magazine IT'S ALL RPRISING ORIGIN GOING HOM Winter 2012-2013 Vol. 12 No. 4

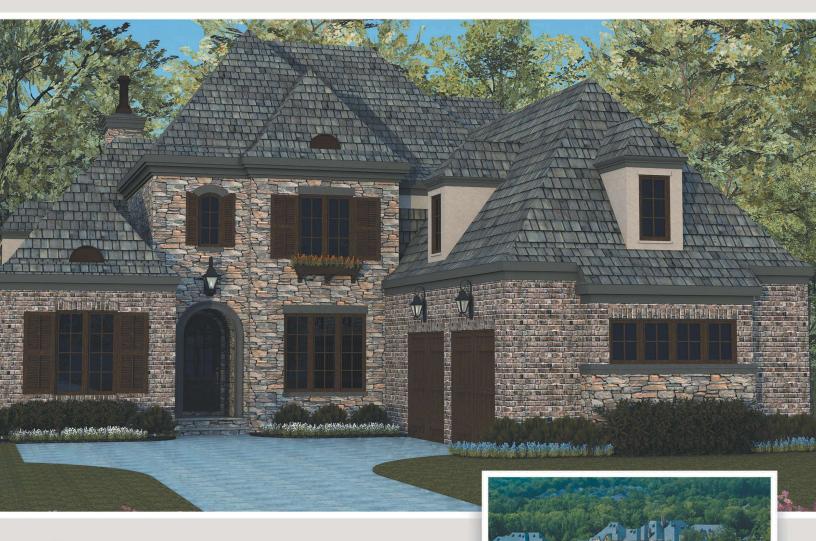




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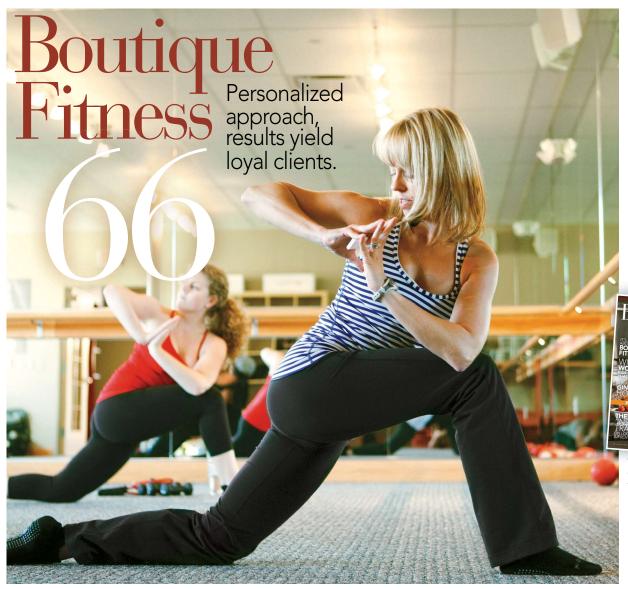


STEVEN H. GHIM

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General and Family Dentistry
Cosmetic Dentistry

FEATURES



ON THE COVER:

To help her family eat well, Lisa Leake develops new dishes and alters old favorites. Her cookbook is due out in 2014.

Photo by Dustin Peck

Hänsel and Gretel's House

This treasured confection has a surprising origin.



'100 Days of Real Food'One family's dietary daring changes their lives and others.





Remarkable People. Remarkable Medicine.



Same-day mammograms? It's about time.

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DEPARTMENTS



WIRE.....

Take in what's happening in and around Ballantyne.	
FACES	
EXPERT DIRECT	ó
DATE NIGHT	ó
FAB FARE 60 Thai 1st Bistro pleases palates)





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local roads? See what's changing.



BALLANTYNE

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Publisher JJ Bissell

Associate Editor

Regina Robertson

Creative Director

Larry Preslar

Ad Design

John Baxter Tony Cole

Web Design

Big Sushi www.bigsushi.com

Contributors

Maureen Anders Shane Baskin Nan Bauroth Becca Bond Photography Hayley Brafford Doug Breuer Kat Carter Shelly Johnson Jessica Milligan Missy from pinkpistachio.com Jennifer Mitchell Parmley Dustin Peck

Amy Rogers

Ann Saari

Ray Sepesy Michael Solender

Christina Thigpen

Editing and Proofing

Susan Shackelford

Publication Design and Production

SPARK Publications www.SPARKpublications.com

Distribution

Jo Harashima

Advertising

Marcy Saele 704-248-2155

msaele@ballantynemagazine.com

Please send all editorial items to:

JJ Bissell Publisher 704-248-2000

jjbissell@ballantynemagazine.com www.ballantynemagazine.com

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WINTER 2012-2013 Vol. 12 No. 4

BALLANTYNE MAGAZINE WINTER 2012-2013



Clothing & Jewelry

Ann Taylor Loft Cutie Pies Children's Boutique Jos. A. Bank Leah & Company MW Tux Stein Mart

Restaurants

Arooji's Wine Room
BT's Burger Joint- Coming Soon
Café Carolina Bakery
Johnny's Red Bowl Restaurant
Macaroni Grill
On the Border
Starbucks Coffee
Subway
Sushi 101
The Q Shack
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Home Improvement

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Beauty Brands CVS Pharmacy Fresh Salon LaVida Massage No. 1 Nail & Spa Sport Clips Ultratan

Photography

Portrait Innovations

Fuel & Convenience Store

Exxon 7-Eleven

Cards & Gifts

Ann's Boutique Hallmark



Start 13 Start 13 Make Your New Year Fun & Healthy



THINKING OUTSIDE THE BOX IS A WELL-KNOWN MANTRA in the business world. When it comes to our health, though, thinking inside the box may just be the secret to success. In our cover story, "100 Days of Real Food," we share how south Charlottean Lisa Leake decided to change her family's eating habits, including the goal of eating nothing out of a box that lists more than five ingredients. Lisa's example has so inspired me that I signed up for her 10-Day Pledge and completed it.

Getting in shape is also a priority as we move into a new year, so we profile the growing trend of boutique fitness programs in Ballantyne, showing how three women have benefitted from their personal workout choices via a flywheel, ballet bar or boxing regimen. Unlike many exercise efforts, the results the women have seen from these customized programs

has kept them coming back for more.

Our Date Night plays off this multiplier effect, following four Providence High seniors on a double date at Sky High Sports in Pineville. After literally bouncing off the walls in the trampoline room, the fearless foursome head to Don Pedro's to engage in more high jinx over nachos, no doubt making a few memories along the way.

To energize our 2013, we're launching two new features. "Going Home" highlights a travel destination that is also a place where someone who lives or works in Ballantyne grew up and still has roots. In our first story, "Down Under's Wow Town," we jet to Sydney, hometown of Alex Braid, director of operations for Advanced Markets, a currency trading company in Ballantyne Corporate Park. Braid shares his tips

on the best places to stay, dine and grab a Cooper's (no one drinks Foster's, he advises). We think you'll like this travel concept because the place has a meaningful connection with someone in Ballantyne. If you or someone you know hails from an intriguing destination, please let us know.

"Inside Track," our second new piece, is also designed to keep you in the loop — in this case by explaining road improvements under construction in Ballantyne and the surrounding area. In this issue, we explain in words and

pictures the changes underway to street names and intersections in Ballantyne Corporate Park, as well as to our two main thoroughfares, Johnston Road and Ballantyne Commons Parkway. This information gives you the ability to figure out your best commuting routes while these changes to ease congestion and enhance safety are completed.

December always brings with it Christmas and the holiday season

of glad tidings and joy. In "Hänsel and Gretel's House," we report the surprising origin of making gingerbread houses and cookies. We also share through "Expert Direct" ingenious ways to wrap gifts for any occasion.

Of all the seasonal traditions, however, the most important is appreciating the many blessings we enjoy, and for us, that includes our readers and advertisers. We wish you and your family a sleighful of treasured memories and the bright hope of a new year.

JJ Bissell Publisher, Ballantyne Magazine

10 BALLANTYNE MAGAZINE WINTER 2012-2013

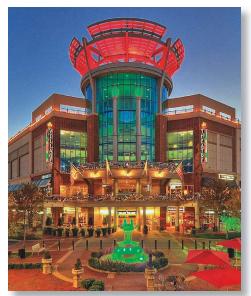
To energize our 2013,

we're launching

two new features,

'Going Home'

and 'Inside Track.'







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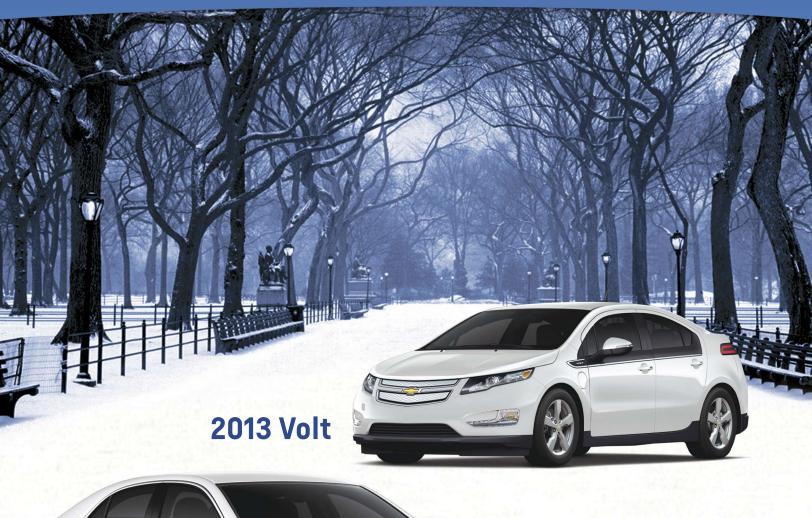
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YMCA of Ballantyne Village





DASHING THROUGH THE SNOW IN A STEVE MOORE CHEVROLET





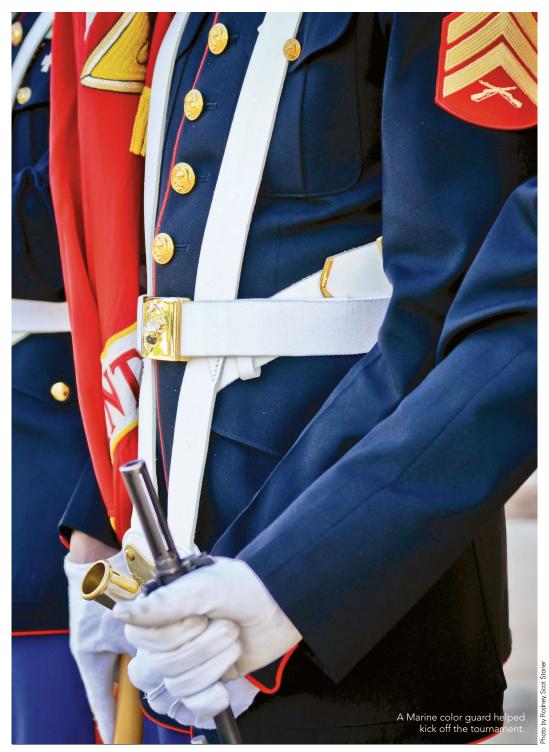
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What's happening in and around Ballantyne



Toys for Tots: Record Turnout

The Fifth Annual Toys for Tots Golf Tournament Sept. 24 at Cedarwood Country Club in south Charlotte had its largest participation ever, as well as its largest collection of toys. The final fundraising figure will be available in early 2013.

The tournament drew 120 participants, 30 volunteers and over 60 sponsors, and more than 200 toys were donated. A silent auction and awards dinner followed the tournament.

Toys for Tots is a Marine Corps community action program. For more info or to donate: call 704-377-2600, email info@toysfortotsgolf.org or visit toysfortotsgolf.org.

NEWS CUES

Harrison UMC Hosts Christmas Events

Harrison United Methodist Church in Pineville will stage its live nativity scene in the sanctuary from 6 p.m. to 8 p.m. on Dec. 8 and 9.

Also on Dec. 9, the church will hold its annual Christmas cantata, "The Messiah," at 8:30 a.m. and 11 a.m. Christmas Eve services will be at 4 p.m., 7 p.m., 9 p.m. and 11 p.m., with a children's Christmas program at 5:30 p.m. All services are free and open to the public. Details: www.harrisonumc.org.

CHS Opens Children's Urgent Care

Carolinas HealthCare System's Children's Urgent Care has opened a site in Blakeney and is now serving patients seven days a week from noon to midnight at 6025 Blakeney Park Drive. No appointment is necessary.

Board-certified pediatricians Anna Seal and Carisa Sutherland are on staff full time. The new facility is managed in affiliation with CHS's Levine Children's Hospital, which has received national recognition for excellence in pediatric care. Details: 704-667-4080.



Rockin' for a Cause Dec. 9

Streetwise Music Instruction, located in the Ballantyne Arts Center, will host its Holiday Rock Shop concert on Sunday, Dec. 9, from 4 p.m. to 7 p.m. at The McGlohon Theater at Spirit Square in Charlotte.

"Rockin' in a Winter Wonderland," which features pop, country and rock music as well as dance, raises money for the Rock School Scholarship Fund (www.rockschoolfund.org), which provides instruments and rock school tuition to underprivileged students. Details:

www.streetwise-rocks.com.

Salon Aids Families with Free Haircuts

Owner Maria Rex of Mystique Makeover Salon, located in Ballantyne Corners, provided free haircuts to the families of the children battling cancer at the Ronald McDonald House on Oct. 15. This is the second time that professionals from Mystique have offered their services free to the charity. The salon will offer the service again before Christmas, and asks that licensed stylists interested in joining them, call Maria at 704-733-9657.



EnJOY! The Ballantyne Hotel & Lodge

Hot Chocolate & Toddies

Savor hot chocolate, toddies and live entertainment on the Veranda Friday to Sunday from 2 p.m. to 5 p.m. during December. Cost is \$5 for hot chocolate and \$8 with liqueur.

Holiday Afternoon Tea

Throughout December, Holiday Afternoon Tea is served Wednesday through Sunday from 1 p.m. to 5 p.m. (except Christmas Day), with live entertainment in the main lobby. Cost is \$30 for adults, \$15 for children ages 5-12 and complimentary for children ages 4 and under (plus tax and gratuity). A

champagne tea is available for \$39 per person. Reservations required at 704-248-4100.

Ho, Ho, Ho! Brunch

Santa Claus is coming for brunch on Sunday, Dec. 2 from 11:30 a.m. to 1:30 p.m. There will be entertainment, including a surprise visit from the Grinch. Bring cameras for photos. Cost is \$39 for adults, \$19 for ages 5-12 and complimentary for children ages 4 and under (plus tax and gratuity). Reservations required at 704-248-4100 or www.gallery-restaurant.com.

Christmas Brunch

The Ballantyne Hotel & Lodge holds its annual festive holiday brunch with live music on Christmas Day from noon to 4 p.m. Cost is \$59 per person, \$29 for children ages 5-12 and complimentary for children ages 4 and under (tax and gratuity extra). Private dining rooms are available. Reservations required at 704-248-4100, or visit www. gallery-restaurant.com.

New Year's Eve

The New Year's Eve Dinner Package features an elegant room, prix fixe dinner package for up to \$85 per person in Gallery Restaurant, valet parking, Internet access and a 4 p.m. late checkout. Pricing starts at \$379 plus tax for two. Reservations: 1-800-325-3589.

Gingerbread Lane

An enchanting collection

of gingerbread houses is on display 9 a.m. to 5 p.m. from Thursday, Dec. 13 through Christmas Day. Attendees may vote on their favorite house, with \$1 minimum donation per vote. All proceeds benefit Levine Children's Hospital.



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*See sales associate for complete details.







Club Focuses on Roads, 2013 Priorities

The Ballantyne Breakfast Club will meet on Saturday, Dec. 8 to discuss area growth and road improvements, including I-485 and the Johnston Road Bridge. The club will kick off the new year Saturday, Feb. 9 with its annual "Priorities 2013" meeting, featuring elected officials from the state, county and city.

Meetings are at The Ballantyne Hotel & Lodge starting at 9 a.m. Social time begins at 8:30 a.m. with complimentary coffee and refreshments. Meetings are free and open to the public. Details: Ray Eschert at 704 651-1237, reschert@aol.com or www.ballantynebreakfastclub.com.

CMC, Y Offer New Health Program

Carolinas Medical Center and the Morrison Family YMCA have partnered to offer an ongoing eight-week program to help improve health and build a healthier lifestyle through exercise, weight management and medical guidance. Info: Megan Maddox, RN, at 704-716-4640.

Also, registration begins Feb. 1 for Y Members and Feb. 15 for the community for summer camps, the children's academy preschool and the Ballantyne preschool of the arts. More info: 704-716-4650.

BIZ BUZZ

University Establishes Real Estate Scholarships

UNC Charlotte has created a Real Estate Fellows program to attract outstanding students to the Belk College of Business's Master of Science in Real Estate program. The full-tuition scholarships are named in honor of three leaders in the Charlotte real estate industry who have demonstrated an ongoing commitment to higher education.

The Bissell Scholarships, named in honor of H.C. "Smoky" Bissell, Chairman of the Bissell Cos., will be awarded to individuals who have shown a keen interest in innovation. Crosland Scholarships, named in honor of retired residential developer John Crosland Jr., will be awarded to foster the development of those who have exhibited leadership skills early in their careers.

Childress Klein Scholarships, named in honor of Childress Klein Properties, will be awarded to those with a dedication to community stewardship. Students pursuing the master's degree on a full or part time are eligible for the awards.



Schofield Is Putting Champ

In October, Rick Schofield of Oasis Outsourcing won the 9th Annual Knotts Cup putting contest sponsored by Bissell Cos. More than 1,000 tenants enjoyed lunch and cheered the 23 contestants representing tenants in the Chandler, Simmons and Hixon office buildings. The event was held on Knotts Green in Ballantyne Corporate Park.



CPC Serves Majors Insurers

Clear Point Claims, a provider of claims adjustment services to major insurers, recently moved its offices to 13925 Ballantyne Corporate Place, Suite 190.

CPC specializes in catastrophe response and commercial losses, as well as training and temporary staffing. The company has an experienced 24/7 rapid response team that can be deployed within 24 to 36 hours to handle claims resulting from hurricanes, tornadoes, floods, earthquakes, fires and hail storms. Info: 704-414-8777 or www.clearpointclaims.com.



Jay Patel (left)

Trinidad Honors UPS Owner

Jay Patel, owner of several UPS stores in the Ballantyne area, was recently honored by the consulate general of the Republic of Trinidad and Tobago, for his work in enhancing the image of the twin-island republic. Patel, a native of Trinidad, accepted the award at a gala event in Miami celebrating the republic's 50th anniversary of its independence.

BALLANTYNE MAGAZINE WINTER 2012-2013



Premier Stages Cultural Fair

More than 500 people attended Premier's annual Cultural Fair on Oct. 5 in honor of National Diversity Day.

The health-care alliance's Military Veterans and Friends Employee Resource Group sponsored the event. The resource group is part of the company's Council on Diversity and Inclusion.

The Cultural Fair began with a U.S. and N.C. flag dedication from

CEO Susan DeVore, followed by festivities that included Colombian food sampling, henna tattoos, Tai Chi martial arts demonstrations and Indian and Greek dancing. Donations were received for Classroom Central, A Child's Place and Second Harvest Food Bank.



The Ballantyne Chapter of the Charlotte Chamber of Commerce will hold luncheon meetings on the first Thursday of the month this winter. Meetings are Dec. 6, Jan. 3 and Feb. 7 from 11:30 a.m. to 1 p.m. at The Ballantyne Hotel & Lodge. The fee is \$20 in advance and \$25 at the door, subject to space availability. To register for a meeting or get updated information and details on speakers and content, visit www.charlottechamber.com.

Hotel & Lodge Part of No. 1 Group

Business Travel News recently released results for its 2012 Hotel Chain Survey, noting the top hotel brands for business travelers. For the first time, Starwood Hotels & Resorts' St. Regis/Luxury Collection was number one in the luxury category. The Ballantyne Hotel & Lodge is a member of The Luxury Collection.







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WINTER 2012-2013

BALLANTYNE MAGAZINE







Jessica Vecchione



Rhonda Walcott



Robyn Gainey



Cameron Brobst



Here are the latest hires and promotions at Bissell organizations in Ballantyne:

At Bissell Hotels, Lori McManus has been appointed assistant human resources director, and Jessica Vecchione has been named recruiting manager.

The Ballantyne Hotel & Lodge has promoted Cameron Brobst to food and beverage manager.



Kim Weihs



Ali Stanley



Brett Patterson

Kim Weihs has been appointed general manager at Ballantyne Business Center.

Rhonda Walcott has joined Bissell Cos. as controller. She will oversee corporate and property services accounting and work closely with all Bissell entities. Prior to that, Walcott was director of finance with Crosland LLC.

Robyn Gainey, Ali Stanley and Brett Patterson have joined Bissell Cos. as property assistants.



Rob F. Oles



Byron E. Whatley

Oles, Whatley Join Principal **Financial**

Rob F. Oles and Byron E. Whatley II have joined The Principal Financial Group in Ballantyne Corporate Park as financial services representatives.

Oles has more than three years of experience working in the insurance and financial services industry, most recently serving as a financial advisor at Wells Fargo Advisors. Reach him at 980-235-0518 or oles.robert@principal.com.

Whatley, who has been a financial representative with MetLife, has more than two years of experience in insurance and financial services. Contact him at 980-235-0534 or whatley.byron@principal.com.



Mark Linch

Linch Earns CDPE Certification

Ballantyne resident and Showcase Realty broker Mark Linch has qualified as a Certified Distressed Property Expert. Brokers with this designation are trained to help distressed property owners explore options to deal with mortgage hardship. Linch also provides a broad range of brokerage services, working with buyers, sellers and investors in the Charlotte area. Reach him at 704-997-3790.

Premier Promotes Gilbert, Brailo

The Premier health-care alliance has promoted Durral Gilbert to president of supply chain services. A provider-owned performance improvement alliance of approximately 2,600 hospitals and more than 86,000 other health-care entities, Premier has assigned Gilbert to lead group purchasing and supply chain emerging services.



Durral Gilbert



Andy Brailo

Additionally, Andy Brailo has been promoted to senior vice president of member field services for Premier, which is headquartered in Ballantyne Corporate Park. In his new role, Brailo is responsible for aligning and enhancing member engagement.



Steve Baune

District Rotary Honors Baune

Steve Baune, a member of the South Mecklenburg-Rotary Club, was recently recognized at the district Rotary conference in Asheville as the Distinguished Rotarian. Before retiring, Baune was president for North America of Gibson Guitar Corp.

Baune joined the club in 2011, and is currently community service projects chair. The club recently completed 10 service projects, including the Oktoberfest CS Project, Parks & Recreation Greenway Cleanup, Salvation Army Bell Ringing, Beds For Kids, Friendship Trays and Make A Wish Steeplechase.

Rotary clubs in south
Charlotte also have supported
youth leadership by providing
eight student sponsorships,
three mentors, one alumni
mentor and three facilitators
for this year's Seminar
for Tomorrow's Leaders. SFTL
involved 70 students from 30 high
schools in an 11-county region,
including Mecklenburg.

The South Meck-Rotary Club meets at Skillets restaurant in Ballantyne each Friday at 7:30 a.m. More info: www.mecksouthrotary.org.

'Tis the Season to Save & Stay!











Aloft Charlotte Ballantyne

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WINTER 2012-2013

BALLANTYNE MAGAZINE



Tillman Agency **Moves Office**

The Tillman Agency has moved to a new office at 8440 Rea Road, Suite P. Edward Tillman, principal agent for the Tillman Agency, has been in the financial services industry for 10 years and served the Ballantyne area for five years. The agency provides commercial, auto, homeowners and life insurance. Contact him at 704-960-1860 or tillmae@ nationwide.com.



Patrick McDonald

McDonald Joins Weichert, Realtors®

Broker associate Patrick M. McDonald has joined the sales team at Weichert, Realtors®-Rebhan & Associates. A five-year resident of the area, McDonald serves buyers and sellers throughout greater Charlotte, including south Charlotte and Ballantyne, Mooresville/Lake Norman and Statesville. Contact him at 704-553-7777 or www.weichertrebhan.com.



New Owners at Cantina 1511

Ben Filmalter and Dick Campbell have assumed ownership of Cantina 1511 in StoneCrest. Filmalter and his wife, Judy, founded Mugg & Bean. Campbell served as president and CEO of Charlotte-based Bojangles from 1990 to 1994, as well as CEO of a large Applebee's franchise company. To see the restaurant's new menu, visit www.cantina15eleven.com.



Elaine Eschert

Realtor® Wins Service Award

Elaine Eschert, broker/owner of Golden Properties Realty in Ballantyne, has been awarded the "Five Star Professional Award for Real Estate Client Service" for the sixth consecutive time. Contact her at 704-887-5220 or www.goldenproperties.com.

Bank Celebrates Anniversary

Carolina Premier Bank celebrated its fifth anniversary with a VIP reception at its headquarters branch in the Harris Building at Ballantyne Corporate Park. The only local community-based

bank in the area, Carolina Premier also has branches in Blakeney Park, Rock Hill and Blacksburg, S.C. Details:





THE YOUNGER SET

Rec Center Offers Classes

The Kuchavik School of Fencing is holding classes at Elon Park Recreation Center on Mondays. More info: Adam Kuchavik at 704-654-6739.

Pre-Ballet classes with Amanda Sheppard, who has been teaching for over 25 years, are offered on Tuesdays at the center. Details: 704-542-5777.

On Thursdays, MADE Today, a company owned and operated by two professional cheerleaders for the Carolina Panthers, is holding classes for recreational cheer, dance and gymnastics. Contact Eiesha Williamson at 704-333-4062 or ewilliamson@madetoday.net, or visit www.madetoday.net.



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Waxhaw Office: Christopher Phelps, DMD, Henry Ernst, DMD and Tori Irvine, DDS



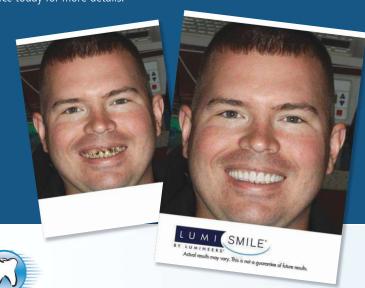
Matthews Office: Thomas Grimes, DDS, Christopher Phelps, DMD, Sarah Padolsky DDS, Todd Engel, DDS.

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Matthews Office 428 Sam Newell Rd., Suite 101, Matthews, NC 28105



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As featured on The Matt & Ramona Show 107.9 the LINK

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NOW OPEN

Casual Dining Restaurant Debuts

Vine American Kitchen, a locally owned casual restaurant, is now open on Johnston Road near Wells Fargo. The menu features fresh ingredients with signature dishes such as New Orleans barbecue shrimp. smoked baby back ribs and



Maryland jumbo lump crab cakes, along with salads, burgers and sandwiches, handmade flatbreads and starters.

Private dining options include the Barrel Room with audiovisual capabilities and the Fireside Terrace with retractable windows for indoor or open-air events. An outdoor patio with a fire pit is also available. Vine has a full bar and extensive wine list. Details: www.vinekitchen.com.



Movie House Comes to Arboretum

Cinebarre Theater, a movie theater that serves restaurantstyle food and drinks during films, has opened its first Charlotte location in the Arboretum. Cinebarre also prohibits children under three and requires teens under 18 to be accompanied by

The goal is to provide a more grown-up movie experience. Ticket prices are the same as regular movie theaters, with shows consisting of first-run and Indie films. Cinebarre holds "Cry Baby" show times every first Tuesday of a film's release for parents with young children. Info: 704-543-4581.

Youth Learning Center Opens

Ballantyne Reading Academy for the Very Young is now open in the Fox Run Business Park on Lancaster Highway. The new learning center offers customized tutoring in reading, writing, oral fluency and penmanship for children entering preschool and beyond. Info: www.BallantyneReading.com.





Boutique Opens in Village

Cheeky Bean, a boutique that sells contemporary women's clothing and accessories, recently opened in Ballantyne Village. The store is owned by Ballantyne resident Justine Hundley, who launched Cheeky Bean as an online store, but due to customer demand, is providing more customized client service.

Brands carried include Scrapbook Clothing, Olive & Oak, Hourglass Lilly, Basically Me and Sira & Mara. Check the store's website for afterhours events and specials, www.thecheekybean.com.



StoneCrest Adds Tennis Store

Queen City Tennis Shop is now open in StoneCrest next to Target. The new specialty store owned by Mike Leffke, a former teaching professional, sells racquets, strings and grips, and offers fast turnaround on racquet stringing. Brands include Babolat, Head, Wilson, Prince, Lija, Fila, Tail, K-Swiss, Bolle, LBH and Eleven. Details: 704-910-1625 or www.qctennisshop.com.

SWEET CHARITIES

Folds of Honor Gains \$12,500

The Golf Club at Ballantyne and Dana Rader Golf School recently participated in Patriot Golf Day, raising nearly \$12,500 to benefit the Folds of Honor Foundation, an organization that provides post-secondary educational scholarships for children and spouses of military service men and women killed or disabled while serving the nation.

The club accepted donations for three days in September in exchange for complimentary buckets of range balls and rounds of golf depending on donation amount. The Dana Rader Golf School accepted donations throughout September. Jointly

supported by PGA of America and the United States Golf Association, Patriot Golf Day has allowed the Folds of Honor Foundation to distribute more than 2,000 scholarships internationally. More info or to donate: www.patriotgolfday.com.





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Among Charlotte-area Rotarians who climbed Mt. Kilimanjaro were (from left) Mike and Susan Walker, Charlotte South Rotary; Noelle Humphreys, Charlotte South Rotary; Bill Belk, Charlotte South Rotary; Deb Corbett, South Meck-Rotary; Ineke Van der Meulen, Charlotte Evening Rotary; Bob Wilson, Mooresville Lake Norman Rotary; John Tabor, Charlotte Rotary; Beth and Hadley Trotter, South Meck-Rotary; and Phillip Jones, Charlotte International Rotary.

26 Local **Rotarians** Climb Kilimanjaro

Twenty-six members of Rotary clubs from District 7680, including the South Mecklenburg-Rotary Club, climbed Mt. Kilimanjaro in September. All made it to the top, and are the first U.S. Rotarians to reach the peak as a group. The members raised over \$100,000 toward Rotary's signature project to "End Polio Now." Launched in 1985, this Rotarian effort has resulted in 20 million volunteers in 200 countries immunizing over two billion children.



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AdamFest, Tree Sale Fight Cancer

The 5th Annual AdamFest Pediatric Cancer Fundraiser was Sept. 15 in Ballantyne Corporate Park. The event, sponsored by the nonprofit Adam Faulk Tanksley Foundation, featured a day of fun for families, including music, inflatables and an appearance by Sir Purr.

The foundation is named for Adam Tanksley, who was three when diagnosed with Stage IV Wilms' tumors and given a 20 percent survival rate. Adam is now in third grade and is showing clean scans due to his participation in a clinical trial at Levine Children's Hospital.

The organization will also hold its second annual Christmas tree sale starting Thanksgiving Day and located at the corner of Marvin School and New Town roads.

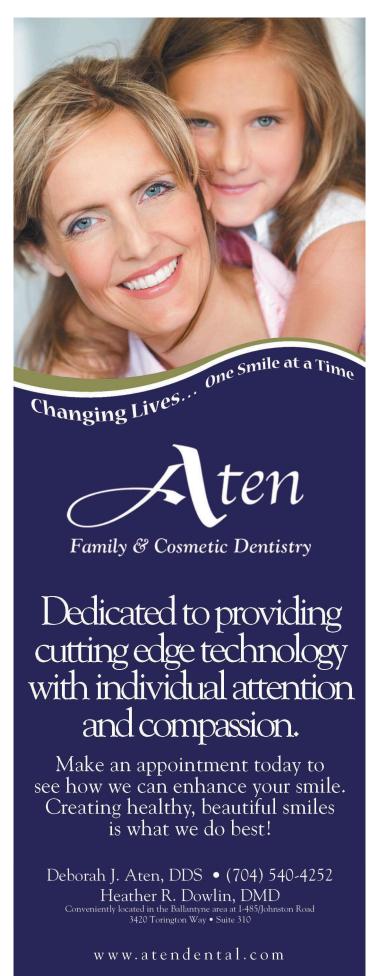
All proceeds from these events go to Levine Children's Hospital's Developmental Therapeutics Program, whose mission is to identify and provide access to the latest therapies in fighting pediatric cancer and blood disorders.

To help the foundation or to donate, visit www.chompchildhoodcancer.org or the foundation's fan page on Facebook.

Divots & Dogs Event Supports Service Dogs

The Dublin Dog Foundation hosted its second annual Divots & Dogs Charity Golf Tournament in September at TPC Piper Glen. The charity's mission is to foster the therapeutic and service roles that dogs play in the development, support and inspiration they provide to their human companions.

Founded in 2008 by Jason Watson, the organization has raised over \$100,000 and placed service dogs with three recipients. More info: www.dublindogfoundation.org.



WINTER 2012-2013 BALLANTYNE MAGAZINE 2



Santos Race Draws Over 1,000

On Sept. 22, more than 1,000 runners came out to Ballantyne Corporate Park to participate in the fifth annual 5K for Kids Cancer to benefit the Isabella Santos Foundation.

Presented by United Support Services Inc., the event had its best turnout in its history. The foundation, dedicated to raising funds and awareness for neuroblastoma research, was created in honor of Isabella Santos, a Ballantyne resident who lost her battle with neuroblastoma earlier this year.



Tourney Supports Women's Heart Health

The second annual "Tee It Up Fore Red" Golf Tournament in September at Providence Country Club in Charlotte raised more than \$15,000 for the American Heart Association and "Go Red For Women" campaign.

The event was sponsored by the 18-Hole Ladies Golf Association at Providence Country Club, and organized by Gaye Noguchi, Linda Lawlor and Marlene Ebert. Heart disease is the number one killer of women, more than the next three causes of death combined, including all forms of cancer. More info: www.goredforwomen.org.







WINTER 2012-2013 BALLANTYNE MAGAZINE



Ballantyne Takes Center Stage during Democratic National Convention

Hosting the Democratic National Convention was a oncein-a-lifetime opportunity for Charlotte to showcase itself to the world. While most of the convention activity was located Uptown, Ballantyne played a central role in making the event a phenomenal success. These images capture the excitement in the Ballantyne area during such a historic time.







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NEIGHBORS TO KNOW

Meet this Trio of Ballantyne Personalities

Photos by Ray Sepesy

WHO IS A BEAUTY JUNKIE? Who wouldn't be caught dead in a pair of loafers? And whose theme song could be "Walking on Sunshine"?

Each of these snippets characterize one of the Faces we feature this quarter. Beyond intriguing tidbits, they were all born in very different places, and none in Charlotte. One claims Toronto, while the other two are from decidedly farther south, Ohio and eastern North Carolina.

The trio also earn their living in contrasting ways, from owning an Indian restaurant to marketing mortgages and delivering packages.

Meet Nishal Sethi, Kelly Yale and Ricky McCormick, three of the many fascinating personalities in and around Ballantyne.



NISHAL SETHI

Birthplace: Toronto.

Job: Owner, Bombay Grille Indian Restaurant.

What do you like most about your job?

Networking.

What's your guilty pleasure?

Ketchup chips, and Aero chocolate bars.

Do you live in Ballantyne?

Moved here in 2000 to open Bombay Grille.

What is your favorite Ballantyne-area restaurant?

No brainer. Gallery Restaurant in The Ballantyne Hotel & Lodge. The chefs know how to prepare extra spicy entrees for me.

What is your favorite outdoor activity?

Golf. I love to play at The Golf Club at Ballantyne, and I can't leave out Quail Hollow Club playing in the pro-am at the Wells Fargo Championship.

Describe your dream vacation.

I had my dream vacation in Anguilla at the Cap Juluca Resort. We came out of our room directly onto sandy beaches and crystal clear water. There was someone filling our glasses when they were half empty, a swim-up bar — and I can't leave out the great food. The service and peacefulness made it a dream vacation. Whoa — also my wife was there with me, too.

What is your favorite news source?

Fox News, seven days a week.

I would be rather caught dead than wear ____.

Loafers or a dress.

What charitable organizations are you involved with?

I am involved with over a half a dozen charitable foundations. The Autism Society of North Carolina is my favorite, but I also love donating to our schools.

What is your biggest pet peeve?

People with drama — hate it, hate it.

What is a hidden gem in Ballantyne?

On the Roxx lounge. It has great bartenders and music, and is a nice place to chill after work or spend time on weekends with good friends.

Share something that someone would never guess about you.

My age is 39. No one ever believes me.







Birthplace: Cuyahoga Falls, Ohio.

Job: Director of marketing, Fairway Independent Mortgage, Blakeney. Also a social media consultant for several organizations.

What do you like most about your mortgage position?

I love working for a company that cares about people and helping their financial future. It is so rewarding to see families come in to sign their papers and leave so happy to start a life in their new home.

What's your guilty pleasure?

I am a beauty junkie. I love everything about getting my hair or nails done or having a massage.

Do you live in Ballantyne?

I live in south Charlotte near Providence Plantation, but I spend all of my time in Ballantyne.

> What is your favorite Ballantyne-area restaurant?

Honestly, I have a favorite "restaurant area"— Ballantyne Village. If I want Asian, I can go to Jade. For awesome Italian, Villa Antonio is great. And I think we all love Terrace Café!

What is your favorite outdoor activity?

I feel like this is a trick question because the first thing I think about is having cocktails outside with my girlfriends.

Describe your dream vacation.

We vacation a couple times a year at Fripp Island, which is my little piece of heaven. But ideally, I would love to travel to Italy for a couple of weeks with my husband.

What would your theme song be for walking into a room?

"She Works Hard for the Money."

I would be rather caught dead than wear ____.

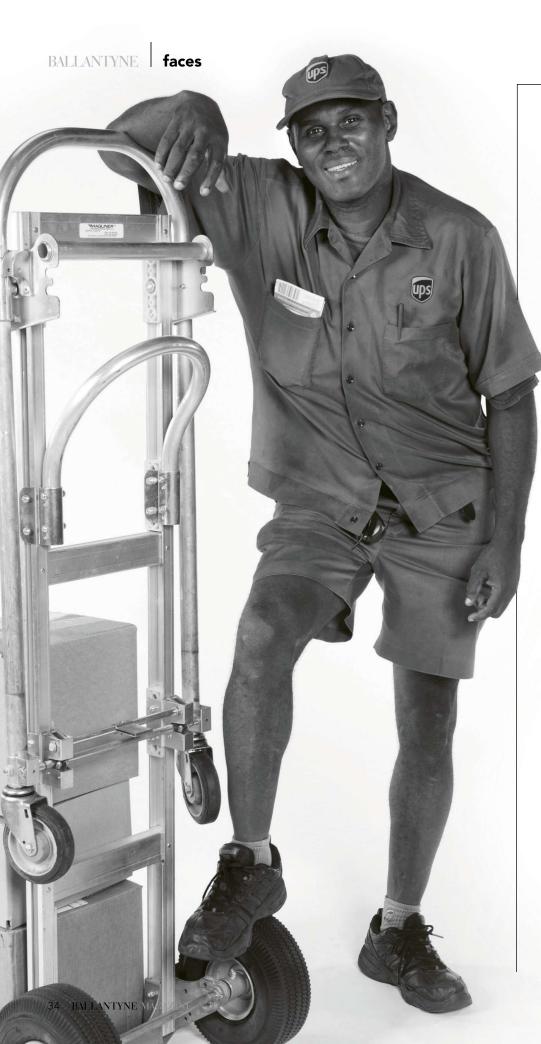
A University of Michigan jersey. I can't even imagine wearing anything blue and yellow, period. This rant is brought to you by a diehard Buckeyes fan.

What charitable organizations are you involved with?

The charity nearest to my heart is Bright Blessings because the organization goes into schools to provide birthday parties and gifts for children living in shelters.

What is your biggest pet peeve?

The four way stops at StoneCrest and Blakeney.



RICKY McCORMICK

Birthplace: Fairmont, N.C. **Job:** UPS package car driver.

What do you like most about your job?

Meeting many different people.

What's your guilty pleasure? Eating steak more often than I should.

Do you live in Ballantyne?

No, but my UPS delivery route includes the Ballantyne Corporate Park, so I work in Ballantyne every day.

What is your favorite
Ballantyne-area restaurant?
Five Guys Burgers.

What is your favorite outdoor activity?
I enjoy working in my yard.

Describe your dream vacation. I would love to travel to Africa.

What would your theme song be for walking into a room? "Walking on Sunshine."

What is your favorite news source? USA Today newspaper.

I would be rather caught dead than wear ____.
Suspenders.

What charitable organizations are you involved with?

United Way and Hospice. I have seen the work that both organizations do, and appreciate it greatly.

What is your biggest pet peeve? When customers ask me, "What's in the box?"

What is a hidden gem in Ballantyne?

The outside picnic areas around the Cullman Park Pond.

Share something that someone would never guess about you.
I am really a shy person.

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Spin a **New Yarn**

How to Decorate Gifts, Party Favors with Style

By Maureen Anders Photos by Becca Bond

AS GRAPHIC ARTISTS AND STYLISTS, my partner Adria Ruff and I focus on innovative party and display ideas. One of which is wrapping gifts and favors.

At Anders Ruff Custom Designs, we rarely use ribbon for gifts and favors because there are so many other interesting elements to embellish packages. Yarn is one of the elements we love to use. It is not only cost effective but versatile. Whether it's a gift for a baby shower, holiday or birthday, there are so many colors and textures that make an attractive presentation.

Plus, you don't have to have fabulously expensive wrapping paper to make a gift look gorgeous. In our recent photo shoot of a gender-neutral baby shower, we used solid gift-wrap in the colors of our scheme to make a bold statement. We then used coordinating tones of yarns in different thicknesses to make the packages distinctive.

Here are several techniques you can try if you'd like to relinquish those ribbons and adorn your packages with yarn.

Geometric

This is as easy as forming stripes, or bands, of yarn. Bands of yarn going vertical and bands of yarn going horizontal provide a fun, contemporary look.

Adhere the yarn under the wrapped box with hot glue (dries quickly and well!), and wrap the strands around the box until you like the thickness of your stripe.

Hot glue the end of the yarn to stop your band on the underside. Leave space and continue making another stripe/band. You can continue in the other direction to make a crisscross pattern.

Diagonal

Wrap stripes of yarn around the box at angles. Be sure to use hot glue to keep the yarn from slipping.

Geometric Mixed with Diagonal

You can do some straight bands of yarn and mix in some on angles.

Irregular

Go crazy wrapping the yarn around your box and tacking down portions of the yarn with hot glue every now and then to stabilize it.

The Bow

Topping off the gift is important, too. Instead of a traditional bow, we use yarn poms. They are easy to make by purchasing a yarn-pom maker at a sewing store or by making your own with cardboard. You can find a tutorial in our Ruff Draft column at www.andersruff.com/custom-printable-parties/diy/ruff-draft-diy-yarn-poms/.

Topping off the gift is important, too. Instead of a traditional bow, we use yarn poms. They are easy to make.





"When they approached the little house, they saw that it was built of bread and covered with cake, but the windows were of spun sugar."

Hansel and Gretel's House

TREASURED CONFECTION HAS SURPRISING, DARK ORIGIN

By Nan Bauroth

in the Brother Grimm's fairy tale of Hänsel and Gretel has enchanted children the world over. But the first association of gingerbread with the edible fantasy is the legacy of Engelbert Humperdinck, the German composer who set the popular folk story to music. When his opera "Hänsel und Gretel" premiered in Weimar, Germany on Dec. 23, 1893, the show was an instant hit, which explains its connection with Christmas.

SINCE THE 1800s, this delectable vision

In the original libretto, the fence was fashioned of gingerbread figures, while the house was depicted as a confectionary wonder. As Gretel sings, "What odour delicious, o say, do I dream? A cottage all made of chocolate cream. The roof is all cover'd with Turkish delight. The windows with lustre of sugar are white. And on all the gables the gingerbread hedge!"

The gingerbread figures are ultimately revealed as bewitched children who return to life



"It's kind of fun, but I do it for the kids. For them, gingerbread houses are little sugar plum dreams that become a reality."

— Keli Fayard, Pastry Chef, The Ballantyne Hotel & Lodge

40 BALI

ANTYNE MAG



Above: "Santa's Express" was part of the winning entry in the amateur category of the Gingerbread Lane competition in 2011.

Below: In recent years, this fanciful creation adorned The Ballantyne Hotel & Lodge's Gingerbread Lane.

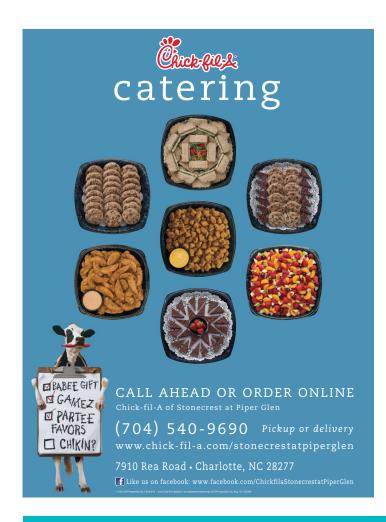
once the witch's spell is broken, an idea invented by Humperdinck's family team of librettists. Their clever plot twist inspired the tradition of baking gingerbread cookies at Christmas, and the house became a gingerbread construction embellished with icing and sweetmeats.

Ironically, the beloved fairy tale that inspired gingerbread cookies and houses has its origin and profound meaning in hunger. "This fairy tale says clearly at the beginning that a great famine devastated the entire country, so there is a clear social and even historical basis for it," observes Dr. Donald Haase, chair of German and Slavic Studies at Wayne State University, and an authority on the fairy tale genre.

A great famine swept Northern Europe in the 1400s, causing widespread starvation. He believes the story is motivated by a situation in which parents, facing an inability to nourish their family, fantasize a way to resolve the problem by abandoning their children in the forest.

Fairy Tale Ending

As with many Grimm stories, the cruelty of real life has a fairy tale ending: The witch uses her sugary house as a lure, and the starving siblings succumb as a form of wish fulfillment. Their desperation inspired Humperdinck to compose "The Children's Anthem," one of opera's most beautiful, if haunting songs. But eventually the witch is





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Left: Keli Fayard helps her daughter Maya decorate cookies. Maya likes adding chocolatecovered gold balls.

Below: Sugar sprinkles make for colorful cookies.



■ continued from page 40

eliminated; the children she has turned into gingerbread for her own consumption are freed; and Hänsel and Gretel return home with enough treasure from the witch's booty to live happily ever after.

According to food historians, gingerbread was likely chosen for the house because of its preservative qualities, which prior to refrigeration made it a staple in European baking. Germany was also the hub of the spice trade, and in those days, spices were the equivalent of gold.

In "Gingerbread: Things to Make and Bake," authors Theresa Layman and Barbara Morgenroth report that some native Germans still talk about their village being represented in gingerbread. "Each



Maya Fayard puts finishing touches on her cookies.

Photo by Jessica Milligan

family would bring a model of their home to a central location where the village was recreated in miniature," they write.

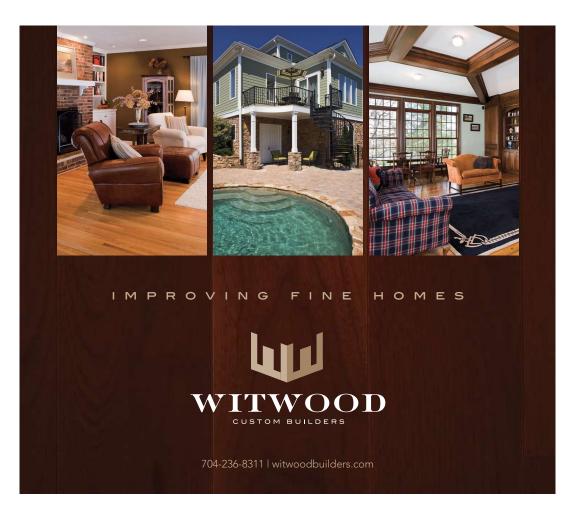
Today, creating fanciful gingerbread houses at the holidays has become such a passion that competitions exist, including one at The Ballantyne Hotel & Lodge. It draws amateurs and professionals alike (see page 14). Contestants base their entry on an assigned theme — from children's books such as the Harry Potter series to Santa's Toy Shop in the Caribbean.

Channeling Dr. Seuss

Keli Fayard, executive pastry chef at The Ballantyne Hotel & Lodge, chose a Dr. Seuss theme for the hotel's gingerbread house this season. "I wanted to go with Dr. Seuss because of color and abstract shapes, and two Dr. Seuss movies have come out, so children are familiar with it," she says. When she consulted her twin 10-year-old girls, Maya and Grace, they liked the concept.

Fayard's challenge was constructing walls that are wavy, but she has more experience than most pastry chefs in making gingerbread houses. When she owned her own pastry shop in Chicago, one customer ordered 120 personalized houses to give clients for two holiday seasons in a row.

Based on this experience, Fayard uses one recipe for the house and another for gingerbread cookies to be eaten. Her tips: "Block out your weekend to make the house, and chill the dough at least 20 minutes before you





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According to food historians, gingerbread was likely chosen for the house because of its preservative qualities, which prior to refrigeration made it a staple in European baking. Grace Fayard likes sampling her handiwork.



cut it out. After it bakes, let it sit a day uncovered so it is firmer. Glue the walls together with Royal Icing, put the roof on and let it dry before you add any decorations."

This is the stage where designers get truly creative, using every imaginable type of candy to create special effects. Fayard loves shredded wheat for a thatched roof and gum paste to construct whimsical decorations like skis. "It's kind of fun, but I do it for the kids," she says. "For them, gingerbread houses are little sugar plum dreams that become a reality."





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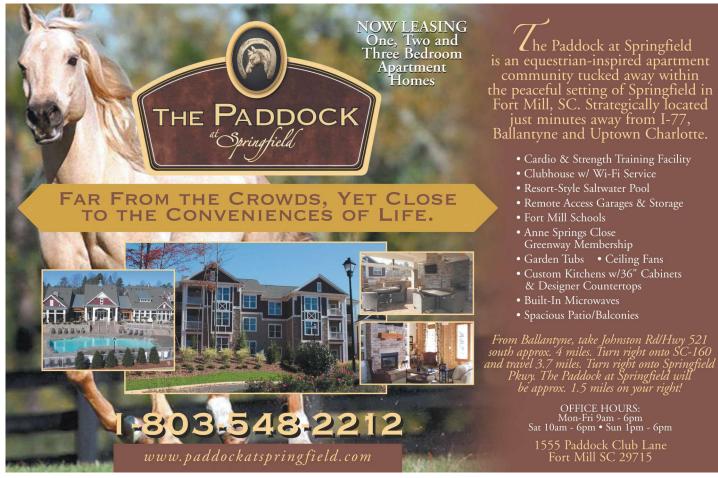
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WHEN FOUR PROVIDENCE HIGH SCHOOL SENIORS got together for a different kind of night on the town, they didn't expect they'd spend half their evening bouncing off the walls. But spring-loaded fun was exactly what they found when they arrived at Sky High Sports in Pineville, where their own private trampoline fun room called them to jump into action.

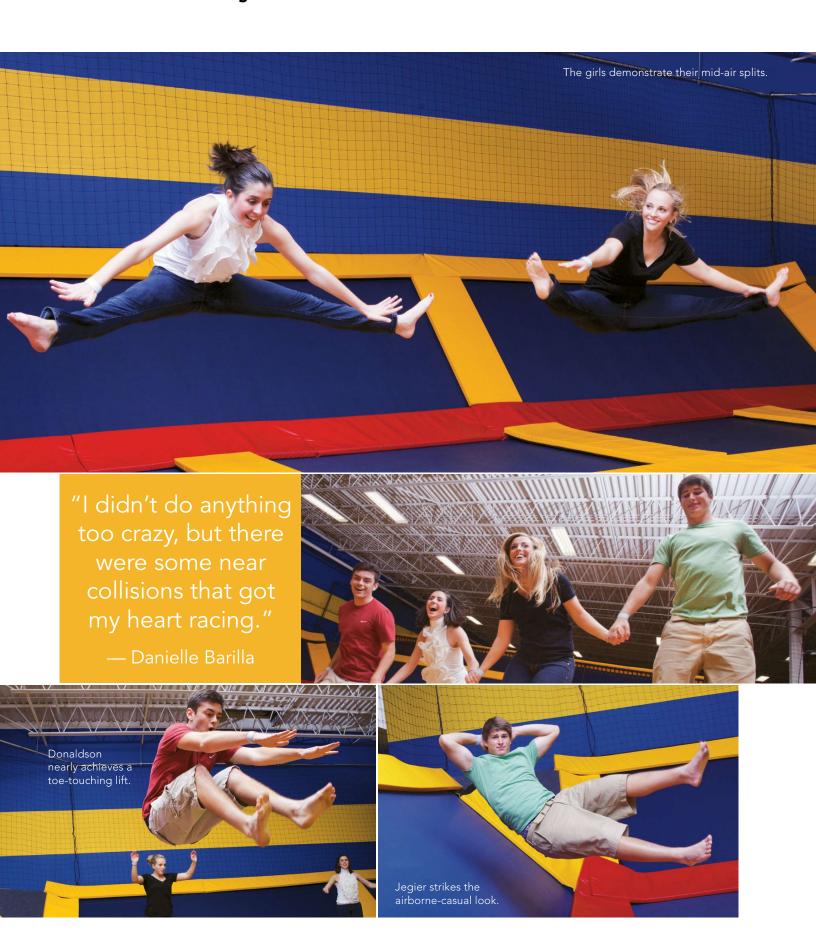
"I didn't really know what to expect," says Megan DeJohn, student body president and captain of the cheerleading squad for the Providence High Panthers. "I'd never been before but really wanted to come based on what I heard. The set-up was really amazing; it is a great place to get a little crazy."

DeJohn's date for the evening was Erich Jegier, fellow executive board member, Panther football team right tackle and DeJohn's escort at homecoming. Tom Donaldson, a tight end for the Panthers, and Danielle Barilla, also on the executive board, rounded out the foursome. The quartet is enjoying their final year of high school with an eye toward college and exciting challenges ahead.

Group dates are common among teens in their crowd, according to Jegier, who says he often turns to Donaldson as his communication go-to







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guy in rounding up a crowd to see a film or go hang out at someone's home for the evening. Barilla notes that anywhere from eight to 12 friends may get together for a collective night out, with many of them knowing each other as classmates or from community service groups they participate in.

Laugh Attack

Fun was definitely the first order of business as the group descended on the Sky High Sports arcade room to begin their evening. Spying the motorcycle video games, DeJohn challenged the competitive Jegier to a race. With their pals in full laughattack mode and cheering them on, the two classmates were literally off to the races. Jegier showed no mercy for DeJohn and handily took the first and only race of the evening.

"I don't think Megan knew exactly how to work the throttle on the 'motorcycle,'" Jegier says. "Maybe I had an unfair advantage."

A tiny photo booth in the arcade called out to the teens, and they were eager to see if all four could fit inside for the shot. With each of the guys over six feet tall, there was too much teenager for too little booth and the four settled for tandem shots, with each pair mugging their best for the camera. Shining through were the high wattage smiles of the girls, whose natural styles made them stars of each photo set.

Next up was the main attraction as the couples were shown to their own



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BALLANTYNE | date night

private trampoline room. Their eyes widened as two spotters on Sky High's staff showed them the ropes on the black trampoline floors with angled trampoline walls. Yellow-cushioned dividers among the trampolines provided a checkerboard appearance to the layout.

It didn't take long for the fearless foursome to spring into action. DeJohn began by showing her friend Barilla some airborne cheering moves like the Herkie jump. "I was trying to keep up," says Barilla, "I didn't do anything too crazy, but there were some near collisions that got my heart racing."

Mid-Air Miscommunication

Donaldson and Jegier were trying to perfect the airborne high-five when miscommunication led to the gridiron teammates experiencing an unplanned crash landing.

"High-fives are definitely a right-handed maneuver," says Donaldson, noting Jegier tried to connect with his left hand. "We wiped out but no one was hurt, the spotters came over to make sure we were okay and we were just laughing."

It turns out frenetic bouncing and aerobics lead to teens with



A tiny photo
booth in the
arcade called
out to the teens,
and they were
eager to see if all
four could fit inside
for the shot.



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After meals that included carne asada (grilled beef), chicken and rice, burritos and quesadillas, the teens had one surprise left.



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healthy appetites. The gang was ready for refueling, and set off for Don Pedro, the festive Mexican restaurant in Pineville.

"Actually one of the best parts of the evening was listening to Tom and Erich bicker over driving directions," says Barilla, who sat in the back seat of the car with DeJohn. "Tom drove and Erich navigated and they argued the entire way about the best route to take. Megan and I just cracked up!"

Once inside Don Pedro, the girls couldn't get over the authentic Mexican décor, vibrant colors and lively atmosphere. "It's really a beautiful place," DeJohn says.

Guarding the Cheese Dip

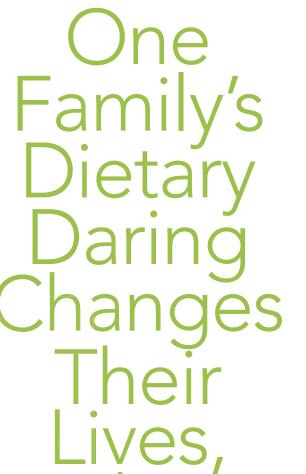
The jalapeño cheese dip was such a big hit with the girls that they built a "fortress" down the middle of the

table with their water glasses, salt and pepper shakers and table décor to keep the hungry guys from eating more than their share. "We finally let them have some when we were through," notes Barilla with a smile.

After meals that included carne asada (grilled beef), chicken and rice, burritos and quesadillas, the teens had one surprise left, and it featured a golden opportunity for payback from the boys.

"Four cinnamon sugar-dusted nacho chips with whipped cream and honey hit the table when the girls were in the restroom," recalls Jegier. "After Tom and I each had one, I told Tom, 'You know if we eat these other two, the girls will never be the wiser."

While the boys considered that move for a moment, chivalry won the day and the girls, together with their dates, savored a sweet end to their enjoyable evening.



LISA AND JASON LEAKE thought

they were making smart food

choices for their family. The

couple and their two young daughters were active and in

good health. Lisa had grown up

on a typical American diet of

highly processed foods, while Jason had been raised with

wholesome. But recently, the

WINTER 2012-2013

foods that were somewhat more

Leakes started questioning all those labels and the advertising that bombarded them touting the latest "fat free," "multi-grain," and "all natural" food products.

"I thought we were eating healthy food. Then I got blindsided," Lisa recalls. One day, she found herself taking part in an online discussion about strawberry syrup — a

By Amy Rogers Photos by Dustin Peck

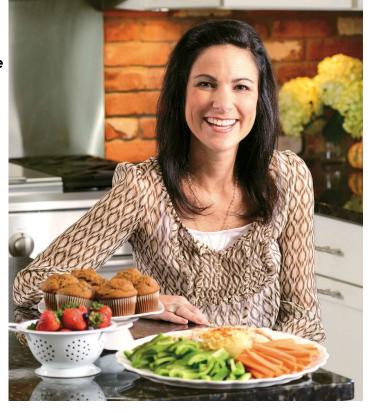
BALLANTYNE | feature

product the members of the group were shocked to discover contained no strawberries at all.

Around the same time, she saw award-winning food and agriculture writer Michael Pollan on TV and read his bestselling book, "In Defense of Food." It all motivated her to make major changes in the Leake family's eating habits.

Refined Food: Out

In May 2010, Lisa issued



Lisa Leake challenged her family to give up highly processed foods and focus on healthy alternatives.

sweeteners, deep-fried foods or fast foods. And nothing out of a box that has more than five ingredients listed. (Yes, beer and wine are allowed, "to help the adults keep their sanity!")

From her home in Matthews, she started blogging, inviting her readers to join her on the journey to healthier eating.

From her home in Matthews, she started blogging, inviting her readers to join her on the journey to healthier eating. Responses and questions flooded into her website, www.100daysofrealfood.com.

a challenge to her family: to make better informed choices, get the processed and refined food out of their diet, and to radically change their eating habits.

Not just for a weekend, or a month, but for 100 days. She set the ground rules: Eat whole foods that are "more a product of nature than a product of industry," locally raised or wild-caught meats and seafood, lots of fresh fruits and vegetables. Don't eat: refined grains or

Lisa's whole-wheat pumpkin muffins are an example of a nutritious, tasty food.





Responses and questions flooded into her website, www.100daysofrealfood.com. People were eager to learn how to make changes, but not everyone was willing to commit for 100 days.

So Lisa developed a "10-Day Pledge," and at last count more than 13,000 people had signed up. She also devised mini-pledges that could be achieved one week at a time, and an abbreviated, eight-point guide for people who may "have the will, but not the skill" to attempt more than a few basic changes. "You have to do it long enough to form new habits," she explains.

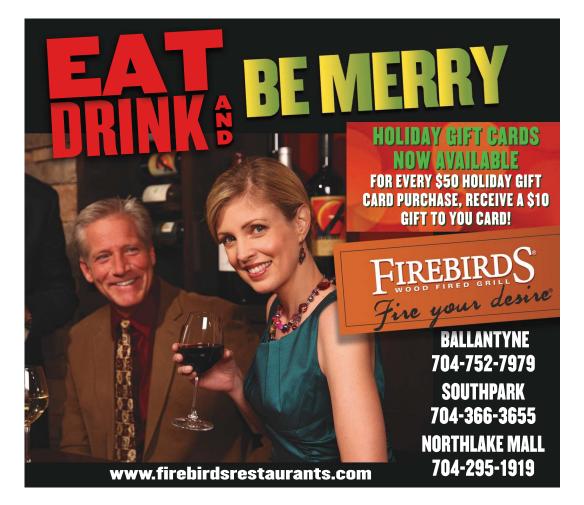
Perhaps the biggest obstacle to overcome was the perception that healthy eating would be boring, at best tasteless or even worse. "People were gritting their teeth," when she served them some of her revamped recipes, Lisa remembers. "But then they would say, 'Oh, this is so good!"

To demonstrate, she notes her whole-wheat pumpkin muffins that contain spelt, a high-nutrient wheat. The muffins are chewy, nutty and sweet with none of the peculiar aftertaste common to processed baked goods.

"Food is supposed to be good," she adds with a laugh. "We eat totally familiar foods, but of a higher quality." Homemade tortillas with slowcooked meats, vegetarian pastas and fruit-filled whole-wheat crepes are just a few examples.

And the Kids?

Of course, one of the biggest challenges for parents is how to manage their children's eating habits — especially when kids are tempted nearly every day with highly processed snack foods and empty-calorie soft drinks at school and at play. "Doughnut parties, decorating cupcakes, it's all in your face," says husband Jason. He and Lisa advocate substituting non-food rewards, such as a trip to an amusement park or "Wear Your Pajamas Day."





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BALLANTYNE | feature

Fresh fruit and veggies have been a key component of the Leakes' new eating habits.

"Kids want to do the right thing. We want to educate them to make the right decision," Lisa says. Still, it's natural to crave an ice-cream cone. While the Leakes don't keep packaged snacks in the pantry, neither do they deprive their daughters of the occasional sweet treat.

The Leakes weren't



more fully that the reason we eat is to fuel our bodies, so what we fuel it with matters a great deal," she wrote. "It has definitely changed the way I cook, eat and think about food."

Adults and kids who register at the site and complete the shorter "10-Day Pledge" receive bright green silicone wristbands to mark their accomplishments. The website offers a wealth

Perhaps the biggest obstacle to overcome was the perception that healthy eating would be boring, at best tasteless or even worse.

prepared for the huge response that continued to grow, even after they completed the original 100 Days of Real Food challenge. Within a year's time, their page views passed the half-million mark, then doubled, and then tripled. Jason and Lisa attribute the success to the quality content they provide. And for the record, they still maintain their newly acquired eating habits.

Hundreds of readers have posted comments describing how much their lives have changed. "A fog has lifted," wrote one. Another, Becky Zbylski, was frustrated with her attempts to make changes on her own. "I feel like I've finally had that 'aha' moment when I realized





of recipes, meal planners, budget tips, schoollunch suggestions, as well as blog topics that include gardening, travel and product reviews.

Unexpected Opportunity

Setting out to spread the message of healthier eating through 100 Days of Real Food, the Leakes weren't expecting to discover a business opportunity. Today both of them work in the venture full-time. The website generates income from direct sponsors, paid

continued on page 58

Lisa and Jason Leake were surprised that chronicling their dietary journey online led to a full-time business opportunity.



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■ continued from page 56

advertisers and sales of items through select affiliated websites that link to www.100daysofrealfood.com.

With a background in engineering and sales, Jason has taken on the full-time role of business manager and editor. He manages advertisers, sponsors and affiliates, and the position is the ideal fit in a career progression for this husband



Jason is the editor and business manager for their website, while Lisa is writing a cookbook to be published by HarperCollins.

little real maple syrup.

Although there's no single "right" diet for everyone, Lisa sometimes muses about being able to speak "to the 'old me,' the mom who didn't realize" the profound effects her family's eating habits would have on their lives. "Now our eyes

While the Leakes don't keep packaged snacks in the pantry, neither do they deprive their daughters of the occasional sweet treat.

and father with a strong entrepreneurial drive.

Part-time staffers are helping to grow the brand, which can be found on Pinterest and now has more than 245,000 Facebook "Likes." A cookbook that will incorporate a guidebook component is forthcoming. Lisa, a former event planner, is developing content for the cookbook, which is due out in January 2014 from HarperCollins.

And about that strawberry syrup that started the whole discussion? Lisa created her own sweet and simple berry sauce for pancakes and waffles, using only frozen berries and a

Lisa is intent on her daughters learning how to make smart choices about food. Here, they check out greens in the family garden.





are open," Jason says.

As for her original motivation behind 100 Days of Real Food, Lisa reflects, "We did it for perspective. I had no idea it would change me."

She adds, "We need to think for ourselves and make decisions taking responsibility for ourselves." She and Jason have done just that. What's more, they embody the idea that any change, no matter how small, can make an immeasurable difference — in a family, in their food and in their future.





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60 BALLANTYNE MAGAZINE WINTER 2012-2013

Cozy & Convivial

Thai 1st Bistro Pleases Palates with Fresh, Authentic Cuisine

By Amy Rogers Photos by Ray Sepesy

THE TRIP FROM CAMBODIA to the Carolinas is nearly 10,000 miles, literally from the opposite side of the world. That was the first lifechanging voyage that Rick Taing made, more than 30 years ago.

The next excursion was a different sort for Taing and his wife, Anna. It was the journey of accomplishment for the successful restaurateurs who are now well established in the metropolitan Charlotte area.

The Taing family are the proprietors of Thai 1st Bistro in Blakeney, a cozy and convivial restaurant serving fresh, traditional cuisine in the 300-acre planned development. "We love this area," says Rick. "My family has been in the restaurant business since the 1980s, and all of my life has been in restaurants and hospitality."

Although relatives originally settled in and around Rock Hill, Rick was intrigued by the growth potential of the surrounding region. He chuckles when he thinks back a couple of decades, when Chili's was one of the first pioneers in the Blakeney area. The Tiangs opened their restaurant three years ago, and have been serving authentic Thai cuisine to an expanding market ever since.

Anna Taing makes the traditional recipes she learned to prepare from her grandparents. "I like to create new dishes to try, too," she says. The rectangular layout of the restaurant provides guests with a view into the kitchen, which is open to the dining room. Orders move quickly from the service window to the table. Just a few minutes after ordering, a plate arrives with triangular, golden-fried wontons, filled with marinated ground chicken and served with a pungent dipping sauce.

> Timid diners often shy away from curry dishes, worrying the food will be too hot. That's a misconception, say the Taings. Not only are there numerous variations of the red, green and yellow curry sauces, the chef can adjust the level of heat — which is only one component of the flavor that includes coriander, lemongrass, turmeric, cumin and other spices. To demonstrate, Anna Taing presents her Bangkok Shrimp Curry topped with crispy fried carrots cut into long shreds. Served with traditional jasmine rice, it's delightful with just the right amount of warmth.

deliberate. It's much more adventurous and satisfying than simply ordering "Number 7."

Despite the polished service and eagerness to please, servers don't encourage menu substitutions. Thai sauces and seasonings can be highly nuanced. "When you change the meat, you change the entire flavor," Rick explains. That's not to say the kitchen won't happily







Rick and Anna Taing opened their Blakeney restaurant about three years ago.

adapt a dish for customers with special dietary needs or preferences. In fact, Thai 1st offers a good selection of gluten-free, vegetarian and vegan options.

Cooler weather means Thai soups are especially popular.
Tom Kha Gai (chicken coconut) is hearty yet delicate with button mushrooms and scallions, while Tom Yum Kung (hot and sour shrimp) is a pungent and bracing contrast.

Even in chilly weather there are plenty of sunny days in the Carolinas. Patrons can enjoy their meal outdoors on a comfortable patio that conveniently adjoins Blakeney's playground. There, rambunctious kids can have fun while the adults enjoy wine, Asian beers or seasonal drink specials. Finding menu items for children can be a challenge, but Chicken Satay served on little skewers with dipping sauces are a popular, fun solution.

Thai 1st serves lunch and dinner, seven days a week.

People who operate restaurants don't get many days off, but on the treasured occasions when Rick and Anna dine out with their two children, they like to sample a variety of cuisines. "Except Thai," they quip.

Thai 1st is successful, but the Taings don't wish for the next generation to follow in their footsteps. "We want to steer them the other way," says Rick, "to use their brains to make a living, rather than working every minute. We want them to have free time to spend with their kids and with us." Anna agrees. And so for this family who traveled thousands of miles to make the Carolinas their home, the journey will continue.

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The interesting flavors of Bangkok Shrimp Curry are not overwhelmed by hot spices.

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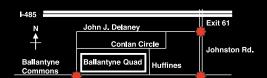
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the gym."

MICHELE GOODWIN IS NOT UNLIKE MANY WORKING WOMEN. A hectic schedule and two young children can easily push time for exercise off her to-do list. When it came to working out, she had tried a lot of things — classes at her local health club, exercise DVDs at home — but exercising always felt more like a chore than anything else. "I would dread working out. I would find excuses," Goodwin admits. "It was almost a sense of relief when something got in the way and I could not get to

But that scenario changed earlier this year after Goodwin took her first ride at Flywheel Sports in Ballantyne, one of the many personalized, or "boutique," fitness programs that have sprung up in recent years.

"Flywheel is very addictive," Goodwin explains. "The instructors are part coach, part personal trainer, part DJ. It is the best workout I have been able to do in 45 minutes, and I am usually there now five to six times a week."

The indoor cycling phenomenon that started in New York City in February 2010 has catapulted into a \$20 million business with more than 20 fitness studios across the United States. Flywheel has also recently opened its first international studio in Dubai, United Arab Emirates.

"When the classes start, the lights dim and the spotlight is on the instructor," explains Carrie Kaschak, regional manager of Flywheel Sports Charlotte. "So it doesn't matter if you are a beginner or someone who runs marathons. The focus is on

PERSONALIZED APPROACH, RESULTS YIELD LOYAL CLIEN

BOUTIOUE

By Jennifer Mitchell Parmley Photos by Jessica Milligan



just you and the instructor and not what anyone else in the room may be doing."

Varied Workouts

Rides last 45 to 60 minutes and include climbs, sprints and descents. There is even a portion of the ride dedicated to arms using weighted bars. Kaschak explains that workouts are driven by music that changes every day and instructors are trained to bring the best out of everyone in the room. But part of what keeps people coming back for more is the convenience. Riders can reserve their bike online

prior to class. Along with stadium-style seating, clients are treated to free towel service and complimentary bike shoes.

Each bike has a technology package that allows riders to monitor their resistance, speed and power output. Ride information is recorded and accessible in private accounts through the Flywheel website, allowing riders to track calories burned and progress over time. More competitive types can opt to have their performances displayed for all to see on the in-studio Torqboard.

For Goodwin, the true payoff has been in the physical results. From July to September 2012, she lost 13 inches of body fat and shed





Left: Michele Goodwin says she gets a great workout in 45 minutes at Flywheel Sports Charlotte.

Above: Instructor Autumn Chandler is part coach, part personal trainer.

Right: Flywheel provides complimentary bike shoes to participants.



"THE FOCUS IS ON JUST YOU AND THE INSTRUCTOR AND NOT WHAT ANYONE ELSE IN THE ROOM MAY BE DOING."

— Carrie Kaschak, Flywheel Sports Charlotte

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15 pounds. "I'm a convert and an addict," she laughs. "I have never been all about exercise. But I really can't get enough of it! I'm not wasting time waiting for equipment at the gym, and I actually get frustrated when I can't get to Flywheel. That's a first for me."

Intimate Setting

For Tiffany Rice, boutique fitness offers her the intimate atmosphere she needs. "Going to a crowded exercise class just has never been my thing," says Rice. After avoiding exercise for years, she now attends sessions at Pure Barre in Ballantyne more than three times a week. "The instructors are very hands-on. They work with each person to make sure you are doing the exercises correctly. You definitely get that one-on-one attention, and I continue to see results even after a year."

Casie Scott, partner of the Ballantyne and Charlotte locations, explains that Pure Barre is a total body workout that lifts your seat, tones your thighs and burns fat in record time. "Utilizing the ballet bar, our workouts are all about performing small, isometric movements set to fantastic music," Scott says. "Many people see results after just 10 classes."

Pure Barre is the brainchild of dancer, choreographer and fitness buff Carrie Rezabek Dorr. She opened her first studio in the basement of an office building in Birmingham, Mich. in 2001. With no initial clients, staff, signage or even a bathroom. Pure Barre now has studios in more than 20 states.

The 55-minute workout focuses on creating long, lean muscles. "We are not trying to bulk women up. It is a full body workout and we focus a lot on





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"GOING TO A CROWDED EXERCISE CLASS **JUST HAS NEVER BEEN MY THING."**

— Pure Barre customer Tiffany Rice



Left: Strengthening her core is important to Tiffany Rice (striped top).

Below: Workouts at Pure Barre are low impact and emphasize creating long, lean muscles. Bottom: Exercising while balancing at a bar speaks to Pure Barre's founding by a dancer.





the core," says Scott. "Because it's low-impact we also see a lot of pregnant women, and we even have physical therapists sending their clients here, too."

The workout launches a full-blown attack on areas of the body many women struggle with: abs, hips, glutes and arms. In addition to losing inches and pounds, Rice says she has more energy and patience and less stress. "You are constantly challenged and the results I see keep me coming back for more."

Life-Changing Results

For others, boutique fitness can be a path to physical transformation. Weighing more than 240 pounds at the beginning of 2012, Vicki Steele credits her workouts at 9Round Ballantyne with helping her lose nearly 100 pounds. "At 9Round, I was able to really tone my entire body," says Steele. "Within about a month I lost significant inches and one full pant size."

9Round owner Suzy Balk explains the program is developed around a proprietary system of nine challenging workout stations developed by a professional fighter. Because it is a circuit, you can walk in and begin your workout anytime during the day that fits your schedule. There are no set class times. "There is a 9Round trainer with you every step of the way," Balk explains, adding that the company mantra is personal attention without the high price.

Clients get a full body workout with routines that include boxing bags, core exercises, jump rope, medicine balls, free weights and more. "Whether

BALLANTYNE MAGAZINE WINTER 2012-2013





Left: Vicki Steele works on her left jab with 9Round owner Mark Balk.

Above: Punching a bag is another way she builds upper body strength.

Below: Steele is happy to show off her slacks that no longer fit.

VICKI STEELE CREDITS HER WORKOUTS AT 9ROUND BALLANTYNE WITH HELPING HER LOSE NEARLY 100 POUNDS.

you are advanced or a beginner, we tailor the workout for each person depending on their ability and goals," Balk says. "It's all about what works for today's clients, and 30 minutes in and out will always be appealing to people. People are never going to have more time."

Steele says the workout drills provide the intensity she needs. "I come out super sweaty and I know I got a great workout in, versus driving to a fitness club and having to be there at a set time for a class. Here, I can start my workout anytime and it's comparable to getting a personal trainer for a fraction of the cost."

"It's like a good restaurant," Balk says. "Someone tells you to eat there because the food is outstanding. You're heading there the next time you go out! That's how our business keeps growing. It's word of mouth."

Losing nearly 100 pounds has offered Steele all the motivation she needs to make exercise and healthy eating a new way of life. "It's so important to set this example for my children." 9Round is now an integral part of her personal journey. "I have made significant lifestyle changes," Steele says. "My kids are so proud of me, and I have no intention of going back to the sedentary life I once lived."









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Whether taking a day trip to the Smoky Mountains, playing in Mother Nature's flurries or bundling up for a walk on the greenway, outerwear can be multifunctional and adorable.

Wardrobe

Outerwear, shirts and accessories, courtesy of Polarn O. Pyret (www.polarnopyretusa.com). La Miniatura Boys Denim and 7 For All Mankind Girls Denim, courtesy of NikoLuxe (www.nikoluxe.com). Boots by Hunter (www.usa.hunter-boot.com).

ALLEGRO HOSTS CELEBRITY GOLF EVENT

The Allegro Foundation, a champion for children with disabilities, held its third annual Celebrity Golf Tournament on Sept. 5 at The Golf Club at Ballantyne. Celebrities and community members enjoyed a round of golf, silent auction and reception.

Event proceeds support Allegro's free programs that provide medical, social, emotional and educational benefits to more than 500 children with disabilities in the greater Charlotte region.

Photos by Ray Sepesy

- 1. Ken Runyon, Jeff Updike, Belenda Runyon, Jerry Church, Bill Fraser
- 2. Gary Babcock welcomes everyone to the tournament.
- 3. Jeff Roesler, Jim Schill, Chuck Howard
- 4. Brad Johnson, Al Wood, Perry Tuttle
- 5. Representing Lowe's were Daniel Green, Tom Holbrook, Jeff Ledford, Warren Sileo, Britt Phillips, Paris Lytle, Steve Kirby and Corey Carpenter. Lee Adams is in the burgundy shirt.
- 6. Harvey Auger, Chris Marston, Brent Reneau, Nick Trivisonno, Grant Schoonmaker
- 7. Eugene Robinson, Greg Rance, John Perry
- 8. Kurt Parbst, Ray Sanders, Max Musser (front), Patrick Brady, Marc Stevens, Rene Goulet
- 9. Robert Mackey, Phillip Crosby

































BALLANTYNE ATTRACTS NEARLY 2,000

The Ballantyne Festival on Oct. 6 at the Morrison Family YMCA drew nearly 2,000 attendees. The event included Ballantyne Breakfast Club's popular Candidates Forum & Chili Cook-off, with over 20 local and state political candidates participating. Attendees also enjoyed art and family-friendly activities such as games, live entertainment and a movie.

Photos by Hayley Brafford

- 1. Cindy Phillips, Brooke Porter of Easter Seals UCP
- **2**. Carson, Vincent, Jenny and Sydney Celentano
- 3. Bobby Burgos, Grayson and Hunter Eschert inside a Charlotte-Mecklenburg Police SWAT truck
- 4. Clayton and Silas David Mooneyham
- 5. Griffin, Josie and Jillian Genant
- 6. Gracie Banny, Lauren Wilson, Madison Pierce
- 7. Mark Ligon, chef for Ladder 32, Charlotte-Mecklenburg Fire Department
- 8. Doug Rivlin, Axel Lindenbeck of Ballantyne Rotary

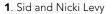
BCC RALLY GALA FEATURES KOMEN FOUNDER

Ballantyne Country Club's Rally for the Cure Pink Bowl Gala was held on Sept. 29. Presented by Carolinas HealthCare System's Levine Cancer Center and Carolinas Medical Center-Pineville, the fundraiser featured keynote speaker Nancy G. Brinker, founder of Susan G. Komen for the Cure.

WBTV News anchor Maureen O'Boyle emceed the event, which included a dinner, silent and live auctions and musical entertainment.

The BCC Rally continues to be the number one fundraiser in the nation for Rally for the Cure. The 2012 rally raised \$200,000, an increase of \$25,000 over 2011.

Photos Courtesy of BCC Rally



- 2. Maureen O'Boyle, Shawn and Cathy Heitz
- 3. Mike and Tonya Farrell, Sue and David Jamison
- 4. Mark Tankle, Nancy Brinker, Debbie Tankle
- 5. Rick Puckett, Nancy Brinker, Jeanne Puckett
- 6. Elizabeth Kurtz, Edward and Florence Kim
- 7. Mary and Rob Cantelmo
- 8. Sue Dockstader, Nancy Brinker, Blythe Kinsey, Marsha Gale







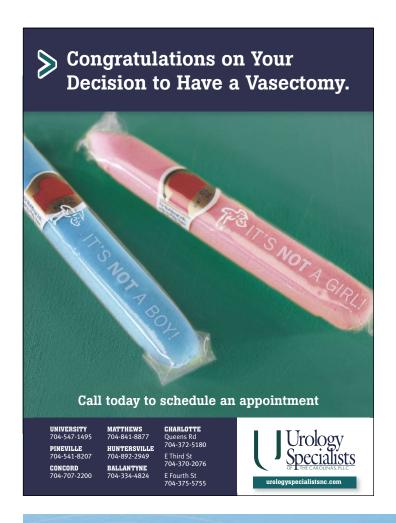














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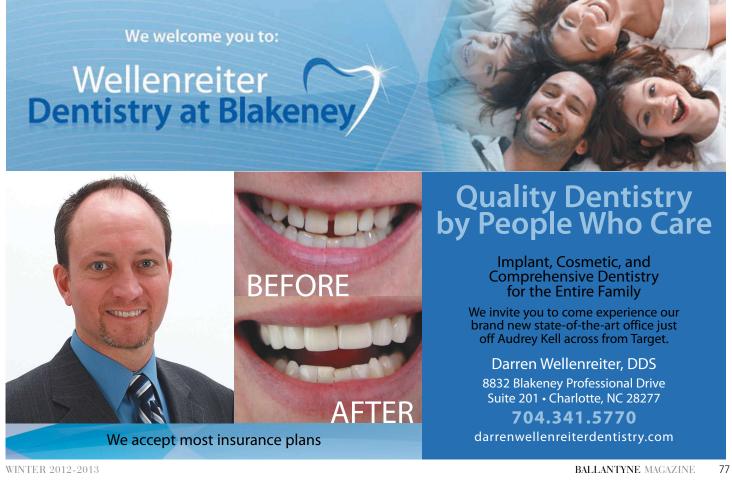
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FEMALE, MALE GOLFERS SUPPORT BCC RALLY

Men and women donned their pink and picked up their golf clubs to raise money for Ballantyne Country Club's Rally for the Cure.

Women enjoyed the Ladies' Golf & Luncheon on Sept. 25, an event sponsored by Aetna that included a fun scramble, and was followed by a luncheon featuring WBTV News anchor Molly Grantham. Charlotte Radiology Breast Center sponsored the lunch, which featured live entertainment, Neiman Marcus action stations, a silent auction and raffle prizes.

On Sept. 27, the BCC Rally held the Pink Ball Golf Tournament for men. Presented by KPMG, the four-man team event featured golf and games, followed by hors d'oeuvres, cocktails and awards.

Photos Courtesy of BCC Rally

- 1. From big hats to boas, the Ladies' Golf & Luncheon was
- 2. Marcia Meyers Gainer, Molly Grantham, Debbie Tankle
- 3. Karen Matteo, Blythe Kinsey, Mary Ann Wasil Nilan, Beth Freudenthal, Heather Nagle
- 4. Ryan Blackwell, Kelly York, Rick Fike, Derrick Blackwell
- 5. Sharon Whipkey, Judy Brandt, Kay Ross and Susie Mark
- 6. At the Pink Ball Golf Tournament, men got their chance to support the BCC Rally.







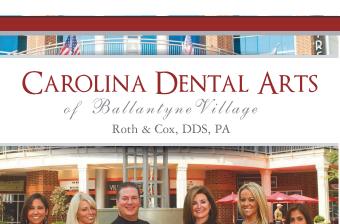












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'GOLFING FOR GEHRIG' RAISES FUNDS

Guests enjoyed teeing off for a great cause at the 14th Annual PinStripes Golfing for Gehrig event on Sept. 28 at The Ballantyne Hotel & Lodge. The event included a reception and silent auction following the tournament.

Started in 1999, the PinStripes event raises funds to support ongoing clinical and scientific research and patient-care services for people with Amyotrophic Lateral Sclerosis, best known as "ALS" or Lou Gehrig's Disease.

Photos by Hayley Brafford

- 1. Bruce and Elaine Steen, John and Laurie Lamb, Steve and Karen Coma, Martha and Roddey Player
- 2. Joel Ehrlich, Carole Hart, Phyllis Ehrlich
- 3. Paris and Aaron Suttenfield
- 4. Lauren and Gary Kaplan
- 5. Mindy Nichols, Heather Oplinger
- 6. Mike and Kristina Rucker
- 7. Mark Griffith, Tempie, Maryann and Ed Largen
- 8. Martin Grist, Lexie Griffin
- 9. Christa, Morgan, Win and Leigh Holt, Win Holt, Leigh Holt
- 10. Christy Howey, Liz Liz, Ed, Jordan and Mike Shea











































MACALLAN EVENT

Gallery Restaurant hosted The Macallan Scotch Dinner on Sept. 15. Guests treated their taste buds to a fourcourse, flavorful menu paired with Macallan selections.

Macallan Brand Ambassador Randy Adams provided engaging and informative commentary about the pairings.

Photos by Hayley Brafford

- 1. Tom Johnston, Joe Parish, David Yaged, Jack Hearrell
- 2. B.J. and Joe Holdnak
- 3. Terry and Sallie Harris, Andrew and Robin Riebe
- 4. Susan and Marc Schroeder
- 5. Genna and Matt Hurley
- 6. Betty Tallardy, Florence Penn
- 7. Ruta and Greg Panomitros, Dan and Trudy Thailer
- 8. Dean Carras, Rick Vignos
- 9. Macallan speaker Randy Adams
- 10. C.J. and Kathleen Juhl, Sam and Tracy Grecco



Sydney Harbour glows at nightfall.

Down Under's Market State of the Control of the Co

STUNNING HARBOR VIEWS, PRISTINE BEACHES, AUSSIE CHARM = SYDNEY

By Nan Bauroth



Editor's Note: "Going Home" is a new feature that looks at intriguing worldwide destinations through the eyes of a Ballantyne resident or employee who once lived there. Their savvy can enliven your next trip or simply give you an insider's view of fascinating places.

Sydney is one of those destinations on most everyone's bucket list. With its picture-postcard harbor anchored by the iconic Sydney Opera House and spanned by the world's largest bridge, the most populous city in the land down under offers outdoor enthusiasts and sightseers of all ages a tucker-bag full of G'Days.

As Sydney native Alex Braid, who now works in Ballantyne Corporate Park, will attest, a week in his hometown is just enough time to dip your toe in the water and get hooked.



Above: People enjoy lunch at the Sydney Seafood Market. Here is a fresh catch of blue crabs at the market. Below: Surfing is so popular that Aussies even hold surfer lifesaving competitions.





The best time to visit Australia is December through February, which is summer in the Southern Hemisphere.



The best time to visit is December through February, which is summer in the Southern Hemisphere. Starting New Year's Eve, the city goes into celebration mode with a fireworks extravaganza over the harbor and then continues the fun for three weeks during its Summer Festival, which features about 80 cultural events.

Sydney's festive fever peaks on Australia Day, Jan. 26, when a parade of tall ships re-enact the first fleet landing by the British in 1788 to establish a penal colony at Sydney Cove, ironically a move thought necessary because of the recent loss of their 13 American colonies.

Take a Harbor Tour

The best way to kick-start your visit is with a tour of Sydney Harbour via ferry, yacht, seaplane, helicopter or kayak. Adventurous types can do the bridge climb, a two-hour-plus trek that costs around \$200 but rewards with breathtaking views.t

Best seat in town to catch the spectacular harbor vista is in the Royal Botanic Gardens at Mrs. Macquarie's Chair, carved from a rock ledge in the early 19th century for the wife of a New South Wales governor. Braid notes that the gardens stage a Moonlight Cinema for \$20 during the summer, and are also a popular running spot.

Like its renowned fireworks displays, Sydney bursts with places to go, all within easy reach by public transport. Start with a visit to The Rocks, the city's historic district lined with cobblestone streets full of sandstone cottages. Learn about Aboriginal history at the



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Just to the north lies
Manly Beach, the birthplace
of Australian surfing,
where surf rides up to
20 feet lure cowabunga
addicts the world over.





Left: On Jan. 26, Australia Day, tall ships like this one re-enact the British arrival in the country. Also pictured is the Sydney Opera House. Right: Visitors to Port Douglas Wildlife Park often seek out the cuddlylooking koala bear.



Rocks Discovery Museum or take an authentic Aboriginal cultural cruise in Sydney Harbour aboard a floating work of native art. For lunch, Braid recommends the crocodile, kangaroo and emu pizza at the Australian Hotel. After a tour or performance at the famed opera house, hang out in the bar for uninterrupted views of the harbor's sparkling lights.

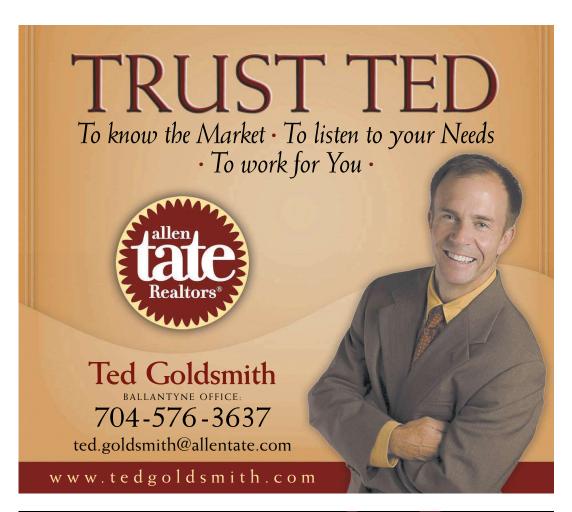
Saturdays are ideally spent shopping in Paddington
Markets' 200 stalls that sell
Australian-made goods,
Braid says. Stoke up first by ordering a bacon and egg roll with barbecue sauce and a flat white coffee at his favorite breakfast boutique, 5 Ways.
The best pub fare is at the Four-in-Hand, while the Ivy, with its seven bars in one, is a must-stop for cocktails.

Another possibility is lunch at the Sydney Seafood Market, where you can pick your piscine favorite and have it cooked to order harbor side. Braid recommends the Balmain Bugs, a local rock lobster.

Two other neighborhoods worth a wander are Darling Harbour and Woolloomooloo. Animal lovers hoping for close encounters with indigenous Australian critters that start with a "K" — kangaroo, koala and kookaburra — can make tracks for the Taronga Zoo, where they will also glimpse unusual native species like the wombat, platypus and Tasmanian Devil.

Hang Ten

"I miss the beach most," says Braid, who grew up in the suburb of Bondi Beach, east of the city. Named after the Aboriginal word meaning





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BALLANTYNE | going home







"water breaking over rocks," this popular swimming bay is just one of 70 crescentshaped stretches of golden sand flanking the deep blue waters of the Pacific Ocean surrounding Sydney.

Sunday mornings you can watch the Aussie sport of surf lifesaving at North Bondi. Braid's favorite local restaurant is Iceberg's, which boasts amazing views, while Hurricane's Bar & Grill is known for southern-style ribs.

Far Left: In addition to surfers, Bondi Beach draws sunbathers and swimmers. **Left:** Surfers seeking the high waves can find them near Sydney.





ALEX'S PERSONAL PICKS & TIPS

Alex Braid, who grew up in Bondi Beach and graduated from the University of Sydney, is director of operations for Advanced Markets, a currency trading company with offices in Ballantyne Corporate Park. In addition to his comments in the main story, here are his personal picks and tips when it comes to visiting his hometown.

AIRLINE: Qantas. Connect through Dallas, not Los Angeles, to save time and money.

HOTELS:

Business: The Westin in the city business district

Budget: The Wake- Up! near Grand Central Station.

Fun: Revesis in Bondi Beach.

Splurge: The Park Hyatt near The Rocks at

the Sydney Opera House.

DINING:

Download the Good Food Guide, which ranks restaurants by number of hats.

Check out The Sky Phoenix in the city for Yum Cha for Asian tapas served brunch style.

BARS: The Opera Bar for uninterrupted views of the city and harbor.

BEER: Drink Cooper's; no one drinks Foster's.

GOLF: St. Michael's on Little Bay, a public course traversing the sea cliffs.

MEMENTOS: Aboriginal art, leather work boots from R.A. Williams (they'll last you a lifetime) and outback jackets from Driza-Bone.

VISAS: Needed in addition to a passport, but you can apply online.

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Just to the north lies Manly Beach, the birthplace of Australian surfing, where surf rides up to 20 feet lure cowabunga addicts the world over. To get there, take the Manly Ferry, which offers world-class views of Sydney Harbour along the way. Shelly Beach is Braid's choice for hanging ten, although he suggests lessons for newbies to avoid becoming a shark biscuit. To refuel, dive into Fresh Fish and Chips overlooking the beach, or to spoil yourself, try Le Kiosk.

See the Blue Mountains

No trip to Sydney is complete without a visit to the legendary Blue Mountains, a New South Wales natural wonder whose dense population of Eucalyptus trees disperse fine droplets of oil that, in combination with dust particles and water vapor, scatter rays of light tinged with blue.

Located just two hours by car or train from Sydney, this vast World Heritage site contains awesome panoramas featuring rugged escarpments, forests, waterfalls and bushland, highlighted by the landmark Three Sisters in Katoomba. In addition to bushwalking, mountain biking, rock climbing and "canyoning," you can explore underground rivers and caves with Aboriginal guides. End with a sunset ride on the Katoomba Scenic Railway, the steepest railway in the world.

No matter where you go in New South Wales, you'll make



The Three Sisters in Katoomba is a highlight of the Blue Mountains, about two hours from Sydney.

memories that last a lifetime. To get a feel for everything you can do in and around Sydney, start by downloading the "There's Nothing Like Australia" app at www.australia.com or visit www.sydney.com. Or, simply chat with Alex Braid.



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Eyeing Success View the Target Correctly to Lift Your Game

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

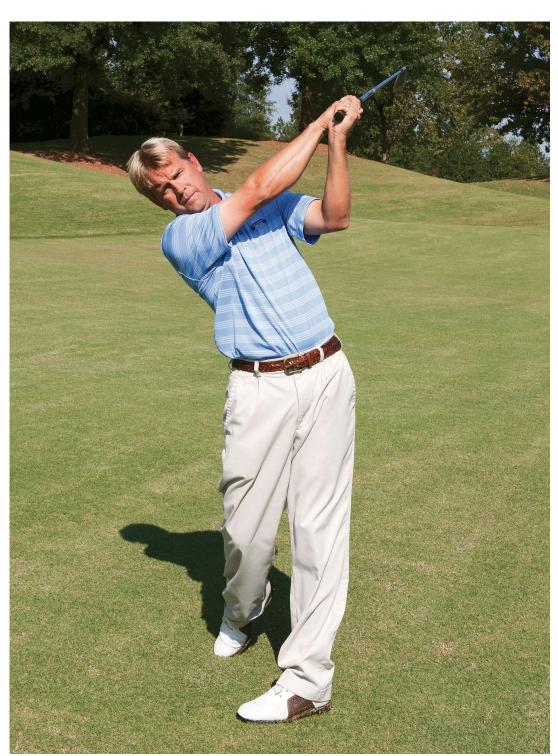


Doug Breuer

WATCH YOUR FAVORITE PRO AND NOTE that the right shoulder and right eye are lower than the left at the finish of the swing. Eyes and shoulders are on plane, and that is the same way they look at the target in the address position as well. If you tend to hit the ball left or slice, you may be aligned or looking at the target incorrectly.

The alignment process of the body in relationship to the target line (figure 1A) needs to be understood.

The target line is the line you want the ball to roll or fly on. Keep in mind that we stand inside the target line at your stance line (figure 1B), which









Your golf swing will generally follow your eyes or the last place you looked. If you look left of your target, you will most likely swing left. If you look at your target properly, you will increase the odds that you will swing to your target.

is parallel to your target line. You can visualize these two lines like train tracks that run all the way to your target and beyond.

Understand that your eye line (figure 1C) is inside your target line, it **does not** go to your target. When you look at your target down your target line you will actually be looking inside your target line, which is left of the target (right of the target for lefties), with eyes that are not on plane (figure 2).

When you are looking down the target line, it will feel as if you are looking right of the target (figure 1D). If you are a lefty, it will seem as if you are looking left of your intended target. This is because your body is aligned inside the target, and if you are looking at the target correctly, your eyes will be on plane (figure 3).

Why is this important? The reason is your golf swing will generally follow your eyes or the last place you looked. If you look left of your target, you will most likely swing left. If you look at your target properly, you will increase the odds that you will swing to your target.

Focusing on the target is a great way to fix your downswing without downswing thoughts. Most golfers think about their downswing too much, inhibiting them from making good contact and playing well. This tip will take your mind off the swing and put it on the target. To help achieve that goal, here is a good set-up routine:

- 1. Stand with your feet together and aim the club down your target line.
- 2. Take your stance and get your feet parallel to your target line while looking at the target.
- 3. Look back at the ball, then back to the target with your eyes on plane.
- 4. Look back to the ball and swing within three seconds. After four seconds, the picture of the target in your brain begins fading away.

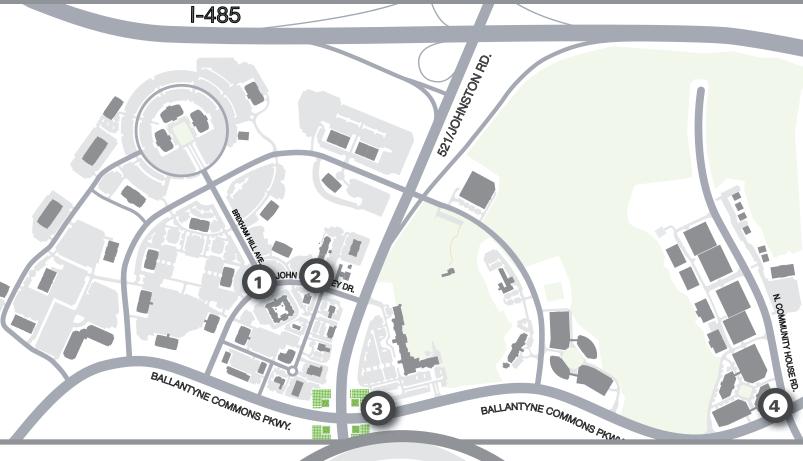
If you need any help with the concept of using your eyes properly and/or the aim and alignment process, please feel free to call me at 704-542-7635 or email me at dbreuer@danarader.com.

Check out the video version of this tip at www.ballantynemagazine.com and www.danarader.com.

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Stay in the Loop

NEW FEATURE SPOTLIGHTS ROAD UPDATES By Nan Bauroth



AS BALLANTYNE
GROWS, the transportation
infrastructure must expand
as well. In this new feature,
the magazine provides
the latest information on
current road construction in
Ballantyne Corporate Park
and the surrounding area
that is designed to enhance

BALLANTINE MEDICANOL TO THE MEDICANOL TO

traffic flow and safety.

For updates on topics below and related items, check www. go-ballantyne.com or visit www.cdot.charmeck.org and click on the Construction link.

New Street Names

The Charlotte Department of Transportation is renaming



portions of John J. Delaney Drive to make locating business addresses easier. John J. Delaney Drive in Ballantyne Corporate Park will be renamed Brixham Hill Avenue from Johnston Road to Ballantyne Corporate Place.

The southern portion of John J. Delaney Drive in the corporate park will be renamed Ballantyne Medical Place. The southeast portion of John J. Delaney Drive behind Ballantyne Commons East will remain John J. Delaney Drive.

The city and county will notify emergency services, the post office, utilities, property owners and city/county departments. The post office will automatically fill out a change-of-address form and recognize both addresses for a year.

1. New Intersection at Brixham Hill Avenue

A new intersection is under

construction in Ballantyne Corporate Park that will make three changes to enhance traffic flow. Drivers turning left from Brixham Hill Avenue going toward U.S. 521/Johnston Road will be able to drive through the intersection without having to stop. Motorists on Ballantyne Medical Place making a right or left turn onto Brixham Hill Avenue will be required to stop. Cars traveling west on Brixham Hill Avenue from 521 and wishing to turn left on Ballantyne Medical Place will be required to yield. The entrance to Staybridge Suites Charlotte Ballantyne will be relocated.

2. Entrance Changes at Conlan Circle

Drivers entering Ballantyne Corporate Park from 521/ Johnston Road will be unable to turn left on Conlan Circle. Instead, they will have four other options to access businesses on Conlan Circle, including the ability to make a U-turn on Brixham Hill Avenue. This change is designed to ease traffic congestion and improve safety.

3. Additional Turn Lanes: 521/Johnston Road, Ballantyne Commons Parkway

Dual left-turn lanes are being created in both directions of Ballantyne Commons Parkway at the intersection with lane will ease congestion during commuting hours into the corporate park.

4. North Community House Road and Ballantyne Commons Parkway

Construction is underway on North Community House Road making it four lanes and adding dual left-turn lanes with signals at all corners of the intersection with Ballantyne Commons Parkway, except when turning left from Ballantyne



521/Johnston Road to enhance traffic flow.

The N.C. Department of Transportation is constructing a second right-turn lane on Johnston Road at the intersection of Brixham Hill Avenue (formerly John J. Delaney Drive), at the light across from The Ballantyne Hotel & Lodge. This additional

Commons on Community House Road North (toward the Morrison Family YMCA).

The project is expected to be completed by the end of 2012. Improvements are in anticipation of the North Community House Road Bridge over I-485 project to be constructed in the near future.

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