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FEATURES



Heartfelt Help

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Wing Ding
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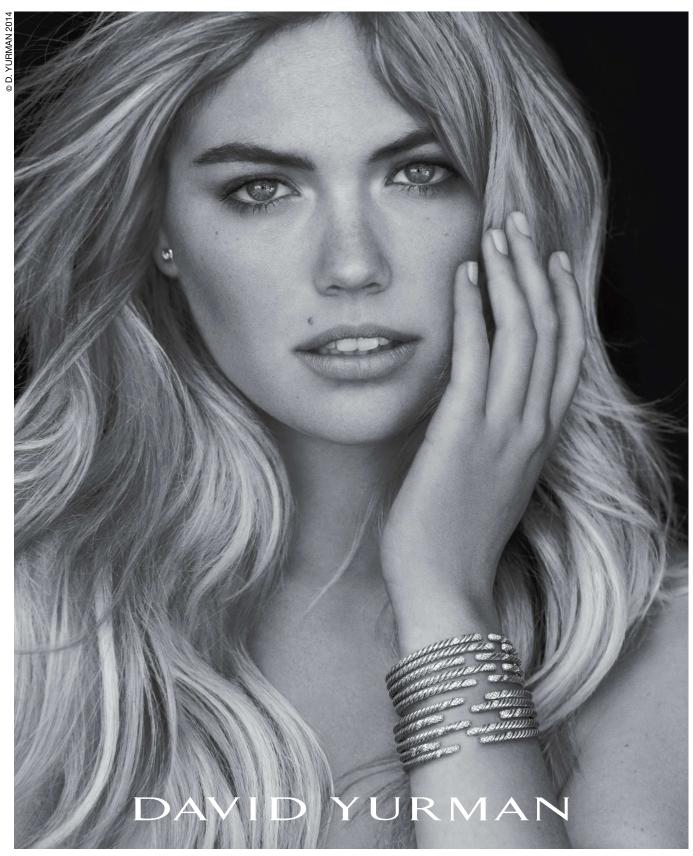


Cross-Cultural Connection

Families welcome exchange students, establish global friendships.



BALLANTYNE MAGAZINE SPRING 2014





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SOCIAL SEEN
GOING HOME
TEE IT UP
EYE LEVEL





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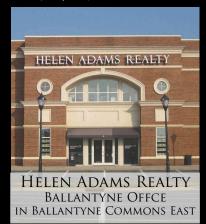
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Bursting Forth Spring in Ballantyne Takes Flight

SPRING HERALDS THE RENEWAL OF MOTHER NATURE, that welcome season when trees burst forth in bloom and song. Here in Ballantyne that means bluebird mania. In our cover story, "Wing Ding," we explain why backyard bird lovers are mad about these beautiful thrushes immortalized for flying over the rainbow. You'll also meet Ballantyne's most avid birder, John Scavetto, and Matthew Janson, a Providence High School student who recently founded the first statewide birding club for the next generation. In my view, Matthew's leadership at his age is another feather in Ballantyne's cap.

With the weather growing warmer, Ballantyne cyclists are ready to put the pedal to the metal, so in "Who Knew?" we take you to Colonel Francis Beatty Park in Matthews, where you can traverse 6.5 miles of mountain biking trails hand-built and maintained by the Tarheel TrailBlazers. On many Saturday mornings, you can also see children

from fragile neighborhoods enjoying a bike ride there courtesy of nonprofit Trips for Children Charlotte.

In thinking about spring, I believe no destination exemplifies the beauty of the season more than The Netherlands. In "Going Home" we share the wealth of things to see and do from Ballantyne resident Ingrid Rand, a native of Holland. In addition to tips on exploring the canals and museum masterpieces, she suggests you tiptoe through the tulips or travel the famous Windmill route via bicycle to capture the essence of this picturesque country.

People in Ballantyne are also building personal bridges overseas by hosting American Foreign Exchange students. In "Cross-Cultural Connection" you'll read how Tim and Wynne Curran and their two teens have bonded with a German family through this educational program founded by American ambulance drivers after World War I. Some hosts were exchange students themselves, and wish to return the favor. Others like Frank Johnson, who sought to expand his single parent family, host two students at a time. He now holds

reunions in Europe with the many young men to whom he has opened his home through the years.

Helping other countries develop sustainable health care is another focus in Ballantyne we believe the world needs to know about. In "Heartfelt Help" we reveal how cardiac specialists at CMC-Pineville, in partnership with the Heineman Foundation and others in Charlotte, are mentoring physicians from Belize as well as traveling to the Central American country to provide care. In addition to supplying refurbished mobile heart cath labs, the program trains foreign physicians at CMC-Pineville and then sends

In "Wing Ding," see why backyard bird lovers are mad about these beautiful thrushes immortalized for flying over the rainbow.

the CMC team back with them to Belize to advance the cardiac program. Prior to this effort, people there could only get diagnosed and treated if they traveled outside the country. Now, this specialty care is available close to home.

Our spring menu of stories doesn't end there. We dish on the Italian fare at OGGI, put spring in your step with the latest footwear styles, highlight Ballantyne networking groups that can renew you professionally and share advice from an expert on hiring a competent babysitter, perhaps one trained by the American Red Cross. As always, our goal is to give you a wideangle view of the incredible people and possibilities in Ballantyne. We hope this issue inspires you to take full wing at this glorious time of year.

JJ Bissell

Publisher, Ballantyne Magazine

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What's happening in and **around Ballantyne**



Morrison Family YMCA Hosts Community Events

The Morrison Family Y will hold its 10th annual Run! Ballantyne 10K/5K Race and One Mile Fun Run on Saturday, May 17 in Ballantyne Corporate Park. Proceeds go the Community Support Campaign. Register at www.ymcacharlotte.org/morrison.

The Y will also stage its 14th annual

charity golf tournament on Monday, June 2 at Ballantyne Country Club. The tournament benefits the Y's Readers program for under-resourced students at Nations Ford Elementary School and other programs. Tournament details: eric.white@ymcacharlotte.org. The fifth annual Tri! Ballantyne sprint triathlon and Kids Tri! Ballantyne sponsored by the Y will take place on Saturday, July 12. Popular for novice and experienced racers, the event has sold out early in previous years. Register early at www.ymcacharlotte.org/morrison.

SPRING 2014 BALLANTYNE MAGAZINE

NEWS CUES



Gallery Features Retrospective

In March Charlotte Fine Art Gallery features a retrospective of work by the late award-winning Alabama artist Barbara Pennington. Her niece, Vicki Moreland, a south Charlotte resident who inherited Pennington's works when the artist passed away in 2013, serves as Pennington's representative at the gallery, which is located at N.C. 51 and Carmel Road (7510 Pineville-Matthews Road). Pennington's large-scale painting "Selma" (1965) was highlighted at the gallery in February to celebrate Black History Month and the civil rights movement's 50th anniversary. Details: www.charlottefineart.com.



Aloft Spring Fling April 11

Aloft Charlotte Ballantyne holds its Spring Fling on Friday, April 11 from 5 p.m. to 9 p.m. with music and food and drink specials. The hotel will also be accepting food donations on behalf of Second Harvest Food Bank of Metrolina.

Breakfast Club Sets Meetings

The Ballantyne Breakfast Club will meet this year on April 12, June 14 and Aug. 9. Meetings are free and open to the public and located at The Ballantyne Hotel & Lodge. Held on Saturday mornings, they start at 9 a.m. Attendees may gather at 8 to enjoy complimentary coffee and refreshments. Info: Ray Eschert at 704-651-1237 or reschert@aol.com or visit www.ballantynebreakfastclub. com.

Earth Day Celebration April 24

Ballantyne Corporate Park will host its fifth annual Earth Day on Thursday, April 24 at the Brixham Tent area. The event will feature free shredding and electronic recycling, music, giveaways and a variety of "green" vendors with information for the community. Details will be posted closer to the date on www.go-ballantyne.com.

Celebrate Spring At The Ballantyne Hotel & Lodge

Wine Tastings: Experience intriguing vintages, local cheeses and lavosh on Friday evenings, March 7 and 21 at the Gallery Restaurant & Bar. The events begin at 6 p.m. Reservations are recommended at 704-248-4100.



Afternoon Teas: Enjoy your brewed favorites Tuesday through Saturday from 1 p.m. to 5 p.m. year round. The following special teas are available this spring during Afternoon Tea:

Astrological Tea, featuring a special blend for each zodiac sign. Attendees will receive a card detailing the zodiac traits. Teas for Pisces are Feb. 19 to March 20; Aries, March 21 to April 19; Taurus, April 20 to May 20; and Gemini, May 21 to June 20.

Downton Abbey Tea, showcasing recipes from Mrs. Patmore, is Wednesday, March 12 through Sunday, March 16. Attendees are encouraged to dress in 1920s-style clothing.

Easter Tea is Tuesday, April 15 through Saturday, April 19. Mother's Day Tea is Thursday, May 8 through Saturday, May 10. Reservations required: 704-248-4100.

The Scotch Society of Ballantyne: Explore Irish whiskey from 6 p.m. to 8 p.m. on March 28 and tequila/mezcal on April 25. On May 30, enjoy the flavors of the Highlands and a pig roast as well. Each Friday event is limited to 20. Reservations required at 704-248-4100 or cbrobst@theballantynehotel.com.

Brunch Celebrations: Delight in a sumptuous brunch at The Ballantyne Hotel & Lodge on Easter, April 20, and on Mother's Day, May 11. Both Sunday events are from 11 a.m. to 3 p.m. Reservations required: 704-248-4100 or www.qallery-restaurant.com.

National Barbecue Month: Gallery Restaurant will feature a weekly 'cue plate on its lunch and bar menu for \$15 in May. Also featured are beer flights from local breweries.

Armed Forces Week: May 11-17, The Golf Club at Ballantyne is offering 50 percent off the regular golf rate. Golfers must present military identification upon arrival. Mention this offer when reserving your tee time at 704-248-4383.

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Road Work Begins Last Phase

The Bissell Cos. has begun the last phase of road projects to improve traffic flow in Ballantyne. All projects are projected for completion by end of 2014.

North Community House Road, Bridge

Bissell is working with the N.C. Department of Transportation and the joint construction and design team of Lane Construction and STV/Ralph Whitehead Associates to extend North Community House Road and to build a bridge over I-485 that will connect North Community House Road from Ballantyne Commons Parkway to Johnston Road (U.S. 521).

The project involves slightly altering the intersection at North Community House Road and Endhaven Lane and adding a traffic signal there.



John J. Delaney Drive, Brixham Hill Avenue

John J. Delaney Drive will be renamed Brixham Hill Avenue from Johnston Road (U.S. 521) to Ballantyne Corporate Place. The southern portion of John J. Delaney Drive will be renamed Ballantyne Medical Place. The southeast portion behind Ballantyne Commons East (Town Center East) will remain John J. Delaney Drive.

When traveling from Johnston Road, drivers will no longer be able to turn left onto Conlan Circle. Drivers will have four options to access businesses there, including the ability to make a U-turn on Brixham Hill Avenue.

Drivers wishing to turn left toward Johnston Road from Brixham Hill Avenue will be able to drive directly through the intersection without having to stop. There will be a stop sign for those wanting to make a right or left onto Brixham Hill Avenue from Ballantyne Medical Place. A yield sign will be installed for those wanting to make a left onto Ballantyne Medical Place from Brixham Hill Avenue coming from Johnston Road.

Johnston Road (U.S. 521), Ballantyne Commons Parkway

Two sets of dual turn lanes will be created that turn onto Johnston Road from Ballantyne Commons Parkway. One will accommodate drivers heading north (right). Another set of turn lanes will be built to accommodate drivers heading south (left). This project is scheduled to begin in March 2014. Expected completion is late summer 2014.



Animal Hospital Hosts Open House

South Charlotte Animal Hospital will host a "Comfort for our

White Muzzles" open house Saturday, April 26 in its Pineville office at 2 p.m. Dr. Michael Herman will answer questions about stem-cell therapy in pets, a new form of treatment for dogs and cats suffering from osteoarthritis, hip dysplasia, kidney disease and other degenerative diseases. Behind-the-scene tours of the hospital and boarding suites, an adoption event, dog-training demonstrations and a blessing of the pets ceremony will complete the event. For more information: www.southcharlotteanimalhospital.com.

THE YOUNGER SET



Debaters Win National Honors

The Ardrey Kell High speech and debate team placed third in the overall sweepstakes at The Laird Lewis Invitational at Myers Park High School in January.

The tournament is a national event. Individual honors on the team went to Maina Edula, fifth place, Declamation; Andrea Zhang, sixth place, Impromptu Speaking; Shirley Zeng, third place, Original Oratory; Andrea Zhang, fourth place, Radio Speaking; Douglas Dubrowski, first and 14th places in Student Congress Varsity Congressional Debate; and Divia Kalattil, first place, and Nidharshan Remeshkurmar, third place, Novice Lincoln Douglas Debate. Jacob McHugh won the best presiding officer award for Chamber E and took ninth in the Student Congress.

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Middle School Raises \$2,500

Community House Middle School supported last fall's BCC Rally in a big way. The school raised \$2,500 by selling pink bows and custom pink T-shirts and organizing a "pink-out" football game.

National Junior Honor Society advisor Christine Babao encouraged her students to make signs, participate in school announcements and sell pink bows, which were displayed in classrooms and on lockers and backpacks.

At the school's Touchdown Tailgate, over 500 students and parents sported pink beads, pink hair and pink pom-poms. Cheerleaders tossed pink mini-footballs from Huck's Sportswear into the crowd. Support also came from school concessions and from Libretto's, Carvel and Jersey Mike's. If you or your group would like to start a Pink Bow Campaign this year, contact Carol Aaron at pinkbow4rally@gmail.com.

Deutsche Schule Holds Carnival

Deutsche Schule Charlotte, a German language school located at the British American School on Endhaven Lane, recently held its annual carnival known as Fasching. The Mardi Gras-like event is a major celebration primarily in the southern states of Germany. Deutsche Schule Charlotte celebrated with a children's costume parade and typical German lunch. Info: www.dsclt.com or petra.pingel.dsc@gmail.com.



Chamber Sponsors 'Business Booster Series'

The Ballantyne Chapter of the Charlotte Chamber holds its "Business Booster Series" this spring on the first Thursday of March, April and May.

Luncheons are from 11:30 a.m. to 1 p.m. at The Ballantyne Hotel & Lodge. You may register at www.charlottechamber.com. The fee is \$20 in advance and \$25 at the door if space is available.

March 6, Stacey Randall, certified productivity and time efficiency coach and the founder of Randall Research, will speak about productivity. April 3, Anne Marie Holder, founder and client expectation officer of Spark Strategic Ideas, will discuss social media. May 1, Bill Whitley, customer loyalty specialist and founder of The Bill Whitley Co., will address sales.

The chapter's annual Ballantyne Business Bash will be Thursday, June 5 from 11 a.m. to 2 p.m. in Ballantyne Corporate Park.

BIZ BUZZ

Weichert Welcomes Associates

Broker associates
Deana Page and Radha
Sekhar have joined
Weichert, Realtors®Rebhan & Associates. Page
assists property buyers and
sellers in Charlotte, Fort
Mill and Union County.

Sekhar, who is a member of the Hindu Center of Charlotte and the Charlotte Gita Study Group, works with buyers and sellers in Mecklenburg, Union and York counties. Reach both at 704-553-7777.



Deana Page



Radha Sekhar

SPRING 2014 BALLANTYNE MAGAZINE



Ballantyne Briefings Eyes Trends

Ballantyne Briefings, a local networking group, will meet Tuesday, May 13 from 5 p.m. to 7 p.m. at Aloft Charlotte Ballantyne. Jason Mink, founder and president of Cognition, a branding, marketing and web design agency, will discuss "The Five Biggest Trends Shaping Your Future."

Hosting the event are Starrett Law Firm; Ameriprise; McArthur, McKeiver, & Vaughan and Cornerstone Property Advisors. Info: Allen Starrett at ars@starrettlawfirm.com or www.fb.me/ballantynebriefings.

Forbes Again Honors Hotel & Lodge

The Ballantyne Hotel & Lodge has been honored again by Forbes Travel Guide with Forbes Four-Star Awards. The property has won 2014 awards for the hotel and lodge operation, Gallery Restaurant and The Spa at Ballantyne. Forbes Travel Guide is the originator of the prestigious star-rating system and provides one of the most comprehensive evaluation systems of hotels, restaurants and spas in the world.







Malcolm Murray



Kerry Johansen

Agents Join Allen Tate Co.

Stacy Carrier, Malcolm Murray and Kerry Johansen have joined the realty office of Allen Tate Co. in Ballantyne. You may reach them at 704-541-6200.

Rotary Club Achieves Record Membership

Mecklenburg County-South Rotary Club (Meck-South) has inducted its two newest Rotarians, Scott Pavlish, president of Pavco Inc., and estate planning attorney John Potter. The additions bring the club's roster to a record 32 members.

Rotary District Governor Luther Moore conducted the induction ceremony in January. The club focuses on charitable work to help youth in the Charlotte area. Meck-South meets on Friday mornings at 7:30 a.m. at Another Broken Egg Restaurant on Community House Road in Ballantyne. Info: www.mecksouthrotary.org, or contact membership chair Sally-Jane Busk at sallyjane@1asmc.com.



Scott Pavlish (from left), Meck-South President Beth Trotter, John Potter and District Governor Luther Moore attend the induction ceremony.



Angie Taraboi



Peggy Antal



Robin Woods

Helen Adams Realty Adds Agents

The following associates have joined the Ballantyne office of Helen Adams Realty: Angie Taraboi, Peggy Antal and Robin Woods. They may be reached at 704-341-0279.



CPA Firm Changes Name

Effective Jan. 1, McArthur & Company P.A. became McArthur, McKeiver, and Vaughan PLLC. Located at 15720 John J. Delaney Drive, Suite 400, the CPA firm made the change to reflect continued growth. In addition, Brad McKeiver has been promoted to managing partner, and the firm has hired a new client manager, Patrick Coleman. You may contact the company at 704-544-8429 or www.mcarthurco.com.



Chris Sharpe (from left), Tom Pizzo, Joni Davis, Clifton Coble, Ned Curran, Richard Fida, Smoky Bissell, Joe Glass, Dale Britton, Stan Richards and Paul Cattieu celebrate the Bissell Cos. winning Duke Energy's Power Partner Award.

Bissell Cos. Receives Power Partner Award

Duke Energy presented its 2013 Power Partner Award to Bissell Cos. for its commitment to responsible energy use. Bissell was the only Charlotte company to win one of the 18 awards.

Duke Energy established the Power Partner Awards in 1992 to recognize large organizations that achieve exemplary results in energy efficiency, sustainability and business growth.





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U.S. Kids Golf Honors Local Pro

Molly Tullar, director of junior golf and PGA and LPGA
Class A Professional at Dana
Rader Golf School, has been honored for her talent and commitment to working with junior golfers. U.S. Kids Golf named her to the honorable mention list of Top 50 Kids
Teachers for 2013. This is the third year in a row that Tullar has achieved this recognition. Details: www.danarader.com.



Anne Brade



Diane Maguire



Dawn Gilliam



Jessica Babington

RE/MAX Executive Grows Presence

Anne Brade, Dawn Gilliam, Diane Maguire and Jessica Babington have joined RE/MAX Executive Realty in Ballantyne. Contact them at: 704-549-3000.

Social Group Invites Area Workers

Ballantyne Brews — an informal new social group designed to bring together people who work in or around Ballantyne Corporate Park — meets on the first and third Tuesday of every month from 5:30 p.m. to 7:30 p.m. Locations will be announced by email. For notifications and/or to join the email list: www.facebook.com/ballantynebrews. Info: Allen Starrett at ars@starrettlawfirm.com.





Kimberly Kendall

Kendall Earns SIOR Designation

Kimberly Kendall, senior associate at Bissell Cos., has achieved the SIOR office designation awarded by the Society of Industrial and Office Realtors®. SIOR is a Washington, D.C.-based international professional organization of more than 3,000 commercial real estate professionals, 2,800 of whom have earned the SIOR designation and are the top producers in the commercial real estate field.

Kendall is responsible for office leasing in Ballantyne Corporate Park and with SouthPark Office Properties. In this role, she has negotiated in excess of \$280 million in office, medical and retail leases.



The Ballantyne
Hotel & Lodge
introduces its
eight personal
trainers (back row,
from left): Betsy
Shuster, Timothy
Brown, Mike
Hartman, Lauren
Schwaiger, Nick
Bucci. Front row:
Sherry Grieco,
Margo Fonda,
Kathryn Alongi.

Ballantyne Hotel & Lodge Offers Personal Trainers

The Ballantyne Hotel & Lodge now offers extensive personal training services with an experienced team of eight professional trainers. Their skills include core training, rehab, post-surgery conditioning, agility, boxing, weight loss and plyometrics. They also provide youth, senior, post-natal and golf-fitness programs.

Clients have access to The Ballantyne Hotel & Lodge's health club, which features cardio and strength-training equipment, locker rooms, sauna and indoor grotto and wave resistance pools. Individual and group training packages are available. Appointments: 704-248-4348.

Local CPA Firm Merges

Blair, Bohlé & Whitsitt PLLC recently announced a merger with Austin and Falls, CPAs. The combined firm, which will operate



Blair, Bohlé & Whitsitt

Certified Public Accountants

under the Blair, Bohlé & Whitsitt name, will offer tax compliance, assurance and advisory services to individuals and businesses in Charlotte and surrounding counties.

The firm is headquartered at 10815 Sikes Place in Ballantyne. Former Austin and Falls professionals will continue to work from their office at 114 W. Bland St. and will transition to the Ballantyne location at a later date. With the merger, Boyd P. Falls, former managing partner of Austin and Falls, becomes the eighth partner at Blair, Bohlé & Whitsitt.

Bissell Organization Hires, Promotes Staff

Diana Blocker has joined Ballantyne Magazine as account executive. At The Ballantyne Hotel & Lodge, Audrey Bell has been promoted to assistant front office manager and Mitch Bonner to front desk manager. Mary-Alice Warren has joined Bissell Cos. as a digital communications specialist. Terry Young was promoted to managing director in human resources at Bissell. Chad Baker has joined Courtyard by Marriott Charlotte Ballantyne as assistant general manager.





Diana Blocker

Audrey Bell

Mitch Bonner







Mary-Alice Warren

Terry Young

Chad Baker

ALOFT'S ANNUAL

Spring Fling

Friday, April 11, 5-9pm

Welcome in Spring with Charlotte's A-list crowd at Aloft Charlotte Ballantyne!

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OPENINGS



CUCINA ITALIANA™

Restaurant Coming to Blakeney

BRAVO! Cucina Italiana will open late spring in Blakeney Shopping Center. The restaurant will feature classic Italian food that will be cooked in full view of customers. Signature items include grilled steaks, chops and made-to-order pizzas, pastas and house specialties. Patio seating, two private dining spaces and take-out are available. Details: www.bravoitalian.com.

Jewelry Store Expands in Arboretum

Malak Jewelers, which has served customers at the Arboretum since 1997, recently expanded to 5,000 square feet in the same shopping center, next to Kids Place. The full-service jewelry store now carries recognized designers that include Romance Diamond Bridal Collection, Coast Diamond, Natalie K and Art Carved. They also have watches by Gucci, Fendi and Swiss Army and a selection of estate jewelry. Info: www.malakjewelers.com.



Grocer Opens First N.C. Store in Ballantyne

Publix Super Markets is opening its first store in North Carolina at the Ballantyne Town Center. The Florida-based chain is expected to open the store at the corner of U.S. 521 and Providence Road West in late February.

In addition to traditional grocery departments, the 56,000-square-foot store will offer a full-service meat counter with custom cuts, a cafe with seating and Wi-Fi, a food bar with soups, salads and Asian specialties and a wedding cake department.

Customers will also be able to watch simple recipes being prepared at a meals kiosk and then taste the dishes and buy the ingredients to take home. The store will also have a drive-through pharmacy and an online ordering system for subs, meats and cheeses. Info: 704-716-2344 or www.publix.com/charlotte.



The Komen organization honored Justin Karas (far right) as one of its Pink Tie Guys.

Newk's CEO Wins Award

Justin Karas, CEO of Karas Hospitality and Newk's Eatery Charlotte, recently received the Pink Tie Guy Award from the Susan G. Komen organization for the work Newk's does in the community on behalf of breast cancer awareness and care. The ceremony honoring eight recipients occurred at the 13th annual Laugh for a Cure at Knight Theater in January.

SWEET CHARITIES



RE/MAX Event Benefits Children

RE/MAX Executive Realty recently raised \$30,000 for the Children's Miracle Network and Levine Children's Hospital through its 2013 Link Up For Kids charity golf tournament at Cedarwood County Club.

Duckworth's Donates to St. Jude

Duckworth's Grill & Taphouse partnered with New Belgium Brewing to raise money for St. Jude Research Hospital throughout December. All area locations, including the Ballantyne restaurant, sold raffle tickets for a chance to win donated New Belgium bicycle cruisers. Duckworth's also donated 50 cents for every New Belgium Accumulation draft beer sold. A donation in the amount of \$13,000 was presented to St. Jude Research Hospital in a ceremony on Feb. 8 at the Huntersville location.

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Marine Corps Junior ROTC cadets at Ardrey Kell High aid National Guard veterans.

Cadets, Switchin' Kitchens Assist Vets

The cadets of Ardrey Kell High's Marine Corps Junior ROTC and Switchin' Kitchens, located in the Fountains of Ardrey Kell, are joining forces for the second year to provide meals for needy N.C. National Guard veterans.

Cadets and their parents, along with customers and veterans, donate money to purchase over 100 meals at Switchin' Kitchens for delivery by Operation Homefront. The meals go to families living paycheck to paycheck or to disabled or single veterans who need cooking assistance. Each meal comes with a personal thank-you note signed by the cadets.

Rachel Basile, owner of Switchin' Kitchens, says the idea for the project came from cadet Carly Scheve. This year's meal delivery is in early March. To contribute or learn more, call Switchin' Kitchens at 704-844-2002.





SPRING 2014 BALLANTYNE MAGAZINE 23



Smoky Bissell (far right), chairman of the Bissell Cos., presents Kay Carter, executive director at Second Harvest Food Bank of Metrolina, with the keys to a new van. Also pictured (from left) are Senior Vice President Howard Bissell and CEO Ned Curran. both with Bissell Cos.

Bissell Donates Van to Food Bank

In December Bissell Cos. donated a new van to Second Harvest Food Bank of Metrolina. The Ford E250 cargo van, which was given on behalf of the tenants of Ballantyne Corporate Park, will be used to distribute food to people in need. This gift represents Bissell's largest donation to Second Harvest.

Bissell also contributed 380 turkeys, representing each tenant within its building portfolio. The van delivered the turkeys to Second Harvest partner agencies, which include the Urban Ministry Center, Men's Shelter of Charlotte, the Center of Hope, Hope Haven and the Charlotte Rescue Mission. Bissell has sponsored campaigns over the last five years in Ballantyne Corporate Park, resulting in its tenants donating nearly 120,000 pounds of food to the nonprofit.

Starting April 7, Ballantyne Corporate Park will host a food drive for the food bank. Details: www.go-ballantyne.com.

Foundation Gives Levine \$100,000

Last August the Adam Faulk Tanksley Foundation gave \$100,000 to Levine Children's Hospital (LCH) to help find a cure for childhood cancer.

Adam Tanksley, whose parents live in Ballantyne, spent almost one year at LCH for treatment of an aggressive cancer. While there, the family decided to help bring pediatric clinical cancer trials to LCH through the Adam Faulk Tanksley Foundation.

During the recent holidays the foundation raised \$49,000 through Christmas tree sales, almost half of its goal of \$100,000 for 2014. The sixth annual Adamfest fundraiser will be Saturday, May 10 in the parking lot of Ardrey Kell High School.

The fifth annual Adam Faulk Tanksley Foundation golf

tournament is Monday, June 16 at Providence Country Club. Details on both events: www.chompchildhoodcancer.org.





Cancer Society's Relay For Life June 13

The American Cancer Society will hold its second annual Ballantyne Relay for Life on Friday, June 13 at Morrison Family YMCA. At Relay For Life events, individuals and teams camp out at an athletic track, park or other gathering area starting at 6 p.m., with the goal of keeping at least one team member on the track or path at all times throughout the evening. Last year the event exceeded its goal of \$50,000 by raising \$90,000. The fundraising goal for 2014 is \$100,000. Details: 704-553-5386.

BALLANTYNE MAGAZINE SPRING 2014



Among the Helen Adams Realty's Sharing Bin participants were (back row, from left): Holly Chapman, Sandy Lubker and Bryant Stadler. Front row: Connie Lowry, Kerry Stecher, Tara Neperud, Ily Muños, Toni Jolly, Peggy Leo-Gallo, Laura Kaufman, Melissa Brown, Tracy Jones and Krista Holmes.

Realty Firm Supports Sharing Bin

During the recent holiday season, agents in Helen Adams Realty's Ballantyne office delivered clothing, toiletries, home items and gifts to Community House Middle School in support of the school's Sharing Bin. Parent volunteers started the program five years ago to meet needs due to job loss, disability or death of a spouse. Info: 704-341-0279.



Community House Middle School counselor Valerie Johnson (from left) thanks broker-in-charge Kerry Stecher and agents Ily Muños, Krista Holmes and Katy Bradfield for the agency's support.



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SPRING 2014 BALLANTYNE MAGAZINE



Cyclists living with Type 1 or Type 2 diabetes who participate in the tour are known as "Red Riders."

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Corporate Park To Host Tour de Cure

The American Diabetes Association's Tour de Cure will be hosted out of Ballantyne Corporate Park this year on Saturday, May 31. The event will start and finish in the Brixham Hill Tent area. Participants can choose from four courses, including a two-mile family fun ride or rides of 24, 43 or 63 miles. Registration is \$15 with a fundraising minimum of \$200. Details: 704-373-9111, ext. 3262 or Rolly Sauls at rsauls@diabetes.org.



Dr. Ken Schoolmeester poses with Stella, the first free spay for the Animal Adoption League.

'Like' Vets, Help Adopted Pets

For every 50 people who "Like" Mixed Pet Veterinary Hospitals in StoneCrest on its Facebook page in 2014, the practice will spay or neuter one pet awaiting adoption from the Animal Adoption League for free.

As of February, the clinic was up to 12 free spay or neuters. Participate at www.facebook.com/mixedpet.



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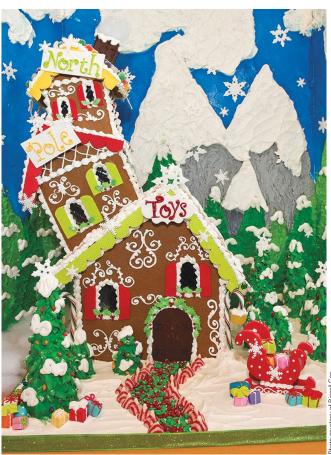
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"Santa's Workshop" won the People's Choice Award.

Gingerbread Houses Raise Record Amount

The Ballantyne Hotel & Lodge raised more than \$5,000 to benefit Levine Children's Hospital during its 2013 Gingerbread Lane display open to the public in December. This was a record amount for the popular holiday event, which brought in more than \$2,000 than it did last year. The People's Choice Award winner was Cake Expressions by Lisa (Lisa Toohey) for her "Santa's Workshop" entry.

Blakeney Store Supports Turning Point

Creative by Nature Home, a home accessory store in Blakeney Town Center, raised \$5,000 in donations for Turning Point during the holiday season through sales of a featured ornament. This is the second year the store has raised money, bringing its total donation to the organization to \$10,000. Details: www.cbnhome.com or to donate to Turning Point, go to www.turntoday.net.

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PERSONALITY TO SPARE

Meet these Delightful Residents

Photos by Ray Sepesy



WHO CELEBRATED A
WEDDING ANNIVERSARY by
completing the Lobster Man
Triathlon and then downing
three of the crusty critters
(the meat, that is) at the
end?

Who once longed for a memorable eating and sightseeing experience in Italy before shifting her dream-vacation sights to, uh, Disney World?

And who doesn't aspire to any food accolades but is one of the few people who saw the Cuban missile crisis up close — or at least, from a Navy ship?

These tasty tidbits introduce you to Justine Hundley, Rufus Gregory and Vicky Yeingst featured in this issue's Faces as three fascinating personalities in the Ballantyne area.

You'll find out who wouldn't be caught dead in super high heels, whose guilty pleasure is watching every incarnation of "The Real Housewives" and who hums "The Long and Winding Road" after a bad shot on the links. You're invited to turn the page and learn more.

JUSTINE HUNDLEY

Birthplace: Rapid City, S.D.

Job: Owner, Cheeky Bean, a women's fashion boutique in Ballantyne and SouthPark.

What do you like most about your job? My absolute favorite part is interacting with customers and building relationships. To see someone feel confident and beautiful in clothes I have picked out for them is the greatest reward.

What's your guilty pleasure? I have wasted countless hours of my life watching "The Real Housewives of (insert any city here)." Each season I vow to stop watching, but somehow the show lures me back.

Do you live in Ballantyne? We moved to Ballantyne about five years ago and are absolutely in love with living here. Not only is it convenient to everything we need but the people are so friendly and welcoming. We had our son two years ago, and I honestly cannot picture raising him anywhere else.

What is your favorite Ballantyne-area restaurant? When my husband and I have date nights (which is a rarity when you have a munchkin), we love to go to Jade. When we are on a family date, we love Big View Diner.

Describe your dream vacation. I have always dreamed of going to Italy with my husband, but now as a mommy, my dream vacation is more along the lines of Disney World. Watching my son experience things for the first time and his excitement have been the biggest blessing to me.

What would your theme song be for walking into a room? I would say Hall & Oates' "You Make My Dreams" because I picture myself doing the dance from "(500) Days of Summer."

What charitable organizations are you involved with? I have a big soft spot in my heart for children, and I love working with A Child's Place, a Charlotte organization that helps homeless children. We have hosted school supply drives and volunteered in other ways. I love making a difference in the life of a child.

What is your biggest pet peeve? Not being kind to one another. It is so easy to treat others with respect and kindness, and you never know what kind of an impact it will have on someone's day just to have a friendly conversation or a smile from a stranger.

Share something that someone would never guess about you. As social as I am, I am the consummate homebody. My favorite place to be is at home with my husband and son watching a movie or doing crafts.





RUFUS E. GREGORY

Birthplace: Clarksville, Va.

Job: Retired from Clariant as a distribution analyst. Came to Charlotte in 1982 with the company's textile division.

company's textile division.

What do you like most about being retired? Sleeping in!

What's your guilty pleasure? Partying. Also, pinor noir.

Do you live in Ballantyne? Nearby — at Johnston and Carmel roads.

What is your favorite Ballantyne-area restaurant? Firebirds. I like the food, and the prime rib is my favorite.

Describe your dream vacation. An island in the Caribbean. I've never been to one, only on a ship going through. I was drafted out of college (Delaware State) and was in the active Navy for eight years.

What would your theme song be for walking into a room? "The Long and Winding Road" by the Beatles. I'm always humming it on the golf course, especially after a bad shot.

What is your favorite news source? MSNBC.

I would be rather caught dead than wear _____. Yellow.

What is your biggest pet peeve? People not being honest and truthful.

What is a hidden gem in Ballantyne? The Golf Club at Ballantyne. A lot of people think it's private, but it's public. I had friends from California stay an extra week with me so that they could play the course. They said a course like that back home would be \$300 a round.

Share something that someone would never guess about you. I was on one of the Navy ships during the blockade of Cuba during the Cuban missile crisis in the early '60s. It was my first assignment in the Navy and kind of frightening. We surrounded and stopped the Russian ships and then stayed there until they had loaded up all the missiles.

VICKY YEINGST

Birthplace: Durham, N.C.

Job: Head triathlon coach at the Harris YMCA. Level II USA Triathlon coach and certified personal trainer who offers group and individual coaching.

What do you like most about your job? Helping others reach their goals and improve their health and lifestyle, and thus improve their quality of life—not just for a season but for life. What a joy!

What's your guilty pleasure? Red wine and dark chocolate.

What is your favorite Ballantyne-area restaurant? My first local restaurant experience was at Terrace Café, and it is still a special place. Two others that are neck and neck with it are Blue Taj and Villa Antonio's.

What is your favorite outdoor activity? Triathlon for sure (swim/bike/run). I love to run the most. I get my best thoughts, dreams and aspirations as well as great energy and relaxation. It really soothes my soul.

Describe your dream vacation. Going to a cool destination and doing some kind of race with my family. My husband and I did that on our 10th wedding anniversary. We traveled to Maine for the Lobster Man Triathlon. Excluding the long drive and the freezing water, it was a wonderful time. It also rained on us. But we got to eat all the lobster we wanted after the race. I ate three!

What would your theme song be for walking into a room? I was stuck on this and my tri team came up with: "Roar" (Katy Perry), "Eye of the Tiger" (Survivor), "Stronger (What Doesn't Kill You)" (Kelly Clarkson) and "Don't Stop Believin'" (Journey).

I would be rather caught dead than wear _____. Super high heels. They are so bad for you! I will go up to about two inches when I am in a nice suit for an interview or a special occasion.

What is a hidden gem in Ballantyne? Rush Café! They have some of the best coffee and gluten-free bread I have tasted. The pumpkin spice chocolate skinny latte is my favorite!

Share something that someone would never guess about you. I also have over 30 years of corporate experience — in finance, insurance, HR, marketing, IT, call centers and training. I love helping people grow, whether it is in the office or on the playing field!





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BALLANTYNE RIPE FOR BUILDING BUSINESS, SOCIAL CONTACTS

By Tony Mecia Photos by Shane Baskin





AS THE SUN RISES over Providence Country Club, about 30 small-business owners settle into their seats in a conference room.

It is 7:30 a.m., and some clutch cups of coffee. Some have brought colorful pamphlets about their companies. All come armed with business cards.

Each takes a 45-second turn describing his or her business and its ideal customer: A relationship therapist says she's looking for people who are in a relationship where "the spark is gone, and they want to see if they can get it back." An electrical contractor would like to find a homeowner seeking to save money on electricity bills. A financial planner is searching for more clients between the ages of 55 and 70 who are approaching retirement.

The hope is that between now and next week's meeting, members of this Ballantyne chapter of Business Networking International (BNI) will refer potential clients to each other to increase everyone's business.

BNI is one of many professional or networking groups that have taken root in the Ballantyne area. Like Ballantyne itself, the groups are growing, with increasing numbers of people wanting to network with fellow businesspeople, improve their speaking or leadership skills or simply get to know other people in their community.

Diversity Advantage

The success of the groups, members say, springs from the diversity of the Ballantyne area's economy. In addition to Fortune 500 companies and large corporations that call Ballantyne home, there are plenty of smaller businesses such as retailers, mortgage brokers, contractors, chiropractors and accountants.

"Ballantyne has a good core of that small-business mentality, and it works well in this area," says Sandra Weber, a massage therapist who is president of BNI's Ballantyne chapter.

All of the groups in Ballantyne have different vibes and purposes. BNI, for instance, is a collegial group that tracks referrals to ensure that members give a boost to each other's businesses. Others do more informal networking. All say they welcome newcomers.

After a few years of regular breakfast meetings with colleagues, local lawyer

PEOPLE WANT
TO NETWORK
WITH FELLOW
BUSINESSPEOPLE,
IMPROVE THEIR
SPEAKING OR
LEADERSHIP SKILLS
OR SIMPLY GET
TO KNOW OTHER
PEOPLE IN THEIR
COMMUNITY.



Angela Wyant (right, from left) and Claudia Tate look up information at a Ballantyne IT Professionals board meeting. Mike Charobee (below), Erica Creed and John Dispennette listen to the discussion.







Allen Starrett saw a need to provide Ballantyne's business community with information and a chance to gather.

"We recognized there were a limited number of these business networking opportunities here in Ballantyne — you could go to SouthPark, or to uptown, but there were just fewer in Ballantyne," he says. "We thought it would be nice to have something established that's a reputable, strong group."

So he helped start Ballantyne
Briefings, a quarterly meeting at the
Aloft Charlotte Ballantyne that includes
a short presentation by a business
expert, followed by informal networking
time and, for those who wish to stay
around, live music afterward. The
meetings are billed as "a refreshing
speaker series for business owners
and professionals," and speakers for
2014 include a productivity coach, a

marketer who specializes in strategic branding and a customer service expert.

"We want to be a channel of useful information and an opportunity where we can connect people," Starrett says.

Socialize, Share

There are also groups organized by profession, such as Ballantyne IT Professionals, which holds quarterly networking events for tech people





Anura Patel and Joe and Pam Moody (left, from left) enjoy socializing at a Ballantyne Brews event. The same is true for Christina Scholl and Kristina Arshad (lower right) and Kerry Petrie and Stephanie Cooper (lower left).

ALL OF THE GROUPS IN BALLANTYNE HAVE DIFFERENT VIBES AND PURPOSES.

to socialize and share ideas.

For those who prefer to keep their socializing largely social — preferably with a bar nearby — there's Ballanyne Brews, which bills itself on its Facebook page as "a social hour conceived to connect all of the great companies and folks who work in or around the Ballantyne Corporate Park." It meets twice a month at different locations in the Ballantyne area.



Then there's Toastmasters, an international organization with two chapters in Ballantyne that are open to anybody: Ballantyne Toastmasters, which

meets Thursday evenings, and Ballantyne Lunch Toastmasters, which gathers Mondays during the lunch hour. (There are also chapters for Bank of America and Premier employees in Ballantyne, but those are not open to the public.)

Brendan K. Maginnis, a financial adviser who is club president of Ballantyne Lunch Toastmasters, says a common misconception is that the club exists

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only to improve public speaking. While giving speeches and answering questions off the cuff might be at the center of each meeting, and members receive feedback on their speaking, Toastmasters also helps develop a wide array of important business skills, such as communication, running meetings, setting goals and leading others, he says.

It's also a good way to meet people, Maginnis says, or to become comfortable enough to join other networking organizations. The chapter is diverse, he notes, with people from financial services, sales, information technology and even a dog trainer.

"In terms of just networking, it can be the starting point or the ending point in filling someone's networking needs," he says.

The same could be said of Ballantyne in general — that whatever your interest or background, there's likely a professional or networking group in the area that can provide what you're looking for, whether it's social, educational, professional or business-oriented.

And if not, why not do what others have done and start one of your own?

WHERE TO MEET AND GREET:

LOCAL GROUPS ABOUND

Ballantyne Brews

Meets: First and third Tuesdays of the month, 5:30 p.m., different locations

More info: www.facebook.com/ballantynebrews

Ballantyne Briefings

Meets: Quarterly, Aloft Charlotte Ballantyne, 5 p.m. 2014 meeting dates:

Feb. 11, May 13, Aug. 26

More info: www.facebook.com/ballantynebriefings

Ballantyne IT Professionals

Meets: Quarterly

More info: www.ballantyneit.com

Ballantyne Lunch Toastmasters

Meets: Mondays, noon, Ameriprise Financial Services, Crawford Building,

13830 Ballantyne Corporate Place, Suite 200

More info: www.ballantynelunchtoastmasters.com

Ballantyne Toastmasters

Meets: Thursdays, 5:45 p.m., Premier Inc. **More info:** www.ballantynetoastmasters.com

Business Networking International, Ballantyne chapter

Meets: Thursdays, 7:15 a.m., Providence Country Club

More info: www.bnicharlotte.com



THERE ARE NO ANGRY BIRDS in

Ballantyne. All that tweeting residents hear is the happy song of winged creatures that find this an ideal place to call home. Early birds here truly do get the worm because many homeowners now stock their feeders with this protein-rich food source. They also offer a four-star menu of organic seasonal and species-specific seeds, such as "Cherry Crunch" or "Blueberry Twist" suet, peanut hearts, popcorn, raisins, fruit and oyster or eggshells to help digest the goodies. Even in winter feathered friends can stay warm and cozy courtesy of birdbath heaters and eco-friendly houses.

"As more homes and neighborhoods spring up in this area, residents are finding many different ways to provide the right conditions to bring a variety of birds to their yard," says Sally Godwin, owner of the Wild Bird Center in the Arboretum, which has been serving bird lovers in the community for 20 years. "At present we're selling a lot of 'no mess' seed without the shell because it works well

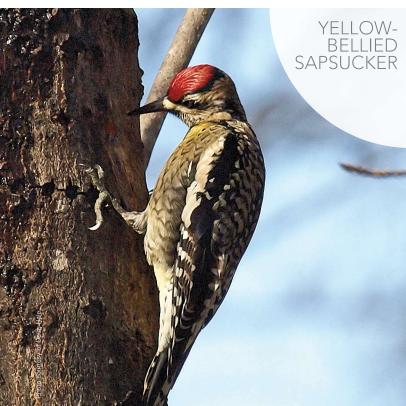
Birders Love Ballantyne, Some Go High Tech

By Nan Bauroth











on patios and in small garden areas, while the new squirrelproof feeding solutions are perfect for larger gardens."

Colorful Migration

Ballantyne resident John Scavetto, a logistics freight broker who is also a serious birder, says that spring is the best time to glimpse species migrating through the Carolinas. For the past three years he has devoted 600 hours to providing data on

> This bird seed is great for nut hatches.





Mecklenburg Audubon Society President Jill Palmer displays the bird house the group is selling to protect brown-headed nut hatches.

the Ballantyne area for the Mecklenburg Audubon Society's Breeding Bird Atlas project.

"Birding is a compulsive disorder of sorts," Scavetto says with a laugh. "Whether driving, shopping or on the way to a doctor's office, we are always doing something with the birds." In his experience, the number one springtime focus for avid birders is warblers, Neotropical migrants that fly from South America through this region. Some stay to breed, while others continue north to Canadian forests.

"Warblers are the most spectacular little birds, three to five inches in length, with colors ranging from bold blue to bright yellow," Scavetto says. "You can sometimes attract them to insect feeders, or if you are lucky, you might spot them early in the morning foraging from the middle to the top of trees along Lower McAlpine Creek, Four Mile Creek or Six Mile Creek."

Scavetto urges bird lovers to join the Mecklenburg Audubon Society. "Fellowship is a huge part of learning, and in a friendly group like this, everyone leans on

everyone else's knowledge," he says. He also suggests obtaining a printed field guide or one of the new apps for smartphones and tablets.

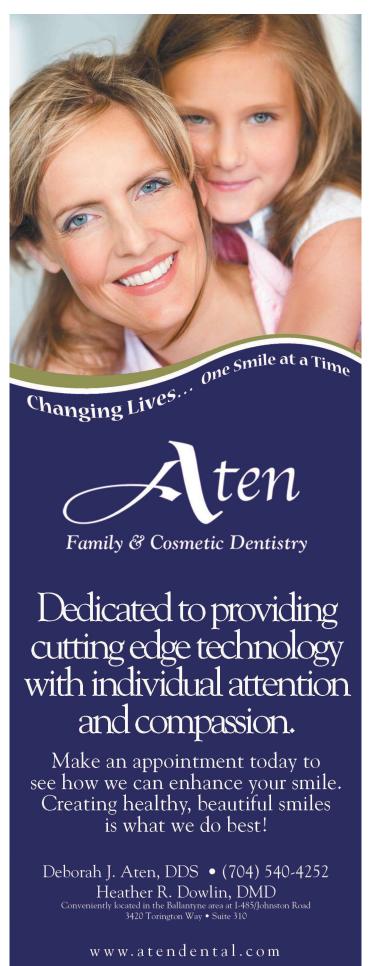
"Cornell has a new free app called Merlin that lets you enter questions about a bird you see, such as 'brown bird with long tail and bill' and three or four candidates pop up to help you identify it based on your area," Scavetto explains. I Bird Pro, a more sophisticated app, has bird calls, pictures of species, their range, when and where they migrate and where they should be at the moment.

Bluebird Cam

Spring in Ballantyne ushers in bluebird mania. "A bluebird house is a gateway into birding because it is low maintenance, and people love to see their color," says Carol Buie-Jackson, who with husband Jay Jackson owns Birdhouse on the Greenway in the Shops at Piper Glen.

The craze has reached the point that the Jacksons sell a bluebird house with a remote camera in the back featuring sound, color and infrared night

continued on page 49



Specialized care for the way you live

Novant Health Pulmonary and Critical Care is now open in Ballantyne

If you're faced with respiratory and pulmonary issues such as asthma, emphysema or obstructive sleep apnea, life doesn't have to slow you down. The experts at Novant Health Pulmonary and Critical Care are ready to develop a customized plan that meets your needs and helps you live the active and healthy lifestyle you deserve.

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BALLANTYNE MAGAZINE SPRING 2014









■ continued from page 47

vision that sends video and audio signals to a homeowner's TV, VCR or computer via a cable. "Once you attract bluebirds, you want to get more birds," Jackson notes, so people add other houses designed for other species.

The Mecklenburg Audubon Society is currently selling a brown-headed nuthatch house to protect this native species from predation. "We have also gotten a grant to put boxes out at schools or through scout troops," says Jill Palmer, president of the group.

Bob Haussler, a board member and zoologist, says these small birds will come to feeders. "They are a fun, social bird, and noisy — like a squeaky bathtub toy. They're

also beneficial because they eat insects in addition to seed."

Young Birders

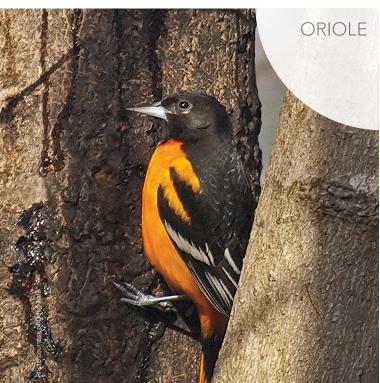
The bird-watching trend in Ballantyne is also drawing teens. Matthew Janson, a student at Providence High

John Scavetto is a devoted Ballantyne birder.













School who works part-time at the Wild Bird Center, recently launched a statewide club and website for young birders, www.carolinayoungbirdersclub. org. "I've been active in the Mecklenburg Audubon Society, but many members are older

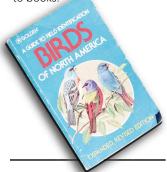
Teenager Matthew Janson has launched a website for young birders.

so I was curious if others my age are interested," Janson says.

No matter the age, bird lovers are compelled to share information about what they see on the wing. While taking down his holiday lights on New Year's Day, Scavetto spied a bald eagle soaring overhead. To his delight, it appears that two bald eagles are now calling TPC Piper Glen their winter

home. "The bald eagle is not that common here since it is away from a major water source like Lake Norman," Janson enthusiastically reports. "The fact that they are living on the Piper Glen golf-course ponds is unusual behavior unique to the Ballantyne area."

Though many people are using smartphone apps to identify birds, many still turn to books.



TAKE A WALK WITH A BIRD EXPERT

Birdhouse on the Greenway sponsors monthly walks on Saturday mornings on the greenway, led by Taylor Piephoff, birding columnist for The Charlotte Observer. Reservations are required; call 704-541-1180.

The Mecklenburg Audubon Society holds birding walks along Six Mile Creek, led by one of the group's expert birders. See www.meckbirds.org for dates and details.

The Carolina Bird Club (www.carolinabirdclub.org) sponsors field trips around the region.



You may learn more about the winged world by signing up for walks noted above.



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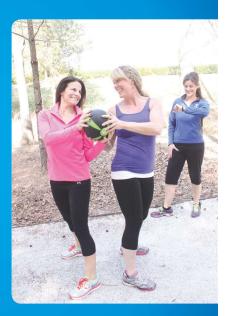
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Fresh Flair

OGGI Serves Up Flavorful Italian Cuisine

By Amy Rogers Photos by Ray Sepsey

IT'S A RARE RESTAURATEUR who can come to a new city knowing right away that his menu will appeal, but Eloy Roy is fortunate that way. The chef and owner of OGGI Ristorante Italiano has more than 20 years of experience serving demanding diners.

Roy and his wife, Gabriela, are both natives of Argentina. They met in Miami and established OGGI there. But they wanted a change from the relentless heat and pace of life in South Florida, so after visiting relatives in Charlotte a few years ago, they decided to relocate. "We liked the city, and

The menu is eclectic but often plays up the traditions of northern Italy.



Featuring layers of handmade pasta, lasagna is a popular request.



The dining room is modern and casual, with a mix of booths and larger tables.

we liked the people," Roy explains. So they sold their Florida restaurant, moved north with their four children, and in January 2013, opened OGGI in the Shoppes at Ardrey Kell.

In Italian, OGGI (pronounced "OH-gee") means "today." Roy chose the name to reflect the freshness of the pastas made daily. And crafting those pastas is a skill Roy perfected with decades of hands-on experience.

Signature Dishes

Linguini frutti de mare (literally, "fruit of the sea") is one of OGGI's signature dishes. It highlights succulent shrimp, clams, mussels and calamari served atop a housemade black linguini that gets its deep, smoky color from squid ink. Another standout is crab meat ravioli, tender pillows of pasta with a creamy lobster sauce.

The restaurant's crowd-pleasing lasagna, with its layers of handmade pasta, will satisfy appetites of any size. Devotees of the classic amatriciana pasta dish prepared with bacon should sample the Penne Pompeo; chef Roy renamed it in honor of a customer who ordered it every time he visited the restaurant.

A "boconccino" is a little bite, and daughter Emily has always loved small risotto croquettes, so her parents created Boconccino Emilia as an appetizer to enjoy with marinara sauce.

Lighter lunch fare features panini and flatbread sandwiches,



Linguini frutti de mare (literally, "fruit of the sea") is one of the restaurant's well-known dishes.

salads and antipasti. Insalata Gabriela is OGGI's version of a chopped salad boasting a distinctly Italian flourish, with tangy olives, sweet red onion and fresh mozzarella.

Luscious desserts include tiramisu, creme brulee and mango cheesecake, although the most popular by far is OGGI's cheese flan.

French, Artisanal Influences

OGGI's menu is eclectic but often plays up the traditions of northern Italy. "The further north you go, the lighter the sauces get," Roy explains. He has always incorporated French influences into the dishes he creates and is now adding flavors from the burgeoning

artisanal food culture of the Carolinas. Seasonal dishes coming soon include trout "with an OGGI touch," Roy promises, and chicken with a piquant fig sauce.

The dining room is modern and casual, with a mix of cozy booths and larger tables so families will feel comfortable. The patio can seat up to 30.

OGGI offers a kids' menu and provides options for diners with dietary restrictions. Roy perfected his own gluten-free pastas for a family member who couldn't enjoy the regular versions, and these are available with a choice of sauces. Cocktails or a selection from the wine list enhance the experience.

Like the city where Roy and his family now make their home, OGGI embraces both the traditional and the contemporary. The familiar and the unexpected. The time-honored and the new interpretations of favorite dishes. It's all fresh, flavorful and ready to enjoy "oggi" — today. 🗓





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Sitting **Pretty**

How to Hire the Right Person to Watch Your Children

By Jill E. Siegel, Preparedness, Health & Safety Services, American Red Cross

WOULDN'T IT BE NICE if you could just pick up the phone and call Mary Poppins or Mrs. Doubtfire? Finding a good babysitter is not quite that easy. It requires planning and thoughtful consideration.

A 2012 American Red Cross telephone survey found that 55 percent of parents have stayed home because they could not find a babysitter. Thirty percent reported rejecting a babysitter because of safety concerns. Let's look at how you can have a successful babysitting experience.

Conduct an Interview

Treat choosing a babysitter like any other hiring decision. You are selecting someone for an important job: taking care of your children. Invite the prospective sitter to visit your home and observe their interaction with your kids. Ask about their experience, particularly if skills are required like bottle feeding and diapering. Prepare a list of questions in advance.

Set Expectations

Successful relationships are based on two-way communication. Review your rules with both the babysitter and your children: bedtime, discipline, television, computer and phone usage, homework, etc. Discuss any procedures for pets, meals, medications and special needs. Set clear guidelines for behavior and consequences.

Remember that all households are different; sitters will not automatically know your preferences and expectations.

Plan for Emergencies

No one expects emergencies to happen, but they do. Make sure to leave contact phone numbers for you, another emergency contact (trusted friend or relative) and

your child's doctor. Review procedures for answering the door and phone. Ask if your potential babysitter has had first-aid and CPR training. Use the interview to determine your prospective sitter's maturity, decision-making ability and level of responsibility.

Find a Trained Sitter

emergencies. With

most of a day.

The cost is \$85

per person, and

registration is at www.redcross.org.

lunch, the class takes

According to the survey noted earlier, 81 percent of babysitters are selected by recommendations. Consider hiring a babysitter trained by the American Red Cross. Our popular babysitting class trains those 11 years old and older in critical skills and builds confidence. Participants learn to make good decisions; recognize, prevent and respond to emergencies; engage in age-appropriate activities based on child development

important job: and encourage good behavior. The 6.5-hour, in-person class includes hands-on practice in feeding, diapering, first aid and responding to choking and other breathing

Group training for eight or more is also available. Contact Jeanne Kenley at 704-534-3349 about groups.

There's an online version of the babysitting class as well. It takes about four hours and costs \$25. More information can be found at the website by clicking on "Take a Class."

Once you find that perfect sitter, you can add "date night" and other occasions to your schedule. You'll have the confidence that you're leaving your children in good hands. 🖺

You are selecting

someone for an





SPRING 2014







Coye (right) checks echocardiograms at the hospital in Belize City.

Adrian Coye (left), cardiothoracic surgery chief at Karl Heusner Memorial Hospital, chats with Alan Klochany, anesthesiology chief at Carolinas Medical Center.

"The opportunity to offer my expertise to those in need has been very gratifying and humbling."

— Dr. Larry Watts, CMC-Pineville

has since doubled in size and welcomed additional teams from the Carolinas HealthCare System's Sanger Heart & Vascular Institute. For years, Sanger providers have pursued opportunities, near and abroad, to create heart-healthier communities. Their most recent effort has taken place 1,300 miles away.

Since 2011, Sanger teams have helped build the foundation for a sustainable cardiac program at the Karl Heusner Memorial Hospital (KHMH) in Belize City. They travel every month to help perform cardiac echocardiograms, catheterizations and open-heart surgeries, on trips facilitated by the International Medical



Cardiothoracic surgeons Mark Stiegel (left) and Adrian Coye perform the first open-heart surgery in Belize. Stiegel is part of Sanger Heart & Vascular Institute in Charlotte.

Outreach Program, a collaboration between Carolinas HealthCare System and the Heineman Foundation of Charlotte. In 2013, the outreach program donated more than \$4.3 million in medical and computer equipment abroad.

"In countries like Belize, it's common for patients to travel to neighboring countries or the United States to get the care they need, and those without the money end their lives prematurely," says Dr. Larry Watts, director of cardiothoracic surgery at CMC-Pineville. "Volunteering and giving is an important part of what we do as physicians. I went into this profession to help people, so having the opportunity to offer my expertise to those in need has been very gratifying and humbling."

First in Honduras

For decades, Sanger Heart & Vascular Institute (formerly Sanger Clinic) has been been involved in humanitarian efforts, spearheaded by cardiac surgeon Dr. Francis Robicsek. His work abroad began in the 1960s in Honduras, and it continues

with the support of Sanger providers willing to donate their time to helping patients in medically underserved countries like Belize, where nearly a quarter of deaths each year are attributable to cardiovascular disease.

Watts and the surgical team

from CMC-Pineville, including scrub nurse Teresa Wooden and perfusionist Rick Lewis, have traveled twice to help with open-heart surgeries at the Belize City hospital, and they are scheduled to return in spring 2014.

"When Dr. Watts asked



Above, Below: Patients in rural Belize can now travel to Belize City for heart surgery.





if we would be interested in going to Belize, it sounded like a good thing to do, especially since it was my first time doing mission work," Wooden says. "Performing openheart surgeries at KHMH was almost the same as in Pineville, except they are behind in the technology and use everything they have, re-sterilizing some supplies that in the U.S. we would simply throw away. Trips like these, they remind you not to take things for granted and to be mindful of what you use."

Dr. Adrian Coye, chief of cardiothoracic surgery and medical services director at KHMH, leads the charge in the operating rooms in Belize, where 16 patients have received open-heart surgeries with support from Sanger providers.

"Within three years, the cardiology program has resulted in many first-time events for the hospital and for Belize," he says. "We have opened access to routine services that most Belizeans previously could



This Belize City hospital offers cardiac care with the help of specialists who also serve patients at CMC-Pineville.

not afford and have advanced the level of cardiac care by 30 years. We are offering people a real second chance at life."

Surgery candidates like 74-year-old Emir Alfaro had no hopes or options for treatment prior to this program. Alfaro was diagnosed with blocked arteries in 2004 but could not travel to have a procedure performed.

Feeling 'Free'

In July 2012, he became the first open-heart surgery patient in Belize and today lives a normal life. "It means a lot to me, you know, because now, I feel like I'm free," Alfaro says. "I thank the doctors from Charlotte and everyone who helped make this happen because

without them, I probably would not be alive."

Dr. John Cedarholm, an interventional cardiologist, and Paul Jellum, a registered invasive cardiovascular specialist, both from CMC-Pineville, are part of the Sanger teams closely involved with patients like Alfaro. They have traveled to KHMH six times, most recently in January 2014. They did the first cardiac stents in Belize in late June 2013.

"Many physicians want to help in developing countries, but there aren't many opportunities for cardiologists since they don't have the equipment or resources they need," says Cedarholm, a resident of Piper Glen for 20 years. "In other countries, I've

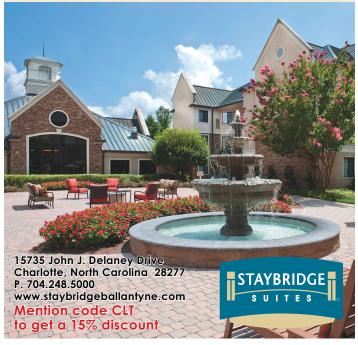
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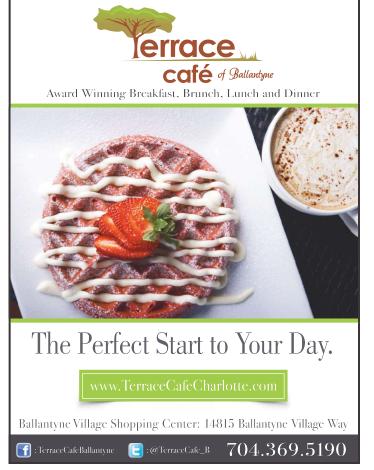


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Drs. Raul Cruz of the Guatemalan Heart Institute (from left), Francis Robicsek of International Medical Outreach in Charlotte, Adrian Coye, chief of cardiothoracic surgery at Karl Heusner Memorial Hospital, and Gary Longsworth, the hospital's CEO, gather in the hospital's recently opened echocardiography lab.

been able to help with only my stethoscope, but in Belize, I've been able to fix people, and that's the main difference. I can help to the best of my ability, and that's a rewarding feeling."

Sanger teams have performed more than 150 catheterizations,

including 12 coronary stent implants, at KHMH's mobile catheterization laboratory donated by International Medical Outreach (IMO) in 2011.

The teams perform between 10 and 15 catheterizations every trip with help from three local

clinicians being trained to do the procedures without any help. "We are teaching them to become self-sufficient and to treat their own patients without our help," Jellum says.

Providing equipment and training to achieve sustainable health care

is the premise of IMO's work. They have facilitated training and observational fellowships in Charlotte for technicians, nurses and physicians from Belize.

Trainees spend up to eight weeks in Carolinas HealthCare System facilities and receive the same amount of clinical exposure that might take them one year to obtain in their home country. In 2013, IMO hosted 12 visitors and trainees from Kenya, Nicaragua, Italy, Tanzania and Peru.

"The work we are doing for the Belizean people is very similar to what we have done at CMC-Pineville. We have brought them cardiac services that they needed and wanted closer to home," Jellum says. "They now have the opportunity to be treated in their home country, and people heal better when they're in an environment they know and trust. ... It has been gratifying being part of the team building the foundation of the program in Belize and seeing it blossom with people who are hardworking and appreciative."

Sanger teams have helped build the foundation for a sustainable cardiac program at the Karl Heusner Memorial Hospital in Belize City.



The Belizean hospital's space for patients and family members to wait often stays busy.



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66 BALLANTYNE MAGAZINE SPRING 2014

After months of keeping toes covered, it's officially time to open things up and get fancy with footwear.

These six trends will put a spring in your step all season long.

1 Black & White + Oxfords

Anything and everything black and white goes this spring! Oxfords, loafers and pointy toes are all on trend, too. Combine two trends in one with this cap-toe, snappy slip-on flat.

Dolce Vita, Ollie flat, \$168

Caged Sandals

Do as the Romans do; dress your feet in strappy leather — pops of color, prints or metallic finishes all permissible! Try the trend with a classic "gladiator" flat paired with the freshest way to wear your skinny jeans — a wide single cuff that hits just above the ankle. Or push the limits with knee-high caged sandals paired with skirts, dresses or shorts.

Steve Madden, Plato sandal, \$69

3 Peep Toe + Blue

Navy, periwinkle and royal blue are the new neutrals for spring. Take this fun mix between pump and peep-toe bootie to really make your feet feel fancy-free and oh-so chic!

Halogen, Katrina bootie, \$99









4 Mesh + Cutout Booties

Out of all of the trends this season, this one's my favorite — mesh, cutout detailing in a bootie that shows a sneakpeek of skin! Look for models that lace up the front, have buckles and/or a peep toe.

Dolce Vita, Marana bootie, \$128

5 Bright Pumps

Of course, spring wouldn't be spring without pops of fresh color. Bright pumps add just the right amount of surprise without being too in-your-face. Look for pumps in shades of vibrant orange, red, mint, orchid and violet as your "must-have" colors for the season.

Jimmy Choo, Lang sandal, \$775

6 Wedges + Metallic

A good wedge is like a good pair of jeans; they're essential to every wardrobe. This season, look for wedges with mixed looks that include metallic finishes, cork platforms and cutout patterns. And just in case you're wondering, yes, wedge sneakers are still kickin' it this season.

Kork-Ease, Gracen sandal, \$149



Families Welcome Exchange Students, Build Global Friendships





Melina Klesse (center) is a German student visiting Wynne and Tim Curran.

WHEN TIM CURRAN WAS IN COLLEGE, his mother encouraged him to travel, so he spent six months in Denmark as a foreign exchange student living with the Sønderup family in Allerød, a town near Copenhagen. Today Ballantyne resident Curran and his wife, Wynne, along with their two teens, Cole and Brenna, are returning the favor by



Carrie Nelson is happy her children have been exchange students.

hosting exchange student Melina Klesse from Germany. They hosted her older brother, Manuel, in 2011.

"My brother said it was so much fun and educational," Klesse says. "I wanted the experience." As a consequence of this exchange, the two families have visited each other in their respective countries, forming a bond of friendship. "When



Axel Gyllfors (left) and Allessio Granero (right) are foreign students staying with Frank Johnson and his son Evan Johnson.

you go to a foreign country, at first you think their culture is so different," Tim Curran says. "But I discovered that the Danish culture was cool. It doesn't matter where you are, people are people."

Curran's realization is the goal of the American Field Service (AFS) exchange program, a nonprofit that American ambulance drivers founded





Left: Visiting students such as Melina Klesse experience going to high school in the U.S. Below, she and Cole Curran do their homework together.

Right: The Currans enjoy being a host family: Cole Curran (from left), Tim Curran, Melina Klesse from Germany, Wynne Curran and Brenna Curran.





after World War I to foster world peace. The AFS-USA, as it is now known, runs intercultural exchange programs through partner organizations throughout the world, welcoming approximately 2,300 foreign students from 90 countries to the U.S. and helping send over more than 1,000 American students abroad every year. The organization is best known for its exchange programs for high school students.

Like Tim Curran, Carrie Nelson's involvement with AFS is rooted in her

days as an exchange student. "When I was in high school, my family hosted a student from New Zealand, and the next year I went to Brazil as an AFS student," recalls Nelson, now a local AFS volunteer. "When I moved to south Charlotte in 2005, we hosted our first student from Thailand and have had 10 more exchange students from countries including Brazil, Paraguay, Turkey, Panama, Portugal and Italy. One of our students from Portugal was the host brother of my son when he went there as an exchange student."

Hosting Student Pairs

Nelson and Frank Johnson are among approximately 5,000 volunteers around the country who enable AFS-USA to maintain the steady stream of exchange. Johnson, who lives in south Charlotte, currently acts as host coordinator for the Carolinas and served on the group's national council for three years. Johnson is also a repeat host who has opened his home to two exchange students every year since 2006.

"I raised my son as a single parent and in 2000 decided I wanted to expand

BALLANTYNE MAGAZINE SPRING 2014 our family a bit, so I called the high school and told them I would like to host an exchange student," he says. "Since then I've hosted students from Turkey, Sweden, Australia, Norway, Switzerland and Germany. Our first student was Italian, and so much fun, that I have a rule that one of our two exchange students must always be from Italy."

Opening Your Home

According to Johnson, duties of host families include providing room and board. "Students can share a room with another



Carrie Nelson (center) takes an active role with the AFS program in Charlotte. Here (and below) she spends time with current and past exchange students.



Siri Vemuri (from left), Lorenzo Locatelli, Bianca Preusche, Carrie Nelson, Giulia Pasquazzo, Dylan Jacquart and Casey Gilliam have fun together.

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child, but must have their own bed, and you must also arrange transportation," he says. The program covers airfare and complete health insurance. "We have a support system of 50 AFS volunteers in the Charlotte area, so if you have a problem, there is a liaison."

If a family wants to host two students at a time, U.S. State Department regulations stipulate that they cannot speak the same native language, so in Johnson's house that means three languages being spoken, which makes for a lot of crosscultural exchange. "It's more fun to have two students — and it's easier, so if you want to go out to dinner or the student wants to go to the mall, they're not alone. They have a friend to be with."

When it comes to matching families and students, the Currans liken it to dating. They filled out an application, and then Nelson shared some of the 2,500 student applications for Charlotte that arrive every spring. "The students do research on us, and we do research on the students," Wynne Curran says. "But we also discussed it with our children

because they had to be on board."

Students Embrace America

The Currans hoped that it would work out with their children to have another "sibling" in the house, and to their delight, the three bonded. "Manuel and I played a lot of basketball and football and developed rivalries," Cole says. Brenna also warmed to the experience. "I thought it was exciting to have another brother," she notes.

For Wynne Curran, the best part about hosting students is their enthusiasm for this country. "I loved how excited Manuel was about everything," she says. "He embraced America. He would comment on all the fast food here and take pictures to send home. Melina recently took a picture of a hamburger at a restaurant because it was so enormous compared to those in Germany." As Tim Curran observes, "Hosting these students gets you out of your American bubble."

For Johnson, the most meaningful part is the lasting connection. Two years ago he held a reunion in Vienna with all of



Johnson likes holding reunions of exchange students he's hosted.

the students he has hosted, and he plans another next summer in Rome. "They'll always be part of my family," he says. 🖺

To learn more about AFS exchange programs, visit www.AFSUSA.org or call Frank Johnson at 704-996-1215 or Carrie Nelson at 704-341-0665.

SPRING 2014

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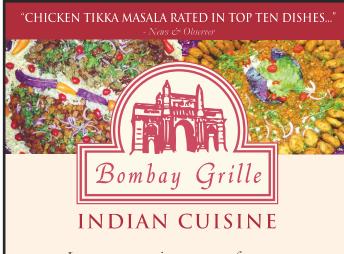
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Beatty Park is Mountain Bikers' Dream

By Mary Elizabeth Robertson

WHETHER HAVING A GREAT DAY or a bad one, mountain bikers have a way of leaving it all on the trail.

With every loop, turn and hill, the pedaling gets faster, the course gets more intense and the trail is theirs for the taking.

"Everything else melts away," says David Gillis, the trail work coordinator for the Tarheel TrailBlazers at Colonel Francis Beatty Park on Weddington Road. "You are so focused on the patch of dirt in front of you and what's next. When you have a lot on your mind, it's great."

Gillis is one of the many biking enthusiasts who created and/ or maintain the mountain biking trails at Beatty Park, which is part of the Mecklenburg County Park and Recreation system.

Beatty currently is home to about 6.5 miles of hand-built, single-track mountain bike trails. The routes can be accessed from several parking areas and have a stacked-loop design, Gillis says.

The club he's a member of, the Tarheel TrailBlazers, is one of the area's best-kept secrets, he says.

The nonprofit supports mountain biking in the Charlotte region and has more than 450 members of all ages who use the trails and assist in building and maintaining the course. "Francis Beatty sees a lot more (visitors) than any other (trail we manage in the region)," he says. "It sees the most diverse mix of ages and skill levels."

On most Saturday mornings, you will find more than a dozen

10- to 15-year-olds enthusiastically pedaling the trails thanks to another nonprofit, Trips for Kids Charlotte (TFKC).

"It's a perfect place for us to ride," says the organization's executive director, Paula Fricke. "There are three levels of trails. If we have first-time riders, they "This is my favorite spot because it is so convenient to Ballantyne, and I can get a fantastic hour-or-so ride in."

Mountain biker
 Selena Talbert

can ride the easiest trails. As riders become stronger, we have more difficult and longer options. It provides about any challenge you would find in the Charlotte area."

TFKC uses mountain biking to introduce youngsters from Charlotte's fragile neighborhoods to the joys of cycling and to teach them about life, Fricke says. "We have kids who have never ridden a bike before or don't have a bike at home," she notes. "Many don't have a good place to ride or the opportunity to visit a park." TFKC hosted more than 600 riders on the Beatty trails in 2013.

"The TrailBlazers are a great partner of ours," she continues.
"They volunteer with us and do a great job at the park. Beatty trails drain better than most trails so we can ride more often. Park and Rec also has been a great partner by letting us store our bikes there,

allowing us to focus more on riding and less on transporting bikes."

Gillis says it's a little-known fact that the trails were not built during the construction of the park. "They actually owe their existence to a partnership between Park and Recreation and the TrailBlazers," he says.

As trail work coordinator, Gillis manages volunteers who contribute approximately 700 hours each year to maintain the trails.

Located only a few miles from the park, Ballantyne residents help keep the trails busy. "The trails weave through beautiful scenic woods and include many technical features, jumps, high banks, bridges and water features," says Selena Talbert, who both lives and works in Ballantyne.

The park is a great place for a fun workout, she says. "This is my favorite spot because it is so convenient to Ballantyne, and I can get a fantastic hour-or-so ride in," Talbert notes. "The trail

has a great tree canopy and stays cool in warmer months."

The trails provide everything for an outdoor enthusiast — from views of black squirrels to challenging hiking, biking and running trails.

The TrailBlazers ask that riders wear their helmet and stay off trails when they are wet. "This is extremely important as their red clay surface is easily damaged when ridden in soggy conditions," Gillis explains. "Time the trail crew spends repairing damage caused by inconsiderate use is time we can't spend building fun things to ride.

"Come join us and get involved," he says.



CHECK IT OUT

To ride the trails at Colonel Francis Beatty Park or to volunteer with the groups noted in the story, here's how:

- Visit the park at 4330 Weddington Road, Matthews, 28105.
 The trails are generally open during daylight hours. The park
 also contains two lighted basketball courts, six tennis courts,
 five lighted soccer fields, a lake for canoeing and kayaking,
 and bathrooms, picnic areas and shelters.
- Go to the Tarheel TrailBlazers' website to see if the Beatty trails are open or to volunteer: www.tarheeltrailblazers.com.
- See www.tripsforkidscharlotte.org for more info and write to info@tripsforkidscharlotte.org to volunteer.

BALL CAPTURES BEAUTY OF **SWITZERLAND**

On Jan. 25, the Allegro Foundation hosted the fifth annual Ambassador Ball at Mercedes-Benz of South Charlotte in Pineville. Honorary chair Manuel Sager, the Swiss ambassador to the United States, and his wife, Christine, welcomed over 250 guests to the showroom, decorated to reflect the beauty of Switzerland.

The Allegro Foundation, a Charlottebased nonprofit, combines movement instruction with medical and education expertise to create new techniques to teach children with disabilities and enhance their quality of life.

Photos by Hayley Watson

- 1. Barbara and Jim Little
- 2. Tim Black, Debbie Miller, Gary Goodson, Ebba Karlsson, Carolyn Bell, Michael Mays
- 3. Julie and Corey Seidenspinner, Carrie Schmidt, Janet Schamp
- 4. Donna DeMolina, Julia Sayegh, Christine Conte
- 5. George and Melissa Zeeff
- 6. Fabiana and Fernando Almeida
- 7. Jessie and Angela Cureton
- 8. Dovy and Keren Klarberg, Christa Hooper, Joe Schreiner
- 9. Alvaro DeMolina, Carmen and Bruce Hilton
- 10. Erika and Heinz Roth, Mayor Patrick Cannon and Trenna Cannon, Allegro President Pat Farmer, Christine Sager and Ambassador Manuel Sager





















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'BREWS' MEETS AT VINE

Vine American Kitchen hosted the Ballantyne Brews after-work social hour on Jan. 21. Attendees mingled over appetizers provided by the restaurant. The informal group of employees from Ballantyne Corporate Park and nearby locations meets twice a month on the first and third Tuesday, 5:30 p.m. to 7:30 p.m., at different area venues.

Photos by Hayley Watson

- 1. Stephanie and Bob Mason
- 2. Scott McKearney, Anura Patel, Priya Gulati, Allen Starrett, Joe Moody
- 3. Andy Bovender, Blake Hood, Zac Lickteig
- 4. Samantha Reeves, Danielle Satterfield, Theresa Foust
- 5. Daryl Collier, Bob Cutwright
- 6. Fred Pappalardo, John Fritz, Greg Lovette, Renee Davies, Chris Caggiano
- 7. Linda Kardos, Bryan and Barb Allen, Glen Bouley, Wendy Hoops
- 8. Thomas McTier, Robyn Hunt, Beth Young
- 9. Brad and Alisa McKeiver, John and Fay Gibson, Kevin Harper

SPRING 2014

EVENT INSPIRES! FOR 6TH YEAR

Levine Cancer Institute and the Morrison Family YMCA hosted the sixth annual Inspire! Ballantyne Gala Dec. 7 at the Ballantyne Country Club. Valvoline Instant Oil Change and Pinnacle Roofing & Exteriors, Inc. presented the event.

Proceeds from the gala and silent auction benefited the Carolina Cancer Wellness Program, a 12-week program to help cancer patients manage physical side effects of treatment and the recovery process.

Photos by Hayley Watson

- 1. Lynn Douthett, Susan Brown, Caren Flynn, Donna Surface, Mary Weaks, Gwen Scoville
- 2. Tessa and Beau Evans
- 3. Peggy, Lexi and Lee Hawkins
- 4. Mariel Wooten, John Parker, Rick and Michelle Stack
- 5. Erin Woeste, Christine Pringle, Tricia Canon, Bridgit Kerger, Amy Simsic, Julie Mall
- 6. Natalie Pierannunzi, Ryan Ramsey
- 7. Chris and Krista Duggan
- 8. Michele Hoyt, Amy Hoffner, Faye Bowman, Catherine Altman
- 9. Bria and Jason Mulholland
- 10. Michelle Miller, Lexi Hawkins
- 11. Tricia Canon, Jeffrey and Dana Ditesheim























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GALA AIDS KIDS, CANCER RESEARCH

Lorenzo's Pizzeria hosted its first annual Christmas Gala on Dec. 22. The event benefited the Carolinas Kids Cancer Research Fund associated with Levine Children's Hospital.

The Presley Brothers performed live jazz, and Steve Cook served as deejay for the evening. Local businesses gave items for the silent auction, while Lorenzo's Pizzeria, The Meat House, Big View Diner and SAS Cupcakes provided food.

Attendees at the black-tie event contributed toys that filled a 14-foot trailer, which was delivered to children at the hospital. The event also raised \$9,000 to advance cancer research.

Photos by Hayley Watson

- 1. Kristi and Brent Howison, Marc and Dawn Sinacori
- 2. Alex Helmke, Ally Boritkowski
- 3. Alyssa Schoenewerk, Evan Tanger
- 4. Shelley and Dave Tate
- 5. Karen and Jay Vilord
- 6. Phil and Maya Maffei, Laurene and Rick Mack
- 7. Jim Miao, Karina Jedrzejewski
- 8. Mike and Karen Scully, Patrick and Donna Murphy
- 9. Sami and Madeline Tekin, Denise and Stephen Simonelli
- 10. Michael Leshaw, Yvonne and Christopher Sawicki
- 11. Michael and Jennifer Gunderson
- 12. Trisha and Eric Delissio

















































'PURSES' DRAWS HUNDREDS

Over 300 guests attended the ninth annual Purses with Power event Nov. 14. Felix Sabates hosted the fundraising auction and social for the Arthritis Foundation at his Mercedes-Benz of South Charlotte dealership in Pineville. Charlotte Skin & Laser presented the event.

Colleen Odegaard, host of "Charlotte Today" on WCNC, was the emcee for the evening.

Proceeds go to research, programs and services that help people with arthritis. Approximately 50 million American adults and 300,000 children are affected by the condition.

Photos by Hayley Watson

- 1. Back row: Suzie Manofsky, Bronwyn Poplin, Shaundra Simpson, Katherine Thompson. Front row: Jill Martin, Jayne Scull, Cindy Brandon, Allison Hinshaw, Kristen Reed, Meaghan Mutka
- 2. Brianna, Paulette and Jim Willard
- 3. Michele Affalter, Ashley Shifflett
- 4. Kim Delp, Danielle Rose
- 5. Kari Kalgren, Catherine Armstrong
- 6. Shital Vashasiya, Lauren and Kim Wilson
- 7. Jen Sexton, Leslie McGowan, Sarah Olin
- 8. Susan Rolff, Cindy McConnell, Barbara DePalma
- 9. Elizabeth Phillips, Tricia Jetton, Carla Shober
- 10. Jere Hollmeyer, Louise Rice, Ann Murray
- 11. Jamie Morrow, Catherine Austin, Shelby Ott
- 12. Vanessa Bishop, Colleen Odegaard
- 13. Models Natalie Warner, Zoe Kostarelos, Lauren Hushon, Natalya Krimmel, Samantha Lindeberg, Katie Weaver

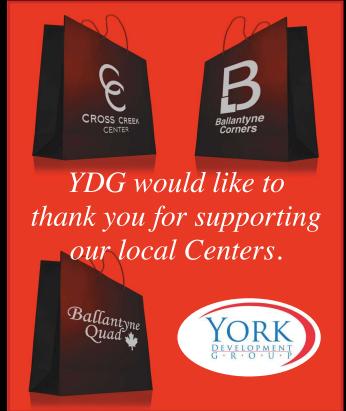


Located at the corner of Ballantyne Commons Parkway and Johnston Road across from the Ballantyne Hotel and Ballantyne Village

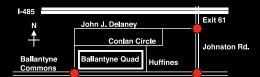
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AMSTERDAM IS THE IDEAL
PLACE TO STAY BECAUSE OF ITS
STELLAR ATTRACTIONS AND CENTRAL LOCATION WITHIN THE COUNTRY.

Amsterdam is one of Holland's three largest cities.



A server in traditional Dutch attire offers herring sandwiches topped with onions and pickles.



This windmill is one of 19 on the Kinderdjik scenic cycling tour.

nation whose west coast hugs the North Sea. The nation's largest cities — Amsterdam, Rotterdam and The Hague — are located within the two Holland provinces, so foreigners refer to the country as Holland, an error Rand is content to accept.

Picturesque Canals

Amsterdam is the ideal place to stay because of its stellar attractions and central location within the country. Rand thinks the city is most beautiful seen by boat, so she recommends taking a canal boat tour, especially in spring when houseboats are ablaze with flowers. "The tours are fabulous, and the guides speak English," she says, noting that the unusual houses lining the water have hooks at the top for hauling furniture because stairways are too narrow.

Amsterdam also ranks as a tourist treasure because it boasts the highest museum density in the world.

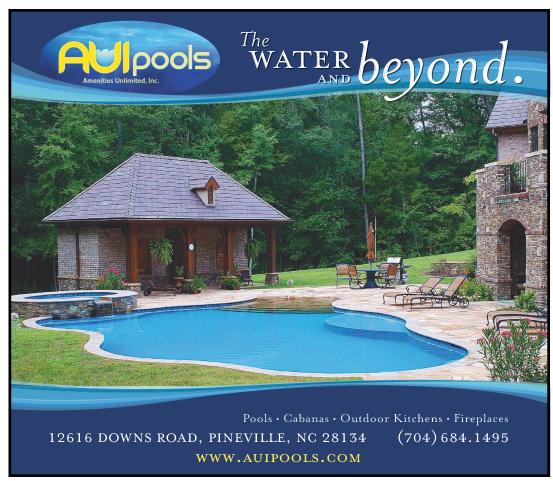
Must-see's include The

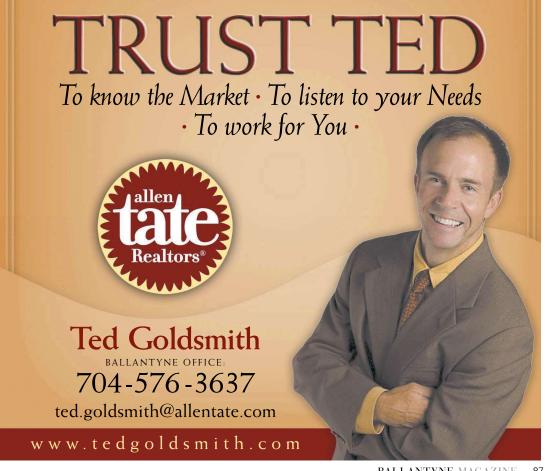


The diaries and manuscripts of Anne Frank are on display at the Anne Frank House in Amsterdam.

Rijksmuseum, which houses Dutch masterworks such as Rembrandt's "Night Watch," the Van Gogh Museum and the Anne Frank House. "Buy your tickets online to avoid the long lines," Rand advises.

Another of her favorites is the Scheepvaart, Holland's







Left: Keukenhof Gardens in Lisse is the country's most popular garden. It has approximately seven million hyacinths, tulips and daffodils.

Below: If you're looking for coffee and bread, find a "brown cafe." A "coffeehouse" means something else in The Netherlands.



national maritime museum, whose exhibitions and replica ship from East India trading days explain how the Dutch made a fortune during the Golden Age. From a culinary standpoint, breakfast consists of bread and cheese or bread smothered in hagelslag, dark chocolate sprinkles. Rand cautions IN HOLLAND, BREAKFAST CONSISTS OF BREAD AND CHEESE OR BREAD SMOTHERED IN HAGELSLAG.



BALLANTYNE MAGAZINE SPRING 2014



A boat tour via the canals of Amsterdam is a great way to see the city.

that marijuana shops are called coffeehouses, so to drink coffee or tea, go to a brown cafe. For lunch she orders kroketten, a crisp fried roll filled with meat and vegetables, served with one of her cravings, patat, thick Dutch fries with mayo or fresh raw herring.

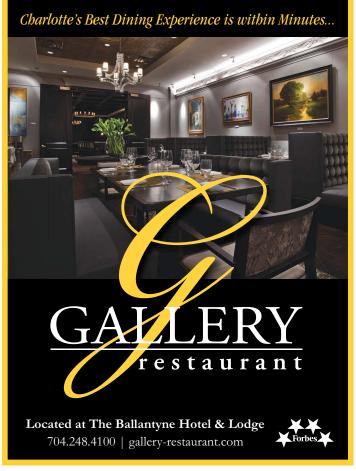
Come dinner, Rand's favorite spot in Amsterdam is L'Entrecôte et les Dames for its set menu of several servings of perfectly prepared entrecôte with bearnaise sauce, salads and side dishes at an affordable price. For fresh seafood lovers, she recommends Visaandeschelde.

Flower Power

Tulip season in Holland runs from mid-March through mid-May, although the optimum

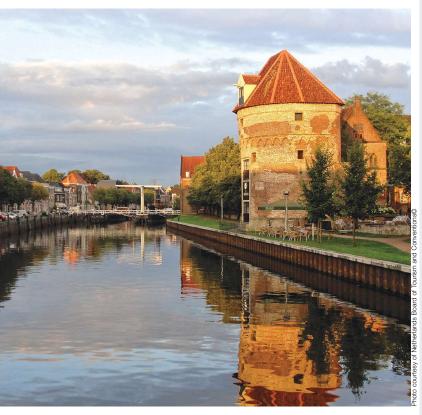






BALLANTYNE

going home



Many Dutch towns are built around canals. This one is in Zwolle, Ingrid Rand's hometown.

viewing time is mid-April. The Noordoostpolder, land reclaimed from the sea, is the center of panoramic fields of brilliantly colored tulip blossoms, but the most popular spot is Keukenhof Gardens in Lisse, with seven million tulips, daffodils and hyacinths.

Rand suggests the best way to catch the fragrance

and colors is on a bike tour, winding through the fields from the historic town of Leiden to the quaint city of Haarlem. While in the region, don't miss the world's largest flower auction market in Aalsmeer.

Due to its proximity to sea level, Holland's flat terrain

continued on page 92



Pedaling among windmills is a popular tourist pastime.



Ingrid Rand enjoys her home in Ballantyne.

RAND LIKES AREA'S DIVERSITY

Ingrid Rand, a native of The Netherlands, spent her career in the hotel industry. After meeting her husband, Ed, while both worked in Manhattan, the couple decided Ballantyne would be the perfect place to raise their two children. They moved here with Ed's business.

Rand has been an active community volunteer, serving on the boards of several local organizations. Today she and Ed travel a lot, but when at home she enjoys gardening, cooking and entertaining. "I love the diversity in this area," she says. "At our local Y's I have become friends with so many people from all over the world."

Airlines

US Airways or Lufthansa to Amsterdam via Frankfurt, or take US Airways' new direct flight from Charlotte to Brussels. Don't rent a car; rely on public transportation.

Hotels

Favorite: The Marriott, near museums, shopping and right on Vondelpark in Amsterdam. Family-priced: The Van Der Valk hospitality chain has affordable hotels throughout the country.

Shopping

Dam Square area or P.C. Hoofstraat and Westermarkt, all in Amsterdam.

Dining

Indonesian restaurants are outstanding. Order the Rijsttafel.

Misses Most

Dutch bread (doesn't have extra sugar or sodium), Old Amsterdam cheese.

Mementoes

Tulip bulbs, Delft and Makkum porcelain, cheese (vacuum-packed choices can be brought back). You can purchase all three items at Schiphol Airport.

Tips

An 18 percent service charge and taxes are included in all bills, but it is customary to leave a small tip. Like most European countries, The Netherlands now requires credit cards with a chip.

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offers easy cycling for people of all ages, and most roads sport bicycle paths. Scenic cycling tours abound, but one of the most traveled is the windmill route in Kinderdijk that trails 19 spectacular mills dating to 1740. "You can stay in charming B&Bs," Rand says, adding that spring weather is unpredictable, so it's wise to bring layered clothing, a rain jacket and small umbrella.

King's Day, Triple Kisses

Now that Oueen Beatrix has abdicated to her son, King Willem-Alexander, this spring on April 26 Holland will celebrate its first King's Day in 100 years. "Everyone will wear orange and celebrate," Rand says.

Among the country's other attractions are Volendam, a picture-postcard village at the top of the country, and Enkhuizen, an ancient walled town known for the Zuiderzee Museum, an open air site with interactive displays that showcase Holland's authentic culture. And no trip



Bicycles outnumber cars two to one in The Netherlands. Amsterdam's Singel Street sported this decorated bike.

to Holland would be complete without a stop at the cheese market at Alkmaar or a cheese factory in the countryside.

When it comes to customs, the Dutch greet each other with three kisses on alternating cheeks. As for

communicating, everyone in Holland speaks English. But to show appreciation for their culture, Rand says there's one expression you can use to pay the Dutch a compliment: "That's so gezellig" which means you had a great time. 🖺



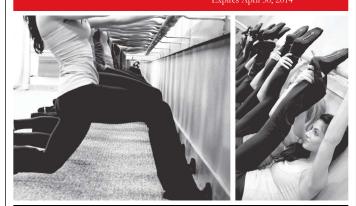
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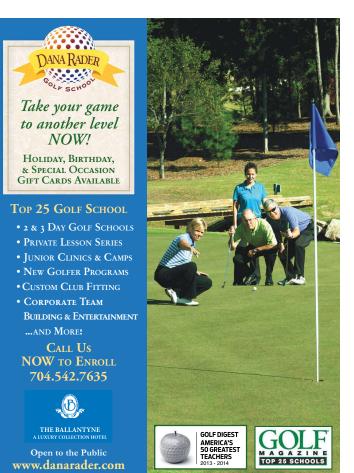
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Solid Contact

Improve Your Short Game with Proper Ball-Striking

By Doug Breuer, Senior Instructor, Dana Rader Golf School Photos by Ray Sepesy

IF YOU WANT CONSISTENT CONTACT and the ability to control distance on and around the greens, make sure to use the club the way it is designed.

All clubs are built with a forward-leaning shaft; hence, the handle is in front of the

club head. When you address and strike the ball (for right-handed golfers), the left wrist will be flat and the right wrist will be bent and behind the shaft (Figure 1). It's important



Doug Breuer









compression. That is the soft feeling of the ball in a well-struck golf shot.

To understand this, think about everyday tools. When we use a paintbrush, the handle is leaning in front of the bristles. With sweeping, a broom is on an angle in front of the bristles. We use a hammer with the butt end in front of its head (Figure 2).

Here is a drill to train the right wrist to stay bent and behind the shaft through impact. Start with your putter and get about one foot from the hole. Hold the club with your right hand only and exaggerate the lean in the shaft to really feel the bend in your right wrist. Hit some putts focusing on the bend in your right wrist and hold your finish every time (Figure 3).

If you let the club head pass the handle and lose the bend, fix it to get the feel of the finish and repeat the putt. Make a lot of practice strokes; this will speed up the process. Then move yourself to five feet from the hole, then 10, 20 and 30. You should then move off the green to the fringe and try it with a lofted club.

The more consistent you are in making solid contact with the ball, the more consistent your distance control will be on and around the greens.

to understand that the golf ball is a compressible object, just like a basketball. When a basketball hits the ground, it flattens on one side (compresses) and springs back up into the air. The golf ball is no different with the exception, of course, that it is a harder object.

To compress the ball, pressure needs to be applied. When a bent right wrist and a forward-leaning club shaft are applied at impact, it puts pressure into the ball — which leads to



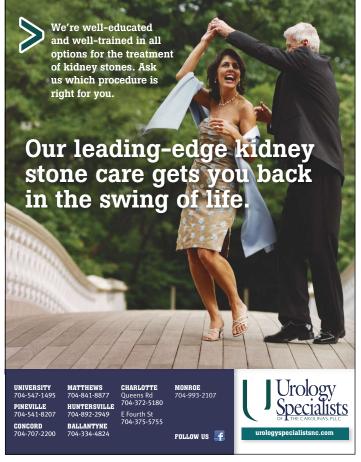


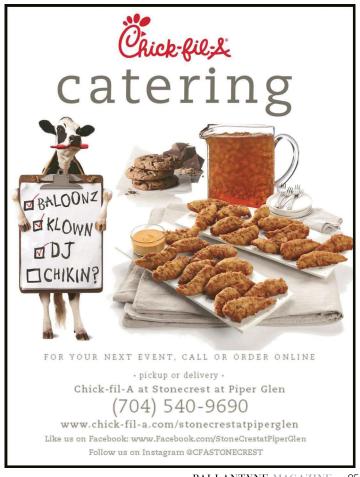


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When spring arrives in Ballantyne, delicate cherry blossoms are a feast for wintery eyes.

Keri Coulson of Trumbell, Conn. captured this flowering beauty at Horton Pond in Ballantyne Corporate Park.

What will be the next inspiring image in this space? It could be yours.

Eye Level features sights, scenes and joys that make Ballantyne special. Email us your images.

They can be of nature, friends, family, landmarks -- anything with a compelling local flair. Send high-resolution images (300 dots per inch or higher) to news@ ballantynemagazine.com. We look forward to hearing from



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