

# BALLANTYNE<sup>®</sup>

magazine

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AND AAHS**  
NANCY LOPEZ  
STILL WOWS 'EM

**UNSUNG  
HEROES**  
ADS KEEP  
THE BALL  
ROLLING

**WELL,  
WELL,  
WELL!**  
HEALTH  
BIG FOCUS  
IN PARK

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MY!**  
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FOR YOU.  
REALLY!**

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Broccoli & Cheese

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Ultimate Crab Soup  
Chicken Tortilla

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## 30 Oohs and Aahs

Golfing great Nancy Lopez still wows crowds, visits Ballantyne.



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This holiday season — and anytime! — you'll find alluring chocolate choices calling your name in Ballantyne.



**ON THE COVER:** Pastry Chef John Applegett of the Gallery Restaurant created this tempting delight just for Ballantyne Magazine. Photo by Shane Baskin/Blackbox Studios.



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## BALLANTYNE magazine

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# Our Toast to Winter

## Dreamy Chocolate, Good Health and Living in Ballantyne!



HERE AT BALLANTYNE MAGAZINE we celebrate winter knowing that to every thing there is a season. Winter spans the warmth and wonder of the December holidays, to the promise of a bright New Year of health and prosperity, right through to Valentine's Day, that yearly remembrance of loves past and present that heralds the coming of spring.

We begin with our cover story on the passion for all things chocolate, that dark, dreamy edible that delights people of all ages. We share the richest ooh-la-la chocolate creations around Ballantyne, including the "Triple-D," Big View Diner's mountainous dessert that dares any chocolate fanatic to eat it in one sitting, for free.

While the merriment of the holidays may allow for one sweet splurge, come January we all resolve to focus on our health, so we kick-start that goal with a special section on the pursuit of wellness.

We begin with a look at inventive ways companies in Ballantyne Corporate Park are helping employees stay healthy. From holding free kickboxing classes to creating an operating room with a view, these firms are on the leading edge of a movement that recognizes a healthy workforce provides a payback for everyone's bottom line.

Since the ideal workplace environment begins with the foundation of a building, we introduce you to Jeff Floyd, the architect instrumental in bringing the vision of Ballantyne Corporate Park to life. You'll go inside the mind of this down-to-earth family man and gain insight into his "placemaking" concept at work in the parks and mini-campuses within the development.

Turning to education, we know that many parents today look to athletic scholarships to help fund their children's college education, so we tackled five Ballantyne-area high school athletic directors for an in-depth interview. Imagine my delight to learn that one, Jimmy Broadway, a basketball coach back during my days at Country Day before he moved to Charlotte Latin School, received the 2010 North Carolina Athletic Directors' Association Lifetime Achievement Award, an honor rarely granted to private school athletic directors (As it

happened, he wasn't wearing socks that day, a trait I remember well).

Sports enthusiasts will also enjoy our exclusive interview with celebrity LPGA golfer Nancy Lopez, who while here in September for LPGA events at The Golf Club at Ballantyne, revealed some ups and downs in her life on and off the links. Competition is on the agenda for our Date Night couple as well, who spend an evening of bowling at The Sports Connection before enjoying their number one culinary pick, the authentic guacamole at Cantina 1511.

Our "One Tank Trip" feature is back with a jaunt to Seagrove, home to potters whose work often appears on "Antiques Roadshow." Few people realize this renowned artist colony is less than two hours from our doorstep. For a fashion trip closer to home, we showcase the latest in coats, boots, gloves, scarves and hats to keep you covered on chilly days. Our "Fab Fare" adds final zest to the winter

This time of year when our thoughts turn to giving, I'd like to thank you, our readers, for helping double the number of pink bows sold by the Ballantyne Country Club Rally for the Cure.

theme with a hearty veal scaloppini, the popular dish at Rudy's Italian Restaurant & Bar in Piper Glen.

This time of year when our thoughts turn to giving, I'd like to thank you, our readers, for helping double the number of pink bows sold by the Ballantyne Country Club Rally for the Cure, a local cancer drive highlighted on our last cover. Your engaged attitude toward the information in our pages is the reason Ballantyne Magazine continues to grow. May each of you enjoy the healthiest and happiest New Year.

JJ Bissell  
Publisher, Ballantyne Magazine



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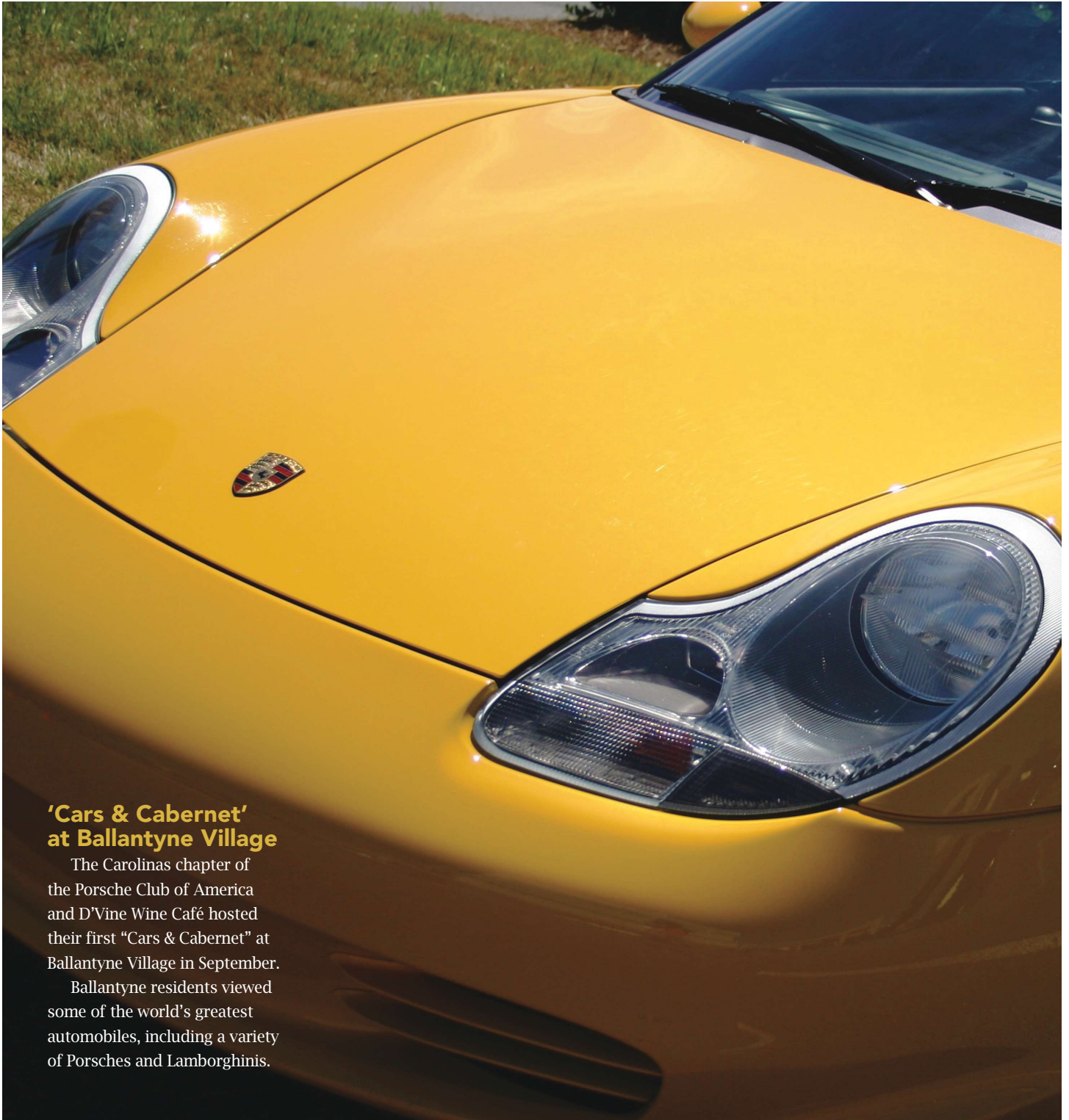
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# WIRE

What's happening in and around Ballantyne

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## **'Cars & Cabernet' at Ballantyne Village**

The Carolinas chapter of the Porsche Club of America and D'Vine Wine Café hosted their first "Cars & Cabernet" at Ballantyne Village in September.

Ballantyne residents viewed some of the world's greatest automobiles, including a variety of Porsches and Lamborghinis.



## NEWS CUES



### LPGA, Nike Host Clinic at Dana Rader Golf School

The Dana Rader Golf School was star-studded with female golf experts September 11 as the LPGA and Nike Golf held a clinic to cover common myths of golf ("Keep your head down!") and much more. Although the weather was less than cooperative, attendees enjoyed the personalities, tips and watching golfing great Nancy Lopez go through her pre-shot routine. To find out what keeps Lopez busy these days, see page 30.



### Inspire! Ballantyne Lures Arts Lovers

The 3rd Annual Inspire! Ballantyne Arts Festival sponsored by the Morrison Family YMCA attracted hundreds of Ballantyne

residents who enjoyed art exhibits, fine music and a culinary tent featuring food by popular local restaurants. Proceeds from the October event benefit the Morrison Family YMCA Giving Campaign to support safe and fun out-of-school-time programs in East Charlotte. Learn more at [www.ymcacharlotte.org/morrison](http://www.ymcacharlotte.org/morrison).

### Community House Hosts BBQ Heritage Day

Lower Providence Community House celebrated its first BBQ Heritage Day in September. The event included vendors, a bake sale and demonstrations by craftspeople. Residents and members showcased antiques inside the old log cabin meeting house, including butter churns and spinning wheels, along with Betsy Peace's private collection of antique dolls. To learn more about the site or joining the group, call 704-905-8334 or visit [www.lowerprovidence-logcabin.org](http://www.lowerprovidence-logcabin.org).



### Davies Wins Tourney at The Golf Club

Congratulations to Karen Davies, winner of the LPGA Teaching and Club Professional National Championship at The Golf Club at Ballantyne. The tournament took place from September 12 to 15.

### YMCA Sets Spring Program, Camp Registration Date

Registration for spring programs and camps for YMCA members begins February 1. Call 704-716-4600 or visit [www.ymcacharlotte.org/morrison/programs/mo\\_programs.aspx](http://www.ymcacharlotte.org/morrison/programs/mo_programs.aspx).

### Celebrate the Season at Ballantyne Hotel & Lodge

This season all the holiday favorites are back, along with a few new events:

**Gingerbread Village:** This enchanting collection of houses fashioned by participants in the annual professional and amateur competition is open to the public from December 11 through December 26. Attendees may vote on their favorite gingerbread house with a \$1 minimum donation per vote, with all proceeds benefitting Levine Children's Hospital.

**Tea with Mrs. Claus:** This year a perfectly pink tea will be held on Sunday, December 5 from 2 p.m. to 4 p.m. to honor Ellie Potvin, a beautiful little girl who lost her courageous battle with pediatric cancer earlier this year. Cost is \$40 per child and \$20 per adult, with 10 percent of the proceeds benefiting the Lift Up Foundation, dedicated to supporting families fighting pediatric cancer. Reservations are required. Contact 704-248-4100

### Chamber Orchestra Holds First 2010-11 Concert

The Ballantyne Chamber Orchestra opened its 2010-2011 season with a concert, "Autumn Applause," in October.

The event, which took place at South Mecklenburg Presbyterian Church in Ballantyne, featured the orchestra playing Beethoven's Egmont Overture and Mendelssohn's Symphony Number One. The concert also featured a guest soloist, New York artist Michael R. Baker performing the Haydn Trumpet Concerto in Eb.

To inquire about sponsorships or to learn more, visit [www.ballantynechamberorchestra.com](http://www.ballantynechamberorchestra.com).



Photo by Benjamin Eppes/Blackbox Studios



or [www.gallery-restaurant.com](http://www.gallery-restaurant.com).

**Cooking School — No Place Like Home for the Hollandaise:** On Saturday, December 11, from 10:30 a.m. to 1:30 p.m., learn how to prepare hearty sauces for the holiday season. The cost is \$65 per person. To make a reservation, call 704-248-4100.

**Brunch with Santa:** Santa Claus is on hand Sunday, December 12, from 11 a.m. to 2 p.m. Children of all ages will enjoy sitting on Santa's lap as well as a delightful brunch buffet, which includes breakfast items, a carving station and decadent desserts. Please bring cameras for photos. Cost is \$39.95 for adults and \$19.95 for children. Reservations are required. Contact 704-248-4100 or [www.gallery-restaurant.com](http://www.gallery-restaurant.com).

**Handbell Choir Performance:** The Chancel Handbell Choir from First United Methodist Church in Gastonia will perform in the Main Lobby for hotel guests and locals on Saturday, December 18, from 10 a.m. to noon.

**Ultimate Cupcake & Cookie Challenge:** On Sunday, December 19, from 2 p.m. to 4 p.m., enter a homemade cupcake or cookie. Cost to enter is \$10, which benefits Levine Children's Hospital. The Ballantyne Hotel & Lodge's culinary team will select winners in three categories. Grand prize for each category is an overnight stay in a Parlor Suite with breakfast in bed. To enter a recipe, complete the entry form available online at [www.theballantynehotel.com](http://www.theballantynehotel.com). Registrations are due by Thursday, December 9. Contact Katie Saunders at 704-248-4007 or [ksaunders@theballantynehotel.com](mailto:ksaunders@theballantynehotel.com) for more information.

**Christmas Day Brunch:** Reserve now for this popular

holiday brunch on Saturday, December 25, from 11 a.m. to 3 p.m. This year features live jazz music from the Ziad Trio. Cost is \$55 per person, \$28 for children, ages 5-12, and complimentary for children ages 4 and under (pricing does not include tax and gratuity). Private dining rooms are available. Reservations required. Call 704-248-4100 or visit [www.gallery-restaurant.com](http://www.gallery-restaurant.com).

**New Year's Eve:** Ring in 2011 with live-spinning deejay Collin, appetizers and drink specials in the Great Hall beginning at 9 p.m. Enjoy a champagne toast at midnight.

**New Year's Day Brunch:** Kick off the new year at a New Orleans-inspired brunch on Saturday, January 1, 11 a.m. to 2 p.m. Cost is \$39.95 per person, \$19.95 for children, ages 5-12, and complimentary for children ages 4 and under (pricing does not include alcoholic beverages, tax or gratuity). Reservations are required. Call 704-248-4100 or visit [www.gallery-restaurant.com](http://www.gallery-restaurant.com).



### Dance Studio Expands, Supports Komen

On October 2, Miller Street Dance Academy celebrated the 3,000-foot expansion of its studio in Rea Village at a party that drew students, family members and the public.

The party also recognized the studio's significant presence in the annual Komen Race for the



### Residents Turn Out For Candidates, Chili

The 2010 Candidate Forum and Chili Cook-off sponsored by the Ballantyne Breakfast Club attracted several hundred Ballantyne residents to meet candidates for office, including Congresswoman Sue Myrick, State Senator Bob Rucho and County Commissioner Jennifer Roberts.

The Charlotte Fire Department's chili entry won the People's Choice award as well as first place by the official judge from Johnson & Wales. This is the second year that the Fire Department's chili has taken top honors.

The Ballantyne chapter of the Charlotte Chamber of Commerce came in second, and Creole Restaurant took third. Beverage and raffle ticket sales from those in attendance brought in \$618 in cash, plus food donations for Second Harvest Food Bank.

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Cure in honor of studio owner, Michelle Rogers, a three-year breast cancer survivor. The studio became a corporate sponsor of the event this year, along with sponsoring a water stop along the course.

In addition, families and students within the studio assembled their largest ever race team, consisting of over 260 people who raised thousands of dollars for the cause.

"I cannot express how blessed I feel to be embarking on my third year of survivorship surrounded by this kind of love and support," Rogers says. "Opening the space on the same day as the Komen Race was just poetic for me."

Enrollment at the school is now over 1,200, with another 300 dance students at her Baxter Village location. To learn more, call 704-889-8637 or visit [www.millerstreetdanceacademy.com](http://www.millerstreetdanceacademy.com).

## Church Launches Trips For Active Retirees

St. Matthew Catholic Church STARS (Seniors That Are Retired + an "S") invite active retirees, empty nesters and boomers to join them on luxury motor coach tours departing from Ballantyne.

Upcoming trips include: Old Salem at Christmas, including a Christmas Candle Tea Tour and optional lunch at the Old Salem Tavern on Wednesday, December 9 from 7:30 a.m. to 5:30 p.m. (cost \$43 per person); McAdenville Christmas Lights & Billy Graham Library Christmas Celebration on Thursday, December 10 from 2 p.m. to 8 p.m. (\$18 per person); and a Charlotte City Tour on Wednesday, January 20 from 10:15 a.m. to 4 p.m. (cost \$38 per person).

For details, contact Michelle Hitselberger at 704-989-3617 or Coletta Pellino, STARS president, at 704-543-7677.



## Ballantyne Village Hosts Super Bowl Sale

Merchants in Ballantyne Village will hold a mega Super Bowl Sale on Sunday, February 6 from 1 p.m. to 5 p.m. Details: [www.ballantynevillage.com](http://www.ballantynevillage.com).

## Breakfast Club To Review Area's Accomplishments

The final 2010 meeting of the Ballantyne Breakfast Club will be Saturday, December 4 and feature presentations from The Bissell Companies on growth during the year and projections for 2011. Meetings are at the Ballantyne Hotel & Lodge starting at 9 a.m.

Attendees can come early for complimentary coffee and refreshments beginning at 8:30 a.m. All meetings are free, and the public is invited to attend. Details: [www.ballantynebreakfastclub.com](http://www.ballantynebreakfastclub.com).

## Check Out Local Chamber Meetings

The Ballantyne chapter of the Charlotte Chamber of Commerce will meet Thursday, January 6 and Thursday,

February 3. Topics and speakers will be announced soon. To register for a meeting, go to [www.charlottechamber.com](http://www.charlottechamber.com). Fee is \$20 in advance and \$25 at the door.

The chapter is also seeking volunteers for the Ballantyne Connectors and the annual Ballantyne Business Bash event committee.

## THE YOUNGER SET



## Elon Park Raises \$40,000

Elon Park Elementary recently held its 3rd Annual Fun Run, the primary fundraiser for the school. According to Melody Amendola, vice president of fundraising for the school, this year's event overwhelmingly surpassed the goal of \$25,000, raising \$40,000.

Held in conjunction with an organization known as FundRunners, the Fun Run involved students who obtained pledges from sponsors per lap.

To donate or learn more, e-mail [mpamendola@carolina.rr.com](mailto:mpamendola@carolina.rr.com) or visit <http://pages.cms.k12.nc.us/gems/elonparkpta/FundRunnersAdditionalInforma.doc>. All donations are tax deductible.

## BIZ BUZZ



## Builder Moves to Ballantyne Village

Cunnane Group Inc., a family-owned and operated new home builder, has moved its office to Ballantyne Village on the second floor (near Dental Arts).

The company is currently building new homes in five areas in Charlotte. For more information, visit [www.cunnanegroup.com](http://www.cunnanegroup.com).

## Martin Opens Investment Office



Sean Martin is on the second floor above Villa Antonio.

Martin recently relocated from Philadelphia. He is a graduate of Temple University with a degree in finance. For a free consultation, contact him at 704-544-5055 or [sean.martin@edwardjones.com](mailto:sean.martin@edwardjones.com).

## Aloft Wins LEED Certification

Bissell Development has been awarded LEED certification for Aloft Charlotte Ballantyne, which is the first Aloft hotel in the Carolinas to achieve this designation and only the 10th LEED-certified property for Starwood Hotels and Resorts Worldwide Inc.

LEED is the nation's preeminent program for the design, construction and operation of high performance green buildings.

Aloft Charlotte Ballantyne,



Mecklenbug ENT and Dr. Joshua Levine welcome Casie Keaton as Clinical Audiologist to their Ballantyne office. Now accepting pediatric and adult patients for hearing evaluations, hearing aid screenings, ear infections, sinus and allergy disease, sleep apnea, and head and neck surgery.



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which opened in 2009, achieved LEED certification for sustainable site development, water savings, energy efficiency, materials selection, indoor environmental quality and innovation in design.

## UPS Stores Donate Copies to Schools

The UPS Stores in Ballantyne Commons East, Blakeney Crossing and Weddington Corners are donating 10,000 copies and paper to local schools. Jay Patel, owner of the stores, says that state funding cuts have virtually eliminated the ability of public schools to make copies, so the stores are helping out.

Anyone wishing to aid this effort can purchase a 100-copy prepaid card for \$8, and the stores will add a 100-copy prepaid card free. All copy cards will be for the school of the donor's choice, can only be used for school business, and can be redeemed at one of the three UPS stores. For more info, call 704-943-1367.

## Insurance Company Joins Corporate Park



Sompo Japan Insurance Company of America, a provider of insurance services and a

wholly owned subsidiary of Sompo Japan Insurance of Tokyo, has relocated of its New York operations to Ballantyne Corporate Park.

The move created 46 jobs in information technology, accounting, statistical reporting and claims, including product liability, large property and marine claims.

The new office is located in the Hayes Building at 11405

North Community House Road.

Sompo Japan, which focuses on U.S. operations of international businesses, began moving its U.S. operations to Charlotte in 2003 with the formation of SJA Insurance

With the growth of its SJA Agency business, Sompo has decided to move all shared services within its operations to its Charlotte location. Sompo Japan America will remain a New York domiciled insurance company and maintain its corporate headquarters in New York City.

For more information, contact Russ Watkins at SJA Agency at 704-759-2532 or visit [www.sompo-japan-us.com](http://www.sompo-japan-us.com).

## Salutations Launches 'Hot Off the Press'

Salutations Fine Stationery and Gifts in Ballantyne Village recently began offering speed and convenience to customers by printing personalized invitations while the customer shops.

Holly Bretschneider, owner and chief style officer of Salutations, explains that all a customer has to do is select any invitation flagged with a "Hot Item" tag, and the staff will prepare the proof on the spot for the customer to review, and then print the invitations.

More details can be found at [www.salutations.com/inspirations-blog](http://www.salutations.com/inspirations-blog). To contact the store, call 704-369-5260.



## Sales Company Opens in Corporate Park

Cariescan LLC has established a North American presence

## Michele Mosher Buys Sakrid Clothing

Michele Mosher of Waxhaw has purchased Sakrid Clothing, a brand that focuses on smart and wholesome messaging and today's modern family and style.

Sakrid already has a small local following and can be found at boutiques in Blakeney Village and The Metropolitan in Midtown Charlotte. To learn more, visit [www.sakridclothing.com](http://www.sakridclothing.com).



with an office in the Chandler Building at Ballantyne Corporate Park. The office is responsible for the sales and marketing of the CarieScan PRO, a hand-held device for early detection and monitoring of dental caries (tooth decay). The device is sold exclusively through Patterson Dental. To learn more, visit [www.cariescan.com](http://www.cariescan.com).

## Growth Spurs Larger Quarters



ATTUS Technologies has relocated into a larger office at 13860 Ballantyne

Corporate Place. The firm provides software and services for regulatory compliance, homeland security and fraud prevention. Over 4,500 financial institutions and other clients nationwide use ATTUS for governmental regulatory compliance. For more information, visit [www.attustech.com](http://www.attustech.com).

## Billion Flex Locates In Ballantyne Village

Billion Flex USA Inc., a plastic shopping bag manufacturing company established in India in 1970, recently located its offices in Ballantyne Village. Since its inception, Billion Flex has been catering to the demand for high quality shopping bags in a variety of colors, sizes, materials and gauges. For more information, visit [www.billionflex.co.in](http://www.billionflex.co.in).



## Jeld-Wen Design Center Holds Opening

The Design Center, a new retail concept offering Jeld-Wen windows, doors and garage doors, as well as professional installation services, held its grand opening in October.

The new center, which is intended to serve homeowners replacing or remodeling who want a full-service installation, is located just south of Ballantyne at 9484 Old Bailes Road. To learn more, call 800-276-0411 or visit [www.thedesigncenter.com](http://www.thedesigncenter.com).



## Mark Antonich Recognized Again

Mark Antonich of Ameriprise Financial in Ballantyne has earned a second year of recognition as a "FIVE STAR Best in Client Satisfaction Wealth Manager," as noted in the September issue of Charlotte Magazine.

For more information, call 704-926-7552 or visit [www.ameripriseadvisors.com/mark.x.antonich](http://www.ameripriseadvisors.com/mark.x.antonich).

## Local Networking Group Taps Schulenberg

Carol Schulenberg, owner of Ballantyne Home Staging, is the new secretary/treasurer for the Ballantyne chapter of Business Networking International (BNI). Individual chapters offer members the opportunity to

## Construction of Calhoun Building Underway

Bissell Development has begun construction of the Calhoun Building, a speculative 140,000-square-foot office building in Ballantyne Corporate Park, and one of only a handful of speculative office projects in the country.

Named in honor of community leader Andy C. Calhoun, president and chief executive officer of the Charlotte YMCA, the Class A building will be located on North Community House Road and complete the four-building, campus-like setting that overlooks the 12th hole of The Golf Club at Ballantyne. Set for completion in April 2011 and built to LEED Gold specifications, the Calhoun

will feature six stories and free structured parking.

The Topping Out Ceremony shown here marks the completion of steel-frame

construction (see related story on page 52). The Calhoun Building was designed by LS3P Associates and is being built by Cox Schepp Construction.



Smoky Bissell (from left), Margaret Bissell, Andy Calhoun, Katey Calhoun and Joann Calhoun attend the Topping Out Ceremony for the Calhoun Building.

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## Putting Contest Draws Crowd

The Bissell Companies held its 7th Annual Knotts Cup putting contest on Knotts Green in Ballantyne Corporate Park in September. This year's winner was Denny Ward with State Farm Insurance. David Bradford with The Hanover Insurance Group took second place, and Brian Parrish with Merrill Lynch came in third.

Nearly 30 contestants from tenants in the Chandler, Simmons and Hixon office buildings competed in the nine-hole putting challenge on Knott's Green, a popular amenity for tenants just outside their buildings. More than 1,000 tenants enjoyed lunch and cheered on their company representative.

share ideas, network, develop relationships and share business referrals.

The Ballantyne chapter, which is currently Charlotte's largest BNI group with 40 members, invites new members to join them every Thursday morning at 7:15 at Newk's Express Café in Blakeney Crossing. For details about BNI, visit [www.bni.com](http://www.bni.com). Call 980-322-5825 or visit [www.ballantynehomestaging.com](http://www.ballantynehomestaging.com).

## Travel Weekly Honors CruiseNow

CruiseNow.com recently received two Gold Magellan Awards from Travel Weekly for excellence in the travel industry. The prestigious travel awards honored the website for its design, effectiveness and web marketing. Calling itself the "next generation in online cruise marketing," CruiseNow.com

features innovative CruiseText and in-depth CruiseCast videos. To learn more, visit [www.cruisenow.com](http://www.cruisenow.com).

## Desirae Walker Joins Revita



Revita Anti-Aging Center welcomes Desirae Walker as its new wellness

Desirae Walker coordinator. She serves as an educational consultant as well as director of marketing and manager of patient relations. She specializes in educating clients about living a well-rounded healthy lifestyle through bio-identical hormone replacement therapies and HCG weight loss. Revita Anti-Aging Center also recently added a men's clinic. For information, call 704-319-5530 or visit [www.revitaantiagingcenter.com](http://www.revitaantiagingcenter.com).

NOW OPEN!



## New Breakfast Spot In Ballantyne

Skillets is now open at Ballantyne Commons and North Community House Road, in Ballantyne Corners. This is the first offshoot of the popular Naples, Fla. full-service restaurant known for its breakfast items served all day, including fresh-baked scones and biscuits.

Owner Ross Edlund says the Florida fan club comes especially for Skillets'

smokehouse bacon, special skillet potatoes and fresh-squeezed orange juice. Other signature items include its Belgian Waffles and Whole Stone-Ground Wheat Pancakes.

The Ballantyne location seats up to 150 diners, and includes a coffee/espresso bar, patio seating and the Pioneer Room for private or corporate groups. Details: 704-752-5885 or visit [www.skilletforbreakfast.com](http://www.skilletforbreakfast.com).

## Papa Murphy's Take 'N' Bake Pizza Opens

Papa Murphy's Take 'N' Bake Pizza is now open in Blakeney Crossing.



Total Wine Store Manager Drew Wegrich (from left) and Senior Vice President Mark Powell join New Leaf Foundation members John Gennings, Laura Gennings and Pastor Ken Gilliard.

## Promenade Welcomes Total Wine & More

Total Wine & More has opened in Promenade on Providence. The wine superstore sells over 8,000 different wines, 2,000 spirits and 1,000 beers.

Store Manager Drew Wegrich says the store boasts the company's most modern floor plan and technology. It also has a Wine Education Center that offers wine classes (\$25 fee) and beer classes (also for a fee). This same room, which can accommodate 80 people, is available for rent.

At the recent grand opening, Total Wine donated \$10,000 to the New Leaf Foundation, a South Charlotte nonprofit that supports inner-city families with urgent needs.

To learn more, call 704-841-1212 or visit [www.totalwine.com](http://www.totalwine.com).



The take-out pizza parlor features all fresh ingredients on pizzas made to order for cooking at home.

Owner Kip Kilen and his brother Cole, who manages the store, note that unlike other pizza eateries, they have no investment in ovens or freezers, so those monies instead go to purchasing the finest fresh ingredients daily.

Try their signature Herb Chicken Mediterranean Thin Crust deLite. They offer all styles of pizza made to order, including New York and Chicago, along with appetizers, side salads and desserts such as Chocolate Chip Cookie Dough to bake. Customers can call ahead to place an order. Details: 704-752-5995 or [www.papamurphys.com](http://www.papamurphys.com).



## Restaurants Join Ballantyne Corners In Spring

York Development Group has leased space in its second building at Ballantyne Corners Shopping Center to a bistro with a rooftop bar, as well as to Jet's Pizza and Chang's Asian Bistro.

A potential fine arts center is also being explored, featuring dance and music lessons and a fine arts preschool. Other tenants that have signed leases include Posh

Nails and a dry cleaner. The new retail space is scheduled to open in late spring, 2011. For details, visit [www.ballantynecorners.com](http://www.ballantynecorners.com).



## City Cigar Debuts in Blakeney Crossing

A retailer of fine cigars and cigar accessories, City Cigar Company recently opened in Blakeney Crossing. Owned and operated by Todd McCranie, the cigar store offers one of the largest walk-in humidors in the state.

McCranie and his family

have also owned and operated McCranie's Pipe & Tobacco Shop in Park Road Center for many years. The store's grand opening in early December will feature the new Brick House line of cigars. Contact the store at 704-543-1411, or visit [www.citycigarco.com](http://www.citycigarco.com).



**mobile**

## 'Mega' Store Comes to Carolina Place

Best Buy recently held the grand opening of its "Mega" Mobile store in Carolina

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## Music Studio Debuts in Ballantyne

Karl Mokai, owner of Streetwise Music Instruction, will open his third studio in the planned Ballantyne Arts Center at Ballantyne Corners in February 2011. His original studio in Indian Trail and second location in The Fountains at Ardrey Kell are designed to appeal to future rock stars. The Ballantyne studio will be a blend of both locations, to create broader appeal.

Streetwise Music specializes in private music instruction for guitar, bass guitar, piano, drums and vocals, including a popular rock and pop program called "The Rock Shop." Instructors work with advanced students to form a band, create a set list and learn solos and performance techniques. Within several months, the band performs live at one of Charlotte's popular music venues, such as Tremont Music Hall and Amos' Southend.

For more information, call 704-219-6756 or visit [www.streetwisemusiconline.com](http://www.streetwisemusiconline.com).

## Brain Training Center Opens



Dr. Vicki Parker has opened The Brain Trainer, a research-based brain training and speech therapy center at 11030 Golf Links Drive, Suite 204. The

Brain Trainer offers speech therapy and helps children and adults learn and communicate better. The new center also serves students struggling with reading and math difficulties, ADD/ADHD, autism and Asperger's, and language and speech disorders, as well as gifted students who want to excel even more.

Parker, who has her Ph.D. in speech language pathology with a concentration in neuroscience, has worked in this field for nearly 30 years, including in hospital settings. To learn more, call 704-541-1373 or visit [www.thebraintrainer.com](http://www.thebraintrainer.com).



## SWEET CHARITIES



## Helen Adams Realty Launches Charity

Realtors® in the Ballantyne office of Helen Adams Realty have formed "A Realtor's® Heart and Hand," a charitable group that now encompasses all of the Helen Adams Realty offices in Charlotte. Each month the group selects a charity to give back to the community.

In September, members dropped off clothing at Crisis Assistance. In October, they supported a food drive for Second Harvest Food Bank. They chose the Men's Shelter of Charlotte for November and the Angel Tree at A Child's Place for December. To donate or learn more, call 704-341-0279 or visit [www.helenadamsrealty.com](http://www.helenadamsrealty.com).

## Student Authors Raise Breast Cancer Awareness

Inspired by a breast cancer awareness campaign last year by Family Career and Community

## Lite UP Charlotte Benefits BLOOM Project

Outland Cigars in Ballantyne Village and Paschal Promotions held the First Annual Lite UP Charlotte event this fall to benefit the BLOOM Project (Believing Lives Of Orphans Matter).

Lindalynn Kakadelis, owner of Outland Cigars, noted that an estimated 140 million orphans in the world are living without one or both parents, some in very desperate conditions. BLOOM, a nonprofit based in Charlotte, connects those with a heart for orphans with the opportunity to put their passion into action to help improve their lives.

The 140 attendees received a desktop humidor with 20 cigars, participated in a beer and wine tasting and sampled food from local restaurants. To see more, visit [www.liteupcharlotte.com](http://www.liteupcharlotte.com).



Leaders of America (FCCLA), Ardrey Kell High senior Heidi Egges and classmate Allison Eddy have written and published a children's book, "Ruthie and the Pink Fairy."

The goal of the book is to help children learn about hope and bravery when someone they love is diagnosed with breast cancer.

The finished book completed the Ardrey Kell FCCLA team's Chapter Service Project, which brought it a gold medal at the state level and a silver medal at national competition in Chicago. For more information or to purchase the book, go to [www.bccrally.com](http://www.bccrally.com).

## BCC Rally for the Cure a Big Success

The all-volunteer committee for the 7th Annual Ballantyne

Country Club (BCC) Rally for the Cure reports that the campaign was again a major success.

The BCC Rally raised \$168,000 to benefit Susan G. Komen for the Cure. The Charlotte affiliate of Komen received 75 percent of the funds to benefit people living in Mecklenburg and nine surrounding counties. The remaining 25 percent went to national research to help find a cure.

The event began in June when the Barracudas swim team sold sno-cones, and continued through the summer with a fashion show presented by Reign Fine Apparel of Stonecrest.

In September, Skatell's Manufacturing Jewelers hosted a glittering event at their Pineville store. Skatell's became a Pink Diamond Partner this year, joining Lance Inc., Carolinas




Medical Center-Pineville; and Carolinas Medical Center-Blumenthal Cancer Center.

The tennis tournament was the first of the main Rally events this year, followed by Family Day. The ladies' golf day remained the focal point of BCC Rally week. During lunch, inspiration was offered by Carrie Glasscock from SGK Global; Dr. Jeffrey Kneisel, medical director of Blumenthal Cancer Center; Shawna Platé, breast services marketing manager for Charlotte Radiology, and featured speaker Sheri Lynch, co-host of 107.9 The Link's Bob & Sheri Show.

The Pink Bow campaign, the selling of pink bows to decorate neighborhood mailboxes, expanded exponentially this year, with ribbons now appearing in New York, Chicago and the Cayman Islands. The BCC Rally also partnered with Ardrey Kell High School to publish a student-

written children's book called "Ruthie and the Pink Fairy" (see previous page).

The grand finale for this year's BCC Rally was the Aces and Graces Gala. Dr. Terry Sarantou and Dr. Steven Limentani from Carolinas HealthCare System explained how events like this are vital in raising funds for much needed cancer research and support.

The featured speakers were husband and wife team Drs. Kara and Bryan Criswell, Ballantyne-based cosmetic and reconstructive surgeons, who spoke about the more than 350 courageous breast cancer survivors they have assisted. Voice of the Panthers, Mick Mixon, encouraged diners in the live auction and entertained pink-clad party-goers by leading his band, Mick Mixon and the Ultras. To learn more, visit [www.bccrally.com](http://www.bccrally.com). 

## Lemonade Stand Supports Premies

After Izzy Gorden was born, she spent time in the Neonatal Intensive Care Unit (NICU) at Carolinas Medical Center in Pineville. Her mother, Carole Gorden, decided she wanted to give something back to the community as a way of thanks, so she and Izzy launched "Peace, Love, and Lemonade," a charitable endeavor selling lemonade and tie-dye clothing to raise money for premies at CMC Pineville's NICU.

The two have set up their lemonade stand at numerous Charlotte locations, including the Blakeney Boo Bash, where they sold 950 cups of lemonade. Izzy and her family have now raised over \$6,000 in sales and donations, far in excess of their initial \$500 goal. On December 21, Izzy's birthday, they will present a check and stuffed animals for babies in the unit to CMC Pineville at 10 a.m.



Izzy Gorden and her mom have raised over \$6,000 selling lemonade.



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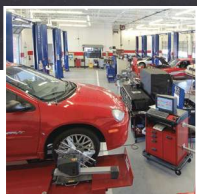
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# PEOPLE TO KNOW

Meet Our Community's Fascinating Personalities

Photos by Ray Sepesy



IN EACH ISSUE, we feature three of the many interesting people who call the Ballantyne area home. Our Q&As range from retailers, business executives and other professionals to full-time homemakers, former pro athletes, retirees — and everyone else in between. Just like the demographics of the community, our Ballantyne Faces hail from Charlotte, the Carolinas and all over the world.

This time, you'll learn about a YMCA executive whose ideal vacation would be to go island hopping on a private boat with his family; a restaurant owner who would like famed chef Mario Batali in his golf foursome and a communications professional at Lance Inc. whose biggest pet peeve is people who don't say "please" and "thank you."

So, please meet Kristen Oleson, Steve Bowers and Mike Libretto.



## KRISTEN OLESON

**Birthplace:** Exeter, N.H.

**Job:** Develops and executes communications and corporate-branding initiatives at Lance Inc., one of the largest manufacturers of snack foods in North America

**Favorite College Team:** UNC Chapel Hill

**Biggest Pet Peeve:** People who don't use manners — a genuine "please" or "thank you" goes a long way

### **What do you like most about your job?**

My enthusiasm for writing and for creating innovative solutions for communications and branding makes my job seem less like work and more like daily pursuit of my passions. Although Lance employs over 5,000 people, we enjoy a distinct corporate culture that is fun, friendly and family-like.

**Do you live in Ballantyne?** I count myself lucky to live in the very heart of Ballantyne, Ballantyne Village. Not only does Ballantyne boast the best of everything I need in my day-to-day life, but the scenery and architecture are gorgeous, the people are wonderful and the location is optimal — especially for me. My office and my family are both within five miles of my Ballantyne home.

**What is your favorite Ballantyne-area restaurant?** Anyone you ask will tell you that I am a picky eater, so these restaurants deserve serious kudos: For a delicious and healthy dinner, I always enjoy Jade — especially the "Jewelry Box" and "Cherry Blossom" rolls. For something out of the ordinary, I crave the fresh, authentic Mediterranean cuisine that Kabob Grill offers. For a casual lunch, JJ's Café is a perfect choice — it's conveniently located in my office building and the service is impeccable. I also frequent D'Vine Wine Café, where the atmosphere is always alive and the wine is always flowing!

### **What is your favorite outdoor activity?**

Ballantyne is a runner's dream. I'm so thankful for the hilly, safe sidewalks and the long, shaded greenways. I love taking my dog, Kloe, for runs with me throughout Ballantyne.

see KRISTEN on page 29





## STEVE BOWERS

**Birthplace:** Newport Beach, Calif.

**Job:** Community vice president,  
YMCA of Greater Charlotte

**Favorite College Team:** University  
of Florida Gators

**Biggest Pet Peeve:** "Can't Do"  
attitudes

**What do you like most about your job?** I like the opportunity to serve others and build a better community.

**Do you live in Ballantyne?** I moved to Ballantyne in 2003 to work for the YMCA of Greater Charlotte, which is one of the best Y systems in the country. I was brought here to specifically develop the YMCA in Ballantyne and surrounding areas.

**What is your favorite Ballantyne-area restaurant?** When it's just my wife and I, we enjoy going to Firebirds. As a family, we head to Big Daddy's.

**What is your favorite outdoor activity?** Running in Ballantyne Corporate Park and volunteer coaching at the Y for my kids' sports.

**Describe your dream vacation?** Island hopping on a private boat with my family.

**What is the title of the last book you read?** "Showing Up For Life" by Bill Gates Sr. I would recommend it because of his insight on raising successful children, professional success and the critical role philanthropy plays in our modern world.

see STEVE on page 29



## MIKE LIBRETTO

**Birthplace:** Queens, N.Y.

**Job:** Owner, Libretto's Pizzeria & Italian Kitchen in Ballantyne Commons East and The EpiCentre

**Favorite College Team:** None, but finds college sports "incredible to watch. Those athletes play for passion, not a paycheck."

**Biggest Pet Peeve:** Having to ask for something twice

**What do you like most about your job?** My life revolves around food, and I love to watch people enjoying their experience in our restaurants.

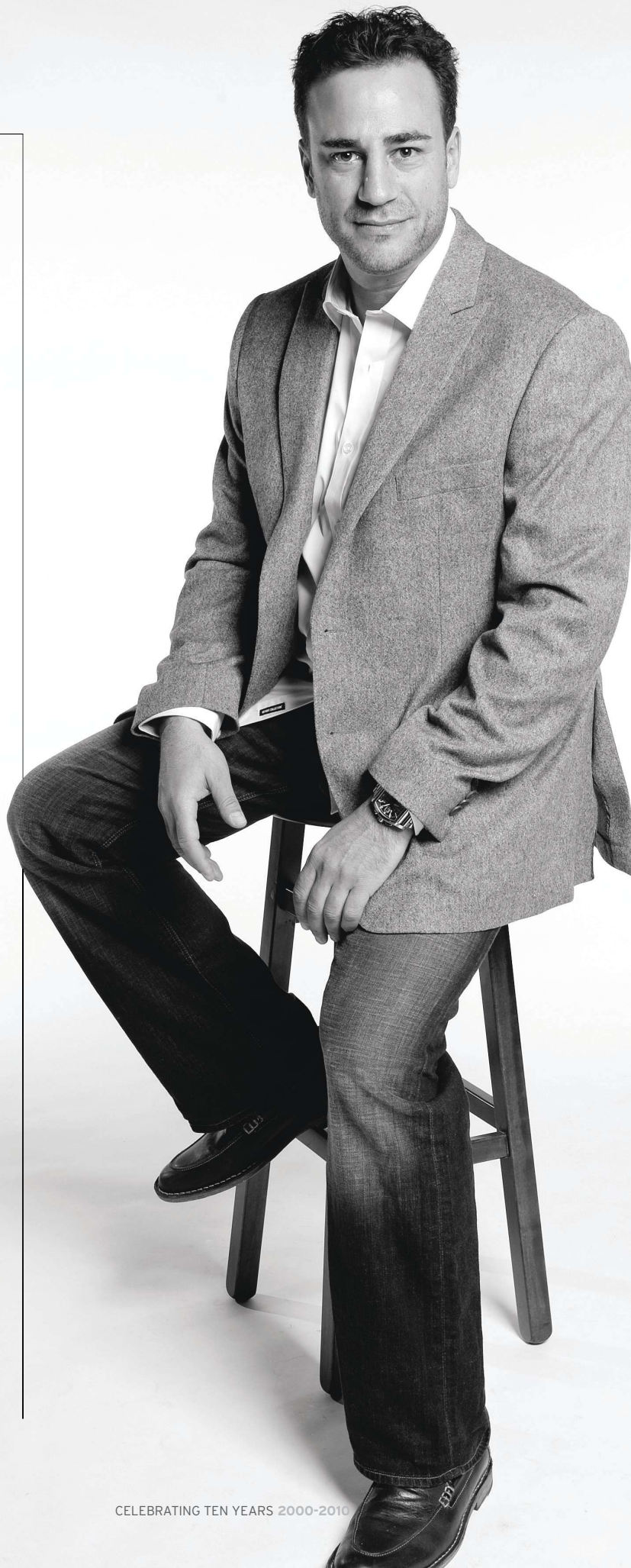
**Do you live in Ballantyne?** I split my time between Charlotte and New York City. I originally came to Charlotte back in 2008 for work, to open our location in the EpiCentre. Turns out I really enjoy being here and have made a lot of great friends along the way.

**What is your favorite Ballantyne-area restaurant?** That's a loaded question! Big Daddy's is in the same shopping center as we are, and they make a great burger, so I will give them the number two spot.

**What is your favorite outdoor activity?** I like to golf in the warmer weather, and snowboard in the winter. Ballantyne has a number of great golf courses. I try to get out west once or twice a year to snowboard. Jackson Hole in Wyoming and The Canyons in Park City (Utah) are two of my favorite mountains.

**Describe your dream vacation.** Anywhere that my cell phone doesn't get reception! I'll take a trip to Italy any day, just to eat and drink wine.

see MIKE on page 29





■ KRISTEN - continued from page 26



**Describe your dream vacation.**

I always seem to be on the go, so I am sometimes convinced my

dream vacation would be a "Staycation!" In my dreams, I would love to journey through Europe or experience the beauty of the Greek Isles. In reality, I am currently planning a relaxing trip to the Turks and Caicos Islands.

**What is the title of the last book you read?** At Lance, we are in the midst of a proposed merger, so I just finished reading "Leading Change" by John P. Kotter, which I would recommend to any leader experiencing change in the workplace. I just began "The

Glass Castle" by Jeannette Walls.

**What news source provides you the daily news?** I get most of my news from online sources such as [www.nytimes.com](http://www.nytimes.com) and [www.msnbc.msn.com](http://www.msnbc.msn.com). For local news, I rely on the The Charlotte Observer and the Charlotte Business Journal. Because of the nature of my job, I often receive breaking news through e-mail alerts, the social media landscape and constant monitoring of websites such as [www.reuters.com](http://www.reuters.com). I listen to NPR in the car, but I rarely watch televised news.

**What are your favorite websites?** It's shameful, but I visit Facebook quite often, for both professional and personal reasons. I'm a planner by nature (ask my friends!), so I love to visit sites like [www.go-ballantyne.com](http://www.go-ballantyne.com) and

[www.charlottesgotalot.com](http://www.charlottesgotalot.com) to stay informed about events going on in our area. I frequent [www.anthropologie.com](http://www.anthropologie.com) much more than is advisable, according to my bank account. I am a Google fanatic.

**What charitable organizations are you involved with?** For almost six years now, I have been heavily involved with the efforts of the Cystic Fibrosis Foundation. The volunteers are so dedicated, the families we help are amazing and the efforts of our work are very tangible. Recently I have been involved with the BCC Rally for the Cure, an organization I hope to continue to work with far into the future.

**Tell us what gadget or toy you wouldn't live without.** My BlackBerry — I am lost without it!

**If you play golf, name three people you would like to include in your foursome at The Golf Club at Ballantyne?** I'd love to spend time with the talented golfer, Charlotte Bobcats owner and my fellow Tar Heel, Michael Jordan. I have also always wanted to see my Grandpa in action on the golf course — he was a force to be reckoned with in his day and still plays a pretty mean game of golf! Lastly, I would need some comic relief to deflect from my less-than-impressive golf skills. I never tire of the movie "Happy Gilmore," so I'd invite Adam Sandler. Michael, Adam and I would have to be prepared to walk all 18 holes just like my Grampy who still walks the course at the age 72!

■ STEVE - continued from page 27



**What news source provides you the daily news?**

The Charlotte Observer and

The New York Times' weekend edition.

**What are your favorite websites?**

[www.ymcaharlotte.org](http://www.ymcaharlotte.org), [www.hbr.org](http://www.hbr.org) and [www.bing.com](http://www.bing.com)

**What charitable organizations are you involved with and why?** The YMCA, because it has the greatest capacity to successfully

impact important things in a community (health, youth development and helping those who are in need). Also, St. Matthew Catholic Church and its school.

**Tell us what gadget or toy you wouldn't live without?** My iPod and BlackBerry.

**If you play golf, name three people you would like in your foursome at The Golf Club at Ballantyne?**

My grandfather, my father and my son. Can my daughter play, also? (Yes, she is welcome, but that would be a fivesome, of course.)

■ MIKE - continued from page 28



The views aren't terrible there either.

**What is the title of the last book you read?**

"Kitchen Confidential" by Anthony Bourdain. I'd recommend this book to anyone who has ever eaten in a restaurant. He writes great stories about the crazy personalities that you can find working in a kitchen.

**What news source provides you the daily news?** I have a few icons on my BlackBerry that I click on when I have a spare minute: ESPN, USA TODAY. I like to pick up the NY Post when I can. It's like news light — you can read the entire paper in under three minutes and you're all caught up!

**What are your favorite websites?** Google gets me everything I am looking for. Also, [www.foodandwine.com](http://www.foodandwine.com)

has great insight into, well, food and wine. I've found [www.gilt.com](http://www.gilt.com) a great place to buy clothing.

**What charitable organizations are you involved with?** We do a lot with the neighboring schools in Ballantyne. That may not be considered a charity, but it feels good to be able to help them raise money for the PTA or the kids' activities.

**Tell us what gadget or toy you wouldn't live without.** Sadly, my BlackBerry. My iPad is pretty cool too.

**If you play golf, name three people you would like to include in your foursome at The Golf Club at Ballantyne?** Jack Nicklaus — if he can't straighten out my hook, nobody can. Mario Batali — we will have to eat at some point and nobody knows food like he does. George Steinbrenner — the one and only "Boss."



At the height of Lopez's career, she won 42 tour titles (1978-89).

# Oohs and Aahs

**Golfing Great Nancy Lopez  
Visits Ballantyne, Still Wows**

By Susan Shackelford  
Photos by Michael Lobiondo



**Right:** Lopez — and her bag — travel far and wide promoting golf.  
**Below:** Teaching pro Debbie O'Connell (left) shares a laugh with Lopez.  
**Bottom:** Approximately 100 golfers attended the golf clinic that featured top teaching pros.



The event drew top LPGA brass and fanned talk of an LPGA tour event to Charlotte.

WHEN NANCY LOPEZ stepped up to the practice tee at the Dana Rader Golf School, she smacked the ball so long and straight with her trademark swing that “oohs” and “aahs” filled the air.

The only louder reaction had come minutes earlier when LPGA teaching professional Julie Cole introduced the golfing great to the crowd, on hand for a clinic in conjunction with the 23rd annual LPGA Teaching and Club Professional National Championship. In September, the tournament began a three-year run at The Golf Club at Ballantyne.

The event drew the top brass of the LPGA and fanned talk of bringing an LPGA tour event to Charlotte. “We just need a guy to write a big check,” says LPGA Commissioner Mike Whan,

referring to a title sponsor (see page 32).

Meanwhile, Cole’s introduction featured the CliffsNotes of Lopez’s remarkable career. At the end, the approximately 100 attendees at the clinic rose from their chairs and gave her a rousing ovation.

Most of them teaching professionals, they know the enormous impact Lopez had on the game when she turned pro in 1977. Not only did she rake up titles like so many autumn leaves, her poise and affable personality made her a media magnet, raising the profile of the LPGA and women’s golf in general. For the charisma she brought to the game, Sports Illustrated writer Jaime Diaz once likened her to Babe Didrikson Zaharias.

At the height of Lopez’s career from 1978 through 1989, she

won 42 of her 48 tour titles. She captured an astounding nine titles in 1978 and eight in 1979, her first two full-time years on the tour, when she was in her early 20s. Today, she is still the only player to win LPGA Rookie of the Year, Player of the Year and the Vare Trophy (lowest scoring average) in the same season (1978).

### ‘Golden Bear’ Calls

In 2011, she will be feted for her contributions to the game at Jack Nicklaus’s Memorial Tournament in Dublin, Ohio, a PGA event on par with the Wells Fargo Championship in Charlotte. In hearing of the honor, the readout on her private phone noted a call coming in from “Golden Bear.” Battling a case of vertigo at the time, she nonetheless picked up the phone and Jack Nicklaus was

soon on the line. “My vertigo went away,” she says.

So what is Lopez, who turns 54 on January 6, doing these days? Dealing with a lot of new things, it turns out.

When she came to the LPGA event in Ballantyne, she had golfer’s elbow, an inflammation that marked the first injury she’d ever had in golf. Late this year she hopes to rest it for a





month, as her doctor advises.

She also was preparing to move from Albany, Ga., where she'd lived with her now ex-husband Ray Knight (they were divorced in 2009), to Auburn, Ala., where she owns a house near the college campus. All of her daughters have gone to school there, including Torri who just entered as a freshman. Lopez also was trying to find a good home for the family pup. "It's not fair to the dog — I'm gone all the time," she says.

Since her children are all out of the house now, Lopez is increasing her time with golf. She is playing tournaments on a limited basis, has her own golf school at The Villages, a large retirement community near Ocala, Fla.; and runs her apparel and equipment business, Nancy Lopez Golf.

### 'Backbone of the LPGA'

She is also at events like this, promoting the LPGA. "The girls have been my life forever," Lopez says of her daughters. "Being here with the teaching division is great. They are so much the backbone of the LPGA. They get people to play. The (touring) pros, we get them excited about the game."

Dana Rader, the current president of the LPGA teaching and club professionals' division, is an outstanding instructor, Lopez says. "Some teachers are intimidating to students," she notes. "Dana is very natural, and makes them feel comfortable. She's got a great personality and loves the game."

In promoting the LPGA, Lopez is willing to spread herself around. "I'll go where ever somebody needs me. I also work with the commissioner and on the advisory board to help grow the LPGA."

"My dad told me early on that I couldn't be perfect, and that I would lose more than I would win, and that's right."

She'd like to see the organization increase its tour events and prize money, both of which trail the PGA. She also believes the U.S. women's game can learn from the many foreign players who are dominating the tour. "In Korea, they take promising players out of high school and train them — they give them opportunities and they work their butts off," she says. "Our American players need to work a little harder. We also need to give them more opportunities. It's still a rich man's game."

To keep growing the LPGA fan base, Lopez would also like to see more player exuberance during tournaments. "It's fun when you



see players show some emotion," Lopez says. "I got excited, and I think the crowd loved that. As I watched some old video, I saw that I would throw my arms in the air, do a fist pump and there was a lot of smiling. I hope I let people know I love the game."

Acknowledging that some players are shy, Lopez noted that others get upset when they make a bad shot and act like they're miserable. "People don't like to see that," she says.

Furthermore, negativity usually reduces performance, she adds. "My dad told me early on that I couldn't be perfect, and that I would lose more than I would win, and that's right. He

also said to think about all the good things, not the bad things, and you'll play better."

### Invoking 'Wah-wah'

When Lopez holds golf schools, she requires participants to maintain a positive outlook or risk the friendly wrath of fellow participants. "When somebody is negative, I want them to look at the player and go 'Wah-wah,'" Lopez says, mimicking a baby's cry.

When one golfer persisted in his negativity, Lopez took up the "Wah-wah" herself — once when he dropped his club in disgust after a bad shot and another when he feigned happiness at hitting into a bunker. The man's wife was glad Lopez tried to help him; she was sick of his antics, too.

"Two schools later, he came back," Lopez recalls with a smile. "He came up to me and said, 'Nancy, my golf game is its best ever.'"

When Lopez was on the tour and began to have children, she placed a premium on parenting. She took time off when each daughter was born and was careful not to push the game on them. Her children sometimes traveled with her but seldom watched her compete. She arranged for them to go to parks, museums or other sights. "I tried



LPGA Commissioner Mike Whan

### TOUR IN CHARLOTTE?

LPGA Commissioner Mike Whan says an LPGA tour event could come to Charlotte as early as 2012 if a title sponsor steps forward in the near future.

"We just haven't found that yet," he says, noting that a minimum of \$2.5 million is required.

LPGA business development

teams have been looking at Charlotte and nine other markets as they plan for future events, he says. The LPGA has been favorably impressed with Charlotte for three main reasons: the players like the area, Dana Rader and her golf school are well connected with the community and corporate leaders have been receptive to the tournament possibility.

Whan and LPGA Executive




to keep their lives as normal as possible," Lopez recalls. "I didn't want them to feel they have to embrace golf. My dad didn't do that with me, either."

Only her youngest, Torri, 18, played golf as a youngster, though the oldest, Ashley, 27, has gotten into it as an adult. "When I was the Solheim Cup captain, she got the bug," Lopez says. "She still stays in touch with Paula (Creamer) and Natalie (Gulbis)," two Solheim Cup players on the LPGA tour.

Lopez calls captaining the winning Solheim Cup team in 2005 "probably my proudest accomplishment in women's golf." The team won the cup back from Europe and did so on American soil, where they've never lost.

As for her daughters, they may not have followed her into pro golf, but they enjoyed sports. In addition to golf, Torri played basketball, ran track and was a cheerleader. Ashley and the middle daughter, Erinn, 24, both played basketball and softball. Today, Ashley is married and works in a doctor's office in Venice, Fla., while Erinn is in apparel merchandising in Atlanta.

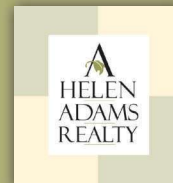
Asked how it feels to have all of her daughters out of the house, Lopez says, "Sad! You give up your life and live life for your kids. Now it's time to live your life."

The silver lining, of course, is Lopez can now give more time to the game she loves. 

Director Nancy Henderson attended the LPGA Teaching and Club Professional National Championship September 12-15 at The Golf Club at Ballantyne. Henderson described the course as a "beautiful facility" and noted the easy access to the airport.

"The course superintendent has done a fabulous job," Henderson says. "This could be an LPGA tour event."

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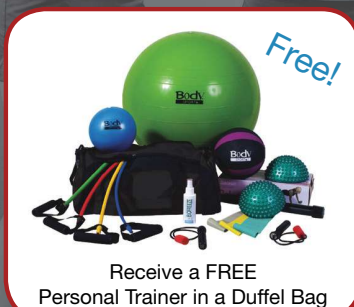
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# Oh My!





FOR CENTURIES, people have nurtured a love affair with chocolate. Mayan texts show that cocoa pods were considered the food of the gods and represented fertility and life. Cocoa beans were used as currency, medicine and aphrodisiacs.

Cocoa is still king. It gathers family and friends together over the holidays via chocolate-laced cookies, chocolate-iced cakes and much more. It captures lovers' hearts in chocolate-dipped strawberries and confections fit for cupid come Valentine's Day. It can be

the magazine has compiled some of the best chocolate Ballantyne has to offer. Whether you're a full-fledged chocoholic (a Colorado State University study cites 40 percent of women and 15 percent of men can claim the description) or an occasional chocolate lover, check out our suggestions for something new the next time your sweet tooth strikes.

### 'Triple D' Dare

Big View Diner, 16637 Lancaster Highway, has a chart-topping chocolate option with a challenge.

caramel, nuts, sprinkles, cherries and ice cream cones.

At \$13.99, the dessert can feed a large family but is served for free to

Big View's shakes also deserve attention. Favorites include chocolate-covered strawberry, chocolate malt and Oreo, \$3.99 each.

The "Matthew" is the most popular filled cupcake at The Blushing Bakeshop.



# Check out Irresistible Chocolate in Ballantyne

By Regan Michelle White

Photos by Shane Baskin/Blackbox Studios



**ABOVE:** The salted caramel sauce with Firebirds' brownie makes it a memorable experience.

**LEFT:** Brendan Williams shows off the Big View Diner's "Triple D" extravaganza.

found in cupcakes, cookies and fudge, steaming hot chocolate, frosty martinis and even bottled water.

In honor of everyone's favorite guilty pleasure,

Ominously labeled "The Triple D ... order if you dare!" the dessert features eight inches of devil's food cake, six scoops of ice cream, whipped cream, chocolate syrup,

anyone who can finish it without assistance.

"People try it all the time without much success," explains pastry chef Frank Kaltsounis. "You have as much time as you want. The first person to finish was a lady who came in on a Friday afternoon. She was about middle age, vegetarian. She sat there and just went to work on it. It took her two and a half hours but she finished it."

Only a handful have been as lucky.

If you prefer your chocolate sipped through a straw,

### Blushing Bites

For smaller bites with big chocolate taste, head to The Blushing Bakeshop, 14825 Ballantyne Village Way, where the cupcakes are named for people and carry personalities all their own.

"Right now our constant chocolate is our Lola, which is chocolate cake topped with a light chocolate buttercream (frosting). That's really popular for true chocolate lovers," says head baker Caitlin Foster, for whom the "Caitlin" — a chocolate walnut and carrot cake topped





**Cocoa** is still **king**. It gathers family and friends **together** over the **holidays** via **chocolate-laced** cookies, **chocolate-iced** cakes and **much more**.



Check out the chocolate-covered strawberries at The Gallery Restaurant (top), Gallery Restaurant's Decadent Chocolate Cake (right) and the Chai Masala Latte cupcake from The Blushing Bakeshop (below).

with cream cheese frosting and cinnamon — is named.

"Our most popular filled chocolate cupcake is our Matthew, which is a chocolate cupcake filled with chocolate-peanut butter ganache and topped with peanut butter buttercream," Foster continues. "People love him. It's one of our more popular ones. I'm not a huge peanut butter fan but he's up there on my list."

Visit the store's website, [www.theblushingbakeshop.com](http://www.theblushingbakeshop.com) to check which days of the week your favorite flavors appear. Cupcakes are \$2.75-\$3 each.

## The Real Deal

Sometimes nothing but chocolate will do, and for



those times head to Kilwin's, 14835 Ballantyne Village Way. Whether it's truffles, nonpareils, fudge, chocolate-dipped Twinkies or chocolate ice cream, Kilwin's has the fix — and 80 percent of it's made in store.

Owner George Click says milk chocolate is by far the most popular fudge, which runs \$14.95 per pound, but chocolate peanut butter and Ballantyne Mud (vanilla-



based fudge with chocolate folded in with a ribbon of caramel down the center) also rate high. Click's faves are German chocolate fudge and double dark fudge.

Strawberries, \$24.95 per pound, are hand-dipped on-site in milk, white or dark chocolate, and people travel to get them by special order. Last February's Valentine's Day strawberry sales doubled from the year before.

The store's glass cases brim with chocolate — from the pecan tuttles (Kilwin's version of the "turtle") and Bombe truffles to chocolate-dipped Oreos, Rice Krispies treats, marshmallows, gummy worms,

Twinkies and more. S'mores come ready-made here for nights when you want to make the gas fireplace seem more decadent. Click recommends popping the s'mores in the microwave for a few seconds for that campfire feel.

What sets Kilwin's apart? Taste for yourself, but Click explains that it's all about how the chocolate is made. "Our chocolate doesn't have any of the wax and paraffin in it that make other chocolates really shiny and pretty," he says. "Our truffles might not be the prettiest truffles in the world, for example, but when you eat them you get that pure chocolate flavor."



The brand's proprietary ice cream is tops, too. The most popular flavors offer a slight hint of chocolate — cappuccino chip and toasted coconut. For the real deal, try chocolate peanut butter or Mackinac Island Fudge, vanilla ice cream with a classic fudge stripe.

### Cake, Please

If it's chocolate cake you crave, the only place to go is Gallery Restaurant at The Ballantyne Hotel & Lodge, 10000 Ballantyne Commons Parkway. Its Decadent Chocolate Cake, \$7 per piece, features mocha milk chocolate mousse and espresso anglaise. You'll definitely want a glass

of milk with this one.

"People see it and they want it," says pastry chef John Applegett. "It's very rich. The waiters say that people just keep coming and saying, 'I just want a piece of that chocolate cake!'"

If peanut butter and chocolate is your heavenly match, seek out the restaurant's Ultimate Peanut Butter Cup, \$8, featuring house-made pretzels, hot fudge sabayon and salted caramel. It's the perfect combination of salty-sweet, peanut-butter goodness.

Applegett says that the freedom to create is what's most appreciated at the



Village Bistro offers a three-layer cake known as "The Ultimate."

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restaurant and throughout the property. Staff make chocolates for the restaurant and in-room services in addition to crafting seasonal menus and catering special events. Applegett adds that the key to successful chocolate-making is in tempering the chocolate so it doesn't set streaky and gray. Proper tempering keeps the chocolate firm, shiny and full of snap.

See Applegett's tips and recipe on the opposite page to temper chocolate to perfection for superb chocolate-dipped strawberries and classic chocolate truffles.

"If I can have a rich, multilayer, homemade chocolate cake, I'm good. Oh yeah," says Dr. Benjamin Missick.



Fudge is popular at Kilwin's. Milk chocolate is the top seller.

### Brownies, Lava Cake

Maybe you feel like a pan of brownies but would rather not bust out the Betty Crocker mix. It's time to head to Firebirds Wood Fired Grill at Stonecrest, 7716 Rea Road, where the presentation is simple but tasty.

A toasty warm brownie is

topped with dark chocolate and salted caramel sauces. "It's very popular," says manager Andrew Yount. "What makes it special is the salted caramel sauce. It's heaven. That with a nice red wine paired with

continued on page 40

## CHOCOLATE IS GOOD FOR YOU. REALLY!

Dr. Benjamin Missick of Blakeney Family Physicians & Urgent Care admits he spent some time poring through quotes before he found the perfect one about the proper relationship with chocolate. "The one that says it all is, 'Even nectar is poison if taken to excess.' It's an old Hindu proverb," Missick explains, adding that moderation is key.

"With chocolate, there are some known and some questioned benefits. The most known are the cardiovascular benefits," he says, citing that several major studies have shown resounding evidence that a moderate amount of chocolate rich in flavonoids (that's dark chocolate) will decrease cardiovascular mortality. One study showed dark chocolate decreased the risk of heart failure in women, another showed it can decrease blood pressure and the risk of stroke.

Missick also added that the mild stimulants in chocolate, such as caffeine and theobromine, also produce fairly concrete mental health results. "It can increase alertness and elevate mood," he says. "Some liken the effects of chocolate to a runner's high, that secondary release of endorphins that give you that great feeling."

The antioxidant properties of dark chocolate also show great promise and research continues into chocolate's potential anti-cancer benefits, Missick notes.

Again, Missick stresses that moderation is key and steering clear of milk and white chocolates, which provide no health benefits, is prudent.

As for chocolate's storied aphrodisiac qualities, Missick argues it might be in the eye — or the taste buds — of the chocoholic. "For a long time, chocolate was currency and a sign of status because it was so expensive and, as we know, status itself is an aphrodisiac," Missick says.

But today, many of the claims are based on one of the stimulants in chocolate, PEA or phenylethylamine. "A small amount is released during moments of euphoria and it raises the blood pressure and heart rate. You have to wonder if it's an aphrodisiac because it makes someone feel better. If they have a bad day and have some chocolate and feel better, they just might want to share how much better they're feeling," Missick says with a laugh.

He might talk a good game about moderation, but when you ask Missick about his favorite chocolate, he melts. "If I can have a rich, multilayer, homemade chocolate cake, I'm good. Oh yeah," he says.





## CLASSIC CHOCOLATE TRUFFLES

Courtesy of The Ballantyne Hotel & Lodge's Cooking School

### For ganache center:

- 8 ounces heavy cream
- 8 ounces good-quality dark chocolate, chopped (use Lindt, Valrhona, etc.)
- 1 tablespoon room temperature butter

### Remaining ingredients:

- 12 ounces good quality dark chocolate, melted. See tempering process below to properly melt dipping chocolate
  - Cocoa powder
  - 2 teaspoons Follers crystals, optional
1. Bring the heavy cream to a high simmer, just short of boiling.
  2. Pour the cream over the chopped chocolate and allow to sit for a minute or two. Stir with a room-temperature spatula until smooth.
  3. Add the room-temperature butter and blend with an immersion hand blender (also called a "stick blender") to fully emulsify.
  4. Pour the ganache into an eight-by-eight-inch pan, cover with plastic and allow to cool to room temperature.
  5. When ready to make the truffles, "table" the ganache with either a spatula or a tapping knife by working it back and forth on either a marble slab or directly on a countertop. The ganache will become stiffer as it's worked. When it holds a peak when the spatula is lifted, it's ready to "pipe."

**Note:** *If the ganache is overworked it will separate and piping will be impossible. Overworked ganache can be saved by scooping with a small ice cream scoop or melon baller. The purpose of tabling the ganache is to make it firmer to protect the ganache from expanding and contracting with temperature changes, which will crack the*

*truffle's chocolate coating after the ganache has been dipped.*

6. To pipe the truffles, line a cookie sheet with parchment paper or waxed paper. Place a large No. 4 tip (or small, 1/3-inch tip) into a pastry bag. Fill the bag with ganache and, holding the bag a half-inch above the cookie sheet, pipe the ganache until it forms a small ball. Continue piping until all the ganache is used. You should make about 60 to 70 truffles.
7. Cover the ganache balls with plastic and allow them to sit in the fridge until firm, about an hour.
8. While the centers chill, fill an eight-by-eight-inch pan with cocoa powder about ¼- to ½-inch deep. Stir in the instant coffee if desired. If the coffee crystals are too large, crush them in a Ziploc-type bag with a rolling pin.
9. Check the tempered chocolate to make sure it's room temperature before proceeding. See chocolate tempering procedure below.
10. Working from left to right if right-handed, place the truffles on the left, the tempered chocolate in the middle and the eight-by-eight-inch pan filled with cocoa on the right.
11. Using your left hand, which will become your wet hand, dip the ganache centers one at a time into the tempered dark chocolate. Roll the truffles in your hand to give them some texture and to allow the coating to become thicker.

12. Carefully drop the truffle into the cocoa. Try not to let excess chocolate drip into the cocoa. Roll the truffle with your right, dry hand to coat the truffle before the chocolate sets. When the cocoa pan is full, the truffles should be transferred to another pan to make more room. If at anytime the tempered chocolate begins to thicken, warm it briefly in the microwave, careful not to over melt it. If overheating occurs, put the truffles back in the refrigerator and consult the chocolate tempering notes to reseed the chocolate.
13. When all chocolates have been dipped and rolled in cocoa, sift the cocoa powder to remove the extra chocolate and save it for future use. Spread the extra chocolate onto a piece of parchment and cut into square for future use.



## TEMPERING CHOCOLATE

Courtesy of The Ballantyne Hotel & Lodge's Cooking School

Chocolate can be a fickle when used in cooking — proper melting and tempering of chocolate is necessary to keep a smooth, shiny, uniform appearance, to create a "snap!" when broken and to keep chocolate from melting easily on fingertips.

Follow the directions below to temper chocolate like a pro when making truffles, dipping strawberries or cooking up other sweet treats.

There are many methods of tempering chocolate, most of which involve melting the chocolate to a specific temperature, cooling it to another temperature, then warming it back again to another temperature.

The easiest way, however, is to use the seeding method. This method involves buying a good-quality chocolate, such as Lindt, Callebaut, Valrhona, etc., and using the tempering that was done in the factory to "seed" your chocolate.

So-called "coating chocolates" such as "candy melts" or "Merckens" are not real chocolate and can't be tempered. Good qual-

ity chocolate contains cocoa butter, and when the chocolate is tempered properly, the cocoa butter crystals are all in alignment, giving the chocolate a good snap when broken. It also will set quickly and have a good sheen.

The quickest and easiest way to temper chocolate follows:

- Chop any amount of chocolate into small pieces. It also can be purchased online in wafers.
- Divide the chocolate into thirds, place two-thirds of the chocolate into a microwave-safe bowl.
- Melt the chocolate in the microwave on low power (40 percent is recommended but can vary by brand), until just melted.
- Stir in the remaining chocolate and allow to sit in the microwave for a few minutes until the carryover heat from the melted chocolate causes the remaining chocolate to melt.

Now your chocolate should be in temper. To check the chocolate to see if it's in good temper, dip the tip of a paring

knife into the chocolate. Allow the dipped knife to sit at a cool room temperature for a few minutes. If the chocolate has set firmly on the knife, is streak-free and shiny, your chocolate is in temper.

**Tips:** *You may need to add a few seconds in the microwave on low power to finish the melting process. It's always best to go a few seconds at a time to avoid over melting the chocolate. If the chocolate is melted too far, it will be out of temper. The easiest way to fix it is to add an additional third of chocolate to bring it back into temper. For this reason, it's always best to have extra chocolate on hand when tempering chocolate.*

*Another way to accomplish tempering is to melt all the chocolate two-thirds of the way and then stop to allow the carryover heat to melt the rest. This method takes more experience to be able to judge when to stop cooking and how long to set the timer for, but it's the fastest way to temper chocolate if you can master it.*



## MEXICAN CHOCOLATE LATTE

Courtesy of Earth Fare/Jonathan Caudill

You'll need an espresso machine to make this brew at home, Earth Fare beverage pro Jonathan Caudill explains. "It doesn't have to be an expensive machine. You can get one at Target for around \$20. Use your favorite type of coffee," he says.

### Combine:

12 ounces steamed milk  
Two shots of espresso  
½ teaspoon cocoa powder  
½ teaspoon cinnamon  
Vanilla powder or syrup to sweeten

Top with whipped cream. Make your own by patiently beating cold heavy whipping cream. Add 1-2 tablespoons of sugar or sugar substitute per cup of cream for sweetness and, if feeling fancy, add 1-2 teaspoons of cinnamon, vanilla extract or cocoa for fancy, flavored cream.

## CHOCOLATE MARTINI

Courtesy of On the ROXX/Angela Clouser

### Combine equal parts:

Godiva chocolate liqueur  
Frangelico  
Kahlúa  
Stoli vanilla vodka  
Baileys  
Heavy cream

Lace and rim a glass with chocolate syrup before pouring chocolate martini in. Enjoy responsibly.



The chocolate martini at On the ROXX packs a punch.



Chocolate Lava Cake from Village Bistro is highly popular.

■ continued from page 38

it, like a nice little cabernet ... it's probably one of the best desserts on the menu."

Another great gooey confection resides in Ballantyne Village at Village Bistro, 14815

A true **molten cake** with a **gooey** center, the **cake** is **heated**, then **topped** with **vanilla ice cream**, **almonds** and **strawberries**.

The interplay of **berry** and **creamy** chocolate is **divine**.

Ballantyne Village Way. The restaurant's Chocolate Lava Cake, \$7 per slice, is highly popular according to owner Gary Murray. A true molten cake with a gooey center, the cake is heated, then topped with vanilla ice cream, almonds and strawberries. The interplay of berry and creamy chocolate is divine.

### Martini or Mug?

And maybe you just want to ditch the fork and sip your chocolate in a glass. If you like it on the rocks then, as the name implies, snag a barstool at On the ROXX, 14021 Conlan Circle, to enjoy a chocolate martini.

The menu includes chocolate-covered raspberry, mint chocolate chip and Oreo martinis, but the classic

continued on page 42



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Top: Robert McDonald, MD; Philip Hanrahan, MD  
Bottom: Kimberly Montgomery, FNP; Cooper Garner, MD



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# Ballantyne PEDIATRIC ASSOCIATES



■ continued from page 40

chocolate, \$10, is the hands-down fave, according to bartender Angela Clousher. Clousher was kind enough to share her recipe so you can make the martini at home (see page 40).

"It's the most popular because it has more of the actual liqueurs in it," she says, adding that she always includes Baileys and Kahlúa to add even more flavor. Rim the glass with chocolate syrup and it's as pretty as it's tasty. "It'll get you in trouble quickly because there's a lot of liquor in it," she notes.

But when winter's wind really roars at your door, nothing comforts more than hot chocolate. At Dilworth Coffee, 14815 Ballantyne Village Way, the simple favorite is made with

Some **people** are **just chocolate fiends**. It's what **they want**. No **matter** what.

steamed milk and chocolate syrup specially made for blended drinks, explains barista Chris Speaks. Top it with whipped cream for heaven in a mug.

Year-round blends are offered in regular chocolate, \$2.50-\$3, or white chocolate, \$2.85-\$3.25, but during the winter have peppermint added for a minty kick. "Some people even ask



Warm up with Dilworth Coffee's steamed milk with chocolate and whipped cream.

for chocolate Italian sodas," Speaks says. "Some people are just chocolate fiends. It's what they want. No matter what."

And for something a little different, try Earth Fare, 12235 N. Community House Road. The store's vegan chocolate brownie, \$2.29, and flourless chocolate cake, \$2.99 per slice or \$16.99 per six-inch cake, are favorites.

The Mexican chocolate latte available at the coffee bar also has made

Earth Fare a destination for chocolate lovers. "It's cinnamon, cocoa powder, two shots of espresso and milk," says Earth Fare juice bar employee Jonathan Caudill. "Sometimes I add vanilla powder to cut the bitterness, and I ask customers if they'd like whipped cream or even cinnamon-whipped cream on top." Caudill provided instructions for how to make the latte at home (see page 40).

The store's extensive selection of often hard-to-find chocolate is perfect for crafting your own at-home, wine-and-chocolate pairing for a romantic evening.

And if you're on the go and need a quick chocoholic fix, Caudill recommends grabbing a bottle of Metromint's Chocolatemint water which, he says, "people buy like crazy." The bottled water, under \$2 a bottle and offered on the shelf or in the cold case alongside other flavors, has zero calories and an unbelievably sweet taste that's a guilt-free, chocolate-tasting indulgence, made with purified water, cocoa essence and real mint. We'll toast to that! ☞





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BALLANTYNE | date night

Erin Hunter and Peter Watters  
cut loose with Guitar Hero at  
The Sports Connection.

# sporting



MOST PEOPLE CONSIDER sports and food to be pleasant diversions, supplements that spice up the mundane aspects of the daily grind.

Pete Watters and Erin Hunter are different. For this Ballantyne couple, athletic competitions and the culinary arts are essential to their normal activities, whether they are working during the day or playing at night.

When we approached Watters and Hunter with the idea about being showcased in our latest Date Night — a popular, recurring feature that explores Ballantyne's entertainment and dining options — we had a feeling sports and food would play into their plans.

The two have been dating since January 2010. Hunter works as a catering sales manager at The Ballantyne Hotel & Lodge, where she plans weddings, retirement parties and Sweet 16 celebrations. Watters is a coordinating producer for ESPN, which is headquartered in Ballantyne. They met



special to Ballantyne that could be enjoyed by couples of all ages. Instead of the routine movie or drinks, Hunter and Watters decided to have fun in one of Ballantyne's newest adult-friendly playgrounds. They laced up their bowling shoes, filled their pockets with game tokens and kicked the night off at The Sports Connection.

### Bowled Over

Ever since The Sports Connection opened in December 2007, the entertainment facility has drawn steady crowds from Ballantyne, Pineville, Matthews, Fort Mill and beyond.

"There really aren't very many places like this," says Michelle Stern, the food and events manager at the Ballantyne location.

While many parents know Sports Connection as a choice location for children's birthday parties, Stern says the site's activities have successfully lured kids of all ages. "We really do have something for everyone, from toddler ages right up until senior citizens," Stern says.

RED SOX FANS ROLL A FEW FRAMES,  
MAKE CULINARY RUN FOR THE BORDER

# chance

By Sean O'Connell

Photos by Shane Baskin/Blackbox Studios

through mutual friends but immediately found common ground.

"We're both die-hard Boston Red Sox fans," Hunter says. Though she's a North Carolina native and Watters is from Boston, they both grew up cheering on the fabled boys from Beantown, immediately bonding over their shared passion. "It was like a match made in

heaven," she says.

It's not the only thing they have in common, though.

"We love to eat," she says. "We love to try new places and sample new things, so we're always going out to dinner."

This time, they were going out to dinner for us, pairing it with a social experience

Hunter and Watters decided they would go bowling at Sports Connection's new lanes, and were quick to point out the festive atmosphere. They were surrounded by other couples who seemed to be out on their own dates. Hunter even noticed men enjoying what she assumed was a "Guys' Night Out" at the bowling lanes.



No, Pete Watters and Erin Hunter aren't competitive at all.



"We love to eat," Hunter says. "We love to try new places and sample new things, so we're always going out to dinner."

Sports fanatics that they are, Hunter and Watters said they loved the television sets tuned into the latest sporting events, and appreciated the alternative music playing over the sound system. "You don't feel like you are in a dingy, dirty bowling alley," Hunter says.

You also don't have to stick to bowling. The Sports Connection offers several activities for adults, ranging from Wii games, virtual simulators, retro games, mini-bowling, car games and sports leagues to its well known laser tag.

"Laser tag is extremely popular with our adult guests," Stern says, noting that corporate clients will come for group

outings and bonding activities. "It's a chance for them to get the lead out without actually getting the lead out."

### Foodies at Heart

After bowling, it was time to eat. "We're such foodies," Hunter says. "We try to incorporate food into any part of our date."

One of the places they frequently visit is Cantina 1511 on Rea Road. One of the first restaurants to bring authentic Mexican fare to Charlotte's dining scene, Cantina 1511 lures patrons with traditional south-of-the-border dishes.

"We are Charlotte's original Mexican cantina. We have cultivated loyalty among our

customers by consistently serving fresh, inventive cuisine," says Stephanie Kalish, project manager at the FS Food Group. "Whether you come in for a tried-and-true favorite dish or something completely new, you can be confident that your meal will be fantastic."

The menu features Queso Fundido, Tacos Marco Polo and Mexico City-style tacos and burritos. The cantina's secret? Its culinary team uses made-from-scratch cheeses and tortillas when preparing their signature dishes.

"My standard there is the guacamole dip. I always get that when we go there," Hunter says.

And this date was no



### THE SPORTS CONNECTION

11611 Ardrey Kell Road  
704-583-1444

#### Hours

Sunday-Thursday: 10 a.m. to 10 p.m.  
Friday-Saturday: 10 a.m. to 11 p.m.

#### Website

[www.sportsconnectionnc.com](http://www.sportsconnectionnc.com)





exception. After a series of appetizers (including the guacamole), Hunter and Watters moved on to their entrees.

"I'm not a big shellfish person, but I did try some of their fish tacos, which I liked a lot," Hunter says. As for Watters,

his favorite dish isn't on the menu anymore. It's an appetizer selection called the Crab Talluda. Because they are regulars at the restaurant, however, the staff always agrees to prepare it special, just for him.

Kalish says Cantina 1511



Pete Watters and Erin Hunter gravitate to Cantina 1511 for the guacamole as well as for dishes like these, Tacos Marco Polo (left) and Chicken Milanese Tacos.

## CANTINA 1511

7708 Rea Road  
704-752-9797

### Hours

#### Lunch & Dinner

Sunday-Wednesday: 11 a.m. to 10 p.m.

Thursday-Saturday: 11 a.m. to 11 p.m.

Sunday Brunch: 11 a.m. to 2 p.m.

### Website

[www.cantina1511restaurant.com](http://www.cantina1511restaurant.com)



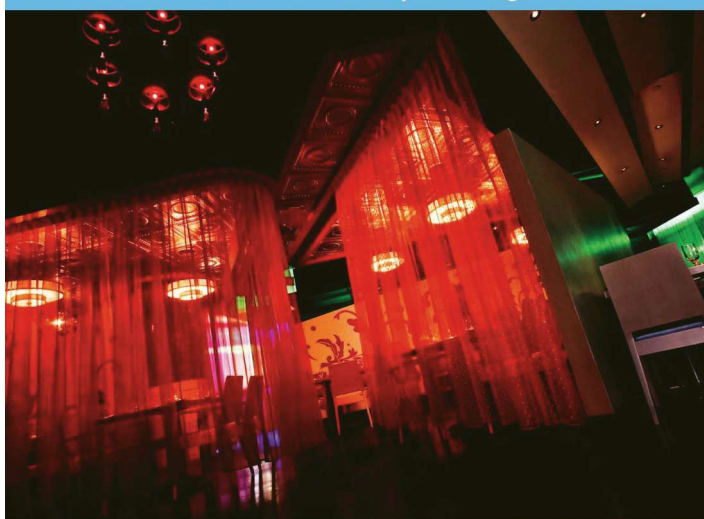
regularly sees couples like Hunter and Watters returning because service, quality, authenticity and presentation are what patrons like when they choose to go out in Ballantyne.

"With the popularity of the Food Network and shows like 'Top Chef,' people have become more interested in authenticity and creativity when it comes to

food," she says. "Since we make frequent trips to Mexico to learn about what the local chefs are doing, we can offer interesting flavor combinations that are unique to Charlotte. Cantina 1511 invites guests to discover new dishes and experience some south-of-the-border culture."

Hunter and Watters give it a thumbs up! 👍

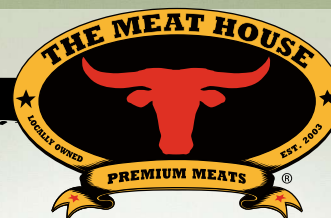
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AS A BOY, JEFF FLOYD inched his skinny frame beneath the crawl space of his father's building sites to hammer in the cross bracing. A dirty job, for sure. But this unglamorous introduction to the literal underpinnings of construction ultimately proved the foundation of Floyd's strongest suit as an architect — an absolute knowledge of how to create a building from the ground up.

"My father instilled my love of building," recalls Floyd, managing principal of LS3P ASSOCIATES LTD., an architectural firm with offices throughout the Carolinas. Floyd and LS3P are the design masterminds retained by the Bissell Companies for the past 15 years to transform the wooded acreage of Ballantyne Corporate Park into a living, breathing, working green space for the 13,000-plus office building tenants who now call it home.

Floyd credits Ballantyne Corporate Park's appeal to "placemaking," an architectural term referring to the creation of an environment that the user appreciates. "It's creating an environment that fits the user's needs and provides experiential qualities while they are there," he explains. "The 525 acres in Ballantyne Corporate Park are too large to have human scale, so we designed


## ARCHITECT JEFF FLOYD ELEVATES "PLACEMAKING" TO ART FORM IN CORPORATE PARK

By Nan Bauroth

Photos by Shane Baskin  
/Blackbox Studios

# deft design





Architect Jeff Floyd designs the office buildings in Ballantyne Corporate Park. He's pictured here in front of Medical Two.





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the macro campus to be dividable into micro campuses, creating groups (neighborhoods) of buildings and building types.”

Floyd created the first micro campus by positioning the Ballantyne One, Ballantyne Two and SPX buildings around a lake. “The buildings relate to the lake as a centering element, creating a walking environment as well, so the three buildings share a synergy,” he says. SPX management thought the lake view so critical they requested an open spiral staircase be retrofitted into the building overlooking the water. “They wanted to open up their interior space, so we had to remove some beams and figure out a way to put in the stairs,” Floyd recalls.

The next micro campus constructed was Brixham Park, where buildings orient to a formal garden that in summer becomes an alfresco lunch spot. The next campus carved from the wooded terrain features the Cullman and Richardson buildings nestled with Cullman Park. “Cullman





Photo courtesy of Bissell Companies Inc.

**FAR LEFT:** Jeff Floyd developed an eye for architecture after helping at his dad's building sites as a youngster.  
**LEFT:** Floyd stands on the balcony of the Chandler Building, with the Hixon Building in the background.  
**ABOVE:** To create a sense of place in Ballantyne Corporate Park, Floyd created micro campuses, or "neighborhoods," within the overall park.

is probably our most successful park," he notes. "Just the scale of it, the lake with the trees and the open park space, really worked out beautifully."

In Floyd's opinion, the relationship of buildings to each other and natural or manmade features on a pedestrian scale is what creates a viable micro campus. A primary example is his horseshoe arrangement of the Hixon, Chandler and Simmons buildings centered on a putting green, which he views as one of the best compositions in the park.

"On the east side of Ballantyne Corporate Park where we are now developing, the Harris and Boyle buildings are placed around a central courtyard. They open to, and are built on, the golf course, yet each grouping of buildings has its own micro campus — hence the placemaking. These centering elements are what creates the sense of place. We have kept this

concept about placemaking as the major rule for planning in the park for the past 15 years because it has worked so well."

### Creating "My Space"

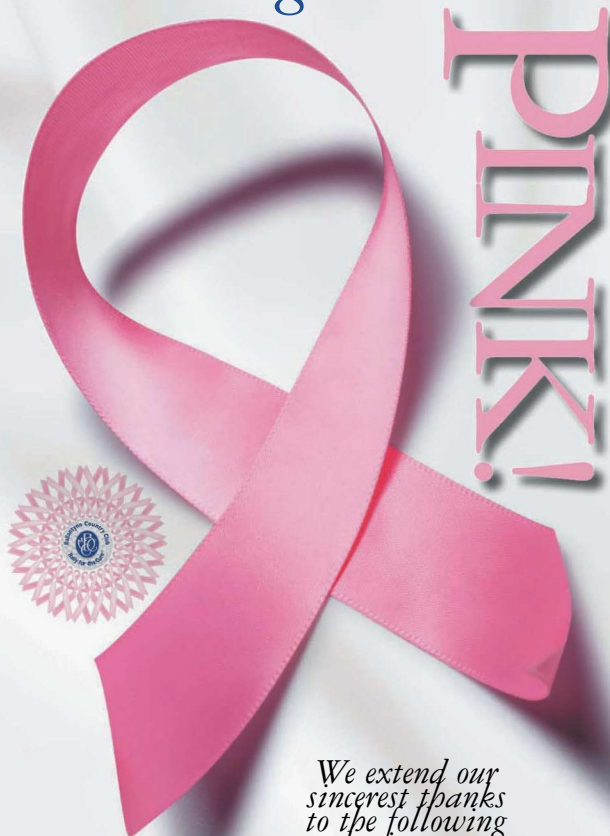
Floyd rates the creation of micro (neighborhood) campuses as the most innovative feature of Ballantyne Corporate Park. "People find the experience very comfortable if the surroundings are at a scale they can identify with," he says. "That doesn't have to be true in architecture — you get a rush when you see the Great Pyramids, but you accept their scale is monumental. In an office park, I believe the scale needs to be more compact so you have a sense of identity: Here is where I work, here is my office. 'My Space' where you fit within the environment."

Clifton Coble, president of Bissell Development, marvels at Floyd's ability to position

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Floyd's horse, Pancho, isn't camera shy.

buildings. "It might sound easy, but to site buildings at a certain grade elevation and to ensure the parking lot or parking decks fit is a skill, and Jeff may be the best," Coble says. "Jeff always ensures that our tenants have the best view or angle out of their office windows."

Floyd wouldn't disagree about his sensitivity to the ultimate end user — the tenant. "Tenants want to feel they have become part of the building and that it is worthy of their business. At the same time, they want to be able to spill out of the building into a contained space with a human scale to it. We want you to enjoy your visual and active experience of working in this place of gardens, parks and lakes, where the buildings integrate with the landscape."

### Bissell Connection

Floyd, LS3P and the Bissell Companies first teamed in 1987 when H.C. "Smoky" Bissell, chairman of The Bissell Companies, and developer Johnny Harris created Carnegie and

Morrocroft Centre in SouthPark. Bissell retained his design relationship with Floyd and LS3P for the development of Ballantyne Corporate Park.

"Jeff Floyd has been instrumental in bringing Ballantyne Corporate Park to life, designing and siting each building on a particular parcel to give park the look and feel that it has today," asserts Bissell. "His involvement has been virtually total, and his enthusiasm perpetual. Jeff is a valued member of our team with true talent."

In retrospect, Floyd thinks he was the right man for the job because of his hybrid background in construction and design. That being said, he is quick to credit efforts of his longtime design partners on Ballantyne Corporate Park at LS3P: Rodger Hinton, Shawn Mottern and Jim Williams.

"Jeff's unique gift is the ability to not only see the world as an architect but to understand architecture as business people understand," observes Williams, a vice president and principal with LS3P, who has worked with

Floyd since 1984. "Plus, there's no architect who has the ability to put a building together as efficiently and economically as Jeff, and stay on top of a million moving parts."

Ned Curran, president and CEO of The Bissell Companies, holds Floyd in high esteem for this unusual aptitude. "In addition to designing something we are all inspired to look at, Jeff considers all operational essentials, such as identifying the right location for the primary plumbing lines, expertly placing the electronic communication rooms, and addressing how to control the noise from an elevator equipment room," Curran says. "These elements are of equal importance to the developer and to the people who will one day occupy the structure."

On more than one occasion Curran has spotted Floyd out in the field with engineers and contractors making mid-course corrections to substantially benefit a building. "Often times

continued on page 54

## 'TOPPING OUT' CELEBRATED IN PARK

That evergreen atop the Calhoun Building under construction in Ballantyne Corporate Park isn't a Christmas tree. It serves as the symbol of a ceremony dating back centuries that celebrates the setting of the last beam in place on a building.

The rite, known as "topping out," was begun by builders of timber houses and eventually came to America with European craftsmen. Today,



Photo courtesy of Bissell Companies Inc.

the ceremony has become a tradition among steelworkers, who paint the final beam white and all sign their names on it, then hoist it into place at the pinnacle of the building and top it out with a green tree.

The United States flag and/or streamers are usually attached to the beam as well. A meal is then served to all the construction workers on-site, as was done at the Calhoun Building back in September.

"Topping out" has also become commonplace to commemorate the completion of bridges and skyscrapers. This age-old custom is a charming historical tradition that lives on in Ballantyne Corporate Park.



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■ continued from page 52

he is down in a ditch inspecting building foundations, at the bottom of an elevator pit or inside a mechanical room looking at wiring conduits. At these times, he isn't worried about how his hair looks, if his shirt gets dirty or if he needs a shower when he gets back in his car. That makes him a very special architect."

Bo Fitcher of Cox Schepp Construction Company, who serves as general superintendent at Ballantyne Corporate Park, has worked with Floyd over 20 years. "He's somebody you can talk to," Fitcher insists. "He will sit down and make everything come out right in the end."

Floyd would be the first to dispel the notion that architects exist in an ivory tower. "To represent the owner, you have

to be there long before the lines go on the paper and long after the building is commissioned and turned over. You have to understand the owner and his vision of what he wants."

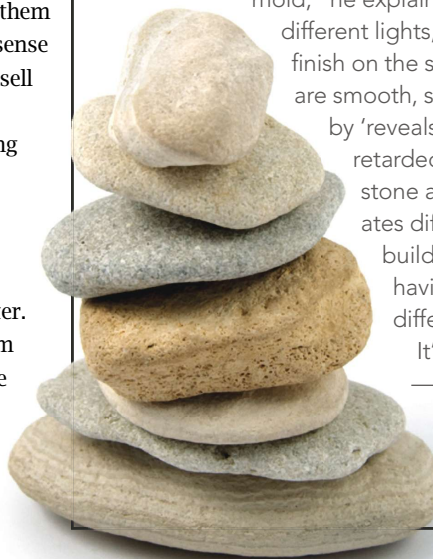
For instance, to further the master plan in Ballantyne Corporate Park required several organizational tools. "One of them is that things need to have a sense of order," Floyd says. "Mr. Bissell calls this 'axial architecture.' By that I mean there is a strong sense of order, geometry in the park and a radial pattern on the western side of the Corporate Park, anchored by the hospitality-amenities center. Likewise, when you come from Charlotte on I-485 and see the park's signature buildings — Hixon, Chandler and Simmons — an axis is created from this campus

## FLOYD'S FINISHING TOUCH

Appearances can be deceiving, an illusion Jeff Floyd has leveraged in the exterior envelopes of the office buildings in Ballantyne Corporate Park. He designs every tower with a base, shaft and top, but imparts a distinct character to each by adorning them with different types of surfaces. Amazingly, this sophisticated architectural effect is achieved with commonplace precast concrete.

"The panels are all one matrix of stone and cement cast in a mold," he explains, "but if you look closely in different lights, it is not all one color or one finish on the sections of a building. Some are smooth, some are rough, proportioned by 'reveals' that we sandblast or do a retarded finish on, which exposes the stone aggregate. This technique creates different aesthetics that give a building scale and texture without having to pay added expenses for different pieces of material."

It's a classic Jeff Floyd flourish — part art, part science and part business: office buildings that appear elegant, but are cast in stone.



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In his spare time, you might find Jeff Floyd enjoying horses, hunting quail or fishing.

of buildings along the radial that ties to the center, where you have the lake buildings on one side and the Brixham Green campus on the adjacent side. The entire design forms an orbit, an implied order to the plan.”

Not everything has gone according to the original plan, however. In the beginning, Exxon and Sears explored relocating their headquarters to the park, and State Farm purchased acreage for a regional service center, but due to the costs incurred by Hurricane Andrew, sold the property back to Bissell. These unintended consequences proved a huge upside in the creation of The Ballantyne Hotel & Lodge and The Golf Club at Ballantyne, neither of which would exist if only three or four large corporations had occupied the park.

As Floyd points out, “Large corporate locations tend to become fairly sterile. You don’t get the diversity of companies and people, which is what

makes Ballantyne work so well today — instead of one director and one big company, we have many directors and companies doing business in and living here, which has created the Ballantyne Corporate Park culture of live, work, play and stay.”

### Tobacco Barns to Skyscrapers

Born in the hamlet of Fairmont in eastern North Carolina, Floyd grew up the only son of a long line of tobacco farmers on his father’s side. He graduated in the third architectural class at UNC Charlotte, then obtained his master’s degree in architecture from the N.C. State’s College of Design in Raleigh. He says he wouldn’t have become an architect but for in-state tuition; he couldn’t afford anything else.

Today Floyd sits at the peak of his profession, but still enjoys quality time with his two daughters. Reilley is away at college studying nursing, while Carson is still in middle school. Carson and Floyd’s significant other, Wendy Burke, share a passion for horses. “I’m just the groom,” Floyd quips, adding that his hobbies are quail hunting (he has two bird dogs) and fishing, a love he inherited from his mother, who was raised on Pamlico Sound.

For architectural inspiration, Floyd likes to travel, but also relies on the Internet, where he can Google any design project in the world. He personally favors Georgian architecture, a style reflected in the design of the Rotunda Building and Morrocroft Centre in SouthPark. The most critical talent for an architect in his opinion, though, is good recollection. “Architects have to remember what they see. It helps to have a memory, and it also helps to be visual.” 

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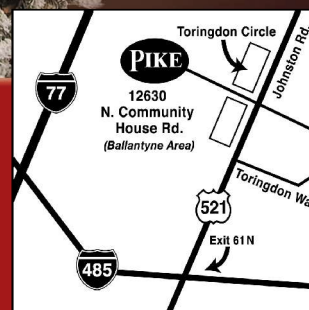
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# ALLEGRO INVITATIONAL

Sports stars came out in force at the first annual Allegro Invitational Golf Benefit at The Golf Club at Ballantyne in September.

Sponsored by The Allegro Foundation, a champion for children with disabilities, the event and auction attracted 120 players. Money raised supports the organization's free weekly movement education programs.

Photos provided by The Allegro Foundation.

1. Allegro board member Larry Sprinkle served as emcee and auctioneer.
2. Allegro students and teaching assistants provided a movement presentation during the reception.
3. Allegro student Harry Sisco prepares for the ceremonial tee off.
4. Event chair Gary Babcock (from left), Allegro founder and president Pat Farmer and event consultant Dick Seidenspinner enjoy the event.
5. Carolina Golf Cars provided the hole-in-one prize.
6. As players warm up nearby, they can catch a glimpse of the tournament's awards.
7. Former NFL player Donnell Woolford (red shirt) poses with fellow golfers.
8. Professional golfer Thad Daber gives a demonstration prior to the event.





## BCC RALLY FOR THE CURE

The 7th annual Ballantyne Country Club (BCC) Rally for the Cure sponsored a host of events from June through October, several of which are pictured here.

The overall BCC Rally raised a resounding \$168,000, all of which will benefit Susan G. Komen for the Cure.

Photos provided by Ballantyne Country Club and Gerry Levy.



1. Sarah Churchill (from left), Tiffani Wagner, Kelly Gemmiti, Andrea Crowell, Maureen Leach
2. Julie Jasinski, Isha Sharma, Julie Diamond, Karen Schneider
3. Sarah Garcia, Susan Vercauteren, Kandi Jackson, Christine Hotham
4. BCC Rally Family Day
5. Alejandra and Edwin Grepels
6. Robyn Barker, Mary Foss
7. BCC Rally Ladies' Golf Day
8. Dr. and Mrs. Sri Pal
9. Jeanne Puckett, Andrea Williams, Lottie Samuels, Rick Puckett



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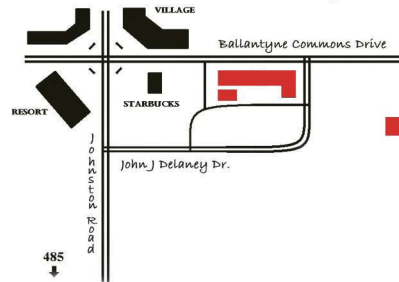
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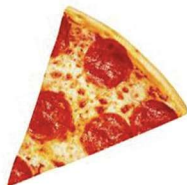
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# KALEIDOSCOPE GALA

Arts lovers turned out for the Kaleidoscope Gala at Providence Country Club in late October, held in conjunction with Inspire! Ballantyne, a weekend-long arts and culinary celebration sponsored by The Morrison Family YMCA.

The evening featured live entertainment as well as silent and live auctions. Proceeds went to the Y's programs for low-income children and families.

Photos by Benjamin Eppes/  
Blackbox Studios

1. Keith (from left) and Stephanie Cave
2. David and Vonda Huss
3. Anita Lewison, Siobhan Nestor
4. Michelle Weeks, Paul DeMore
5. Dianne Elliott
6. Lynn and Darin Fernandez
7. Laura Smith, Tom Defeo, Robert Cullip, Anne Cullip
8. Brian and Jessica Vest
9. Scott and Christine Hotham
10. Laren Brawley, Matt and Tara Livingston







## ON THE ROXX HALLOWEEN BASH

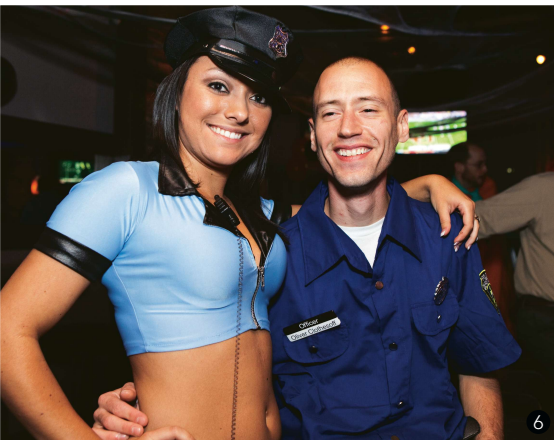
Partygoers masquerading as football players, rock stars and Octoberfest revelers showed up for On the ROXX Martini Bar's Third Annual Halloween Bash on October 30 in the Ballantyne Quad.

The event featured door prizes, a costume contest and a live deejay.

Photos by Shane Baskin/  
Blackbox Studios



1. Penny and Richard Brijalba
2. Angela Clouser, Jackie Jablonski
3. Brian Roby, Angela Jennings
4. Art and Jennifer Parsells
5. Josh and Jen Lingen
6. Acacia and Curtis Smith
7. Benji Farmer
8. Dale Padget, Tony Davis,  
Alan Howard
9. Donna Fyfe, Mark Allen





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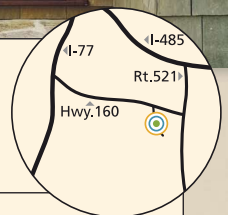
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# VIVA ROMA!

Rudy's Adds Italian Zest to South Charlotte

By Sean O'Connell Photos by Ray Sepesy

The sauce on Rudy's shrimp gnocchi comes in a garlic and olive oil base flavored with sun-dried tomatoes and spinach.



THE PIPER GLEN SHOPPING CENTER off Rea Road sees a steady flow of traffic thanks to anchor stores like Trader Joe's, Starbucks and the CVS drug store. But those who stop and stay awhile are parking at the east end of the development and dining at Rudy's Italian Restaurant & Bar, the latest establishment to hold court in the South Charlotte neighborhood.



Stroll into the charming eatery and you're likely to find owner Rodolfo "Rudy" Amadio greeting patrons or perched on a stool near the bar where he's able to watch Italian soccer on a flat-screen television.

A mainstay of Charlotte's restaurant scene, Amadio has been serving dedicated diners for close to 20 years. His family opened their first local eatery in 1991, when they launched Luisa's Brick Oven on Montford

Drive near Park Road Shopping Center. "It's still the oldest brick oven in Charlotte," Amadio says.

From there, Amadio moved on to gelato shops, opening one in Dilworth and another in Birkdale Village outside of Lake Norman. But Amadio always had an eye on starting another restaurant in South Charlotte, finally seeing his opening when this prime location in the corner of the Piper Glen Shopping Center became available.



## RUDY'S ITALIAN RESTAURANT & BAR

### Lunch

Monday-Saturday  
11:30 a.m. to 2:30 p.m.  
Sunday: closed

### Dinner

Monday-Thursday  
5 p.m. to 9:30 p.m.  
Friday-Saturday  
5 p.m. to 10 p.m.  
Sunday: closed

**Note:** The restaurant's bar stays open between lunch and dinner hours.

6414 Rea Road  
704-544-4949  
www.rudyscharlotte.com

Rudy's offers a casual atmosphere and a seriousness about good food.

## Opened January 2010

Rudy's Italian Restaurant & Bar officially opened nearly a year ago, welcoming customers in January 2010. And those who come, according to Amadio, come for one dish in particular: "Saltimbocca alla romano."

That's Rudy's veal scaloppini, which is topped with prosciutto and served with butter and sage sauce. "It's a typical Italian recipe, but it's very hard to find a good version," Amadio says. "Ours is an original recipe from Rome, which is where I'm from. This is my hometown recipe."

The main ingredient — of course — is the veal. And the main challenge, according to the



## Try Your Hand at Rudy's Veal Scaloppini

Listed on the menu as "Saltimbocca alla romano," the veal scaloppini at Rudy's Italian Restaurant & Bar is topped with prosciutto and served with butter and sage sauce.

Want to make it at home? Here's the recipe.

2 veal cutlets (3 ounces each)  
3-5 leaves of sage  
5-7 slices of prosciutto  
2 tablespoons flour  
2 ounces unsalted butter  
2 ounces white wine

Pound the veal cutlets until thin. Top them with sage leaves and cover them with the prosciutto. In a pan, heat the butter. Be sure to use unsalted butter as the prosciutto is salty enough. Dip the prepared cutlets in flour, then place them in the pan. Pan-sear for two minutes on each side. Add the white wine to the pan and leave over heat until the wine has evaporated. The juices, butter and flour will combine into a thick sauce, which can be poured over the veal.

Serve and enjoy!

restaurateur, is securing top-notch meat for the dish.

"It has to be the best quality," Amadio says. "You don't find veal easily in the grocery store. And if you find it here, I don't know why, but they cut the grain on the opposite side of which it's supposed to be cut. It's kind of strange. And then when you cook it, it shrinks, so you don't get anything left (for your meal)."

## Secret Ingredient


Another secret Amadio reveals is a very fine Italian flour and a dash of white wine used in the preparation of his dish. "Between the flour, the butter and the wine, it gives it a really interesting flavor," Amadio says.

Entrees at Rudy's are served with a starch and vegetable, though the selections change daily. String beans in tomato

sauce, roasted potatoes, risotto and polenta are a few recent examples of Amadio's favorite side dishes.

And if you happen to be in Rudy's on a Thursday night, you are going to have to try the gnocchi — potato dumplings served with five special dipping sauces.

"It's a typical Italian dish," Amadio explains. "We make it very simple. I won't tell you the whole thing. I want to protect how we make it. But I will tell you it's mostly a Yukon Gold potato and our famous Italian flour. And we only offer these on Thursday night with our five different sauces: a marinara, a meat sauce, pesto, butter and sage and four cheeses. Everybody comes here on Thursday just for that."

The rest of the week — it's veal scaloppini and much more. 



# FEEL GREAT!

Check Out These Professional Resources

---

STAYING HEALTHY has many dimensions, ranging from regular exercise and proper diet to quality health care and health services.

So where do you turn for such wellness resources if you live in the Ballantyne area?

This issue's special advertising section will introduce you to a wide range of health and fitness professionals in the local vicinity. They encompass everything from large health-care organizations and dental practices to specialists in training, sports, recreation and fitness.

Each one has a story to tell, and you're invited to read on.





## Advanced Dentistry of Blakeney Seeks to Surpass Patient Expectations

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At Advanced Dentistry we feature state-of-the-art equipment and employ the latest procedures and sterilization practices. The benefit to you is that visits to our office usually take less time, while adding sedation to procedures can mean that multiple tooth issues/problems can be corrected in a single visit.

We also cater to the comfort and relaxation of our patients with flat-screen TVs, XM satellite radio and back-massaging chairs. Patients even find X-rays to be restful with our dental CT scan technology that provides a comprehensive, undistorted 3-D evaluation of your teeth, jaws and bone in as little as eight seconds.

In addition to our Blakeney office, Advanced Dentistry has a premier facility in Matthews. With five general dentists in our group, a doctor is always on call, even on weekends, when you may need us the most. We're open Monday through Friday from 8 a.m. to 5 p.m. To set up an appointment, call us at 704-323-8730 or visit [www.northcarolinasmiles.com](http://www.northcarolinasmiles.com).



## Get Your Game in Shape for Spring At Dana Rader Golf School

This winter is the ideal time to work on improving your golf game for the spring season. Instead of putting your clubs away, build a lesson program into your schedule now. That way you can make your golf swing and game ready when warmer days arrive. At the Dana Rader Golf School, we suggest the following ways to winterize your golf game:

- Begin a specific golf fitness program that sustains you through the holidays when the average person gains 10 pounds.
- Purchase a series of lessons (or ask for it as a holiday gift) and then discuss your golf goals with one of our instructors. A lesson series not only saves you money but provides a specific golf plan for you.
- Plan small but attainable goals for practice, remembering that short, more frequent practice sessions are more effective than long hours of practice and long intervals between practice. We suggest planning an hour each week to practice the short game and full swing, and then one day a week play at least nine holes.

The Dana Rader Golf School has heated hitting bays and is open to the public for practice during the winter months.

By following a specific, measurable winter golf training program, your golf game will be in great shape come spring. Call Julie Cole, director of instruction and managing partner of the Dana Rader Golf School, today for your personal consultation at 704-542-7635. Or, visit [www.danarader.com](http://www.danarader.com).



## Aten Family and Cosmetic Dentistry: Comprehensive Dental Care

In 2001 Dr. Deborah Aten established Aten Family and Cosmetic Dentistry in the Ballantyne area. With a commitment to excellence in all aspects of dental care, the practice quickly grew and led to the addition of Dr. Heather Dowlin in 2007. For the past nine years, Aten and Dowlin and their caring, friendly team of dental professionals have earned the reputation of delivering outstanding, comprehensive dental care for the entire family.

The doctors believe patients should play an active role in determining treatment goals to achieve long term oral health. Because each patient has unique needs, the doctors and their staff listen closely to individual concerns and desires, and then educate the patient on needs and treatment options. In addition to family-oriented general dentistry, other services include Zoom! tooth whitening, veneers, implant restorations and Invisalign.

Aten Family and Cosmetic Dentistry is also dedicated to staying one step ahead with the latest technology. To exceed patient expectations, the practice places a high priority on continuing education for all members of the dental team.

Whether it's routine cleaning or complex treatment options, the team at Aten Family Dentistry has the expertise to meet your needs. Aten Family and Cosmetic Dentistry is conveniently located at 3420 Toringdon Way, Suite 310. New patients are welcome. To learn more or to make an appointment, call 704-540-4252 or visit [www.atendental.com](http://www.atendental.com).





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New customers: Please mention this article to receive a FREE consultation, fitness assessment and personal training session valued at \$100.



## Carolina Dental Arts: Family Dentistry To Smile About

Your smile says a lot about you. At Carolina Dental Arts, we strive to help you look your best by providing you with the best oral health care possible. We are a family dentistry practice focused on providing high-quality, comprehensive dental care — all in a relaxed and comfortable atmosphere.

Dr. Timothy L. Cox, former director of the dental residency at Carolinas Medical Center, has the knowledge and experience to provide a wide variety of routine and advanced procedures for healthy patients, or those with medical conditions.

Our office is equipped with modern technology to bring you the broadest array of general dentistry services with the latest advances in dental treatment, including:

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- Preventive care, routine cleanings, periodontal therapy
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- Root canals, extractions, wisdom teeth
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We accept and file most insurance and are in-network providers for many carriers. We offer convenient office hours, with early morning and evening hours to accommodate today's busy families.

We thank our existing patients for referring their friends and families — it is the highest compliment we can receive. We're conveniently located in Ballantyne Village, Suite 280. We invite you to visit [www.ballantynesmls.com](http://www.ballantynesmls.com) to learn more about our practice, or call us at 704-369-5200. Carolina Dental Arts — Dentistry you can smile about.



## 'One Client, One Trainer, One Goal' Describes Fitness Together's Approach

Fitness Together offers Ballantyne-area residents a conveniently located private training studio that specializes in one-on-one personal fitness training. Clients benefit from the undivided attention of their own trainer, who guides them through a program specifically designed for their needs, in a private training room.

"Everyone has different histories, needs and goals," says Michael McAllister, who with longtime friend Rick Anderson opened the Ballantyne studio in 2005. "We take the time to properly assess each client, discuss their goals, understand their needs and then develop a program aimed at achieving great results in a safe and effective manner."

Individualized training sessions are by appointment only, and conducted in one of three fully equipped private training suites.

"Many people are easily intimidated by a typical gym set-up," McAllister notes. "Our clients really appreciate that they can train in an atmosphere that is 100 percent focused on them." Not having to share equipment is another huge benefit to the private training suite. "It allows our trainers to implement programs for each client without having to 'work around' what equipment is available, which ultimately leads to a more effective workout and better results," he explains.

McAllister and Anderson are so well known for their training expertise that they host "The Saturday Morning Workout" every Saturday from 8 a.m. to 9 a.m. on 107.9 The Link. Fitness Together is located in the Hunter's Crossing Shopping Center on U.S. 521, just south of Ballantyne County Club. For a complimentary consultation, call 704-341-8802. Visit [www.FitnessTogetherCharlotte.com](http://www.FitnessTogetherCharlotte.com) for more information.





## Laxer, Long & Savage: Pediatric Dentistry, Orthodontic Specialists in Ballantyne

At Laxer, Long & Savage, we endeavor to render the highest standard of excellence in dental treatment and patient experiences for children and teens in the South Charlotte area.

Our combination of pediatric dentistry and orthodontics ensures that patients receive expert information and guidance

in developing positive oral hygiene and dietary habits, as well as individualized appliance therapies and/or braces when needed to enhance and improve their natural smiles.

During the school year, we see dental emergencies in young athletes and sports enthusiasts. Our doctors have special expertise in the area of stabilization, reimplantation, and restoration of fractured and fragmented teeth due to accidents. Our office serves as a dental trauma and emergency center for our patients 'round the clock, should an accident occur.

We take a preventive approach by encouraging patients to wear mouth guards in activities where impact to the teeth might occur. Our orthodontic team is also certified to offer a series of mouth guards that increase jaw stability and help protect athletes from mild traumatic brain injury caused by impact to the jaw. We recently outfitted Providence High football players with this protective equipment to raise awareness about proactive measures available.

We welcome new patients. Our Ballantyne office is located at the corner of Rea Road and Ballantyne Commons Parkway. For an appointment or to learn more about Drs. Judy Laxer, Sonny Long and Matthew Savage, call 704-759-0000 or visit [www.laxerlongandsavage.com](http://www.laxerlongandsavage.com).



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Mecklenburg ENT recognizes the importance of maintaining excellence within the field of ENT while also building skills in overlapping areas of medicine. For example, allergies often contribute to sinus infections. Treating a sinus infection alone without addressing underlying allergy problems is like putting a Band-Aid on the problem. For this reason, Levine has pursued additional training in the diagnosis and treatment of allergic disease.

He is a board-certified physician who graduated from Boston University School of Medicine and completed his residency at University of Miami-Jackson Memorial Hospital in Miami. He received additional training in otology and general otolaryngology at Christchurch Hospital in New Zealand. His special interests include pediatrics, otology and sinus surgery.

Mecklenburg ENT is affiliated with both area hospital systems and participates with all insurance plans, including Medicare, Medicaid and TRICARE. The practice offers a convenient location in Ballantyne at 15825 John J. Delaney Drive, Suite 240. Call for an appointment today at 704-376-1220, or visit [www.mecklenburgent.com](http://www.mecklenburgent.com).





## HYPOXI's Targeted Body Shaping Helps You Design a Beautiful Figure

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With its innovative combination of alternating pressure, vacuum and gentle exercise, HYPOXI training permits targeted and long-lasting body shaping. The HYPOXI Trainer S120 eliminates flab on the buttocks and legs using a special pressure chamber that reaches up to the hips. This method increases metabolism and stimulates blood flow to the desired locations so that the body can convert those fat deposits into energy.

HYPOXI Dermology exercises the connective tissues, stimulating blood flow in the skin with an alternating application of vacuum and pressure. The two therapies work together continuously on the skin in problem areas while you relax on a comfortable recliner. After just a few sessions, your skin looks visibly firmer and younger.

Winter is an ideal time to achieve the figure you have always wanted. HYPOXI is located at 12335 N. Community House Road. To set up a consultation or learn more, call 704-540-2370 or visit [www.hypoxistudio-ballantyne.com](http://www.hypoxistudio-ballantyne.com).



## Ballantyne Y Members Benefit from Health and Wellness Institute

The Morrison Family YMCA is committed to providing a continuum of holistic health services to support its members, both at the main location and in Ballantyne Village.

Through the Health and Wellness Institute, the Y offers programs and services ranging from ones for the expectant mom to the older, active adult, and from the new exerciser to the advanced athlete.

These programs are supported by local and national organizations, including collaborations with Carolinas HealthCare System and the American College of Sports Medicine. Y members have access to a top-notch wellness staff team of exercise physiologists, a registered nurse and dietitian, massage therapists and nationally certified and accredited group exercise instructors and personal trainers.

The Health and Wellness Institute focuses on what the Y considers the "5 Pillars of Health"—Get Started, Eat Smart, Intensify Your Workout, Find Balance, Live Well/Stay Well.

Programs like metabolic testing, health coaching, CrossFit and Pilates Reformer are just a few ways that you can find holistic health with your YMCA membership. Healthy cooking classes and weight-management services are another benefit.

The Y also provides programs to reach youth/teens and offers customized programs and services through the YMCA Corporate Health Partners.

The Morrison Family YMCA and the Ballantyne Village YMCA offer two great locations in the Ballantyne community and are committed to helping you build a healthy spirit, mind and body. To learn more, call 704-716-4650 or visit [www.ymcacharlotte.org/morrison](http://www.ymcacharlotte.org/morrison).



## Wellenreiter Dentistry Takes Pride In Lasting Patient Relationships

Dr. Darren Wellenreiter is a general dentist who takes pride in caring for the entire family and building long-term patient relationships.

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Wellenreiter enjoys all aspects of dentistry, but is especially passionate about cosmetic restorations that enable individuals to have the smile they have always wanted. He attends continuing-education seminars regularly to stay at the forefront of modern dentistry so that he can provide excellent dental care to his patients.



At Wellenreiter Dentistry, all patients are treated with respect and compassion. On many occasions, he has been told by formerly "terrified" patients that he is now the only dentist they will visit. His patients can relax by watching TV or listening to music of their choice while he cares for their smile. Wellenreiter provides a full array of dental services, from cleanings and digital X-rays to root canals and dental implants for patients of all ages.

Wellenreiter Dentistry is located at 8832 Blakeney Professional Drive (near the intersection of Rea and

Ardrey Kell roads). The practice is a PPO provider for Aetna, Cigna, MetLife and Delta and can accept most other insurance plans as well. To set up an appointment or learn more, call 704-341-5770 or visit [www.darrenwellenreiterdentistry.com](http://www.darrenwellenreiterdentistry.com).



## Presbyterian Medical Plaza Ballantyne Offers Quality Care Close to Home

Presbyterian Medical Plaza Ballantyne provides people who work and live in the Ballantyne area convenient access to a wide range of health services. Located just off Ballantyne Commons Parkway in Ballantyne Corporate Park, the innovative two-story facility features primary and specialty care physician practices, as well as advanced outpatient services.

On the first floor of the plaza, Rankin Women's Center and Ballantyne Pediatric Associates provide warm and compassionate care to women and children by a team of board-certified physicians and specialized clinical staff.

Presbyterian Imaging and Breast Center Ballantyne, also located on the first floor, offers advanced diagnostic services including CT, MRI, digital mammography, ultrasound, bone-density testing, chest X-rays and more. The imaging center's calming environment and friendly staff help make every visit a remarkable experience.

Presbyterian Surgery Center Ballantyne, located on the second floor, provides a comprehensive range of advanced outpatient surgical procedures in a state-of-the-art setting. Same-day procedures available include ones related to general ear, nose and throat, gynecology, urology, orthopedics, endoscopy, cosmetics and reconstruction. The center also has a Pain Management Room for epidural steroid injections and nerve root blocks.

At Presbyterian Sleep Medicine Ballantyne, also located on the second floor, patients receive comprehensive sleep health services, including a 24-hour sleep lab with hotel-like rooms to accommodate sleep studies.

Presbyterian Healthcare is nationally known for quality care and outstanding patient satisfaction and is proud to deliver advanced health services to you where they're needed most — close to home or work. To learn more about services at Presbyterian Medical Plaza Ballantyne, call 704-384-CARE or visit [www.presbyterian.org](http://www.presbyterian.org).



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Photo by Ray Sepesy

It's common to see employees walking in Ballantyne Corporate Park.

# wellness goes to WORK

## LOCAL COMPANIES BELIEVE INVESTING IN EMPLOYEE HEALTH PAYS BIG DIVIDENDS

By Nan Bauroth

BUSINESSES ARE FOREVER looking to boost their bottom line, and reducing health-care costs is one way to do it. Instead of cutting benefits, however, companies in Ballantyne Corporate Park are learning that investing in employee well-being can provide a payoff.

Just ask Aetna, the insurance giant, which provides incentives to employees who participate in wellness initiatives by depositing money into their Health Reimbursement Accounts (HRA).

The same holds true for Premier, a large health-care alliance, which pays \$300 to employees who get involved in the company's wellness program. Smaller companies are also finding that a healthy



Premier, a large health-care alliance, pays \$300 to employees who get involved in the company's wellness program.



Photo courtesy of Premier

**ABOVE:** Premier's "Get Drenched in Activity" contest for employees featured this winning photo.

**RIGHT:** Ergonomic assessments that include proper chair height are routine at Liberty Mutual.



Shane Baskin/Blackbox Studios

workforce reaps dividends. At Amphion Analytical Engineering, an engineering consulting firm, the founding partners cover 100 percent of employee health insurance premiums, even though it is expensive and the business is only two years off the ground.

According to Jeff Perren, director of health promotion and wellness programs for Aetna's southeast region, the key is implementing an entire corporate strategy devoted to wellness. Seminars and discounts aren't enough. "These programs and services cannot provide an adequate return on investment as stand-alone health promotion activities," he says.

At Aetna and Premier, the

strategy begins with a voluntary employee online health risk assessment. Aetna employees can then choose to work with medical or ancillary experts to improve and maintain their health, receiving deposits in their HRA account for participating in annual physicals, eating right and regular exercise.

### 'Be Well Bucks'

Premier's health risk assessment screening by an external wellness provider shares confidential feedback to the employee on results and areas of opportunity. Employees who complete those steps receive \$300 in "Be Well Bucks" from Premier, and free access to

a health coach to discuss issues such as menu planning, workout regimen or smoking cessation.

Avoiding injury in the workplace is another facet of wellness efforts. For Liberty Mutual, ergonomics are such a critical health issue for the 800 employees in claims, underwriting and sales and other functions that managers must now conduct a six-page ergonomics assessment of every new hire. "Being an insurance company, we are all about risk and minimizing risk in the workplace," maintains Shelly Barber, human resources manager. "The training we provide is not only for managers to understand ergonomics, but we also have 10 employees

designated as ergonomics specialists.

The assessments include proper keyboard, mouse and phone location, along with feet and chair positioning. "To get a chair correctly adjusted, the manager has to measure the employee's elbow height from the floor with a ruler and physically record it," Barber explains. "They can't just check a box. The assessment is then returned to human resources, where it is tracked through the system." The same profile is also done every time an employee returns from disability leave, or complains of pain or discomfort.

### White Noise

Reducing noise for employees





Photo by Cameron Triggs

in a cubicle environment is another problem Liberty Mutual has addressed by adding white noise on selected floors to muffle conversations, particularly related to underwriting. Barber says when the office lost power once, employees felt they had to whisper because they didn't realize how the white noise drowned out discussions that carried across the room.

Companies often call on outside experts in workplace stress like Bill Toth, director of The Spa at Ballantyne, to conduct seminars on the topic. "Since people spend 70 percent of their life at work, at The Spa we try to teach people how to

**ABOVE:** Tall, one-way windows in Presbyterian's CT scanning room provide a serene view.

**RIGHT:** Operating rooms at Presbyterian Medical Plaza let in lots of light.

work better," he says. He's particularly knowledgeable about ergonomics, which is why the Bissell Companies had him conduct a session for its office employees, showing them how to adjust their workstations to avoid wrist, eye and back strain.

### Playing it Safe

Workplace wellness today also extends to employees in potentially dangerous jobs. Amphion Analytical Engineering specializes in risk management





and equipment reliability studies for large manufacturing companies around the globe. "Our job is to ensure equipment like boilers, big tanks and process vessels are operating reliably and safely for our clients," says engineer Lakshman Santanam, president of the firm. That means Amphion's 10 employees, along with subcontractors, often work in perilous conditions.

To encourage them to stay healthy, Amphion's founding

"The large windows enhance the workplace environment and reduce stress in the operating room," says Dr. Thomas G. Lyszka, a surgeon with Ballantyne Plastic Surgery.



Photo by Cameron Triggs

partners cover the full cost of health-care premiums for employees, as well as 50 percent of the cost for dependents. "While it is an expensive proposition, it is vital to our employee morale," says Santanam. "Some of the projects we do are taxing, so we felt it was fair to treat our employees as well as we could."

Avoiding injury to employees is of such paramount importance to the company that employees undergo rigorous safety training courses, and every meeting, on or off-site, begins with a "safety moment." "We buy all personal protective equipment, including a pair of steel-toed boots, for every employee," notes Santanam. "If you're not safe, you can't be healthy."

### Let There Be Light

Doctors, nurses and medical technologists often spend all day inside windowless rooms, which can affect their physical and mental well-being. So when Novant Health designed Presbyterian Medical Plaza in Ballantyne Corporate Park five years ago, the goal was to give employees light. The upshot is an innovative medical facility that boasts operating rooms with windows — a rare design feature highly desirable for surgical staff.

The Presbyterian Ballantyne Imaging and Breast Center on the ground floor is another example of this unique concept. Tall, one-way windowpanes in the CT scanning room give technologists and patients a serene view of green space.

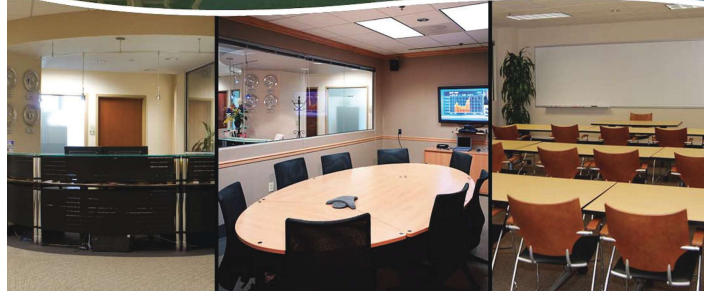
"The large windows enhance the workplace environment and reduce stress in the operating room," agrees Dr. Thomas G.

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Liszka, a surgeon with Ballantyne Plastic Surgery, who uses the operating suites quite often. "It is always more pleasant to be able to look outside than being surrounded by four walls."

Liszka also loves the XM satellite radio in the operating rooms. "It reduces stress for me to play music that I enjoy while operating," he says.

Susan Osmar, nurse manager of the Presbyterian Surgery Center at Ballantyne since its inception, says the two same-day surgical suites and pain management room were designed for a glimpse of sky as well as the fountain below. The operating rooms also have surgical booms suspended from the ceiling so nurses don't have to physically haul equipment around. Even the welter of

electrical cords has been whisked off the floor into an upright chute to reduce the chance of tripping by surgical personnel.

Osmar also insisted on separate pre- and post-op suites for patient comfort, as well as a recovery room for children so their crying doesn't disturb adults coming out of anesthesia. The recovery room can also be used for isolation or a VIP.

The spacious, light-filled first floor of the Presbyterian Ballantyne Imaging and Breast Center offers CT, ultrasound, digital mammography, bone-density screening and routine diagnosis exams, including chest X-rays and MRIs. Sherri Tartt, manager of radiology, says the natural light flooding the offices and scanning room make all the difference in the



Benjamin Eppes/Blackbox Studios

staff's attitude. "Most radiologists spend all day in the dark, never seeing daylight," she says. "We wouldn't want to work anywhere else."

## Wellness Trends

Wellness strategies today often play off exercise fads. For instance, Toth of The Spa at Ballantyne partnered with Aetna

to hold Tai Chi classes, and brought in nutritionists, along with reflexologists, who showed people how to apply pressure to points on their hands while they are working to reduce pain and stress. Premier now offers free on-site yoga and kickboxing classes, both of which are taught by employees.

At Aetna, the office location provides an ideal setting for popular exercise and stress-reduction techniques during work breaks. "Ballantyne Corporate Park is a very employer- and employee-oriented complex," Perren notes. "Our 30 employees here utilize the fitness trails, walking and bike paths, and some have started their own walking groups during the day, using the paths around the ponds. One of the ponds is so peaceful — with benches as well as picnic tables — that employees refer to it as our 'local Hawaii.'" Perren adds that other employees get a regular stress relief break by using the putting green.

## Employees Drive Wellness

Serving 2,400 hospitals and 70,000 other health-care sites, Premier is at the forefront of the transformation toward

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**LEFT:** Participants enjoy a Zumba fitness session at Premier's Family Fun Wellness Day.  
**BELOW:** Wellness event brought about smiles and lots of fun.



Benjamin Eppes/Blackbox Studios


high-quality, cost-effective health care. A prime example is the corporate decision to let a committee of employees drive the company's wellness effort.


"The heart of our program is our 'Live Well, Be Premier' volunteer committee of 40 employees who share a personal passion and connection to health and wellness, and do this on top of their regular job," says Allison Golding, senior director of Total Rewards, Premier's corporate benefits and compensation program.

Last year the group staged a "Well.I.Am" contest, creating a mascot that resembled a bumblebee. Employees were asked to travel four wellness paths, and snap a photo of themselves carrying the mascot. The contest included "Buzz Around Town," which involved getting to know city landmarks and parks, and "Get Drenched in Activity," which encouraged exercise in the water. Pictures were posted online so employees could vote. The winner for the water event was an employee riding a wave on a wakeboard.

"Competition was hilarious, but also fierce," says Golding, explaining that employees took to coaching fellow employees and campaigning for their favorite pictures.

Last May the committee sponsored a "Biggest Loser" campaign, which resulted in 200 employees losing 1,200 pounds over 11 weeks. The committee also held "Family Fun Wellness Day" in Ballantyne Corporate Park. In anticipation of the company's move here, the event featured vendors such as restaurants and health-care providers so employees making the transition could see the relocation area and learn about resources in Ballantyne. "Carolinas Medical Center and the Morrison Family YMCA bent over backwards to help us," Golding says.

Companies wouldn't be engaged in all these inventive wellness programs if they didn't provide some form of competitive advantage and/or payback to the bottom line. All of which goes to show that living well truly is the best revenge. 




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MEET THE ADs ORCHESTRATING  
LOCAL HIGH SCHOOL SPORTS

# Unsung Heroes

By Regan Michelle White  
Photos by Shane Baskin/Blackbox Studios

IT'S THE ROAR OF THE CROWD, the smack of pads, the swish of a slam-dunk, the peal of the whistle, the buzz of the time clock. These are the sights and sounds that most people experience during high school sports. But what's taken for granted is everything that goes on behind the scenes. Tickets are sold. Players are prepped. Senior days are planned. Games are scheduled. Fields, courts, tracks and pools are maintained.

As the old expression goes, the devil is in the details. No one knows this better than the unsung heroes of high school sports — athletic directors.

While well versed in shining the spotlight on their athletes, ADs, as they're known, never have the chance (or, frankly, the time) to bask in the limelight. That's not what their jobs are about, they'll tell you.

Ballantyne Magazine decided to turn the tables and highlight these local heroes who make area high school athletics happen.

## The Jack-of-All-Trades **Cheryl Feeney**

Ardey Kell High


She's known as "Feeney" to the other ADs. She's pint-sized but has a power all her own. Her laugh is infectious. One minute, she is visiting the tennis team on senior day, and the next minute, she is selling volleyball game tickets. Soon she is standing on the school's turf field, watching the jayvee football team get ready for a game and eyeing the cross country team taking laps around the field. It's a frenetic environment, and the 55-year-old Feeney thrives in it.

"This is an administrative position," she explains while walking briskly through the hallway, her arms full. "I'll go



Cheryl Feeney





teach a class and there are 30 e-mails waiting for me. There really is no typical day. That is what I like. I'm a jack-of-all-trades type. I like variety and in this job you get it every day."

The school opened in August 2006, and Feeney has been there since the beginning, a shift from working for the Charlotte-Mecklenburg Schools (CMS) as the assistant director of athletics for seven years. "It was a little isolating for me," she says of her last job. "The fun part was going to watch a game to see how everyone set things up."

"We have team moms for every sport and they organize pre-game meals. They just really are so supportive," Feeney says of Ardrey Kell's spirit. "I couldn't do it all. I couldn't set up meals for 29 teams."

As to being a **woman** in a sea of male **ADs**, Feeney says it **doesn't faze** her and "**shouldn't faze anyone**."

But she'd sure try.

"We have 20 high school athletic directors in CMS and I know we all do the same thing — we all put in a lot of hours, we all care for our students and we all try to provide the best equipment, uniforms or facilities," she says. "Every school is different, but we all have those

core values and we do it for the kids because we remember our high school experiences and how neat they were."

Feeney says she grew up a jock in a largely all-male neighborhood in Indiana. It was a good training ground for Ball State, where she played basketball, fast-pitch softball, field hockey and badminton. It's a well-rounded outlook she extends to her athletic program.

"An AD has to be open to ALL the sports," she says. "I would never want someone to think I'm not fair to one or another." Her well-rounded efforts have paid off with the school capturing a Wachovia Conference Cup last year for its overall program.

As to being a woman in a sea of male ADs, Feeney says it doesn't faze her and "shouldn't faze anyone."

"The job is putting in hours and loving what you do, so I don't think gender has anything to do with it," she says, admitting she might be harder on female athletes. "I'll say, 'You don't understand; 30 years ago we shared the same uniform in high school for all three sports. Be proud of what you're doing.' I want them to know we had people before us who blazed a trail."

Feeney says it'll be awhile before the impact of the economy is seen in the school's athletic participation, but maintains that protecting middle school athletics — and all athletic programs — is a priority. And while managing expectations for college scholarships remains a challenge, Feeney stresses that it returns to fostering well-rounded students. "We always stress that academics come first. That's why 'student' is in front of the 'athlete' word," she says. "You instill in them what's important and everything else will follow suit."

She adds, "I'm into the holistic thing. I want that well-rounded

student who's great academically, works hard athletically and is just a good, quality student."

She recently spoke to a marketing class about the role of ADs. "I said, 'Next time you go to a game, cheer but look around — look at the trash can that's overflowing. Look at the booster parents selling concessions. And look at the police maintaining security. Look at other things besides what you would probably normally look at because that's what ADs do.'

"We don't get to enjoy the game that much," she noted. "We are making sure the game is enjoyable for everyone else."



### The Family Guy **Kevin Christmas**

Charlotte Catholic High

Kevin Christmas's last name suits him. The 41-year-old embodies the ease and warmth of the holiday that shares his name. He walks with a relaxed gait. He smiles easily. You trust him immediately. Students smile back at him willingly in the hallway. Family photos of wife Liane

Kevin **Christmas's**  
last **name**  
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**holiday** that  
**shares** his name.

and children Jack and Georgia Lee (twin seventh-graders) and fifth-grader Lindsay haphazardly dot his bright-red office among dozens of team photos.

He's been an AD for 10 years. "I graduated from Elon College in '91. Moved to Charlotte and started teaching 4- and 5-year-olds at Park Road Baptist Church Child Development Center, and I'd drive by Charlotte Catholic every day," he explains. "I stopped



in and was put on the sub list.

"God has a fate for us all; it was about a month or two of subbing and they offered me the P.E. (physical education) job," he continues. "I've been here ever since." He served as a football, basketball and baseball coach. After two years as assistant AD, he assumed the AD position a decade ago. The role suits him, he says.

"I'm a people person. I'm outgoing and I think that helps because I'm able to communicate effectively with others," he says. "And, probably like all the other ADs, I care about our kids. Not just our kids but the kids in general."

Christmas oversees around 70 coaches who lead more than 40 teams. "Our students take pride in trying to win the Wachovia Cup, which goes to the best overall sports program in the state," he said. "They have that one common goal to be the best."

He laughs when asked if his job has gotten more difficult over the years. "Yes!" he says. "Just trying to stay in communication with the student-athletes, with the parents and I try to help them with colleges, too. It's a tough balancing act."

While he says athletes are working harder in the off-season to prepare for potential college sports participation, it doesn't change that only one percent are going to get scholarships. "To have kids work hard and not reach that is difficult to see," he says.

His own children are active in sports at St. Gabriel Catholic School. Jack is on the football, lacrosse and basketball teams. Georgia Lee is a cheerleader. Lindsay plays soccer and basketball. "I try to be just a dad," Christmas says. "I'm



Jimmy Broadway

just there for support. I like that. I like being a parent."

And he's made it a priority. "This is one thing I promised myself when I took the job and I still try to do this today: I might stay in my office until 9, 10 p.m. but I don't bring the job home with me. It's not fair to my family," he says.

Christmas has a full slate. In addition to being AD, he coaches football and baseball and teaches two health classes and two P.E. classes. He also wants to be accessible.

"I just try to be there for people. That can be a downfall, too," he says. "My wife will always jump on me. The thing with my wife, and all the ADs will tell you, in this job you have to have a special person who knows how it is. My kids know, too. They'll ask, 'Are you coming home for dinner tonight?' And I'll say, 'No, I have this game or that and won't be in until late.' My family support has been just tremendous. Without that I don't think I could do this job."

He relishes coaching because it keeps "everything in perspective."

It also builds relationships.

"When students see you as a coach on the field knowing you're putting in as much time as they are, it's important," he says. "On a Friday night here at Charlotte Catholic, just like Ardrey Kell and all the other schools, it's a special place. Trying to work with the people who run the stadium and so forth and trying to make sure everyone feels welcome and has what they need is very, very difficult."

### The Quiet Man Jimmy Broadway

Charlotte Latin School

Despite extensive expansion to Charlotte Latin School's athletic facilities, the office of Athletic Director Jimmy Broadway has remained largely untouched over the years. A Latin employee since 1986, he served as coach and physical plant director after being Charlotte Country Day School's head basketball coach. Broadway assumed the role of Latin's AD in 1990. His

name still isn't on the door.

And that's just how he likes it.

A scholarship basketball player at Wake Forest University under legendary coach Bones McKinney, Broadway coached Wake's freshman team before teaching sixth grade and eventually coaching high school football, basketball and baseball. He started his private school career in 1970 at Country Day, and by the time he became AD at Latin was an old hand at juggling demands. Today he oversees 130 coaches and 70 teams at the K-12 school.

**Broadway's**  
humility has  
**allowed** student-  
**athletes and**  
**coaches** to  
take the  
**spotlight**, which  
is **just** what  
**he wants.**

"It's a Chinese fire drill," he says of the logistics.

He says his success has been in surrounding himself with people smarter than he is. "I did that all along my whole life," he says. "You hire someone like (varsity volleyball coach) Susie Pignetti. You help them out but you don't need to look over her shoulder. And I don't look over shoulders. Presently we have a coaching staff I wouldn't



trade. And they know that."

The 65-year-old says he's a good AD because he's "kind and human." Last March, athletic directors across the state agreed and awarded Broadway the 2010 North Carolina Athletic Directors' Association Lifetime Achievement Award. Broadway says he had no idea he was getting the award, wasn't wearing socks and "was sitting in the back trying not to be seen."

"That award meant the most to me based on who it came from," he says.

Broadway's humility has allowed student-athletes and coaches to take the spotlight, which is just what he wants. Latin has won five consecutive, and six total, Wachovia Cups since 2004-05 under Broadway's direction.

"It's not me doing this," he says. "I'm just the maintenance person making sure people can do their jobs. It's not Jimmy Broadway. Jimmy Broadway is just privileged to be involved with it."

He adds, "The vision is to maintain big-hearted coaches, whose moral character is good and core is very strong. Who they are is what their teams will be. And kids have to be No. 1 in everything. Sports are a vehicle for what you may be in the future, in life."

Broadway admits that at 65 his retirement looms on the horizon, though the reality hasn't hit. He and a handful of longtime Latin coaches will age out at the same time, meaning an impactful changing of the guard and the end of an era. "The new AD might be more visible than I am. I do hide behind poles. I'm always lurking somewhere, though,"

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he says with a laugh. "You'll notice I don't sit with parents. I don't stand with parents. I don't let it look like one parent is influencing me and another isn't. If parents want to see me, it's in the daytime in my office."

But the kids know where to find him. "That's always important. If kids aren't coming to see you, you're not doing your job," he says, admitting the job has gotten easier with experience. "Parents are always living through their kids. That's always been true. But there's a proper way to do it that makes everything blend," he notes. "If a student is interested in playing sports after high school, I'll be there to assist them in doing that. But the student-athlete has to be the one who desires it."

Broadway's own daughter,

Brandon, snagged a basketball state championship at Latin in '95. "I was a proud daddy," he recalls.

And while there may be change on the horizon and the unassuming man of Charlotte Latin won't always be around, Broadway says the vision of the school's founders and board members has remained unchanged since its inception in 1970. "What they wanted in a school is still there," he says. "It's still what we're about."

### The Trainer **Phil Schundlemire**

Providence High

Providence High School Athletic Director Phil Schundlemire is all business until you get him talking, especially about

sports medicine. That's when his smile starts showing and the words start flowing fast.

In high school, sports

medicine guru Elton Hawley took Schundlemire under his wing.

"As a student athletic trainer in high school, I knew then I



Phil Schundlemire

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wanted to be involved in high school athletics," he says.

Schundlemire attended Appalachian State University and worked in sports medicine before getting involved in administration and eventually taking an AD position at Harding High. After six years he moved to Hopewell for eight before taking over as AD at Providence three years ago. He teaches sports medicine and physical education in addition to his AD duties. He also helps direct traffic in the school's parking lot every afternoon.

"It's tough on my family," he admits. His job means he misses a lot of the athletic events of his two sons, ages 15 and 18, who between them play football, wrestle and run cross country for Lake Norman Charter School. "It's a sacrifice we have to make," he says. "My wife once cut out my picture and put it on a milk carton."

To be fair, Schundlemire, now 46, warned his wife, also a teacher, of his hours when

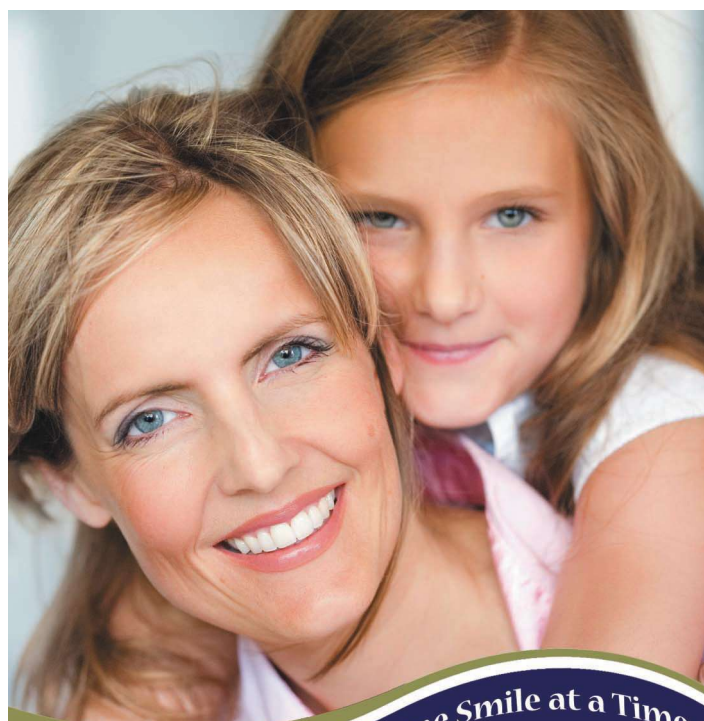
still want in.' She did. She knew what she was getting into."

He says the job has gotten more difficult over the years because of technological advances. "When I first took over in '95, I didn't have a cell phone or e-mail. That has grown exponentially as we've become more technology based," he says. "Before, everything was done with paper and pencil. Now we're accessible 24/7. That's been tough to get used to."

It helps that he stays positive, he says. "I try to find the good in everything. I use a lot of humor and never take myself too seriously. I'm outgoing—which helps as an AD. You've got to be able to stay focused because so many things are coming at you in different directions."

There are other challenges, too. "The eligibility process, the paid-to-participate part of it, those are challenges that have been added and make the job more difficult. But when you're in this chair, you know what you're getting into and every job in CMS has gotten more difficult over the last few years," Schundlemire says, adding that the economy hasn't affected participation as much yet as it has attitude.

"We're a lot more frugal in what we do and how we spend our money," he says, underscoring that the threat to middle school sports is a real and scary one. "If you're not worried about middle school sports it'd be foolish," he notes. "You read any comments to media stories and the first always is to cut all extracurricular activities. That worries me a lot. Being involved in athletics, I know how important it is for the total school and the good



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"It's a **sacrifice** we  
**have to make,**"  
he says. "**My**  
**wife** once **cut**  
**out** my **picture**  
and **put it** on a  
**milk carton.**"

he married her. "There was a wonderful article in the paper about what it takes to be a coach and be involved in athletics. I cut it out and said, 'Read this to make sure you



that comes out of it.”

It's what he based his master's thesis on. “Attendance is way up for the student-athlete, GPAs are higher, referrals to the office are fewer, graduation rate is a lot higher,” he says. “It's not just athletics, it's all the extracurriculars. You want kids to be involved and feel like they belong to the school and have a vested interest in it.”

It's easy to be invested at a place like Providence, Schundlemire says. “Providence is a special place, he says. “You've got a very supportive administrative team, excellent coaches, very involved parents and super children. The children make you want to do for them. They are appreciative of what they receive and they work so hard.

“That makes Providence a wonderful place,” he stresses. “I want to continue to build on the excellence that's been here.”

### The Mathematician

#### Kevin Hinson

South Mecklenburg High

Kevin Hinson is calculating, but in a friendly way. He's affable and easygoing, but you can tell his inner wheels are turning. He's sizing up the situation. Makes sense for a guy who teaches Advanced Placement statistics, in addition to heading the South Meck athletic department for the past three years after 10 at the school and 20 in CMS.

“Being a math teacher is not what normal coaches and ADs would do,” he explains. “The math logic helps me in my organizational skills. It's really a good thing. Using computer software and all that really makes sense to me. I also handle all our computer stuff at the school.

I've done it since I started.

“I have many jobs other than AD,” he says. “AD is just one of them.”

A Clemson grad, Hinson credits his brothers with instilling in him a love of competition from an early age. “We were a competitive household. That's why I like sports so much, I guess. I always had to try to beat someone — my older brother. It was a fun thing growing up for me,” he says, adding that he played high school basketball and football and intramural sports at Clemson. “I'm a Tiger for life,” he says with a smile.

Hinson, 45, says that his “driven, detail-oriented” personality and love of sports make him perfect for the AD role. “I like everything about sports and seeing the kids and how happy they are playing and how enthusiastic they are. It's the thing that keeps me going and keeps me young.” He admits sometimes he still feels like he's in high school. “When you get around the kids, you think

you're one of them. Sometimes you forget that you're not. That's what's fun about it.”

South Meck's success comes from its group mentality, Hinson says. “I think cooperation among the staff is our focus — working together to get the job done no matter what it takes, everyone chipping in, no one saying, ‘I can't do that; that's not my job.’ If you don't have that cooperation among your

staff, it just makes it terrible for everyone. If you don't have that, you have a hard job as an AD.”

Like the other ADs, Hinson says the economy hasn't impacted participation as much as it's affected frugality and team support. “People might not buy as much barbecue as they used to or there's a little less attendance at the games,” he says. “That's what we see the most and that determines how much money we have to spend on our teams. You have to be smart how you spend your money. That's something I think about all the time: making sure I don't overspend so I have enough for a later sport.”

He is concerned about the fate of middle school sports. “Who knows what will happen a couple of months from now? We're just trying to keep them going. If we don't, that's when we'll see some big issues,” he says. “You'll see a decline in high school athletics. It will be harder to get athletes prepared for college if they don't come with a lot more skills.”

But it's all part of the job. “There's just a lot put on ADs,” he says. “Number one, there's a lot they have to do that people won't see. It's almost like being the principal at a school. You're the principal of the athletics. You just have so much responsibility to a lot of different people and you have to have someone who doesn't get too rattled over things,” he says, admitting that teaching taught him that kind of patience.

He also always knew he'd wind up an AD. “I guess ever since I realized there was such a thing as an AD, I knew that's what I'd be,” he says with a laugh. “This is a job I don't intend to leave; I'm happy here. South Meck has been my home for 10 years and it will be for 10, 15 or more years.”

**Kevin Hinson**  
is **calculating**,  
but in a **friendly**  
**way**. He's **affable**  
and **easygoing**,  
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are **turning**.





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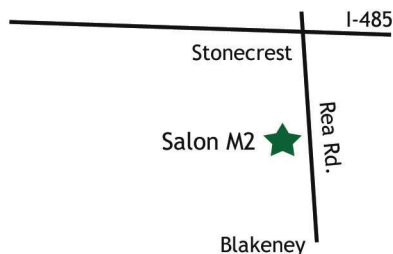
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LAST WINTER Charlotte got more snow and frigid air than expected. The conditions stuck around for a while and presented a challenge: How do you stay warm and still look put together?

Used to habitually mild winters, a lot of Charlotteans forget about a crucial part of their wardrobe: winter accessories. This isn't referring to a new handbag, it's about the necessary extras to keep warm while snow falls or cold winds come in. Ski gear is not the answer.



BROOKS BROTHERS  
black leather gloves,  
\$218, SouthPark Mall.



TARGET teal and red  
gloves, \$17.99 per pair,  
Target, Blakeney.



BANANA REPUBLIC  
overcoat, \$250, Banana  
Republic, Blakeney.

# WARM UP! HOW TO STAY FASHIONABLE THIS WINTER

By Samantha Carpenter

## Classic Essentials

**1** The first winter investment everyone should make is a **quality coat**. A quality coat is warm, lined and fits well. Look for a coat that is a wool blend. A good wool coat will last for many, many winters. Consider a wool coat as a wardrobe investment.

Fit is important. Make sure a sweater or a couple of layers fit underneath your coat without being uncomfortable. If in-between sizes, buy larger and take it to a

tailor to have it fitted perfectly. Men can especially benefit from getting a piece tailored, so don't be shy about making some alterations.

Consider being able to wear this coat with everything, so take that into account when thinking about color. For women, classic color choices are ivory or camel, both are great options. If interested in something a little bolder, red is surprisingly versatile. Not only is it very on trend this winter,

but it goes with almost everything.

Men should look for a coat in a classic cut that is a neutral color to ensure that it is always in style. Not only will a sharp coat make for a very put-together look, it will also be warmer than a fleece.

**2** **Gloves** are an afterthought for most southerners. Don't forget to include them in a winter wardrobe; they can make all the

difference when it comes to keeping warm. A good pair of leather gloves is a great investment.

Women can get them in a fun color to brighten up a winter palette or try a pair with some embellishment to add some interest to a look. A pair of sturdy leather gloves is an essential for men. Resorting to just keeping your hands in your pockets all winter is not the best plan. Great options for gloves are available at





BANANA REPUBLIC boots, \$98, Banana Republic, Blakeney.

MICHAEL STARS plaid infinity scarf, \$48, Her Therapy, Ballantyne Village.

J. CREW men's plaid scarf, \$48, J. Crew, SouthPark Mall.



TARGET leopard print scarf, \$12.99, Target, Blakeney.



BANANA REPUBLIC men's fingerless gloves, \$24.50 per pair, Banana Republic, Blakeney.



TARGET purple fedora, \$14.99, Target, Blakeney.

BANANA REPUBLIC gray fedora, \$49.50, Banana Republic, Blakeney.

most men's specialty stores. A pair with a fleece or cashmere lining will keep your hands functionally warm no matter how cold it gets.

③ Footwear that can handle the elements is another must-have. Trudging through the snow or sleet in a pair of favorite leather **boots** is not a good idea. Look for a good, sturdy pair of all-weather boots.

While they are adorable, women should steer clear of polka dots, flowers and neon colors. Those types of rain boots are not meant for grown women. Instead, try to find a pair that could be realistically worn wherever the destination. A solid color in a darker hue like navy, black or charcoal is a good bet.

A pair of duck boots is a great all-weather option for men. Not interested in buying another

pair of shoes just for inclement weather? Be sure to take winter shoes to be winterized and waterproofed at a shoe repair shop.

④ **Scarves** are a chance to add a little personality to any winter look. Because they are relatively affordable, feel free to try a different pattern or a bright color. Stock up on a few scarves that can be used throughout the

winter to avoid getting stale. Get a chunky knit scarf for everyday wear, a more streamlined cashmere blend for special occasions and one more for good measure.

## Optional Extras

⑤ This winter there are some new trends that will keep women looking fashionably cozy. Store racks, magazine spreads and television shows all indicate that faux fur is everywhere. A faux fur **vest** is a great add-on to have on hand; it adds great texture to a simple outfit.

A puffer vest is something that most men would get a lot of use out of in the winter. They are incredibly warm without restricting your arms. Vests are a great option for men with broad shoulders that have a hard time finding jackets to stay warm. A puffer vest is also a great layering tool to have in Charlotte, where the temperature is somewhat unpredictable.

⑥ This winter, **hats** are back for men and women. Along with the return of vintage, lady-like dressing for women comes the hat. Hats of many shapes (cloche, fedora, beret) can be found this winter. Not only do hats add some stylish flair, but they also will keep out the cold. Like gloves and scarves, hats can be used to add a pop of color or some interest to an outfit.

Men can use a classic shape like the fedora to let your inner Don Draper out. It takes confidence, but a man in a hat will look polished, all the while staying warmer than those who don't cover up their head.

⑦ There are times when fingertips are needed, but it is still freezing out. If you're tailgating, trying to open something or using a touchscreen, a little more control than what traditional gloves offer is needed. Enter **fingerless gloves**. These gloves have gained popularity with smartphones and constant texting. If you are addicted to a BlackBerry or iPhone, fingerless gloves would be a great purchase.

This winter, take the time to get the necessary seasonal accessories. Take your winter wardrobe up a notch from the standard ski gloves and fleece.





# Tar Heel Treasure

SEAGROVE POTTERY  
CAPTIVATES PEOPLE  
'ROUND THE WORLD

By Regan Michelle White

Photos provided by Seagrove potteries  
and Seagrove Area Potters Association

## FROM THE GROUND UP

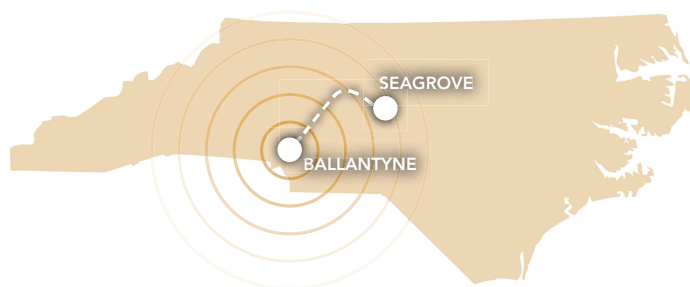
NORTH CAROLINA'S HILLS, dales, rich mountains, sparkling streams and unblemished forests are renowned for their splendor, attracting year-round visitors and residents eager to capture the tranquility of rural life. And for hundreds of years, the hills east of the Uwharrie National Forest in the central part of the state have been a fertile setting for generations of potters.

More than 100 potters live and work in the famous Seagrove area, taking clay and firing it into utilitarian and decorative works of art. For centuries people have sought and collected the fruits of this creative region, pottery that

can't be found anywhere else.

"The thing that makes Seagrove different from any other area — this is the oldest area in the country where pottery has continuously been made," says potter Mary Farrell, who owns and operates Westmoore Pottery, 4622 Busbee Road, with her husband David. "There are other areas where they used to make pottery and it died out and someone has revived it. Seagrove has been a continuous pottery area for a long, long time."

Well over 200 years, in fact. North Carolina's rich clay deposits were well known to Native Americans, who were



88 miles - 1 hr., 46 min.

the first to fashion the material into functional and ceremonial objects. In the late 1700s, immigrant potters, primarily English and Germans from Pennsylvania and Virginia, settled into the Seagrove area and began what would become a tradition of pottery-making that would change and adapt along with the country to survive.

"It changes a lot," Farrell explains. "In the 1800s it was different than in the 1920s and the 1970s — and different than it is today. One reason it has survived is that it does change. What people want to look at changes."

Today, Farrell says the Seagrove area benefits from its diverse range of potters who





**BULLDOG POTTERY**



**WESTMOORE POTTERY**



**WHYNOT POTTERY**

include multigenerational potters who grew up there making pottery; people who grew up in Seagrove and learned to do pottery; and people who grew up in other areas but were drawn to the area because of its history and the benefits that come from living in a rural pottery community.

"If you build a new kiln and it's not working quite right, you can talk to your neighbors and they know what you mean," Farrell says with a laugh. "It's a real mix of people and ages — old and young. It's a nice place to live, too. We have enjoyed being here and raising a family here."

Farrell grew up in Durham

County, her husband in New York state. The two met in the Seagrove area while working for Jugtown Pottery, 330 Jugtown Road. They combined their shared passion for clay, and each other, and opened their own shop 33 years ago.

"When we opened there were five potteries in the area," Farrell recalls. "Only three of those five are still around. We have a lot of others that have opened since then. Now there are more than 100 in the area."

### **More than Seagrove Proper**

The area, generally referred to as Seagrove, extends

well beyond the small town of Seagrove, just south of Asheboro. "Seagrove itself is a very tiny town," explains Farrell. "Not until 20 years ago was there ever a pottery within the town limits. The oldest potteries still going now are really about eight miles outside of the town."

The reference to Seagrove pottery can lead to confusion. "It's a whole area of pottery. From one end to the other, it's probably an hour's drive, maybe 40 minutes...," she continues. "A lot are clustered off Highway 705 (known as Pottery Highway), which runs between the towns of Robbins and Seagrove." All are grouped around the central

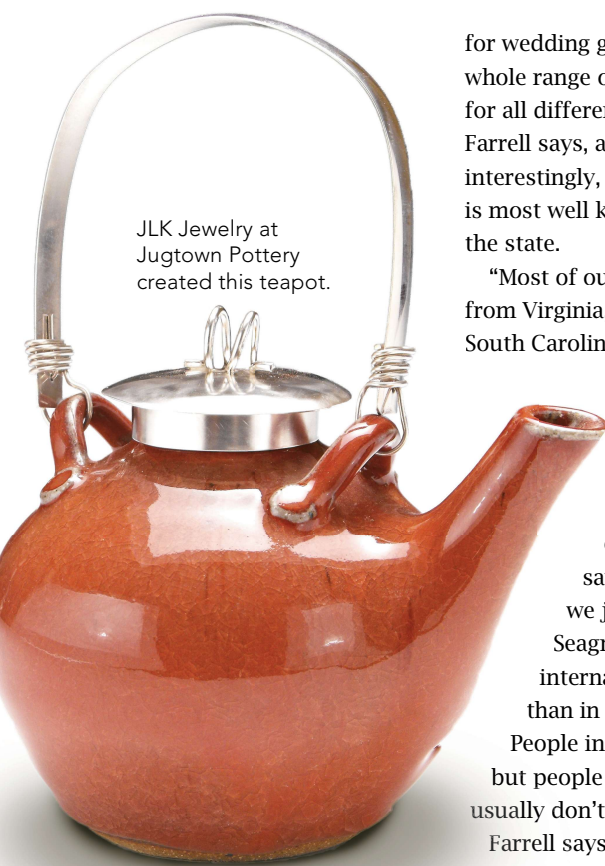
spoke of U.S. 220.

"People who are planning to come sometimes get the idea they can park and walk," Farrell says. "It's not like that. It's a driving trip. On our road there are something like 10 places all within three miles. And some are more far-flung."

"People just need to realize it's not like a mall," she adds. "These are individual pottery shops where potters make the pottery and sell it on the premises. The potteries are scattered all throughout this area."

Visitors range from high-end collectors to interested pottery newbies and people shopping





for wedding gifts. "We have a whole range of people coming for all different reasons," Farrell says, adding that interestingly, Seagrove pottery is most well known outside of the state.

"Most of our customers come from Virginia, North Carolina, South Carolina, Georgia,

Tennessee and Ohio, but we get them from all over — even overseas," she

says. "Sometimes we joke that the

Seagrove area is known internationally more than in North Carolina.

People in England know us, but people in North Carolina usually don't."

Farrell says the busiest

season is October through December, when potters are selling pottery for the holiday season faster than they can make it. There's a Christmas Open House scheduled for the area December 4-5, including lots of inventory and open kilns. However, the slow season of January and February is a great time to visit and pick from a fresh selection, Farrell notes. A Winterfest celebration is scheduled for the area in February.

## Handmade History

The best part, Farrell says, is that there's something for everyone. "Right now there is a wide range of styles, which is what people really like. There are shops that are very modern. Ours is very historically based," she says. "You have a



Pottery can be wall art, as is this piece entitled "Red Dung Beetle" at Bulldog Pottery.

whole range of things: people who make pots designed for decorative use. Shops making very simple, functional ware that you could buy and use every day."

Even before they met, the

## WANT TO VISIT SEAGROVE?

Check out the tips below to help you plan your trip to the Seagrove area, the pottery capital of North Carolina. Seagrove is nearly two hours northeast of Ballantyne, just east of the Uwharrie National Forest.

**Get a map.** A map of the area is essential if you don't plan on getting lost on rural side roads. If planning a trip in advance, download one of two area maps from the Museum of NC Traditional Pottery, [www.seagrovepotteryheritage.com](http://www.seagrovepotteryheritage.com).

This website, along with the Seagrove Area Potters Association, [www.discoverseagrove.com](http://www.discoverseagrove.com), also includes a listing of area potters so you can browse work beforehand and map out who you'd like to visit. If spontaneity is more your thing, drive straight up to Seagrove, pick a potter and request a

map and plan your trip while up there. Potters also will send maps, complete with pictures, to interested visitors. Just ask.

**Plan your time.** "You can't see the entire area in a day," says potter Mary Farrell, who owns and operates Westmoore Pottery with her husband David. "In a day you can see a lot of places, but not every one in one day. Each time a visitor comes, if they stop at one or two places they haven't stopped at, then they can gradually get to know the area and who they want to return to.

"People who come here regularly end up with their favorite places," she adds. "They don't drive here for one place. They'll stop at five or six places or more if they have time." DiscoverSeagrove.com also includes a list of area overnight accommodations.

**Dress comfortably.** "You'll be



In the Seagrove area, there are more than 100 potteries.

walking around; wear comfortable shoes — particularly if you want to poke around behind a kiln," Farrell says. "You won't be on paved paths necessarily."

Consider bringing your lunch. "There are very few restaurants here," Farrell warns. Most potteries keep picnic tables for people to enjoy lunch."

**Tote a camera.** "Most places allow photographs," Farrell says.

**Enjoy.** Many visitors to the Seagrove area have been coming for generations and buying pottery that's passed down through the family. Start a new tradition in your family this year and discover what the magic of Seagrove is all about.




Farrells both were interested in historical pottery. Today their emphasis is on pottery made in North Carolina in the 1700s and early 1800s. "We like pottery done before 1850," Farrell says, adding that in addition to individual sales the couple makes replicas for historical sites, museums and movie sets. She adds that while the shop's online business has provided ample cushioning to ride out the recession, there's still something magical about visiting the Seagrove area and



Westmore Pottery, owned by Mary and David Farrell, crafted this glassware.

meeting the potters in person.

"I like the face to face, I must admit," she says. "The way our shop is set up, people can watch us and talk to us. When someone is holding something up, we can tell them what it is and how it's used. I'd be very, very sorry if I had to go to totally Internet. When you're here in person, there's a lot you can learn."

And, luckily, people of all ages keep coming. "In North Carolina we're very lucky," Farrell says. "North Carolina is a state where people really appreciate handmade things much more than in a lot of other states." 

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# WINTERIZE YOUR GAME

Have Fun Amid the Tough Conditions

By Marc Lapointe, Senior Instructor, Dana Rader Golf School

PLAYING GOLF IN THE WINTER months — when the temperature drops below 50 degrees and the wind picks up above 15 mph — can be extremely difficult!

Rain in the winter months also factors into the game. Golf courses stay wet for several days after rainfall. Extra layers of clothing can also prevent you from making a complete full swing. Winter makes everything harder for the golfer, even finding a partner to play can be challenging.

Try my winter rules of golf to continue playing your best this season despite all of the inconveniences, and have fun in the process.

## First, move up one tee box.

The golf course will be playing much longer than usual, and the fairways will provide few rolls off your drives. The colder temperature will affect the distance of your shot and prevent you from impacting the ball like you would in the summer minus your big jacket and long johns. Choose the tee box that will reduce the yardage of the course by at least 300 yards from where you usually play in the summer. You will have more fun even if you can't feel your fingers!

## Second, find a good lie in the fairway.

Don't be scared to move your ball around in the fairway. You should be rewarded for hitting




a good tee shot because good lies can be hard to find in the winter.

## Finally, choose the right wedge.

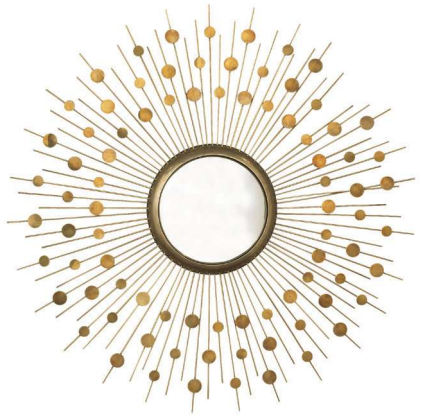
During peak season, I encourage most of my students to use a sand wedge (54-56 degree wedge) in the bunker and a lob wedge (58-60 degree wedge) in the fairway. However, in the winter you have to be creative and truly understand the design of your wedges. Most sand wedges will carry a bounce of at least 12 degrees, and most lob wedges a bounce of less than 10 degrees. (The bounce is the angle on the sole of the club, see picture).

The greater the angle, the better chance the club will bounce off soggy turf, and prevent a mud bath in the process. The smaller the angle, the better chance the club will splash through the frozen sand. Winter fairways are softer requiring a club with more bounce (sand wedge), and winter bunkers are harder requiring a club with less bounce (lob wedge).

Golf courses in the winter play quite differently from courses in the midst of a hot summer drought. Play your best this winter using good strategy and smart club selection. The winter rules of golf should help you make this hard game a little bit easier! 







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