1930s that area was considered way outside of Fayetteville because Raeford Road was only two lanes. They lived in the back of the station while operating it for a few years. Mrs. Yarborough always looked after the bookkeeping. They grew successful together.

My mother died in 2008 and Mrs. Yarborough died in 2009. Wonderful, important lessons were learned from these great women in my life. I hope you enjoy reading about women in Fayetteville who are now blazing the trail.



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McFadyen's Musings

Of Pancakes and Other Elixirs

BY BILL MCFADYEN

My dad had a personality trait of keeping his cards close to the vest. He did not want publicized the specifics of his business or personal life. That wall came tumbling down, though, when in the presence of women in the work force. He could not help but to interact openly.

For instance, in the McFadyen Music days, he and I developed a habit of eating late breakfasts at the Pancake House adjoining Gene Ammons' hotel along 301 Business. It was just down Gillespie Street from our building where we both had offices. Dad got hungry in the mid-mornings. I just wanted to get out of working and he was paying.

There was a tall brunette waitress. Through something other than luck, we always ended up in her section. She was probably halfway between us in age. It is odd how as the years progress, gaps in ages disappear. When in high school, you would not even talk to someone three years younger. Sitting at the table in that diner separated by the sugar packets and maple syrup dispensers, it was a toss-up as to who bantered most with whom. It was not unusual to discover a third strip of bacon beside the eggs, nor was it rare

that the tip included additional currency beyond the customary percentage. Everyone's itch was appropriately scratched. Remembering those encounters still invokes happiness today.

After father and son forged a truce following the battles of child-rearing years, he began to take me with him to annual conferences around the country held by a group of non-competing, like-minded retail music dealers. The corporate officers of each entity in the group would trade ideas and constructively critique each other's businesses. I do not subsequently remember my father telling people back home of any great ideas I had at the table during my vice-presidency. I do, however, remember him very often telling people how I charmed us into First Class in the Pensacola airport through some apparently upgrade-worthy flirtation cast toward the pretty blonde attending the computer at the

gate. I do not mean to imply herein that the trait was hereditary, I simply mean to demonstrate some common ground between us.

He continued his charming ways even into the final days of his life. I went up to see him when there was barely a modicum of hope that he could rebound. Not at all to my surprise, despite his weakened ways, I found him interacting with a quite lovely nurse named Sharon. It was obvious that Sharon was not as vocal as the waitress at the Pancake House had been, but perhaps this particular setting called for someone with a bit more subtlety anyway. As I gazed in the room at him holding Nurse Sharon's hand trying to judge how much life he had left, his family physician, Dr. David Stewart, exited the hospital room. "How is he, sir?" I asked. Dr. Stewart looked back at the hand-holding that he had no doubt witnessed in his own office so many times and said with a grin-between-men, "Oh, I think that he is as good as can be expected." As shifts came and went and as staff rotated in and out over those final days, Nurse Sharon consistently indulged Dad's fading charms.

I know what it is like to nearly fail at college level Biology 101. So in my way of thinking, the successful completion of a degree where the sciences move into third and fourth levels of difficulty, a degree that subsequently accredits one for a career in medical professions, is impressive. Factor in that a subset of those like the Nurse Sharons of the world see myriad people come daily into hospitals only to witness their deaths time after time, yet they keep coming to work and they keep holding hands of those with fading pulses. It is a special contribution to one's fellow man, an exceptional gift for humankind, not only for the infirmed, but also for the surrounding family.

Some months after Dad's funeral, I went to my wife's workplace for this or that. My timing had to be precise, as she was teaching group exercise classes that ended on the hour. If I was to see her without being an intrusion, then I had to be there when the big hand was on the 12. Class ended, the door opened and in I wandered. There rolling up her mat was

Somewhere else in that future, some dying man may see a kindred twinkle in her prime-of-life eyes and reach out for my daughter's hand such that the leaving of this world for the next is less burdensome due to that greatest of elixirs, the human touch. The world will be better for it.

Nurse Sharon. Our recognition of each other was immediate. I have never been reputed as the tough guy with my emotions. Seeing her brought back those final days in the life of a man I loved dearly and who I have missed every single day since. She and I embraced... and I cried.

Word has it that Nurse Sharon is going to have a second child soon. How lovely. I hope that the new child and her older sister turn out just like their mother. I hear also that, like so many of our town's quality families, the Commander-in-Chief has something for their patriarch (or matriarch) to do somewhere other than here. May he accomplish it safely and they then find their way back someday. I hope that Nurse Sharon takes with her the knowledge that she, in her life's chosen work, has helped people like us get through mighty hard times.

I have a daughter with whom I have forged a truce following the battles of child-rearing years. According to the pay line of the stub in the check book, a monetary commitment has been made to enroll her next year at East Carolina University. Initially, I assumed that the attraction had something to do with how much she loved watching a particular purple dinosaur as a child. She refutes that by saying Barney played no role in the decision. Her ultimate aim at ECU, says she, is earning a degree in nursing.

Perhaps she will. It is a lofty and worthy goal toward which to aspire. Hopefully, academic achievement in the sciences (or lack thereof) skips generations. If she can achieve the goal, as all the Nurse Sharons have done before her, then somewhere out there in the future, there may be a sick child as yet unborn who needs a nurse who can exude her own inner child, helping to make a gray day a little brighter. Somewhere else in that future, some dying man may see a kindred twinkle in her prime-of-life eyes and reach out for my daughter's hand such that the leaving of this world for the next is less burdensome due to that greatest of elixirs, the human touch. The world will be better for it.

Thank you, Nurse Sharon and may the road rise to greet you. Perhaps we will add to your compassionate ranks in just a little while. 



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faith

Great Women of Faith



BY REVEREND BRUCE HERMANN

It was exciting to hear this issue of CityView was to highlight women in the workplace. That work place may be in the “secular world,” the “church world” or in the “Help me Jesus world” of the stay at home mom. Thank you ladies for being faithful women of God in displaying the fruit of the Spirit and being Christ in your homes and our community. Bless you!

I was asked to share a bit about women in the Bible, so out of curiosity, I asked some peers what woman or women in the Bible inspired them. Surprisingly, there were no votes for Delilah, Jezebel, Potiphar’s wife or the Witch of Endor (though any of these would make good drama for an upcoming Lifetime movie). Mary, mother of Jesus, received the most votes followed closely by Mary Magdalene. Martha was a favorite. Then

As we flip through the pages of our Bibles and read the accounts of how God worked in the lives of women, we witness their character, faithfulness and courage. How can we not be inspired?

were some names that wouldn’t necessarily make the top seven answers on Family Feud: Abigail, Esther, Anna, Ruth, the woman at the well, Rachel, Miriam, Lydia and Puah.

As we flip through the pages of our Bibles and read the accounts of how God worked in the lives of women, we witness their character, faithfulness and courage. How can we not be inspired? They encourage us. They stood firm in the face of evil. When faced with difficult choices, they sought God’s way... not the easy way. They faced the same challenges, temptations and doubts that we do today. Their lives mirror ours in that we see our faith both soar and struggle. Like them, we’ve all dwelt in the valley and on the mountaintop. But most importantly it’s through their stories that we witness and learn of God’s judgment, forgiveness, His mercy, His power, His great love and oh praise Him, His faithfulness.

Ladies, you might have glanced up again trying to figure out why a MAN is writing about women in the Bible. Well, I have a great appreciation and admiration for women of great faith. My mom is respectfully called “Saint Tish” by my wife, Becky. Mom raised four boys and a husband (you ladies caught that didn’t

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you?). She's a prayer warrior... praying from the time we were in the womb for our salvation and for our wives. While not perfect, her love and devotion for God magnified her love and devotion to Dad. That made home a place of love centered around God.

Mom strived to be that Proverbs 31 woman. As I'm reading that scripture now, I'm humbled and marvel at how God made women to be able to multi-task and handle stress so much better than men. Verses 28 through 31 read: "Her children arise and call her blessed; her husband also and he praises her. Many women do noble things, but you surpass them all. Charm is deceptive and beauty is fleeting; but a woman who fears the Lord is to be praised. Give her the reward she has earned and let her works bring her praise at the city gate."

While the "Proverbs 31" woman has no specific name, we all know your faces and names. Bless you!

Pastors, where would the Lord's church be without women like Phoebe in our congregations? She's called a deacon in scripture as a result of her being a faithful servant of the church in Cenchreae. Paul wrote in Romans 16 that the church should receive her in the Lord in a manner worthy of the saints and to assist her in whatever she needed because she helped many, including him.

Okay, back to Saint Tish for a minute. Mom, like many women you know, would never seek to be voted on to be a "deacon" in her church. Don't worry, I'm not going there... My point is, while she isn't an Elizabethtown Baptist Church Deacon, she IS a deacon. She has a significant role in the church as a servant who helps her pastor meet the needs of the congregation. Be it teaching, visiting, praying, shuttling folks or encouraging... she is a servant. I can name several churches we attended in my younger years, where the deacons didn't "deac" and were it not for the women, needs in the congregation would have gone unmet. Bless ye women who "deac".

Eunice and Lois seem to be mentioned in the Bible as an afterthought, but why they are mentioned is remarkable. They are Timothy's mom and grandma...who

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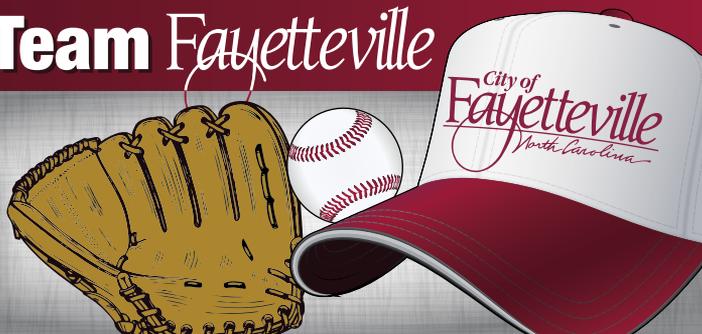
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passed on their faith to him. Paul gave them credit for influencing Timothy's faith. Moms, dads, grandparents, aunts, uncles, teachers... our kids are watching us. They literally absorb what they hear and see in us. We learn from these two women that a real faith passed on to others changes lives generation after generation. Mom and ladies, bless you for passing on your faith!

There are a couple more women in the Bible whose stories speak volumes in modeling faith. They are not mentioned by name, but each of us experience a great sense of humility as we vividly envision their acts of faith. Can't you see the woman with the bleeding disorder creep ever so slowly towards Jesus. If I can just get close enough to touch the hem of His garment... just a few more feet... closer... closer. Then, a result of her faith, the power of the Son of God shot through her and healed her in an instant. Healed! Her life changed in an instant! Ladies, thank you for demonstrating the faith that our God and Lord Jesus Christ has the power to change and heal our lives (physical, spiritual, emotional). Sometimes, that healing is instant and sometimes it is over a lifetime. Sometimes, our physical healing is realized with our final breath when we reach Home to be with the Lord. Ladies, thank you for being our encouragers to stand fast, to have faith and wait on the Lord. Bless you!

Could you imagine God's Holy Inspired Word without the imprint of the stories of the lives of these woman saints? Could you imagine God's ongoing work being done without today's saintly women on the mission fields overseas, in America, in North Carolina, in Cumberland County, in Fayetteville, in our schools, in our work place, in our churches and in our homes?

Thank you ladies, for carrying the torch of faith and being a light in the darkness. Thank you for proclaiming God's love and redemptive power in and through Christ from your homes into our community, workplace and the world. As Paul would say, "I thank God every time I remember you." Ladies, you are remembered and cherished. Bless you! 

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Pictured above, top row, Tanja Shurling, Rebecca Britton, Karen Kueny; bottom row, Kelly Eckhardt, Elizabeth Owens

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A native Texan, Dr. Angela Kidd has called Fayetteville home since she was five years old. Dr. Kidd earned a Doctorate in Counseling with a Specialization in Marriage and Family Therapy and Substance Abuse from the University of Akron. Dr. Kidd earned three Master degrees; first in Child Development and Family Relations from Western Carolina University; a second in Family Relations and Human Development with a specialization in Cultural Diversity and a third in Clinical Social Work from The Ohio State University.

Dr. Kidd returned to Fayetteville in 2011 to pursue her professional dream of establishing Cape Fear Behavioral Health Center. She gives God all the glory for making this dream come true and thanks her parents, family, friends and colleagues for their support.

Cape Fear Behavioral Health Center treats children through geriatrics for various types of psychiatric issues. The Center is dedicated to helping individuals develop "healthy solutions" to the issues they are experiencing in their lives. Dr. Kidd and her staff make it their goal to "walk the walk" beside the individual and family while they develop healthy ways to grow and empower themselves in the journey we call "Life."

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Lofty Ideas

STORY BY MELISSA GOSLIN

PHOTOGRAPHY BY MATTHEW WONDERLY

In 1999, Hank and Diane Parfitt put their money where their mouths were and planted the seed for a downtown downsizing twenty-five years in the making.

In the late 1990s, Hank and Diane Parfitt opened City Center Gallery in a rented space on Maxwell Street. As a result, they started spending a lot of time downtown and were disheartened by the excess of empty, run-down buildings. Instead of quietly complaining, they decided to do something about it. Hank gathered a group of like-minded folks, which eventually became the Downtown Alliance. Around that same time, the Arts Council also introduced their now-popular 4th Fridays.

“We were truly enchanted with the lights they had just put up and the idea of having a glass of wine while we looked at art,” Hank said.

Early on, the Parfitts also made a commitment to support local art.

“I’m not an artist, but we both love art and realize how much talent there is here in Fayetteville,” Diane said.

With the level of talent, it was clear that many artists they worked with could easily make a living in a market like New York, where people are more willing to accept high price tags on original work. Still, they stayed and worked in Fayetteville because this was home.

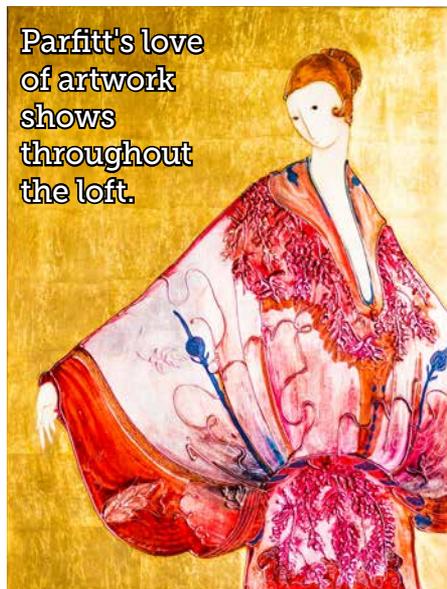
“We’ve worked with local artists for many years and feel a loyalty to them. Fayetteville isn’t a destination market, so we have always felt it’s important to do our part to support their art,” Hank said.

After knocking on doors and convincing merchants and businesses to invest in downtown, Hank was given the opportunity to practice what he was preaching—the building at 112 Hay Street was up for sale. A small wig shop was renting the first floor retail space and there was potential for a residence upstairs. However, the building itself was in need of severe renovation. He brought Diane to have a look around, and the couple started to toss around the idea of living there someday.

After years of moving around dur-



Gallery wall at the Parfitt's Loft





“It was the staircase that did it for me.”
– Diane Parfitt

ing the first years of Hank’s medical and naval career, the Parfitts were settled into the home they built on Great Oaks off Morganton. Hank’s practice and their two children were thriving. Downtown wasn’t quite ready yet, and neither were they. Still, they believed strongly enough in the potential to take a giant leap of faith.

Renovating the Space

As the building’s new owners, the Parfitts kept the status quo for a few years, until the owner of the wig store decided to close shop.

“A former boyfriend came to town and swept her away to Hawaii,” Hank recalled. “We had to make a decision about what to do next.”

The Parfitts met with architect Eric Lindstrom, who was one of the first to move his own residence downtown. Although the trend for urban spaces was exposed brick and duct work, Diane knew that wasn’t for her. She wanted something that fit her style as well as the history of the building.

“It was the staircase that did it for me,” Diane said, thinking back to that first tour of the building.

It’s a grand split staircase worthy of Scarlett O’Hara. When the building was home to the Miss Vogue dress shop, models would grace the steps in the latest fashions while customers watched from below.

Lindstrom visited the Parfitt’s house and took their style (and large art collection) into account when drawing up his plans.

“He was spot on,” Diane said.

Nine months later, in 2003, the renovations were complete.

Tucked behind the retail space, a ground floor study showcases a wooden bookshelf complete with a rolling ladder that would melt the heart of nay bibliophile. Atop the staircase, an open floor plan welcomes guests into the cozy living room, dining area and kitchen.

One of the most stunning features is tucked between the kitchen and master bedroom—the spiral staircase that leads to the third floor deck for an unmatched rooftop view of the city.

Outside, the original cast iron scrollwork and pilasters kept the late Victorian feel of the storefront in tact. The building had all the charm of an English bookstore,

which gave the Parfitts an idea—City Center Gallery became City Center Gallery and Books.

“I knew art wasn’t going to be the main thing to get people through the doors,” Diane said. “I love books and had always wanted to own a bookstore.”

A former English major, Hank was an easy sell on the idea. As he says, man’s greatest inventions are books and art.

Somewhere around the ‘30s or ‘40s, there had been a movement to modernize the retail spaces, lowering ceilings and expanding the display areas at the front of the store so that customer had to walk between the encased displays to reach the door. The Parfitts moved the footprint back out so that the door was even with the windows. Photos from 1941 show the original red brick, however, they decided to keep the black-and-white paint scheme.

When adding books to the mix, Diane dug in and did her research, and she decided to sell mostly used books, specifically those that appealed to collectors. She quickly realized customers were interested in the classics.

“You know, all those books you rolled your eyes at in high school,” Diane joked.

While the Parfitts were actively running the store, they chose to lease out the residential space with the idea they would someday move in themselves. In late 2005, the Parfitts seriously tossed around the idea of making their move. There was a renter in the loft, so they met with a realtor about downsizing to a smaller transitional home where they could await their eventual move downtown. Life, as it turned out, had other plans. Things got busy and it looked like the move would have to wait.

Making the Move

In 2014, the Army doctor renting the residential space above City Center Gallery and Books received orders to Iraq. The Parfitts took their cue and decided not to put the space up for lease again. Their children, Matthew and Nicole, were grown and out of the house they’d built back in 1989. It was time for a new adventure. However, downsizing to less than half the square footage presented



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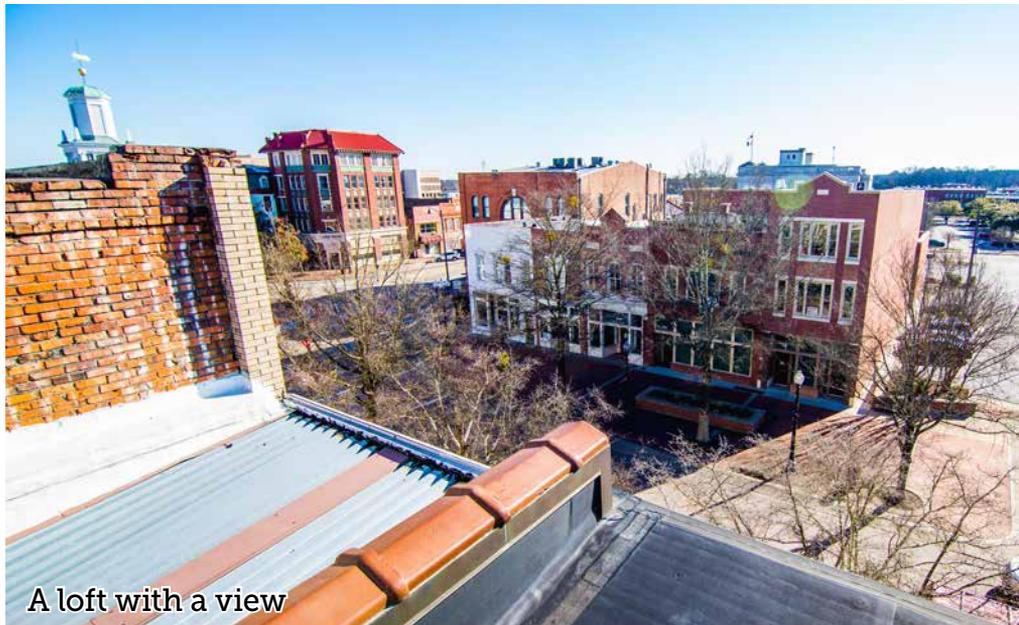
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A loft with a view

its own set of challenges. First, there was the matter of furniture.

“Once I realized we could move before the house sold, it was easy. We could see what fit and what we really wanted in the new space,” Diane said.

Next, came the task of sorting through everything else.

“I remember thinking I had most of the important things, and all we had left was the cabinets and closets,” Hank said. “I was wrong. Ninety percent of the work was going through those cabinets and closets.”

He sites the old adage—if you haven’t used it in a year, you don’t need it. That line of thinking didn’t hold up against all of the photos and mementos they’d collected while creating their lives and raising children. Instead, he developed a new litmus test: if the house was on fire, would you run back for it?

Taking their artwork into consideration, Lindstrom’s design included plenty of wall space throughout the loft, including a long hallway running through the dining room to the master bedroom. From nautical scenes to mixed media abstracts, local art fills the common spaces.

“When you’re an art dealer, everything is for sale,” Diane said.

Following the downtown candlelight loft tour this past December, a man came into the gallery and asked about a piece he had seen. Parfitt agreed to sell it to him straight off her wall.

Although they loved their home on Great Oaks, no tears were shed for the house—or the things in it.

“You get to a place where you realize it’s just stuff, and you don’t want to be tied to stuff,” Diane said.

So what was worthy of saving from a fire?

The drop-leaf table resting on the landing was their first dining room table, bought for \$32 in Charlottesville, Virginia. Photos depicting the history of the building are displayed above a small reminder of the Parfitt’s own story—a cupboard designed to hold sheet music that the couple repurposed into a liquor cabinet two years into their marriage.

Diane’s only regret was getting rid of a small tea cart that would have been useful to carry items up to the rooftop deck via the small elevator beside their kitchen.

Settling In

For the Parfitts, convenience is the biggest luxury of their downtown digs.

“We leave our house at 6:55 p.m. to make a 7 o’clock show at the Cameo,” Hank said.

Still active in several downtown initiatives, both Hank and Diane walk to most of their meetings. They frequent the restaurants and shops they both helped to bring into the area. As former president and current board member of Downtown Alliance, Hank is reaping the benefits of a thriving downtown he helped to sow.

“When Hank was still practicing, he’d have a few meetings each year and we’d go to places like San Francisco. I always hit the downtown area to see the city. You don’t go to the shopping malls to get the feel of a place. You go downtown,” Diane said.

After a week in the loft, they had adjusted to the sounds of downtown, including the trains. Now they don’t even notice them.

“It’s just like anywhere else,” Diane said. “The sights and sounds are just part of the ambiance.”

There is also a strong sense of community downtown that they both enjoy. The guest lists for their dinner parties have gotten smaller, but that’s an adjustment they don’t seem to mind at all. Instead of hosting forty people at a time, the couple relishes the more intimate gatherings of ten friends at a time.

“We did have Christmas here. We managed the tree, the grandkids and their dog, and it worked out just fine. It actually reminded me of when I was growing up. You slept on the couches, on the floor—anything to just be with family.”

Their first apartment as a married couple was in Baltimore, Maryland. It wasn’t a garden apartment, so there was no outdoor space. They did, however, have a Volkswagen and a small hibachi grill that turned the parking lot into a makeshift cook out. Recently, Hank bought a George Foreman grill for Diane’s birthday and they had their first steaks on it.

“I guess we really have come full circle,” Hank said.

Perched beside him on the couch that made the cut from the old house to this new space, Diane laughs and gives him a wide-eyed look that makes it clear their latest adventure is nowhere near their last. 



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food





Moroccan-Style Roasted Potatoes



Mussels with Sofrito

Scrumptious
Spanish
Snacks



Stuffed Bacon Wrapped Dates

TAPA TIME!

STORY AND PHOTOGRAPHY BY KATIE CRENSHAW

Tapas are Spanish derived small plates of food served with drinks. These small plates are meant for unhurried tasting and sipping over great conversation and camaraderie. The social interaction is equally as important as the food and drinks prepared when tasting these small plates. Tapas are so much of a part of the Spanish culture that they use a verb called *tapear* which means to go from bar to bar for drinks and eating tapas. The dishes can be any hot or cold food from a couple of olives or a slice of cheese, to more complex plates such as an empanada or paella. The tapas concept is to share several small tastings to sample a bit of everything.

Let's take an entertaining inspiration from our beloved

Spaniards and forget making dinner reservations at a restaurant. Instead, stir up this Pomegranate Red Wine Sangria and invite your friends over for Mussels with Sofrito, Moroccan-Style Roasted Potatoes, Bacon Wrapped Dates Stuffed with Manchego and Spanish Garlic Shrimp. Each of these lovely tapas dishes are packed with earthy, rustic, bold flavors just like you would find in Spain. Add in a plate of marinated olives, a couple of your favorite types of cheese, a fresh loaf of hearty bread and you have yourself a party. Now is the time to chill, relax, grab your fork in one hand and your wine glass in the other. Eat a little of this and sip on a little of that. Laugh, talk and listen. Take time to savor your food and enjoy good company. ¡Salud!



Pomegranate Red Wine Sangria

This Pomegranate Red Wine Sangria is light, fruit, refreshing and not overly sweet. Acquire an inexpensive red wine that offers fruity flavors and aromas. Avoid the expensive, older, complex wines because they are often too delicate for mixing. If you prefer a sweeter sangria, use a sweeter wine.

Pomegranate Red Wine Sangria

Ingredients

- 1/4 cup sugar
- 1/4 cup water
- 1 bottle dry red wine
- 1/2 cup brandy
- 1 cup pomegranate juice
- 2 cups club soda
- 1 whole apple, sliced
- 1 cup blueberries
- 1 whole orange, sliced
- 1 cup strawberries, sliced

Directions

Cook sugar and water over medium heat until it reaches a boil to create simple syrup.

Cook and stir simple syrup until sugar is fully dissolved. Set aside to allow to completely cool.

Combine and mix red wine, brandy, cooled simple syrup and pomegranate juice in a large pitcher.

Add apples, oranges and strawberries to the Sangria mix.

Refrigerate for at least 2 hours or for best results, refrigerate overnight.

When ready to serve, add club soda to Sangria.



Spanish Garlic Shrimp

Gambas Al Ajillo, which translates into Shrimp with Garlic, is a very popular classic Spanish Tapas Dish. The simple layering process allows each flavor to build on each other climaxing to an incredibly delectable shrimp dish. A slice of French bread on the side would be great for sopping up the spicy olive oil butter sauce. Warning! You may want to double this recipe. It disappears very fast.

Spanish Garlic Shrimp

- 1 pound of shrimp
- 1/3 cup olive oil
- 1 tbl butter
- 6 garlic cloves, coarsely chopped
- 1/4 cup fresh parsley, chopped

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- 1 1/2 tsp paprika
- 1/2 tsp nutmeg
- 1/2 tsp chili powder
- 1/2 tsp cayenne
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sugar
- 1/2 tsp red chili flakes
- 1/2 tsp salt
- 1/2 tsp pepper

Combine paprika, nutmeg, chili powder, cayenne, onion powder, garlic powder, sugar, salt and pepper in a small mixing bowl. Set aside.

If using frozen shrimp, defrost shrimp completely in cold water before using. Peel and devein shrimp. You may keep or remove the tails.

In a skillet, heat olive oil and butter. Add coarsely chopped garlic and sauté for about 2 minutes.

Add shrimp to olive oil and butter mixture. Sauté shrimp on each side for one minute.

Evenly add seasoning mix, red chile flakes, and half of the chopped parsley to shrimp and sauté until completely cooked.

Remove from heat. Top with remaining parsley and serve.



Sofrito is the “Latino Cook’s secret weapon.” It combines cilantro, garlic, onion, peppers and tomatoes to create a fundamental base for many Spanish dishes. Pairing the Sofrito with the mussels develop a flavorsome aromatic dish that begs for seconds.

**Cooking Note: You can make Sofrito a day ahead of time.*

**Cooking Note: You can make Sofrito a day ahead of time.*

Mussels with Sofrito

Ingredients

- 2 medium bell peppers (For a sweeter flavor, use red peppers. For a savory flavor, use green.)
- 1 bunch of cilantro (about a cup)
- 1 small onion
- 4 large cloves of garlic, peels removed
- 2 medium tomatoes
- 1/4 cup olive oil
- salt & pepper to taste
- 1/2 cup dry white wine
- 2 lbs fresh mussels, rinsed and cleaned

Directions

Clean cilantro. Cut off and discard any thick stems. Coarsely chop cilantro.

Cut the tomatoes in quarters.

Remove seeds from peppers, and coarsely chop.

Peel onion and chop.

Dump all of the chopped vegetables into a food processor. Add salt and pepper. Pulse until there are no remaining large pieces of vegetables to create your sofrito sauce.

In a large pot, sauté Sofrito on medium heat in olive oil until most of the liquid has evaporated (about five minutes).

Add white wine to Sofrito and mix well.

Add mussels to Sofrito and wine mixture. Stir and mix mussels in sauce well, allowing mussels to absorb the sauce. Cover the pot with a lid and cook for four minutes.

Remove lid to check on mussels. Stir and cover. Cook two additional minutes.

Remove pot from heat. Place mussels and sauce in a serving dish. Discard any unopened mussels.



These Moroccan-Style Roasted Potatoes have a sweet and soft inside with a savory, salty crunch on the outside. The trick to preparing these potatoes flawlessly is parboiling, steaming and then roasting them. After taking your first bite, you will quickly discover the extra steps are worth the additional effort.

**Cooking Note: You do not add tapenade to potatoes immediately when roasting because the garlic will burn.*

**Cooking Note: You do not add tapenade to potatoes immediately when roasting because the garlic will burn.*

Moroccan-Style Roasted Potatoes

Ingredients

- 4 medium sized potatoes
- 1/4 cup sundried tomatoes in oil
- 4 tbsp capers
- 1/4 cup green olives
- 1/3 cup Parmesan
- 2 garlic cloves, peeled
- 1/2 lemon
- 1/2 cup olive oil

Directions

Rinse and clean potatoes.

Boil whole potatoes six to seven minutes to parboil (partially boil) them.

Remove from heat. Drain pot. Leave in pot and cover with a lid to steam dry for three additional minutes.

Place sundried tomatoes, capers, green olives, Parmesan, garlic cloves, lemon and ¼ cup of olive oil in food processor or blender and pulse into a finely chopped tapenade. Set aside.

Cut each potato into 6 wedge slices.

Evenly coat potato wedges with ¼ cup olive oil for roasting.

Roast at 350 for 25 minutes.

Take potatoes out of oven and toss evenly in tapenade. Place potatoes back in oven and roast an additional 20 minutes. Serve immediately.



Everything tastes better with bacon, and dates are no exception. These

sweet dates are stuffed with the rich, buttery Manchego cheese and then wrapped with salty, crispy bacon to create a perfectly delicious combination.

Bacon Wrapped Dates Stuffed with Manchego

Ingredients

12 medium sized dates
6 oz Manchego Cheese
6 slices bacon
12 toothpicks

Directions

Preheat oven to 400.

Partially cook bacon, stopping before it becomes crispy.

Chop Manchego cheese into 12 small blocks, sized to stuff in dates.

Remove seed from dates.

Stuff dates with Manchego.

Wrap dates with bacons, securing with toothpicks.

Cook in oven for 10 minutes or until bacon becomes fully crispy.

Serve with or without toothpicks.

Sangria and tapas are the perfect accompaniment for your next party at home or girl's night in get-together binge watching Sex and the City. We can toast to that! 

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TAPAS: NC Style

If you have fallen in love with the tapas style of eating, then I highly recommend taking a dining excursion to Zambra, Mateo Bar de Tapas and Gia.

Resting in the heart of Asheville, the beautiful, eccentric Zambra serves modern style tapas incorporating the "Farm to Table" philosophy by sourcing local-organic ingredients whenever possible. They also integrate special ingredients imported directly from Spain. They have an extensive wine list and feature selections such as Pomegranate Braised Pork Spring Rolls, Prosciutto Wrapped Medjool Dates, and Masa Crusted Gulf Shrimp. They were recently named as one of the most romantic restaurants in America by Travel and Leisure.

Mateo Bar de Tapas is housed in the Book Exchange building in downtown Durham. Their menu offers authentic Spanish tapas infused with modern style dishes of the South. Features on their menu include small plates such as Brandade (salted cod with piquillo pepper confit, sunchoke chips and sunflower sprouts), Ensalada de Mariscos (chilled shrimp, scallops, octopus, clams and calamares with a sherry vinaigrette) and Queso Frito Y Huevo (farm egg with crispy manchego and mushrooms).

Located in Greensboro, Gia is a very chic, modern-style restaurant serving tapas style dishes made from high quality ingredients sautéed or baked in a wood fire oven. They provide a wide variety of wines, hand crafted beers and vintage cocktails. Highlights on their menu include Green Hummus with Olive Tapenade, Flash Fried Artichokes, Eggplant Bruschetta and Fruitti Di Mare.

If you enjoyed this article, be sure to check out my other recipes and dining suggestions at www.aforkstale.com.



Brisket, potato salad, pickles at Zambra



Huevos Diablos & Spanish Tapas at Mateo



Shrimp Cake Sliders at Gia



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Living on Faith

The Art of Caroline Merino

BY KELLIE HUSSMAN

We hear it all the time: military kids are resilient. They are able to adapt to new cities, jump into a new school and make new friends after every move. But what if this resiliency could not only be attributed to their way of life, but also to the idea that they are a part of something much bigger than themselves? For Caroline Merino, faith drives her success.

This 21-year-old extroverted military brat is juggling her senior year at Liberty University and her own business as an extraordinary Christian artist. She paints the beauty she finds in her surroundings, and is inspired by cities she's lived in all over the world: from the plains of South Dakota to the New York City skyline to the iconic Eiffel Tower of France. But, she said she couldn't have imagined where this life has led her. "I never expected it to take off," she said. "I never wanted to be an artist."

Merino explained that she has always had a passion for art, but saw herself in more of a curator's role—where she could still enjoy the craft, but stay away from the spotlight. "I don't know what happened, because I am in the spotlight and on the sideline because I run my own business and it's a lot of work," she said.

Her work is now featured in local hospitals and over four galleries in Fayetteville, but that's nothing to brag about for Merino, who stays grounded through her faith. "I put Ephesians 2:8-9 on everything—from business cards, to posters, to Instagram, to my paintings," she

said. "It's a constant reminder of who I am." Ephesians 2:8-9 reads: 8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast.

Merino explained what this verse means to her, saying, "Whatever we do, we can't use our talents and our work or anything of ourselves to earn God's love," she said. "It is a gift and it is by His grace that we are saved and His." She continued, "We could never use our works or, as much as we try, our achievements, etc... because He's the one who saves and forgives us. He says, 'everything in your past is gone; you are clean and free to go. You're mine and I love you.' And I just think that's great... that's unconditional love."

Merino's vision for her art is to use her talent to positively impact the lives of those around her. She hopes the verse will either direct curious non-believers to the Bible or spark a conversation with fellow believers. Regardless of where they are in their walk, she hopes her work will be pieces of encouragement for all.

Jason Deramo, a fellow believer and local resident, found that to be true for him. "Art is like hope," he said. "And when I look at her paintings, it gives me hope." Deramo was captivated by Merino's painting of a rhino displayed in City Center Gallery and Books while he was picking out postcards with his visiting grandmother one afternoon. "It was a really natural-looking piece," he said. "You don't really see things like that around here." The piece reflects the latest style of Caroline Merino Art, which blends the





Merino draws inspiration from her friends' and family's pets, but will paint on commission for anyone who wants a portrait of their own fur-baby.



subject of the painting into the natural coloration of its background.

And Deramo liked the piece so much that he recently commissioned his first piece of Caroline Merino Art, a custom rendition of a North Carolina deer that he hit in a car accident back in December.

"I'm grateful to be alive," he said reflectively.

The piece not only pays tribute to the deer he killed, but also serves as a reminder of his faith. "People are going to ask, 'Where did you get that?'" he said. "That's a good story. And I think true art tells a story."

Caroline Merino's story began at an early age. And her talent was apparent even then, she said. But, other than a private tutor her grandmother hired for her when she was six, her training has been primarily through her art teachers at school. "Attending 15 different schools means I've had 15 different art teachers," she said. "And when you have that variety, you get taught different perspectives and lessons."

Merino said she still uses some of the techniques she learned growing up. And while she has experience in several mediums, she specializes in watercolor and acrylics, with her earlier styles mimicking the famous artists she studied. "First it was pop art, then it was impressionism; now, I don't know what it is—as long as it has some texture," she said, describing the progression of her art.

Examples of her early acrylic paintings include playful interpretations of animals, dogs in particular, that pop with contrasting bright colors. Merino says she draws inspiration from her friends' and family's pets, but will paint on commission for anyone who wants a portrait of their own fur-baby. Commemorative watercolor paintings of Fayetteville are also among her collection. But her framed miniature paintings and festive holiday ornaments are most impressive. "I love the process of art—painting," she said. "When I see color go onto a blank canvas, it's awesome to me."

Merino compares the process of her most recent, natural style to cleaning her room, "Watching a painting go from

nothing to something or nothing to ugly to a little uglier and then it's really cool—that process is really exciting.”

But Merino said she doesn't just work on one piece at a time, that her creativity is so overwhelming sometimes that she finds herself adding to multiple paintings at once. “The majority of my paintings are not detail-oriented because I like to just play with color and just go at it all at once,” she said. “I can't wrap my head around painting one line at a time. I'd rather just cover the whole canvas as quickly as possible.”

In fact, before she started Caroline Merino Art, her art was viewed by the public in the form of speed painting, which is a presentation where she usually paints to a four-minute Christian song and then speaks an encouraging message. “My business started as a ministry,” she said. “I went from church to church and all of a sudden I was doing presentations for businesses, organizations and schools, functions and festivals.”

Through this presentation, Merino combines her passion for art with her love for public speaking... something she has always wanted to do. “I've been doing speed painting for about two years now and it's taken so much work, dedication, faith and support—a lot of support—but I know firsthand that dreams can come true.”

And even with her outgoing personality and practiced routines, that kind of a ministry takes faith. “Many times I go out on faith that God will work through my hands and words,” she said. And after praying Merino says she steps onto the stage into a trance, going through the motions she's practiced.

After the four minutes are up, even she can't believe what she has created.

“Don't ask me how I did this because I don't know,” she said. “I was just there, painting.” She explained that after she has completed a painting and while the crowd is applauding, her knees are shaking.

But to Caroline Merino, it's worth all of the nerves, and she even considers the job a form of worship.

“It's amazing and I love serving such an amazing Creator.” 



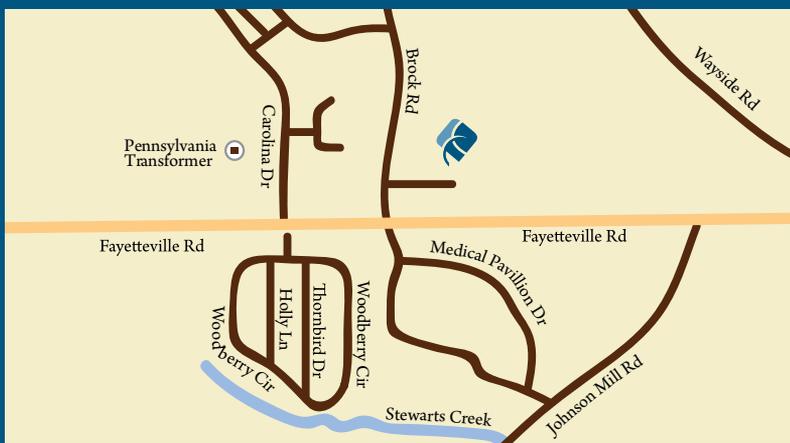
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Sheere Hill and her wonderful staff



Photography by Kiara Love

Owner Sheere Hill is certain that customer service is the reason for Naturally Unleashed's success amid a market of national retailers. "Employees make the difference."

Naturally Unleashed

A Pet's Favorite Place

BY COURTNEY PHILLIPS

At Naturally Unleashed, an independent, local pet supply store, service is king. Customers can expect employees working knowledge of more than 20,000 health-conscious pet products and service that extends beyond the door – as old-fashioned workers delight modern customers by carrying their purchases to their vehicles.

Owner Sheere Hill is certain that customer service is the reason for their success amid a market of national retailers. “Employees make the difference,” she said.

Sheere and her husband Frank have owned Naturally Unleashed since 2009, when they purchased and rebranded an existing pet supply store in Boone Trail Extension shopping center. While Sheere had no retail experience, Frank managed K-Mart stores and had always wanted to own a business.

Bringing Pet Nutrition to Fayetteville

Frank moved to Fayetteville as a child and attended Appalachian State, where he met Sheere, who is from Restivo, New York. After marrying and having children, the Hills moved back to Fayetteville in 1983 when Frank began work as a regional representative for a major dog food manufacturer. Over time, Frank's career uniquely positioned the Hill family to be abreast of the newest products and trends in the pet food market. When the opportunity

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Heidi Kaufman is the merchandise supervisor for all three Naturally Unleashed stores.

presented itself, opening a pet nutrition center in Fayetteville was a natural fit. “People in the industry were surprised when we would tell them that we were opening a store in Fayetteville, but Fayetteville is a great market. Yes, it can be transient, but that’s one of the reasons it is successful. The economy is very steady,” said Sheere.

While Frank had knowledge of the industry, Sheere’s background is in numbers. After managing hotels and working in finance and accounting for Cumberland County Schools for 17 years, learning the intricacies of retail sales was her greatest challenge in starting the business. “Everything I did was out of my realm,” said Hill. “Learning the point of sale system, ordering, coupons – it was all new to me.”

In 2012, they opened a second store in Traemoor Village shopping center. “I was perfectly happy with one store, but we prayed about it. My husband is a dreamer and I’m realistic, but after 36 years together, we know it works for us,” laughed Sheere of their leap of faith.

In 2015, they opened a third location in the new, upscale Glensford Way shopping center on Glensford Drive. Anchored by The Fresh Market, Sheere is excited to watch the store perform in the new center, among a health-conscious, quality-driven clientele. “Of course, I was perfectly happy with two locations,” laughed the pragmatic Sheere, but she agreed to the third store with little hesitation, as the entire family had taken active roles in the business by that time.

Even though the now semi-retired Sheere still handles all of the accounting, she defines the most rewarding aspect of their successful business not in numbers, but in family. “Watching the next generation take over has been rewarding. That, and knowing that hard work has paid off.”

By the “next generation,” Sheere means their son Aaron, who followed in Frank’s footsteps by working in the pet food industry as soon as he graduated from college. Aaron manages the business’s social media presence and focuses on customer service. Their daughter, Ashley, is a cosmetologist and a new mom, but assists in buying, data entry and accounting for the business. Ash-



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ley's husband, Dale Knollinger, joined the team after service in the Army and is the district manager for Naturally Unleashed.

Of her family's plans to expand further in Fayetteville or beyond, Hill laughed. "My family does. I don't, but I'm all for it. The wonderful thing about this business is that it has given every member of our family a chance to shine in their strengths and we work well together. I feel like this opportunity was given to us. We were led by God. It has been a gift."

Day to Day

Heidi Kaufman is the merchandise supervisor for all three Naturally Unleashed stores. She is responsible for product selection, ordering and maintaining their diverse product line. "I sit in front of a computer - a lot," she laughed. Heidi reads the ingredient panel of every food she orders and her criterion for ordering is strict, but simple. "If it's something I'd feed my dog, then I'm willing to try it," said Heidi, owner of a happy and healthy 17-year-old chow mix named Keebler.

In addition to maintaining products, Heidi assists Dale with employee training. "We create tests to gauge employee product knowledge so that we can help. For example, if a customer needs a food with no salt, we want employees to know the options. We want them to be comfortable with that knowledge. Just a few days ago, we had a customer looking for a non-GMO, organic food and we had it," said Heidi.

Customers come from across the region - Sanford, Southern Pines, Lumberton and beyond, via the military - to purchase health-minded items. "People come into our store and say, 'I didn't think I would find these items in Fayetteville.'" said Sheere.

In the Raw

With cold storage available at all of the stores, Naturally Unleashed stocks one of the newest trends in pet food - raw meat products. Popular in a variety of forms, raw options range from ground meat mixed with grain-based food to freeze dried products. Flash fro-



Heidi reads the ingredient panel of every food she orders and her criterion for ordering is strict, but simple. "If it's something I'd feed my dog, then I'm willing to try it."

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zen nuggets can be thawed as needed in conventional offerings like chicken, beef and lamb. For the animal with an adventurous palate, Naturally Unleashed stocks items such as salmon kangaroo treats – made from real, wild Australian kangaroo meat.

"We just brought in a new line, called Steve's Real Food. It's what I feed my dog. As people are becoming more aware of their health, we have seen a change in what they buy for their pets," said Heidi. Steve's is known in the pet food industry for its easy-to-tolerate ratio of eighty percent meat to twenty percent fruit and vegetable. It can be difficult to transition a formerly grain-fed animal to a diet comprised of 100 percent meat, which is when the fruit and vegetable component becomes important. "I started Keebler on a raw food diet about three years ago. She was quite overweight and had some anxiety and aggression issues. I tried everything. Raw food got her to her ideal weight and stopped the anxiety and aggressive behavior completely. I guess if I didn't feel well from what I ate, I'd be cranky, too," said Heidi.

Another favorite among Naturally Unleashed customers is the wide assortment of treats. Bulk biscuits are available by the pound, which makes for a fun and unique selection experience for pet owners and pets alike. "They can walk down the aisle and sniff each bin. Of course, we have some dogs who like to taste test. Most of the time, they just do their own shopping," joked Heidi, of the pet-friendly environment.

Getting the Word Out

Passionate about the advancement of a healthy pet community, they are monthly contributors to local non-profit shelters and the Fayetteville Animal Protection Society.

Last summer, they hosted Fayetteville Pet Fest in the parking lot of the Boone Trail location, which attracted pet enthusiasts, new customers and aligned with their health-focused mission. This year, the event is planned for June 4th and 5th – on a larger scale. Fun for the whole family, the weekend will include vendors and feature exciting competitions by the Carolina DockDogs, a canine aquatics competition club based in Sanford, NC.

Whenever possible, Heidi stocks products made in the United States. As Dale and Frank served in the military, the Hills show their appreciation for service members by offering a 5% military discount in addition to a frequent purchase program for loyal customers. "This is a family environment. We will talk to you like family and we treat our pets like family. We have the best customer service, because we have the best customers," said Heidi.

Updates on Pet Fest, searchable product inventory and coupons can be found on their website, www.naturallyunleashed.com. Visit them on Facebook, Twitter and, of course, at one of their three locations. 



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giving

The Fairy Godmothers: Jerial Bogan,
Eva Williams & Pat Moore



Photography by Byron Jones

Saying Yes to the Dress

After they put the dress on, just like that, Cinderella comes out

BY ERIN PESUT

In Fayetteville, there are real fairy godmothers. Since 2007, the Fayetteville Alumnae Chapter of Delta Sigma Theta Sorority, Inc., has helped give away 639 prom dresses to high school girls. Often students have to pay a fee to attend prom and the additional cost of a dress (and accessories) can discourage girls from going to an affair that is one of the most memorable highlights of high school, a milestone in being a teenager.

Jerial Bogan, the Chair of Cinderella's Closet this year, explained, "Cinderella's Closet meets the need of providing fashionable formal attire to junior and senior high school girls free of charge."

The volunteers of Cinderella's Closet advertise for community donations, coordinate schedules with local high schools and assist with their favorite task: working in the closet when

girls come to find a gown.

Planning and preparation begins in January. That's when Cinderella's Closet volunteers meet with social workers and guidance counselors from Fayetteville high schools who have been informed by girls who may be in need of a gown for prom. Cinderella's Closet schedules times for each school to visit the closet (located this year at Belk in Cross Creek Mall) before prom to try and find their dress.

Their collection: an entire closet filled with formal dresses, all donated by the local community.

On the day of their appointment, the girls, usually in a group of 15 to 20, arrive at Belk with their social worker. Each high school has a specific date and time to look through the closet. Though these appointments take place during the school day, with the approval of each high school's principal,

the classes they miss will be made up later in March. When the girls arrive in the suit separate department, where the closet is specifically located this year, volunteers divide the girls into smaller groups. They try to work one-on-one so each girl can receive individual attention. Girls begin by choosing about four different dresses to try on.

At first, some girls are shy. Some may not want to try dresses on, but almost always, one girl will jump right in, and inevitably, her excitement rubs off. Volunteers help the girls go up or down in sizes. “We don’t look at the number, we just say try it on and see,” said Jerial. It’s only a matter of time before Cinderellas emerge.

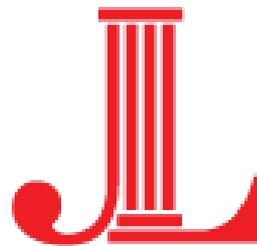
Depending on trends, lengths, colors and styles, what girls want changes from year to year. Every three to four years, volunteers purge the closet of dresses that won’t be selected. They keep the closet up-to-date and fashionable. Some girls may come in with something already in mind, a longer dress, a shorter one or a certain color, but the largest issue Cinderella’s Closet faces is sizing.

When a girl comes to the closet, she may find a dress, a color, a style she loves, but if it isn’t in her size, volunteers have to remind her to choose from what’s available.

“We push full-figure gowns,” Jerial continued, but those aren’t the ones that necessarily get donated in large numbers. Since the closet is curated solely on community donations, what gets donated is what they have.

As they try on each gown, girls come out of the dressing room to see how the dress fits in the larger three-way mirror. Volunteers help with zippers, offer encouragement and reassure them when it’s a good fit. It can take some time to find a dress, the schedule allows an hour and 45 minutes for each high school, but the moment a girl finds a dress that’s hers, it’s magic. Some stare into the mirror. Some cry.

“For some of them,” Pat Moore, Co-Chair of Cinderella’s Closet this year, said, “it’s the first time they’ve had on a dress as a teenager. They’ve never seen themselves dressed up quite like that. They didn’t know they could look so pretty and just to see the smiles when a



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girl chooses the dress...it's a good feeling to know you've made someone feel like Cinderella.”

After they've chosen a dress, girls can look through the shoes, jewelry, purses, shawls, clutches and a myriad of other accessories the closet has to offer to see what they might add to their ensemble for the big event. When volunteers remind the girls, “It's yours now, you can keep everything, you do not have to return it,” the girls are consistently thrilled.

For the dresses that require tailoring, Cinderella's Closet has volunteers in the community who donate their services and after alterations have been made, a volunteer will re-deliver the dress back to the girl at school.

Although some girls will not find a dress in the closet, Jerial estimated, “95 percent of the time they do.”

Volunteers will never push anything off onto a girl, but they will not let them leave with a dress that's inappropriate. Empowerment is the goal here, not accumulation.

For the girls who don't find a dress, often, volunteers, specifically Eva Williams, will find one for them.

“She's the buyer extraordinaire,” Jerial said with a laugh, “She loves to shop and she'll go get a dress and take it in to the school.”

“It's a donation,” Eva says, waving it off, smiling warmly, brightly. She won't reveal her favorite places to shop for dresses—“I can't tell you my secrets!”—and when asked how she knows which dress to buy for a girl who may not have found one in the closet, just like a knowing fairy godmother she says, “You know what she likes.”

Eva Williams is the same fairy godmother who kept Cinderella's Closet alive. After the Junior League started it in 2005, the Fayetteville Alumnae Chapter took over Cinderella's Closet two years later in 2007.

“I'm always about volunteering,” she said. “It's my passion. And this, for the girls, it's the kind of passion I love and I wanted it not to ever die.”

Eva and Jerial worked closely as Chair and Co-Chair, respectively, for eight years, improving and enhancing aspects of Cinderella's Closet to keep it

going, and to keep it strong.

"Miss Eva was such a great leader," Jerial affirmed of her mentor, "She did an excellent job when Cinderella's Closet was over at Stein Mart on Raeford Road and then when it was at the Belk in Tallywood, and she was humble and compassionate enough to lead me."

"[All of this work] takes me back to my prom days," Jerial continued and it seems a girl will always remember the dress she wore to prom. Jerial's was baby blue. In Pat's era, "it was all about the flowers." And Eva recalled her own prom dress to be a tea-length red dress "with lots of netting" that she wore with white shoes.

"White with a red dress? Can you believe that? Oh, it just hit my eyes!"

Cinderella's Closet, now in its 12th year, has 15 solid volunteers who pride themselves on their dedication to empowering Fayetteville's younger generation of girls. The gravity and impact of their work continues year after year and while dresses in the closet may come and go, "once someone comes to work in the closet," Eva said, "they're ready to stay."

The women who volunteer for Cinderella's Closet understand the impact of their work. They are humble in their service, generous with their time and root their gratitude in the efforts of the community.

"If the community didn't provide, we wouldn't be able to do what we do," Jerial added. "We are thankful to the community for the support they give to the project, to serve others, to give girls an opportunity they may never experience without their donations."

"It's love work," Jerial concluded. "It's all a labor of love."

Cinderella's Closet receives photographs and thank you cards from the girls who went to prom. One read: Thank you so much for your selfless giving and for providing me with a chance to receive a prom dress. You made my night magical and I felt so beautiful. I aspire to be just like you all: loving, active in my community and a way-maker for young girls. I appreciate you so much. Thank you. Thank you. And we can't help but think, yes, Cinderella, indeed.

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Cinderella's Closet meets the need of providing fashionable formal attire to junior and senior high school girls free of charge.



how many more times will you wear the dress you've worn only once but are still saving in the back of your closet?), Cinderella's Closet will be accepting donations from now until March 11th. Bring your gently worn, clean, ready to wear formal attire or prom dress to the Belk customer service desk on the 2nd floor. Cinderella's Closet also accepts jewelry, shoes and accessories. A tax deductible receipt is available upon request. 



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feature

"I really have a passion for my job. Students give you life. I love helping them realize their dreams and ambitions."

– Dr. Juanette Council

The TOP Five

BY MIRIAM LANDRU

PHOTOGRAPHY BY
WILLIE GLASGOW
KIARA LOVE
SHARILYN WELLS
MATTHEW WONDERLY

CityView profiles five female powerhouses making a difference in higher education on family, productivity and success

These women in their field, from UNC-Pembroke to Campbell University (and in between here in Fayetteville) are at the top. We are honored to profile these five women who give so much to their colleges and communities.

Dr. Juanette Council

Associate Vice Chancellor of Student Affairs,
Fayetteville State University

Born and raised in Fayetteville, NC and fifth generation, Dr. Juanette Council is a true Fayettevillian at heart and active Alpha Kappa Alpha sorority member. She graduated from E.E. Smith High School and received her bachelors at The University of North Carolina at Chapel Hill, masters from Hampton University in Hampton, Virginia and finally, her doctorate in Educational Leadership from Fayetteville State University. Upon her graduation from Chapel Hill, Council was at a crossroads and didn't want to go into education as a teacher because it seemed that's what everyone in her family did. So, she started working at FSU in a temporary position while she decided what she wanted to do. By destiny, she started working on a grant in the department of student affairs. "Student Affairs chose me," Council confided. After she finished her masters, Fayetteville State University called. Council anticipated a move to the Big Apple, but God had another plan in store for her in 1990 when she moved to a different position within student affairs. It was then that she fell in love with FSU, it's students and all things Fayetteville State and higher education. "I received the opportunity to be the director of student services in the student center." Dr. Council understood that she needed to go out to the students to make them feel comfortable and that is something that her mentor at FSU, Olivia Chavis, noticed. And then, Dr. Council's career blossomed at the HBCU on Murchison Road. "I really have a passion for my job. Students give you life. I love helping them realize their dreams and ambitions."



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Having more women in business results in more ideas being realized, more innovation and more diversity in an organization.”

– Dr. Kimberly Scruton

Dr. Kimberly Scruton

Dean of School of Business,
Methodist University

Dr. Kimberly Scruton is the Dean of the Reeves School of Business at the home of the Monarchs in North Fayetteville where she also holds the position of assistant professor of management. Dr. Scruton is from Michigan.

Prior to higher education, she worked in the cosmetics industry for beauty giants like Laura Mercier and Clinique. But she feels she receives the most reward with helping young men and women on their career journeys. “There is tremendous satisfaction working with the students. I enjoy knowing that the work I am doing provides opportunities for others to grow and make a positive impact in the world.”

Dr. Scruton also realizes the potential of women in the work force to bring new ideas to the forefront and understands that more strides need to be made for equality. “We are at a time when it is becoming increasingly important for the role of women in business to be emphasized. Women play a substantial role in growing their local and national economies. It is important to ensure women have representation at the leadership and decision making levels. Having more women in business results in more ideas being realized, more innovation and more diversity in an organization.” She herself inspires women by striving to provide them with opportunities and a platform to reflect, collaborate and gain knowledge about how they can achieve their highest potential. “I believe women face several challenges unique to them that may prevent them from achieving their highest potential. It is important to acknowledge these obstacles and develop personal strategies to overcome them,” she explained.

Dr. Scruton is the busy wife and mother of two. She stays productive by setting daily goals and utilizing time management skills. “In order to accomplish all the needs to be done in my day, it is important to clearly know my priorities and plan.”

Dr. Scruton: a true skillmaster.



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“When I moved to Fayetteville, I knew in order to be successful, I needed to be engrained in the community and I love it here.”
– Wendy Lowery

Wendy Lowery

Vice Chancellor of Advancement, The University of North Carolina at Pembroke

Wendy Lowery was reared in Lumberton, completed her bachelors and masters at The University of North Carolina at Pembroke and now resides in Gray’s Creek. “I am a true girl of the south. I haven’t lived anywhere else but Robeson and Cumberland counties,” Lowery said with a smile. “When I moved to Fayetteville, I knew in order to be successful, I needed to be engrained in the community and I love it here.” Lowery loves it so much that when she began her tenure at UNCP four years ago, she didn’t move back to Robeson County. Lowery has been across the higher education gamut, working in fundraising at Methodist University, Fayetteville Technical Community College and Fayetteville State University. Perhaps Lowery has the longest commute to work (35 minutes) out of our key players and she uses that time to decompress and think about everything she has to accomplish during her work day and then later at home as a mother of two. “It probably makes me a better mother, because on the way home I get to cool off from a busy day.”

When addressing motherhood, work and balance, Lowery said simply, “It’s not easy. It can be a struggle and over the past year I became a ‘student’ and I started reading on how mothers are successful in their careers.” She continued, “I look at it now as a seesaw. Maybe one day, your family will be at the top and work will suffer and the next day it your work is at the top. I had to get rid of guilt. Once I was able to do that, I became successful in both.” Lowery believes her children have a strong work ethic because of the example she has showed them. And with fundraising, Lowery recognizes she has to be “on” 24/7 because her career is all about building relationships. On productivity, Lowery uses a calendar (even though most busy women use their iPhones) in order to stay on top of tasks and she encourages women to not sweat the small stuff, surround yourself with positive, good people who keep your confidence level up. And she can’t forget to-do lists either.

And like Dr. Council, she didn’t chose the higher education life, the higher education life chose her. When the job at Methodist came available at the beginning of her fundraising career, she took it on.

As a woman in higher education, Lowery’s advice to others is not to sit back... but to grab a seat at the table.

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- Cape Fear River Park
- Seven Splash Pads
- Existing Park Improvements

These wonderful facilities would make it more attractive and more convenient for people to enjoy an active lifestyle doing things they love.



For more information on the Bond Referendum visit:
www.FayettevilleNC.gov/ParksBond



Dr. Jenna Carpenter
Dean of School of
Engineering,
Campbell University

New to the Sandhills, Dr. Jenna Carpenter hails from Louisiana and is the founding dean of engineering at Campbell University. Prior to that, she was on the faculty for 26 years at Louisiana Tech, where she was an associate dean for the last seven years. She is a pioneer in working to improve women's roles in STEM (science, technology, engineering and math) as well as the president of WEPAN (Women in Engineering Proactive Network). Dr. Carpenter is heading up the general engineering program at Campbell which will feature concentrations in mechanical and chemical engineering. The freshmen class is expected to be nearly 100 students.

"There's been a lot in recent years about the type of education engineers need in the 21st century. They need bet-

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ENGINEER.

“We are really working to combat the stereotypes that discourage girls from engineering.”

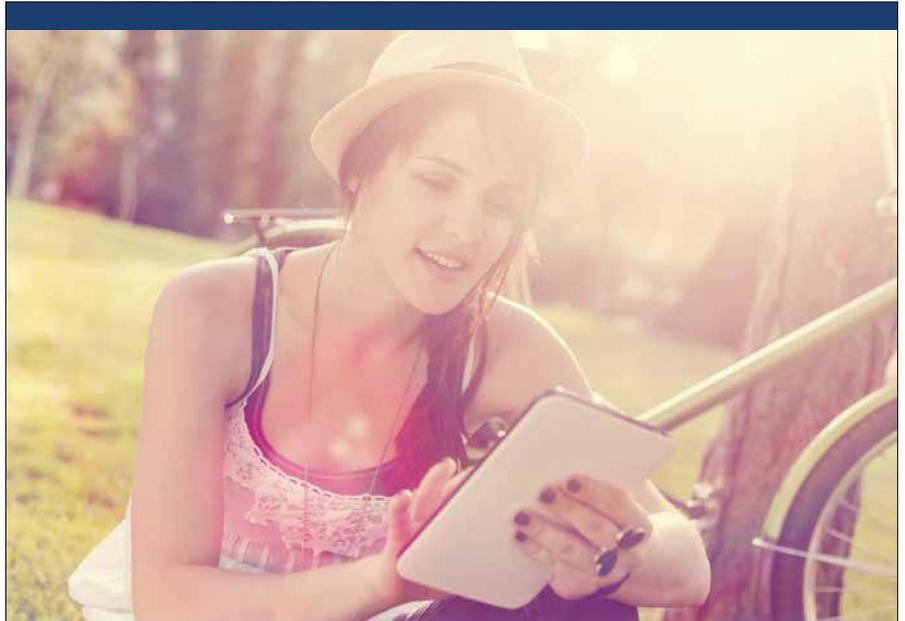
– Dr. Jenna Carpenter

ter communication, global perspective and teamwork skills. So we are building this engineering school and we are going to do all these things from scratch,” explained Dr. Carpenter.

Dr. Carpenter enjoys the personal approach Campbell has to learning and that students are truly valued.

A pioneer in collegiate engineering studies in her own right, Dr. Campbell is steadfast and firm on explaining that even though it’s a male dominated field, women can thrive as engineers. “We are really working to combat the stereotypes that discourage girls from engineering. Sometimes we discourage girls from engineering and we don’t even know... it’s an unconscious bias,” she said.

The wife and mother of two grown children is thrilled and ready to head up Campbell’s first engineering department. “Being the new dean is bringing all the skills I’ve learned in the past 30 years to the table.”



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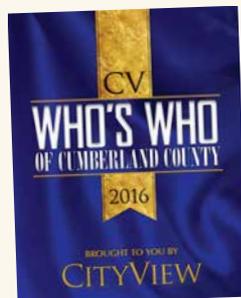
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"I love to see people succeed. It's a diverse population at Spring Lake and I am always fighting for the underdog,"
– Dr. DeSandra Washington

Dr. DeSandra Washington

Dean, Fayetteville Technical Community College
Spring Lake Campus

A native of Fayetteville and graduate of E.E. Smith, Dr. Washington headed to North Carolina Central University to complete her post-high school education all the way through to her doctorate. As the dean of the Spring Lake FTCC campus, she is very involved with the Spring Lake Chamber of Commerce as well as the Fayetteville Regional Chamber and her sorority, Alpha Kappa Alpha.

After working in the public school system in Charlotte, she felt it didn't meet her needs and wants as she sought to work with adults in continuing education. "It was just the right avenue for me," she said.

Dr. Washington has been with FTCC for over 15 years and thanks her mentors who have helped her along the way, filling many different roles at the community college and moving up the ladder.

She enjoys meeting the needs of the Spring Lake community, which is continuing education, as it is her passion. "I love to see people succeed. It's a diverse population at Spring Lake and I am always fighting for the underdog," she confessed. "It's important for people to understand their worth."

Dr. Washington enjoys going into the Spring Lake community and serving those who need it most. Currently, she is involved in Leadership Fayetteville. "It comes along with the job. You have to accommodate the civic components of the profession." 



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CAPE FEAR VALLEY HEALTH



feature



Photography by Matthew Wonderly

Madison Stewart

The Spirit of the Highlands

BY JAMES JOHNSON

Dancers Revisit Fayetteville's
Scottish Roots

Even some lifetime residents of the Cumberland County area aren't aware of the intrinsic connection between Fayetteville's history and the Scottish people. Maddison Stewart, a 17-year-old student at Roland's Dance Studio and an instructor in her own right, can't quite say the same, as she has spent much of her youth becoming an expert on Scottish culture, most notably, their proud tradition of dance, as part of her work with instructor Amy Mooney, teaching residents the centuries old art of Scottish highland dancing.

After attending the Flora MacDonald dance competition six years ago with her family as a way of learning more about her culture, Stewart fell in love with highland dancing and sought to learn everything she could about it. As there wasn't a highland dance instructor in Fayetteville at the time, Stewart committed herself to traveling back and forth to Mooney's home in Fuquay-Varina to receive private lessons for several years. It wasn't until last year, when Mooney attended Stewart's church to offer a lesson in highland dancing, that she was approached by Cathy Bersch of Roland's Dance Studio, about offering classes at her school. "Cathy was a competitive highland dancer in her youth," Mooney said. "And she wanted her children involved at the studio, so she reconnected with her highland roots. It worked out great." Mooney hired her longtime apprentice, Stewart, on as her assistant and for the past year she has made the trek from her own home in Fuquay-Varina back to Fayetteville to offer weekly classes.

Mooney is uniquely qualified, having taught highland dance, creative movement and modern dance for nearly 30 years. Mooney is a Fellow with the British Association of Teachers of Dance and has a bachelor's degree in dance from The University of North Carolina at Greensboro. Like Stewart, Mooney's interest in highland dance was spurred by a fascination with her own family heritage. "These dances were originally done by warriors, as calisthenics, to prepare for battle. They give you quick speed and keep you in good shape for explosive



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bursts of power,” Mooney said. “A lot of what we work on now, is getting that explosive power you look for in sports. It is really keeping you in good physical shape.” According to Mooney, the dances were originally created for exclusively male dancers, though today they are more frequently performed by female dancers. “It is a very physically demanding dance and it is easier for men to do because when it was made, it was made for men, but it has changed with time,” Stewart said. “There have been more women’s steps created later, that are just as physically demanding, but have a bit more of a flow to them and a ballet influence.” Like ballet, highland dancers frequently wear specialized shoes, called ghillies. The dance is typically accompanied by bagpipe and can be done in groups, or alone. Today the dances are often seen in competitions. In fact, highland dancing is recognized as a sport by the Sport Council of Scotland, due in part to its intense physical demands.

More evidence of the dance’s roots as a training exercise for highland warriors, is that swords are frequently in use during the dance. Of course, since Mooney’s class frequently involves children, the swords used are simply painted silver and black yardsticks. “They’re much lighter than real swords,” Stewart said.

Besides a great exercise, Mooney sees highland dancing as a great gateway for young people to learn more about a fascinating and centuries old history. “If you are born in North Carolina, then there is a very good chance you have some Scottish heritage,” Mooney said. “It is said that there are more people of Scottish descent in North Carolina than anywhere else in the world.”

In the 1700s, Fayetteville became a pop-

ular settlement for Scots, many of whom were Gaelic-speaking highlanders. Fayetteville even had some famous Scottish revolutionaries call it home, including Flora MacDonald and Bonnie Prince Charlie, who moved to the area after his Highlander army’s defeat in 1746. The two lived in the area for five years, and as loyalists worked to raise the local Scots to fight for the King against the American Revolution.

In the late 1950s and early 1960s, there was even a Scottish Dancer Club at Fayetteville High School. They promoted their Scottish heritage and many girls auditioned for the club. Performing at the Miss FHS pageant and at the Homecoming and Sadie Hawkins Dance, the club was quite popular. Many women in Fayetteville that are active members of our community participated in Scottish dancing at FTS. Jerry Stein, who danced from 1957 to 1960, recalled performing at Grandfather Mountain at the Highland Games. Barbara Ciampa, a local optometrist, also danced in the club until she graduated in 1975.

Former Scottish Dancer Sandy Edge, pictured here in her yearbook, recalled, “You had to know how to dance and we tried out to be a Scottish Dancer. We all wore the heavy wool kilts... the real thing. Our main event was performing at homecoming and when I won homecoming queen... I wore a kilt.”

Scottish dancing for Sandy’s sister, Cindy Collins, was a little more than an after-school activity. “I competed. I was in another group and took it very seriously as I was also a ballet dancer. I studied in Nova Scotia during the summer for six weeks. I woke up to bagpipes every morning.” She continued, “I went to many competitions and I also taught Scottish dancing. My kilt was Stewart plaid - very red and very pretty.” Collins picked the Scottish tartan plaid she liked the best because she is of Italian descent.

Localite Carolyn Lancaster was a part of the Scottish Dancer group and remembers it fondly:

Our community was founded by the Scottish people and the Scottish Dancers at Fayetteville High connected our school with history. When I was a sophomore, Scottish Dancers were coached by Mary McMillan. During the year, the fun of being a Scottish Dancer was the social interaction... and of course, the dancing. We performed during halftime at the football games and we were also asked the year I participated, 1959, to perform at the State Fair in Raleigh. My friend Sandy Edge also remembers performing the “sword dance” ... but that must have been too sophisticated for me! I was only a Scottish Dancer for one year before I decided to become a cheerleader. My future husband was a football player, so I became a cheerleader. I figured he would get to see me, if he tried.

From the late 1950s to the 2010s...Scottish dancing is still thriving in Fayetteville. ☺





Violet Bersch



Eva Samuelian



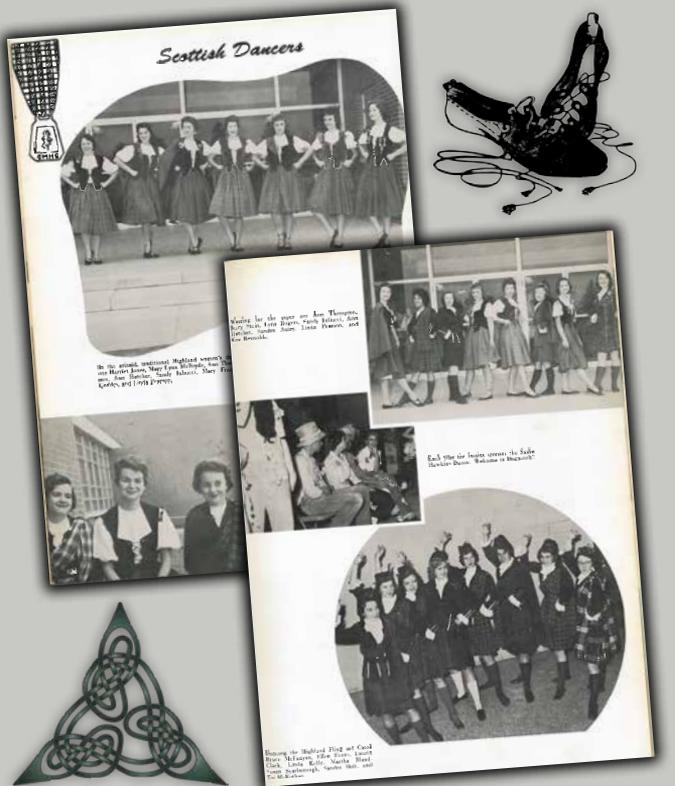
Eva Bersch



Aria Gilbert

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the buzz

Hats off!

BY MIRIAM LANDRU

Keep a cool (and cute) head this year at Steeplechase

Horse race headdress got its start at the grand races in Great Britain such as the Royal Ascot. However, when the Kentucky Derby began in 1875, the trend crossed the pond.

So, channel your inner Kate Middleton and choose a chic fascinator. Or maybe a floppy sunhat or fedora will help you put your best face forward at Steeplechase at the Carolina Horse Park this year.

If you want to get a little more creative, there's a contest every year for "Best Hat." As time creeps closer to Steeplechase, check out local stores for beautiful hats to adorn and add a little more "oomph" to your sundress or trendy outfit. Local small business Rhudy's Jewelry will consult on what hat will suit your personal style and place the order for you.

Now you're ready to go off to the races! 🐾



Hat by Myer Autumn



Renee Gunter



Jesinta Campbell



Hat by Heike Loercks



Hat by Loea in Lueneburg



Hat by Stephen Jones



Hat by Heike Loercks



Kate Middleton

inside fayetteville

March/April 2016

March 11th

Boyz II Men

Crown Theatre

Legendary R&B group Boyz II Men will grace the Crown Theatre stage thanks in part to Community Concerts. For tickets and more information, visit www.community-concerts.com.

March 18th

2016 Chamber Gala

Crown Expo Center

Celebrate excellence in our Fayetteville community at the annual Chamber Gala at the Crown Expo Center. For tickets and more information, visit www.faybiz.com/events.

March 19th

Methodist University Jazz Festival

Huff Concert Hall

Enjoy this all-day jazz festival on campus at Methodist University. For tickets and more information, visit www.methodist.edu/mu-events.

March 19th

Blast from the Past

Ramada Plaza at Bordeaux Convention Center

This annual fundraising event brought to you by the Cumberland County Council on Older Adults provides the funding for the Meals on Wheels program which serves over 300 seniors a day. For tickets and more information, visit www.ccccoo.org/blastfromthepast.

www.ccccoo.org/blastfromthepast

www.ccccoo.org/blastfromthepast



April 2nd Fayetteville Beautiful Citywide Clean-Up

Help keep Fayetteville beautiful at the annual clean-up. For more information and how to help, visit www.fayettevillebeautiful.com.

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inside fayetteville

March/April 2016

April 3th

All-American Marathon

Festival Park

Join thousands of runners for the All-American Marathon and Mike-to-Mike half-marathon throughout Fayetteville and Fort Bragg. For more information and to register, visit www.allamericanmarathon.com.

April 9th

15th Annual Spring Fling

Mendoza Park

The town of Spring Lake's Spring Fling celebrates 15 years! Festivities will include carnival rides, family activities and food vendors. It marks the beginning of baseball season. For more information, visit www.spring-lake.org.

April 9th

Holistic Health & Wellness

Crown Expo Center

Spend the day learning about holistic health and wellness at this new event at the Crown Expo Center. Participate in fitness and cooking demonstrations and shop

the vendors at the event. Visit www.holistichealthandwellnessexpocn.com for more information.

April 9th & 10th

American Girl Fashion Show

Crown Expo Center

The Child Advocacy Center will present the American Girl Fashion Show at the Crown Expo Center which benefit the center's child abuse prevention and intervention programs. More than 150 local and regional girls will model the fashions. For tickets and more information, visit www.childadvocacycenter.com/event.



Jay Leno

Crown Theatre

The comedy legend will bring his jokes and humor to the Crown Theatre stage thanks to Community Concerts. For more information, visit www.community-concerts.com.

April 22nd to 24th

Fayetteville Dogwood Festival

Festival Park & Downtown Fayetteville

Get ready for the largest annual event in Fayetteville! Live music from country and rock and roll bands plus food, vendors and tons of fun for the whole family. For more information on this free event, visit www.faydogwoodfestival.com.



April 24th

Fayetteville Duck Derby

Festival Park

The Fayetteville Urban Ministry's largest fundraiser will be held on Sunday at Cross Creek during the Dogwood Festival. For more information on how to purchase a duck, visit www.duckrace.com/fayettevilleduckderby.



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UNITED WAY AWARDS LUNCHEON

The annual United Way Awards Luncheon was held in the fellowship hall of Snyder Memorial Baptist Church.



LINDSAY ANDERSON, SHIRLEY STALLING, CRYSTAL MCNAIR, TRACY AUTRY & CHRISTI GEORGE



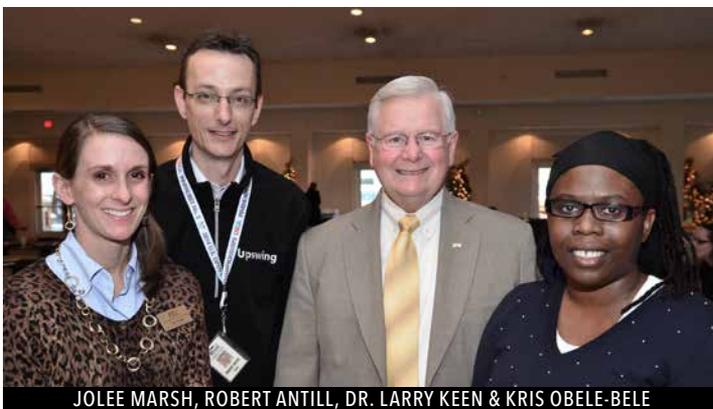
VERA BELL & COMMISSIONER GLENN ADAMS



STACEY PREVETTE & CAPT. CRISTINA TRANTHAM



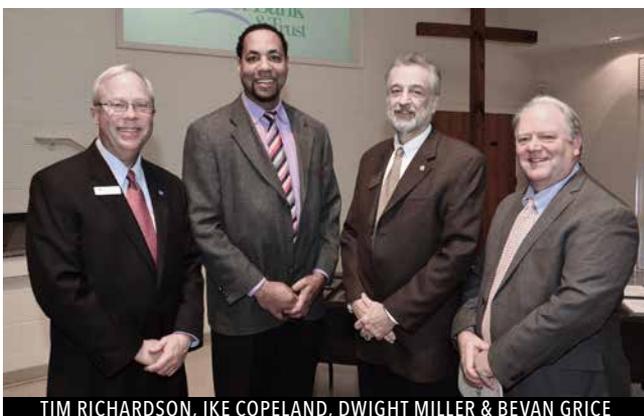
NJERI FITES & CHRISTIAN PETRUCELLI



JOLEE MARSH, ROBERT ANTILL, DR. LARRY KEEN & KRIS OBELE-BELE



TERRY THOMAS, EVA HANSEN, KIM RAMSEY & SUZANNE PENNINK



TIM RICHARDSON, IKE COPELAND, DWIGHT MILLER & BEVAN GRICE



TERRY MCQUIRE, BILL WALTERS & WILLIAM BROOKS

Photography by Matthew Wonderly

The Fayetteville Dogwood Festival

April 22-24, 2016



presented by

FRIDAY, APRIL 22



6:30 **Annelle**
Soloist Winner of the Fall Festival Showcase

7:30 **THE LACS**



Fireworks immediately following the show!



SATURDAY, APRIL 23

presented by



Noon Stage Opens with local performers

5:30 Motorjunkie



7:00 **JACK RUSSELL'S Great White**

9:00

Cinderella's TOM KEIFER



All Concerts are in Festival Park. For more info visit

www.faydogwoodfestival.com

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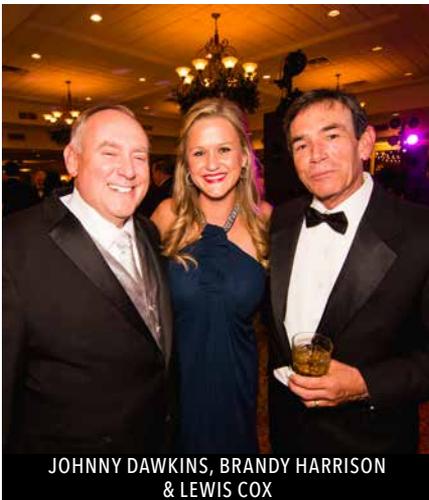
JARED FRYER, NATALIE FRYER, NED JOHNSON & MURRAY DUGGINS



KATHY WRIGHT, EUGENE WRIGHT & ANNA FINCH

CIRCLE OF FRIENDS GALA

The 2016 Cape Fear Valley Health Foundation Circle of Friends Gala was held at Highland Country Club. Nearly 500 patrons attended their annual signature fundraising event.



JOHNNY DAWKINS, BRANDY HARRISON & LEWIS COX



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MARTHA ANN HARRELL & JO BETH JOHNSON



SHERRI BLIGHT & ANN HIGHSMITH

THE CARE CLINIC DINNERS
The popular dinners were held at numerous homes throughout the area benefiting The CARE Clinic. Here are photos from the festivities at the home of Clyde & Martha Wood and the dinner at ParkView hosted by Linda Tillman, Warren Tillman, Dan McInnis, Linda Huff & Ralph Huff.



GEORGE ARMSTRONG, CAROLYN ARMSTRONG & CHARLIE HARRELL



JOE FITZHARRIS, DEBBIE FITZHARRIS, TERRY CISZEK & TOM CISZEK



LINDA TILLMAN, WARREN TILLMAN, DAN MCINNIS, LINDA HUFF & RALPH HUFF



CLYDE WOOD, MARTHA WOOD, TOM KEITH, ANN KEITH, RICKY EVANS & ANNE EVANS



DINNER VOLUNTEERS AT THE HOME OF CLYDE & MARTHA WOOD

Photography by Matthew Wonderly

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CAPE FEAR AESTHETICS EVENING OF EXCELLENCE

Cape Fear Aesthetics held their fourth annual Evening of Excellence with a masquerade theme at The Metropolitan Room in downtown Fayetteville. They showcased the latest in aesthetics and plastic surgery and had food, aerialists, fun and a fashion show featuring dresses from An Affair to Remember.



DANA COLBY, COURTNEY CROY & MARIE O'NEIL



TONI BAKER & MARITZA GOMEZ



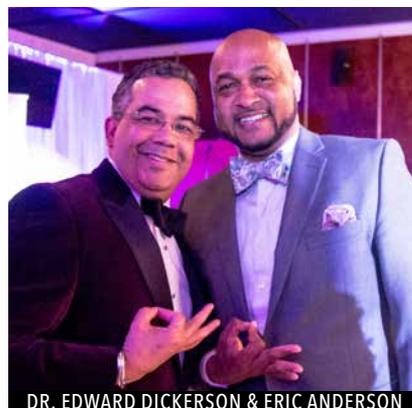
RAINEY HARDIMAN & ZAHRA HARVEY



SANDRA MUELLER & YORLENY ALFORD



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Photography by Kiara Love



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VALLEY REGIONAL IMAGING BREAST CANCER FORUM

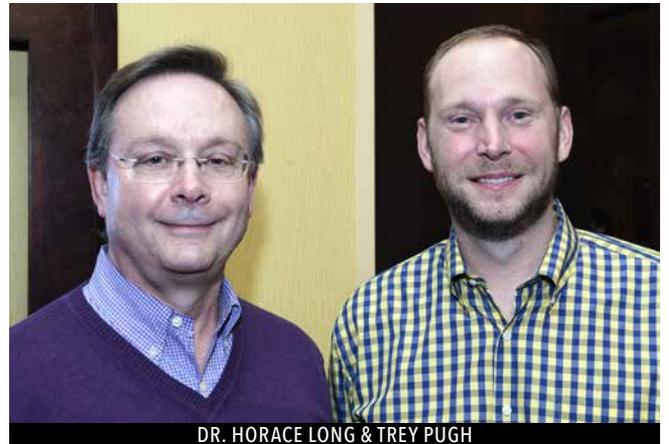
Valley Regional Imaging held an informative and entertaining session on preventing breast cancer, at Embassy Suites.



DARELL EVANS, LYNDA CLARK & PAMELA MCDONALD



ANGIE SYPHRIT & TARA HINTON



DR. HORACE LONG & TREV PUGH



MARTY JOHNSON, DAWN CAISON & SABRINA BROOKS



SALLY DISTELL, REPRESENTATIVE RENEE ELLMERS & DR. BRUCE DISTELL



ANN CIMAGLIA & TONY CIMAGLIA



MANISH MEHTA & SHANTI MEHTA



KELLEY MCCAULEY & CASSANDRA VALLERY

Photography by Byron Jones

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³To learn about the SuperLawyers rating process, please visit Superlawyers.com/about

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Dr. Joe Gliksman, DDS
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Dr. William Sulik, DDS, MS
Prosthodontist



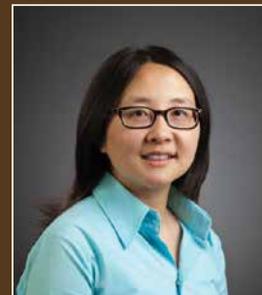
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