

# CADOTSEL

August 2009

FREE

A portrait of Sandra Hughes, a woman with short dark hair, smiling and wearing a red jacket. The portrait is the central focus of the page.

## She's Leaving

Sandra Hughes, anchor of the 6 o'clock news  
on WFMY-TV for 19 years, will retire next year



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# Old Timey Place Buys Gold, Silver

By Sondra J. Casey

When you walk into The Old Timey Place in downtown Burlington, you are impressed by the sheer size of the place.

There are antiques as far as the eye can see.

David Armstrong, owner, buys antiques directly from private homes, as opposed to buying his merchandise from auctions.

The items are not painted or refurbished. They are sold directly as he gets them. And, I am telling you, this stuff is old.

The prices are reasonable, too. I have had to look at price tags more than once to make sure I was seeing right.

"We buy and sell almost anything old," David says. "We also buy and sell gold, sterling, costume jewelry and antiques. There is no telling what you will

find here."

Old pictures line the walls, and the aisles are overflowing with desks, tables, lamps, chairs and beds.

"All my stuff is unique," David says. "Most people buy from auctions, but mine is straight out of people's houses. It is left as it is found."

He says his prices are cheaper than prices at some antique stores.

"I deal in very high volume versus elite types of things," he says.

His store has 3,800 square feet of space. That's a lot of antiques.

The Old Timey Place is located at 342 Worth St., downtown Burlington, across from Zack's. For directions or more information, please call David at 336-213-2780.



David Armstrong

Photo by Sondra J. Casey



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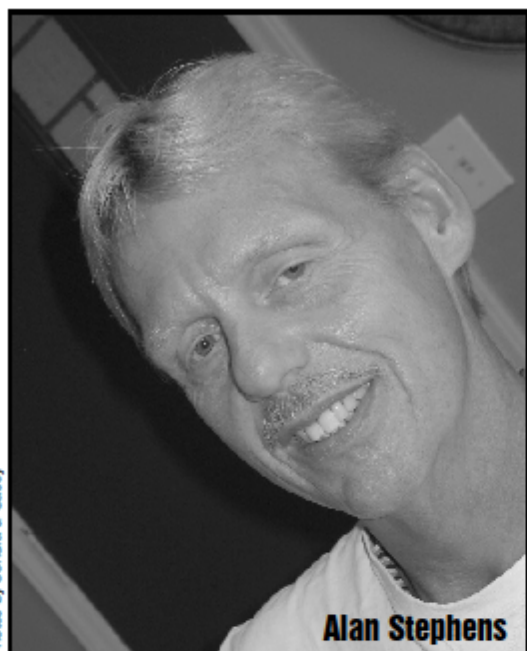
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Alan Stephens



Karen Carrouth

# Genesis Can Change Your Life

By Sondra J. Casey

Just being around Alan Stephens makes you want to kick up your heels.

This giant of a man (he is six-foot-four) is a ball of energy. He is enthusiastic, but not in an overbearing way.

He says "yee-haw" a lot. That is the Genesis universal greeting.

Genesis is a nutrition-activity program that is operated out of Fellowship Baptist Church, located at 2744 Maple Ave., Burlington.

The church gives the program space for offices and a jazzercise room, and a number of church members, including the pastor, belong. However, the program is for anyone in the community, Alan says.

Alan is program director, and Karen Carrouth, former editor of Alamance Magazine, is co-director. They share an office and work together on nutrition plans and fun workout programs, set to music. There are 11 activity programs a week.

"Genesis" stands for new beginnings.

That's exactly what both Alan and Karen feel they have done with their lives.

Alan, 49, weighed 380 pounds several years ago. As owner of Big Al's Restaurant in Haw River, he seemed

jovial — his patrons loved him, and his restaurant was a huge success — but inside, he was suffering.

He tried various diets, but always gained the weight back.

At one point, he closed the restaurant and drove a truck for 10 years.

During this time, he experienced "failure after failure after failure" with his dieting. "I wandered around in the desert for 10 years, and I knew there was something better," he says.

In desperation one day, he told himself, "I am not going to be fooled again." He made a promise to himself that he was going to change his life. That's when things started happening.

"When I started looking inward, I found the magic pill," he says. "After I got down to 220, I was so grateful to the powers that be. I was saying, 'Thank you, thank you, thank you.' The powers that be said, 'You are welcome, but there are a lot of people who need what you have. Go get them. Go demonstrate this life change.'"

Four years ago, Alan got a job at Gold's Gym in Burlington sweeping floors and folding towels. He was getting closer to his dream of sharing his life-changing experiences.

Then he was permitted to start a class

called "Genesis" at the gym. The class combined nutrition with exercise and old-fashioned heart-to-heart discussions about staying healthy. It had a large loyal following. Eventually, the program obtained its own space at the church.

Karen, 50, lost 60 pounds on the program. Now she helps run the show.

She says she felt a little uneasy about the enthusiasm shown by Alan at first. She was uncomfortable saying "Yeehaw." But one day, she started saying it, and now she says it all the time. She even has a bumper sticker on her car that says "Yeehaw."

"This is not a diet," she says. "It's a lifestyle change. I feel so passionate about what we are doing, because I know we are helping people."

The two get along well and have fun at what they do.

"I am the dancing bear, and she kind of keeps things straight," Alan says.

The program has over 120 members. After Fox-TV recently ran a story on the program, 21 new members signed up. A number of local organizations are looking at offering the program to their employees. To join, or to get more information, please call Alan or Karen at 336-214-3032.

## CAROUSEL

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## CAROUSEL



# Cottage Treasures Offers Vintage Charm

By Sondra J. Casey

It's a cute little house with an apple tree beside it.

Inside, you will find nostalgia, nostalgia, nostalgia.

Furniture (lots of wicker), aprons, china, vintage linens, antiques, books and a children's corner. There is also a sale corner, where everything is 25 to 50 percent off.

It's impossible to walk through this vibrant, unique boutique and not see something you must have.

The owner, Lois Harman, a native of New England, is helpful but inobtrusive. She lets you shop to your heart's content. A store of this type requires a lot of browsing and will reward you with some heart-warming moments.

I saw many items that reminded

me of my grandmother's house. I sat in a wicker rocker in the front yard. I perused the volumes of books. I noted the numerous collectibles. There is a lot to see here.

Lois refers to her merchandise as "beautiful junk." She opened the store in April.

"I had an antiques booth at Granddaddy's," she explained, "and I needed more space."

She finds merchandise at yard sales and thrift stores.

"I look for unique items with a cottage flair," she says. "A lot of people tell me these things remind them of Grandma's house."

Cottage Treasures, located at 1222 Maple Ave., is open Fridays and Saturdays from 10 to 5. Take Exit



Lois Harman

Photo by Sondra J. Casey

145 from I-85/40. Go 1.2 miles on Maple Avenue toward downtown Burlington. The store is on your

right. For more information or directions, please call Lois at 336-264-4216.

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# Coming Home

By Sondra J. Casey

## Riding Carousel Is Happy Time

"I put you up on a horse when you were just a few days old." My mama was talking about the carousel at City Park. "I just held you up there, and we went around and around."

"Did I like it?" I asked.

"Yes, you did," she said. "You didn't cry."

Through the years, I rode the carousel, noting the different types of music and the changes in the people running the show (nonchalant, eating on the job, not paying attention, or the operators who really cared, keeping an eye on their young (and old) charges, coming around to make sure you got off the horse okay and could find your way out).

I always rode a white horse. My brother took turns riding the cat and the rabbit, and he even rode

the lion a few times because it looked ferocious, although it didn't go up and down.

My heart always sank when the carousel started to slow down, no matter how long the ride had lasted.

I felt sorry for the people who weren't riding the carousel.

I waved to them. Oh, come on. Give it a try. You might like it.

The only other carousel I ever rode was the one at Central Park in New York City. It went really fast, faster than the one in Burlington. And it went for a long time.

I saw the carousel in front of the Sacre Coeur on Montmartre Hill in Paris, but I didn't ride it. My brother and I were only there for three days, and we had a packed agenda.

Paris has lots of carousels. I'd

like to ride them all.

I never liked those little horses that jumped up and down at the entrance to the five-and-dime stores. I never begged Mama to let me ride one, and she never asked if I wanted to.

I have ridden "live" horses, and have some tales to tell about those. Although I collected horse figurines and dreamed of having a horse one day as a young girl, I never was a "horsey" person. I would like to have been. Instead, I became a "doggie" person. I have fancied myself having a horse in the house, though, and actually watched a TV show about a man who did just that. His horse would come to the table for dinner. Now that's a pet.

Carousels still hold a fascination for me — the music, the carnival-



like atmosphere, the happy people. There is usually the smell of cotton candy in the air, and there are snow cones nearby. You can do a lot of dreaming on the back of a painted horse.

While you are part of a large menagerie, you exist in your own little world, and as long as the ride goes, your heart is feeling light.

It's the thrill of the ride that's important.

So come ride with me. Feel the wind in your face. Dream big dreams. Hold on tight. And never, never let go.

"Lord, please help me be the person my dog thinks I am."

—*Bumper Sticker*

"We are going to the moon.  
We are going to the moon.  
We choose to go to the moon  
in this decade and do the  
other things not because  
they are easy, but because  
they are hard."

—*President John F. Kennedy*



# Second-Hand Rose Offers Shabby Chic

By Sondra J. Casey

I never leave Second-Hand Rose without buying something.

On this particular day, it's a Mediterranean picture that reminds me of a picture my mama had when I was growing up.

I lay in bed, looking at that picture on the wall when I had chicken pox and when I had the measles – twice.

It was an important part of my childhood. It represented far-away, mysterious places that I wanted to travel to. Another part of the world, far, far from Burlington.

I have often wondered what happened to that picture. Mama says she doesn't know.

The picture at Second-Hand Rose is missing one small detail – a woman walking down the stairs with a pot on

her head. Otherwise, the picture is identical to the one from my childhood.

When I get home, I dust the picture off and hang it in the kitchen over the breakfast table where I will see it every morning when I have my coffee. A piece of the puzzle dropped into place. Pure inspiration.

This isn't the first time I have found a missing puzzle piece to my life. Over the years, Second-Hand Rose has provided me with many objects of nostalgia.

The store used to be located in Graham, but moved to Burlington a few years ago.

Owner Heather Mize says the store offers shabby chic painted furniture, vintage linens, cottage-style décor, vintage lighting and dishes, and



“some new things.”

One of the most popular items in the store is lavender, which is available by the scoop.

“People like to make sachets with it,” Heather explains.

There are also French-country-style items in red, black and gold.

Heather added an outdoor garden area last year.

The store has a welcoming feel, and

customers are encouraged to browse.

Second-Hand Rose is located at 1216 Maple Ave., Burlington. It is open Fridays from 10 to 5 and Saturdays from 10 to 3. Take Exit 145 from I-85/40, and go 1.2 miles on Maple Avenue toward downtown Burlington. The store is on your right. Please call Heather at 336-260-1342 for directions or more information.



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# Moving On

Sandra Hughes has been at WFMY-TV for 37 years. She plans to retire next year at age 62.

**By Sondra J. Casey**



I have never met Sandra Hughes, but I feel like I know her.

She has anchored the 5 o'clock news on WFMY-TV in Greensboro for 19 years. She has been at the station for 37 years.

Recently, she announced her retirement.

Now I want to know: What will we do without her?

That warm, comforting voice that brought us the news.

Those happy days when she told us school would be out because of the snow.

All those interviews with interesting people.

The times she reported for PM magazine, bringing us stories from around the world.

And what will she do without us? Now that's the big question.

"I plan to do some writing," she says. "I think that I have at least a couple of books in me."

She also plans to travel to Italy and to some of the other places she visited as a reporter for PM magazine so she can explore them some more. And to do some acting and public speaking.

\*\*\*\*\*

When I interviewed Sandra (pronounced SAHN dra) by phone, she was in the bed with a bad back.

She had been strolling along Lake Jeanette on a Sunday morning when she had noticed a stick or a leaf that looked interesting. She often collects things on her walks, objects that she takes to her granddaughters, Noel and Aleah.

"It was a little stick that still had some bark on it," she says. "I always try to have a little box of stuff for my little girls."

When she bent over to pick it up, something popped in her back. "It felt like a rubber band had snapped," she says. "I had to sit down on the ground for a minute. I kept trying to get up, and my leg just wouldn't let me get up."

A trip to the doctor revealed that she needed surgery, which she promptly had. Now she is back at work.

\*\*\*\*\*

She talks about why she decided to retire.

"It is just sort of time to move on

and do something else with the rest of my life," she says. "I've been talking to people for 37 years. I've probably raised a couple of generations."

At 62, the Durham native and mother of two says it's time to give somebody else a chance.

For some time, she had been talking to her general manager about retiring. "I said, 'Let's make a plan. ... I didn't want to walk in one day and say, 'This is it.' I didn't want almost four decades to just suddenly disappear.'"

She said announcing her retirement a year early "is giving me and everybody else a chance to get used to the idea."

\*\*\*\*\*

Sandra didn't start out wanting to be a television personality. She graduated from college with a degree in English education. She was supposed to teach high school English. But when she couldn't find a job as a teacher, she became a technical publications editor at Western Electric in Winston-Salem. Then one day, she contacted WFMY-TV to see if they could use a writer. They didn't need a writer, but they needed a reporter. It was the perfect job for her.

"I sometimes wonder if it was divine intervention," she says.

\*\*\*\*\*

She got the gift of gab from her parents. "Both were storytellers and talkers and loved to entertain," she says. "I remember growing up and being in the kitchen when Mother was preparing dinner, and they would be talking about what had happened that day. Mother would tell stories and embellish them, and before you knew it, fairies would be coming out of the sky," she says, laughing.

\*\*\*\*\*

Her favorites among the people she has interviewed were Carol Burnett and Andrew Young.

"Carol Burnett was so delightful," she says. "She was the classiest, kindest lady. She was queen-like, very royal. That was wonderful. It was kind of cool to see another part of her that I didn't expect."



**"It is just sort of time to move on and do something else with the rest of my life."**

Andrew Young, former mayor of Atlanta, was also interesting. "I was truly impressed by his depth of knowledge about civil rights and justice and injustice, and the wonderful ideas he had," she says.

\*\*\*\*\*

Sandra urges people not to get discouraged in their careers and in their lives.

"I believe that life is going to throw you every curve ball it possibly can," she says, "and you have to stand strong and keep swinging back as best you can. Never lie down, never throw down the bat and give up, because that is when life will roll over you like a tidal wave."

Sandra knows about tough times. One of her sons drowned in a backyard pool at the age of three and a half in 1984.

"He somehow got out of the house, and we didn't know he was

gone," she said. "At the time, you cannot imagine how you are going to get through that."

She says she thinks about him every day.

"I feel him with me all the time."

\*\*\*\*\*

Sandra, whose official title is "news anchor multi-media journalist," is looking forward to her retirement.

At some point next year, she will leave her post.

"I am going to ease my way out of that anchor chair, and I will be gone," she says, laughing.

"They will probably pull out those pictures and videos of me with the big hair."

Still, there is the fact that she is never bored. "Each day when I go to work, I have no idea what is going to happen that day. There is always something going on that you are anxious to tell people about."



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# Gibsonville Library Has Story Time

Gibsonville Public Library will offer story time for children three days a week through Aug. 14.

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Wednesday, 11-11:30 am, for 4-and-5-year-olds.

Thursday, 3-4 pm, for children in grades K-3.

The theme for the story times is "There's a World of Imagination in Books."

The library is located at 506 Church St., Gibsonville. For more information, please call 336-449-6455.



## LETTERS

### Woman Likes to Shop Early for Holidays

**Editor:**

Christmas is my favorite time of the year, and I love shopping for decorations any time of the year. While I shop early, I start my Christmas decorating after the Thanksgiving festivities are over.

My personal taste is that outside Christmas decorations should be taken down by Jan. 15. Please do not subject your neighbors to outdoor decorations after that.

The main thing to remember is to take each holiday and enjoy family, friends and time for yourself to relax and enjoy that special day.

**Judy Lindley  
Graham**

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