magazine

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Winter 2013-2014 Vol. 13 No. 4

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FEATURES



Award Winner

Moviemaker Rick Eldridge focuses on stories with a moral values message.

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Gizmos Fit for a Workout

Using technology to track training and improve health gains popularity.

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BALLANTYNE MAGAZINE





Advance Eyecare Associates
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Cheerful Givers

Ballantyne Steps Up Big for Charity

'TIS THE SEASON FOR CHEERFUL GIVING, and as I worked on this issue, it struck me how incredibly charitable those of you who live, work and play in Ballantyne are. In Social Seen we celebrate the BCC Rally for the Cure achieving the \$1 million mark and the PinStripes Gala, which in 15 years has raised \$3 million for the Carolinas ALS Center.

All that is impressive enough. But it doesn't begin to cover the multitude of efforts year round, including the Isabella Santos Foundation 5K Run, which raised \$240,000 this fall, enabling it in just five years to surpass \$650,000 in donations for Neuroblastoma Research and children's cancer charities. Truly, I have never seen such a concentration of giving as there is in Ballantyne.

That sense of charitable commitment extends to the subject of our cover story, Rick Eldridge, a moviemaker and longtime resident.

That sense of charitable commitment extends to the subject of our cover story, Rick Eldridge, a longtime Ballantyne resident and award-winning movie producer who has spent years quietly giving back to this community. In our profile you'll also catch his creative spirit at Reelworks, his production company in uptown Charlotte, where his office is crammed with original movie posters, autographed memorabilia and his guitar propped up in one corner.

The onset of cold weather brings a desire to cozy up by a crackling fire, so in "Who Knew?" we share tips on building a blaze as well as how to create flames of different hues. Our



Expert Direct has you covered for making merry with advice on the perfect hostess gift for the holidays and other occasions. If children's presents are on your list, Style Points provides step-bystep directions to make whimsical stuffed animals from socks. (If I were four, I'd go for the monkey.)

For those longing for a winter wonderland, "Going Home" schusses to Aspen, where Ballantyne resident Wade Miller gives his inside look at the best runs and après-ski fun. Locavore cuisine is the focus of Fab Fare, which checks out the inventive new menu and decor at Gallery Restaurant at The Ballantyne Hotel & Lodge. With the interior featuring contemporary artwork and sculpture, all for sale, the dining experience gives gallery crawl a new meaning.

Rounding into January it's often time to set a new course for the year, especially with regard to our health. In "Gizmos Fit for a Workout" we show you how people are using electronic devices to monitor training and track progress. As with all things digital, there's a social element to the trend, with users sharing information from apps and helping to motivate each other.

Finally, this issue includes a snapshot of the I-485 widening and flyover projects under construction. In "Road Warriors," you'll meet three of the key engineers behind this endeavor and learn about the

herculean effort going on, much of it while all of us are asleep.

In thinking about the season and its blessings, I am conscious of the heartfelt thanks we owe our readers and advertisers for making this magazine a continuing success. We wish you and your family the happiest of holidays and a cup of kindness in 2014.

JJ Bissell

Publisher, Ballantyne Magazine

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



On Nov. 15 at Ballantyne Country Club, BCC Rally President Sue Dockstader (left) presented a \$220,000 check to Komen Charlotte officials Mike Smiley and Tami Simmons. The check put the rally over the \$1 million mark.

BCC Rally Tops \$1 Million in 10th Year

This fall the BCC Rally marked 10 years of raising funds and spreading awareness in the fight against breast cancer by doing something the group is well known for — breaking records. BCC Rally posted record attendance at events and exceeded its goal of raising \$1 million by the end of the group's first decade.

The single largest donor to Komen Charlotte, BCC Rally capped its record-breaking with the distinction of being the first rally in the country to hit \$1 million. On Nov. 15, Komen officials officially recognized the group as part of the "Lifetime Pink Ribbon Circle," made up of organizations that have raised \$1 million or more.

"Our achievements this past decade would not have been possible without the unwavering dedication and support from the many volunteers, sponsors, staff at Ballantyne Country Club, Komen Charlotte, the national headquarters of both Susan G. Komen for the Cure and Rally for the Cure, and the Charlotte community at-large," says Sue Dockstader, BCC Rally board president. For more on the BCC Rally, see pages 78 and 80.

NEWS CUES

Inspire! Ballantyne Gala Dec. 7

The sixth Inspire! Ballantyne Gala is Saturday, Dec. 7 at Ballantyne Country Club from 7 p.m. to 11 p.m. The evening features a silent auction, food and music. Proceeds benefit the Y's Carolinas Cancer Wellness Program.

The Y will also hold "Breakfast with Santa" the same day.
The event includes crafts, live entertainment and a free photo.
Tickets are \$8 per person (children under 2 free). Proceeds go to children's programs in the Steele Creek community. Info on both events: 704-716-4650.

Breakfast Club Hosts Meetings

The final Ballantyne Breakfast Club meeting for 2013 is Saturday, Dec. 7. The agenda will cover the latest updates for the area, including an introduction to the new Ballantyne-area representatives on the school board and city council.

The club will kick off the new year with its annual "Priorities 2014" meeting on Saturday, Feb. 1, featuring elected officials from the state, county and city. Meetings are held at The Ballantyne Hotel & Lodge starting at 9 a.m. Social hour begins at 8:30 a.m. with complimentary coffee and refreshments. All meetings are free and open to the public. Details: Ray Eschert, 704-651-1237, reschert@aol.com or www.ballantynebreakfastclub.com.

Happenings at The Ballantyne Hotel & Lodge

Warm up with Hot Libations, Live Entertainment

Cozy up with tunes, toddies and hot chocolate from 2 p.m. to 5 p.m. Wednesday through Sunday, Dec. 6 though Dec. 29 in the lobby.



Sip Afternoon Tea

Through December, Holiday Afternoon Tea is served in the lobby Wednesday through Sunday from 1 p.m. to 5 p.m. (except Christmas Day). Harpist Mike Willis will be performing. Cost: \$32 for adults; \$15 for children, ages 5-12; complimentary for children ages 4 and under (plus tax and gratuity). A champagne tea is also available. Reservations required: 704-248-4100.

Stroll Down Gingerbread Lane

An enchanting collection of gingerbread houses made by local professional and amateur bakers is on display daily 9 a.m. to 5 p.m. from Thursday, Dec. 12 through Sunday, Dec. 29. Attendees may vote on their favorite house, with a \$1 minimum donation per vote. Proceeds benefit Levine Children's Hospital.



Savor Christmas Eve Dinner

Gallery Restaurant will be open for dinner on Christmas Eve, Tuesday, Dec. 24, from 4 p.m. to 9 p.m. offering its regular menu as well as a prime rib special. Reservations required: 704-248-4100 or www.gallery-restaurant.com.

Treat Yourself to Christmas Brunch

The Ballantyne Hotel & Lodge will hold its festive holiday brunch with live music on Wednesday,
Dec. 25 from noon to
4 p.m. Cost: \$65 per person,
\$32 for children, ages 5-12;
complimentary for children ages
4 and under (pricing does not



include tax or 23 percent service charge). Private dining rooms are available. Reservations required: 704-248-4100 or www.gallery-restaurant.com.



Celebrate New Year's Eve

Ballantyne Hotel is offering New Year's Eve Packages that include an overnight stay, prix fixe four-course dinner per person in Gallery Restaurant, valet parking, Internet access and a 4 p.m. late check-out. Pricing starts at \$399 plus tax for two.

For reservations or more information: 1-800-325-3589 or www.theballantynehotel.com.



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Shane Page

Harrison UMC Welcomes **New Pastor**

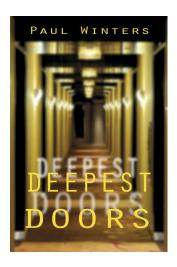
Shane Page has been appointed senior pastor at Harrison United Methodist Church. Page, who earned a master's of divinity from Duke in 2003, most recently served as minister of evangelism of involvement at Myers Park United Methodist Church. The previous senior pastor, the Rev. Phillip Cole, is retiring Dec. 1. Details: www.harrisonumc.org.

Scotch Society Holds Events

Explore the flavors of Glenmorangie at The Scotch Society of Ballantyne's gathering at Gallery Restaurant & Bar on Friday, Jan. 3. Check out Balvenie on Friday, Feb. 28. Both events are held from 6 p.m. to 8 p.m. Cost: \$40 per person. Limited to 20 guests. Reservations required: 704-248-4100 or cbrobst@ theballantynehotel.com.

Winters **Publishes Novel**

Paul Winters, a former international consulting executive who resides in the Ballantyne area, has released "Deepest Doors," a psychological thriller that takes place in locales from Azerbaijan to New York City. The book is available in paperback or e-book formats through Amazon, Barnes & Noble or iTunes.



Details: 704-277-4289 or DeepestDoors@aol.com.



The "godfathers" are David Huss (clockwise from left), Wil Brooks, Michael Chandler, Michael Burnett, Terry Knotts, Tim Garrison, Steve Bowers and Phil Summa, Absent: Michael Thompson, Tom Lewison,

YMCA Hosts Godfathers' Luncheon

The Morrison Family YMCA hosted the inaugural Godfathers' Luncheon in October to recognize the YMCA's board of managers, trustees, current and past chairpersons, as well as a group of local volunteer leaders who give their talent and money to support the Y. The luncheon's goal is to celebrate these individuals for their commitment, leadership and dedication to the Y.

Gallery Bar Offers Wine Tastings

Gallery Restaurant & Bar will feature tastings with local cheeses and lavosh on Friday, Jan. 10 (pinot noir), Friday, Feb. 7 (sparkling wines for Valentine's Day) and Friday, Feb. 21 (South African wines). All tastings are \$25 per person and begin at 6 p.m. Reservations recommended: 704-248-4100.

YOUNGER



David Switzer

Switzer Named Principal of Year

David Switzer, principal of Ardrey Kell High School in Ballantyne, has been named the 2013-14 Charlotte-Mecklenburg Schools Principal of the Year. Switzer has been principal at Ardrey Kell since 2010. "I am honored," he says. "It's a team effort and I share this award with the entire school family and Ardrey Kell community."

Switzer will compete with other award recipients from the southwest region of the state for Regional Principal of the Year. The regional winner will compete for the 2014 State Principal of the Year, which will be announced in the spring in Raleigh.



Award-winner Carter Cardona (fourth from left) is flanked by James Chapman (from left), Sydney Van Buren, Missy Cann and Jonathan Fleming.

Cardona Wins Taekwondo Honor

The North Carolina Taekwondo Amateur Athletic Union named Carter Cardona of Ballantyne Kicks the NCAAU TKD Male Athlete of the Year at the annual Carolina AAU Taekwondo Open competition. The organization is sponsoring all awardees to compete at the 2014 U.S. Open International Championship in Las Vegas in February. Info: Grand Master Missy Cann at 252-349-2315 or ncaautaekwondo@hotmail.com.



Lantern Walk Held at Deutsche Schule

Deutsche Schule Charlotte on Endhaven Lane recently celebrated its annual Lantern Walk ceremony. Every year around Nov. 11 one of the most beloved preholiday traditions for children in Germany is to celebrate the memory of St. Martin, who was a supporter of the poor during the fourth century, with bonfires, songs and lantern parades. Info: petra.pingel.dsc@gmail.com.



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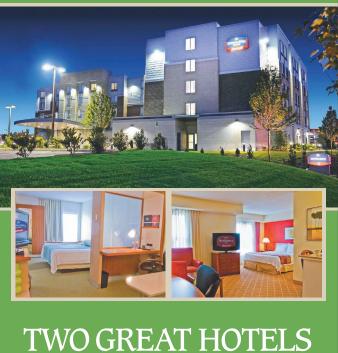
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BIZ BUZZ



Attorney Wins Recognition

Sabrina Winters, founder and attorney at Sabrina Winters Law PLLC, has been named an Elite Attorney by Women with Know How. Winters, whose

Sabrina Winters

office is in Ballantyne Corporate Park, was chosen because she has developed a niche helping retired veterans receive benefits that they may not have received otherwise. She also works with families that have special-needs children and obtained an official proclamation from the Mayor of Waxhaw declaring April 2 World Autism Day. Learn more: www.SabrinaWintersLaw.com.

Horack Talley Hires Donlon

Horack Talley, one of Charlotte's oldest law firms, has hired attorney Bob Donlon to lead its new corporate practice group. Donlon, who lives in Ballantyne, has 30 years of experience representing Fortune 50 companies as well as individual entrepreneurs.



Bob Donlon

Donlon has served as lead lawyer on more than 150 merger and acquisition transactions and has handled many billion-dollar transactions. He has been selected by his peers for inclusion in "The Best Lawyers in America" for 15 years and is one of few lawyers to be honored in three law areas: corporate, mergers and acquisitions and banking and finance. Reach him at 704-377-2500.

Networking Group Meets Feb. 11

Ballantyne Briefings, a networking group for professionals in Ballantyne and beyond, will hold its next session on Tuesday, Feb. 11 from 5 p.m. to 7 p.m. at Aloft Charlotte Ballantyne. Stacey Randall, a certified productivity coach and consultant with Randall Research, will speak on the topic, "Take Control of Your Days." Starrett Law Firm, Ameriprise,



McArthur & Co and Cornerstone Property Advisors are hosting the event. Info: Allen Starrett at events@ ballantynebriefings.com or www.fb.me/ballantynebriefings.

Agents Join Tate Co.

Allen Tate Co. welcomes the following new agents at its Ballantyne office: Rieca Yao, 704-543-5825; Meredith Avila, 704-543-5820; Jimmy Grappone, 704-543-5814; and David Protze, 704-543-5877.



Rieca Yao



Meredith Avila



Jimmy Grappone



David Protze

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Governor Visits Remi

Gov. Pat McCrory recently visited the Remi Group at its headquarters in Ballantyne Corporate Park. McCrory addressed issues he has faced in the last eight months, including education, transportation and tax reform. "It was wonderful to have the governor back in the city during his tour of small businesses that contribute to the economic growth of the region" says Dan Schuster, founder and CEO of Remi.



Gov. Pat McCrory (center) with Brent Howison (left) and Dan Schuster, both of Remi Group.



Suzanne Bird (right) welcomes a new dentist to the practice, Priya Gulati.

Bird Pediatric Adds Dentist

Priya Gulati, a pediatric dentist specializing in the care of infants, children and adolescents, recently joined Bird Pediatric Dentistry & Orthodontics. Gulati graduated with honors from the UNC School of Dentistry in 2008 and earned her certificate in pediatric dentistry from the University of Alabama at Birmingham. Info: 704-544-5000 or www.birddentistry.com.



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Realty Firm Adds Agents

The following agents have joined the Ballantyne office of Helen Adams Realty: Terrass Misher, Versha Anand, Ann Rudd, Dave diCecco, Linda B. Klatt, Nancy Maher, Renee Infinger, Mary Parker and Christine Hotham. You may reach them at 704-341-0279.



Terrass Misher



Versha Anand



Ann Rudd



Dave diCecco



Linda B. Klatt



Nancy Maher



Renee Infinger



Mary Parker



Christine Hotham



Local Firm Receives Patent

Sentiens LLC, headquartered in The Fountains at Ardrey Kell, received notification from the U.S. Patent and Trademark Office in October that it is entitled to a patent. Its device simulates the sensations of smoking in the throat and airways using botanic agents that activate sensory receptors without delivery of nicotine or tobacco-related toxins.

The patent application by Sentiens involves technology behind BotanicBoost and its use in products developed by the company. The company targets addictive behaviors with products that use proprietary technology and uses the company's expertise in systemic sensory pathways. Details: John Siverling at 248-797-7038 or john@sentiens.us.

Ballantyne Chamber Hosts Winter Luncheons

The Ballantyne Chapter of the Charlotte Chamber will hold its winter luncheon meetings on Dec. 5, Jan. 2, Feb. 6 and March 6. Each date is the first Thursday of the month.

Meetings are 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 a wait list. To register for a meeting or get updated information on each meeting, visit www.charlottechamber.com.

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Beverly McLaughlin

McLaughlin Competes in Chamber Power Up

Beverly McLaughlin of Beverly's Gourmet Foods represented the Ballantyne Chapter of the Charlotte Chamber at the grand finale of the yearlong Power Up Chapter Challenge in November.

The event honors promising entrepreneurs and small businesses that belong to the chamber. McLaughlin is the fourth generation of her family to sell vegetables or food at the Mecklenburg County Market near uptown Charlotte. Many of her signature dishes are made from her grandmother's recipes. Her fresh quiches, soups, casseroles, entrees and spreads are also sold at retailers, including Reid's Fine Foods and Healthy Home Market. More info: www.charlottechamber. com/powerup.





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WINTER 2013-2014 BALLANTYNE MAGAZINE

Bissell Cos. Makes Appointments

The Bissell Cos. has recently hired or promoted four individuals

The company promoted Jessica Steves to general manager at Courtyard by Marriott Charlotte Ballantyne. Most recently, she served as the hotel's assistant general manager.

Stylists Brandon Johnson and Serena Woods have joined The Salon in The Spa at Ballantyne. With more than 13 years of experience, Johnson has received extensive training from Aveda, Vidal Sassoon and Toni & Guy. A graduate of the Aveda Institute, Woods has expertise with multiple hair textures and is a licensed cosmetology instructor. The Spa has also added Davines as its new hair care and color line. Appointments: 704-248-4141.

Paula Kastanek has joined The Ballantyne Hotel & Lodge as sales manager. She will be responsible for booking corporate group business for the Carolinas. Most recently she was regional director of sales at KSL Resorts, with a focus on booking The Grove Park Inn in Asheville and Homestead Resort in Hot Springs, Va.



Jessica Steves



Serena Woods



Brandon Johnson



Paula Kastanek



Terry Atkins, Kim Chelpaty, Steve Rabb, Kristen Solt, Rick Canale, Courtney Byrd, Randi Cooke, Lyles Eddins and Caroline Sexton attended the announcement of Extended Stay America's partnership with the American Cancer Society.

Extended Stay America Helps Cancer Patients

Extended Stay America and the American Cancer Society have announced a multi-year partnership through which the hotel chain will provide 20,000 free and discounted overnight stays to cancer patients who must travel far from home to receive life-saving treatment.

At a press conference at its headquarters in Ballantyne Corporate Park, Extended Stay America officials said the hotel chain will offer 10,000 rooms free of charge plus an additional 10,000 stays at a special rate of \$12 per night.

The hotel piloted the program in Atlanta, Boston and Houston in November and will expand into other key cities in December before launching nationwide in early 2014. To request an Extended Stay America room, cancer patients or their caregivers may contact the American Cancer Society at 1-800-227-2345.



Extended Stay America employees at the headquarters in Ballantyne celebrate the company's contribution to the American Cancer Society.

Agents Open Century 21 Office

Broker/owners Jim Williams, Amy Williams and Laurie Knudsen have opened a Century 21 real estate office at 13850 Ballantyne Corporate Place in Charlotte. The three have over 20 years of experience in the field. Knudsen and her team of six agents specialize in residential real estate serving the Ballantyne, Matthews and Charlotte areas. Reach them at 704-887-4903.



Jim Williams





Laurie Knudsen



Amy Williams

OPENINGS

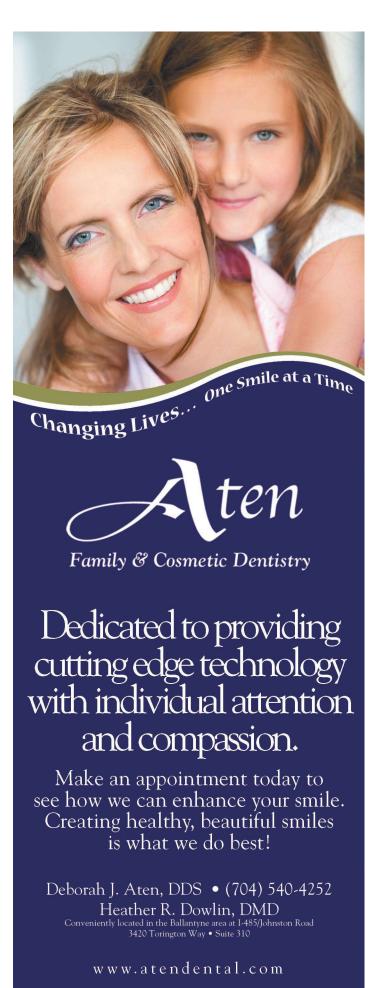
Sports Marketing Firm Opens in Ballantyne

Veteran sports marketing executive Tamera Green has formed her own firm, Viridian Marketing, and has opened an office in Ballantyne Corporate Park.

As a former executive for GMR Marketing and IMG, Green's vision is to create value for businesses through partnership marketing strategies. For more info: www.viridianmarketing.com.



Tamera Green

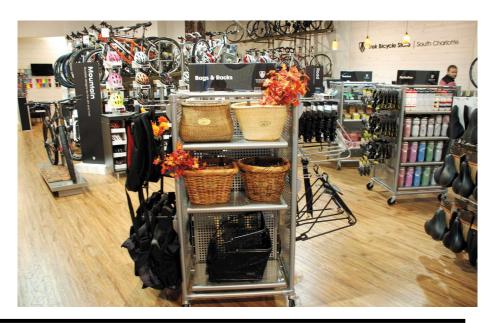


WINTER 2013-2014 BALLANTYNE MAGAZINE



Bicycle Store Comes to Toringdon

Trek Bicycle Store-Charlotte South is now open in Toringdon Plaza at 12194 Johnston Road. The Trek concept store sells bicycles ranging from kids to adults, including comfort, mountain, road, triathlon and now popular cross bikes. Clothing brands include Gore Bike Wear and Bontager. Trek Bicycle Store services all makes and models of bikes. Info: www.trekbikescharlotte.com or call 704-619-5802.





Seafood Store Now in Cedar Walk

Carolina Fish Market has opened in Cedar Walk. The new store features fresh seafood and fish, wild-caught off the coast of the Carolinas, including grouper, tuna,

mahi, flounder, oysters, blue crabs, clams, scallops and shrimp. The market also sells seafood utensils, rubs and specialty sauces. Info: 704-458-1011 or www.thecarolinafishmarket.com.



Fitness/Nutrition Group Opens

Lifexcel Carolina, a new fitness and nutrition facility, is now open at 7810 Ballantyne Commons Parkway, Suite 200. Staffed by a mental health professional, registered dietitians and certified personal trainers, Lifexcel Carolina offers six- and 12-week programs. Info: 704-995-3434 or www.lifexcelcarolina.com.

Check Out Texas-Style BBQ

Dickey's Barbecue Pit is now open in Ballantyne Commons East next to Libretto's Pizza. The new restaurant offers Texasstyle, pit-smoked barbecue, plus free ice cream every day. Call-ahead ordering and catering are available. Details: 704-341-7427 or www.dickeys.com.



Italian Takeout Store on Elm Lane



Nictoria Fine Italian Specialties has opened in Robinson's Corner on Elm Lane. Owned by Tom

and Danielle Albetta, the store sells takeout Italian comfort food based on family recipes passed down for decades, in individual, family or party sizes. Dishes are handmade using ingredients delivered fresh daily from local markets. Info: 704-919-0016 or www.nictoriaspecialties.com.

Grill Offers Taste of Outdoors

Stone Mountain Grill is now open in Ballantyne Croporate Park. Designed to impart a mountain lodge feel with food inspired by the great outdoors, the new restaurant is open for lunch and



dinner and features a patio with a fireplace and wide-screen TVs. Signature items include Campfire Trout and Danish Baby Back Ribs. Info: 980-207-2326 or www.stonemountaingrill.com.



Device-Repair Shop Opens

Dr. Phone Fix is now open

in Camfield Corners on Elm Lane. The store repairs all brands of broken smartphones, tablets, laptops, TVs, game consoles and accessories. Info: 704-543-7588, www.drphonefix.com, charlotte@drphonefix.com.

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WINTER 2013-2014 BALLANTYNE MAGAZINE

DANCESTRANCE

Dance Fitness Class Available

Allison Papageorge has opened Dance Trance Waxhaw in The Fountains at Ardrey Kell at the Steps 'N Motion studio. The program combines styles and genres of dance set to different songs every week to create a dance fitness experience. No dance background required. Info: 904-545-1150 or www.dancetrancefitness. com/waxhaw.



Jeff Genant

State Farm Agency Opens

The State Farm-Jeff Genant Agency is now open in Ballantyne Commons East shopping center at 15105 John J. Delaney Drive, Suite L. The agency provides insurance and financial services for individuals and businesses. Info: 704-594-3000 or www.insurancejeff.com.

SWEET CHARITIES

Rotary Helps Raise \$75,000

Eighteen volunteers from Mecklenburg
County-South Rotary
Club, including family and friends, worked at the Charlotte Oktoberfest to help raise \$75,000 for Second Harvest Food Bank of Metrolina, Classroom Central and Project HALO. Club members have volunteered for the past 10 years at this event.

The club also has inducted



Local Rotarians Jack Schmoll (from left), Seth Marlowe, Debbie Corbett, Donna Marlowe and club president Beth Trotter enjoy Oktoberfest.

two new members: Bryan Cochran, a wealth advisor with Stratos Wealth Partners; and Jake Elgin, president of Rainbow International, a water and fire damage restoration company in Charlotte. Mecklenburg County-South Rotary Club meets on Friday mornings at 7:30 a.m. at Another Broken Egg Restaurant on North Community House Road in Ballantyne. Info: www.mecksouthrotary.org.



Sarit Catchatoorian has made three trips to Third World countries to provide free eye care.

Optometrist Aids Panamanians

Sarit Catchatoorian, owner of Advance Eye Care in Ballantyne, recently returned from his third trip abroad to provide free eye care to people in Third World countries. He spent five days in David, Panama, where he and five other doctors saw more than 600 patients a day, treating 2,800 people for maladies ranging from nearsightedness to retinal scarring and cataracts.

The doctors traveled with Lions in Sight, a group sponsored by the International Lions Club. Most of Catchatoorian's patients were indigenous people, some of whom waited for hours for their first pair of glasses. On other trips, Catchatoorian has traveled to Peru and Ghana. Info: 704-752-1744 or www.advanceicare.com.



A book publication party at Vine American Kitchen, as well as royalties from Tim Curran's book, support ALS research.

Author Raises \$1,000 for ALS

Tim Curran, author of "Keep It \$imple \$tupid: How to Protect Your Finances From Wall Street and Yourself," and his wife, Wynne Curran, recently held a book publication party at Vine American Kitchen restaurant. The event raised \$1,000 for the Carolinas ALS Research Fund of the Carolinas HealthCare Foundation. Amyotrophic Lateral Sclerosis is often called Lou Gehrig's Disease.

Curran, a certified financial planner and owner of TWC Wealth Management in Ballantyne, is donating all royalties from the sale of his book to help raise awareness and find a cure for ALS. Vine also donated a \$10 restaurant gift card to every attendee who bought the book. To purchase a book: www.keepitsimplestupidthebook.com.

Golf Club Supports Folds of Honor

The Golf Club at Ballantyne recently participated in Patriot Golf Day with outstanding results, raising more than \$19,000 to benefit the Folds of Honor Foundation. The organization provides post-secondary educational scholarships for children and spouses of military service men and women killed or disabled while serving our nation.

Jointly supported by the 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.

Come celebrate in a-list style @ Aloft Charlotte Ballantyne







WINTER 2013-2014

BALLANTYNE MAGAZINE 2

Santos 5K Fundraiser Breaks Records

The event was held in September at Ballantyne Corporate Park. The 2013 5K Race for Kids Cancer by the Isabella Santos Foundation broke records for the number of participants and amount of money raised.

The number of 5K, Fun and Phantom runners rose 25 percent over last year to 1,900. Charitable donations reached \$240,000, which will enable the foundation to give away 10 percent more this year. Since 2008, the foundation has raised more than \$650,000 for Neuroblastoma Research and other children's cancer charities.







Building Dreams, Enhancing Lives David Weekley Homes

Weekley Homes Supports Food Bank

David Weekley Homes held its seventh annual Turkey Drive, benefitting the Second Harvest Food Bank, on Nov. 7 in Ballantyne Corporate Park.

Weekley's Charlotte team collected 912 turkeys, and Ryland Homes donated 304. Together, 1,216 turkeys were contributed to Second Harvest.

David Weekley Homes also generously donated \$10,000 to the food bank. The firm builds homes in a variety of communities in the greater Charlotte area.

Golf Tourney Brings in Over \$28,000

The Asian American Hotel Owners Association hosted its fifth annual Charlotte Shootout Golf Tournament on Sept. 28-29 at the Renaissance Park golf course and The Golf Club at Ballantyne.

The event raised over \$28,000, with funds going to the Hindu Center, USO, Samaritan's Feet, BAPS Temple and Sandbox. Mike Choi won the tournament. The association has over 11,000 members who own 20,000 hotels. More info: www.aahoa.com.



Anil Ramnanan (right), consul general for the Republic of Trinidad and Tobago, presents Mike Choi with the winner's trophy at the golf shootout.

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FOLKS WITH FLAIR

Ballantyne is Home to this Charming Trio

Photos by Ray Sepesy



AS WE HUNKER DOWN OVER WINTER, it's appropriate that our three Faces are soaking up the relative warmth of Ballantyne and not shivering in the places of their birth: Big Rapids, Mich., Quincy, Mass. and Cleveland. *Brrrrr*.

Our Faces even pine for vacations in warm climates — two long for Greece and one wants to be walking on the beach in Bermuda.

As for walking — what music should be playing when each one saunters into a room? Two claim "Wild Thing" and "Girl On Fire" while the third equivocates with a form of "it depends."

Regardless of their playlists, our Faces are all happy Ballantyne residents with their favorite guilty pleasures, charities, restaurants and other local haunts. They represent the many fascinating people who love hanging out in 28277.

You're invited to turn the page and meet Leah Rubertino, Jack Burke and Elizabeth Berrien.

LEAH RUBERTINO

Birthplace: Cleveland.

Job: Sports anchor/reporter, WBTV.

What do you like most about your job?

Sports and storytelling — my two favorite things.

What's your guilty pleasure?

French fries.

Do you live in Ballantyne? Yes, for two years.

What is your favorite Ballantyne-area restaurant?

Big View Diner. It's owned by Greeks, and I'm 50 percent Greek. So I could be a bit biased. I love the variety of dishes there, and the bakery gets me into big trouble.

What is your favorite outdoor activity? Running.

Describe your dream vacation.

Visiting the vineyards of Italy and the islands of Greece.

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

"Wild Thing" by The Troggs.

What is your favorite news source? WBTV and ESPN.

I would be rather caught dead than wear

A Pittsburgh Steelers jersey.

What charitable organizations are you involved with?

The Alzheimer's Association. The disease runs in my family, and I've seen firsthand how it can affect generations other than our elderly. Also, the American Heart Association. I've always believed in having a healthy heart, body and mind. AHA gives me the chance to encourage that.

What is your biggest pet peeve?

People who do not abide by the Golden Rule.

What is a hidden gem in Ballantyne?

It's not really hidden, but I love taking advantage of all of the greenways.

Share something that someone would never guess about you.

I'm a neat freak; everything must be in its right place.





JACK BURKE

Birthplace: Quincy, Mass. **Job:** Chief creative officer/president, Burke Communications Inc.

What do you like most about your job?

I love the creative challenge of developing effective, unique marketing campaigns for clients while working in a team environment with my talented employees.

What's your guilty pleasure? White truffle butter on popcorn.

Do you live in Ballantyne? Yes, since 2000.

What is your favorite Ballantyne-area restaurant? Kabob Grill.

What is your favorite outdoor activity? Tennis, backpacking and golf.

Describe your dream vacation.

Bermuda — walking on the beach and snorkeling with my wife, Mindy, daughter Isabelle and son Alan.

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

It would depend on the day.

What is your favorite news source? Charlotte Business Journal, CNN and WFAE-FM.

I would be rather caught dead than wear a _____.
Speedo.

What charitable organizations are you involved with?

A Big Heart Foundation Inc., Toys for Tots Golf, Boy Scout Troop 7, Servants with a Heart, the Charlotte-Mecklenburg Police Foundation and the Charlotte Trolley.

What is your biggest pet peeve?

People who make promises they don't keep.

Share something that someone would never guess about you.

I've played the violin since I was 8 years old.

ELIZABETH BERRIEN

Birthplace: Big Rapids, Mich.

Job: Co-founder and director of marketing and development, The Respite: A Centre for Grief & Hope.

What do you like most about your job?

I like making a positive difference in the lives of people who are suffering from all types of loss.

What is your favorite Ballantyne-area restaurant?

I love eating at The Blue Taj. Everything I've had there is delicious.

What is your favorite outdoor activity?

I enjoy walking on trails — anywhere that I can hear the sounds of nature. It's my time to disengage from the busy world and de-stress. I love taking my 4-year-old daughter so that we can appreciate nature together.

Describe your dream vacation.

I love opportunities for relaxation, so wherever there's a beautiful sandy beach and clear blue water, I would be happy. I've always wanted to visit Greece.

What would your theme song be for walking into a room? "Girl On Fire" by Alicia Keys.

What is your favorite news source? NPR.

I would be rather caught dead than wear _____

I'm not sure. I love fashion so will try almost anything as long as it's figure flattering and appropriate for the activity.

What charitable organizations are you involved with?

My nonprofit has partnered with local organizations such as the Military Family Lifestyle Charitable Foundation and Charlotte Bridge Home because we feel strongly about supporting our returning soldiers and their families. I've had experience as a military widow and understand the hardships.

What is your biggest pet peeve?

When someone spends too much time complaining about things that aren't significant or important, I just want to say: "Things can always be worse. Why don't you focus on what you do have and spend more time appreciating it."

What is a hidden gem in Ballantyne?

D'Vine Wine Cafe is quaint. I really like the outdoor patio and live music.

Share something that someone would never guess about you.

I studied dance for about 20 years and it was my major in college. I thought my career would be in dance and choreography until I decided to focus on counseling and mental health. I will always be passionate about dance!



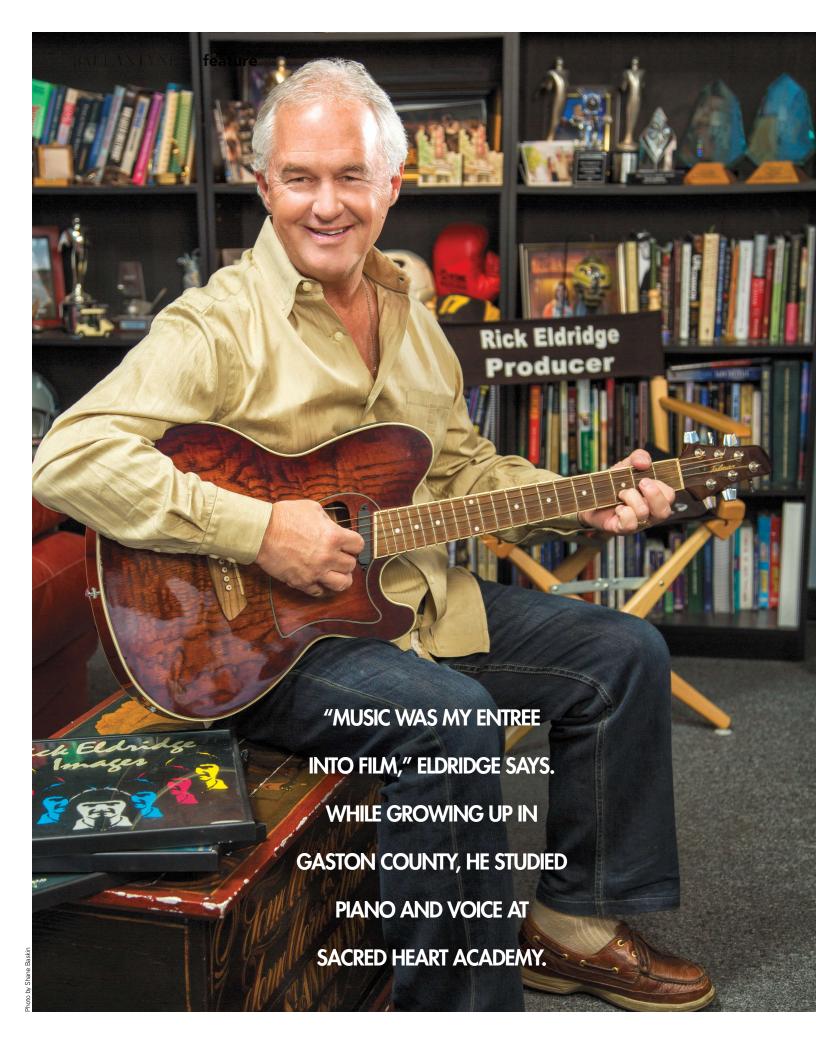


Charlotte's Premier Office Destination





theultimate life By Nan Bauroth Rick Fldridge Producer RICK ELDRIDGE GOT HIS FIRST SHOW-BIZ BREAK AT 17. "I was singing at the Salt Cellar coffeehouse in the old Charlotte Town Center when a man asked if I had ever considered producing an album," he says. "I had no money, so he backed me." That first album, "Peace," garnered national attention and won awards, leading to four more albums featuring Eldridge singing his own contemporary Christian songs. Today Eldridge showcases his creative artistry as CEO of ReelWorks Studio, a multifaceted film/video production company in uptown Charlotte that has Rick Eldridge is CEO of produced award-winning films ReelWorks Studio, a film/video including "Bobby Jones: Stroke production company located in of Genius" and "The Perfect uptown Charlotte. He's lived Game." Eldridge is also CEO of in Ballantyne since 1999.



GlueWorks, an animation studio housed within ReelWorks that produced the popular "Hermie & Friends" series featuring the voices of Tim Conway and Don Knotts.

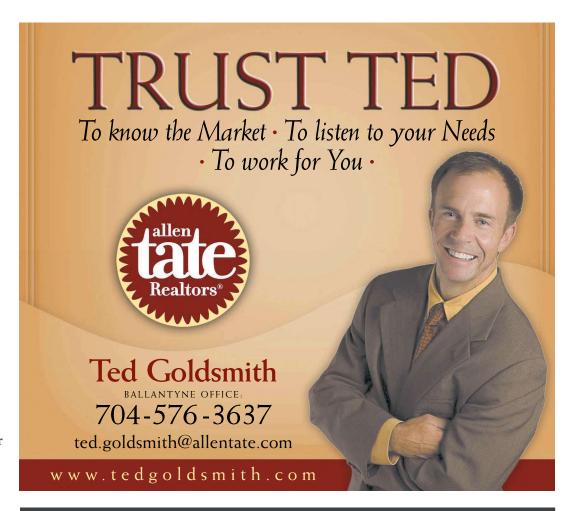
"ReelWorks has a twofold purpose," Eldridge explains.
"It's the place we work on our own creative projects, but also serves as a third-party production services vendor for projects that come to this area and need help." One example is the Showtime hit series "Homeland." "Scenes from an episode for this season were filmed at a neighbor's home in Ballantyne," he notes.

'The Ultimate Life'

During his 30 years in the industry, Eldridge has won 20 Telly Awards, six Communicator Awards, a New York Festivals World Medal Award and one U.S. International and Film and Video Festival Award. In 2004 "Bobby Jones: Stroke of Genius" won the Heartland Film Festival's Truly Moving Picture Award and was nominated for Best Sports Film by the ESPY Awards.

Eldridge is probably best known, however, for "The Ultimate Gift," a 2006 major motion picture starring James Garner, Abigail Breslin and Brian Dennehy. Based on the bestselling novel by Jim Stovall, the film received the Crystal Heart Award and Heartland's Truly Moving Picture Award and continues to rack up DVD sales.

This fall brought the release of "The Ultimate Life," also produced by Eldridge, and available on DVD and Blu-ray as of Dec. 10. "The Ultimate Life" is a sequel and a prequel, in a continuing story told through the device of a journal from the 1940s," he says. "It's a beautiful era of colors,







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cars and pastels, all shot in small towns near Winston-Salem." At present, Eldridge is working on a 3-D projection of "Hermie & Friends" for theatrical release.

From Music to Movies

"Music was my entree into film," Eldridge says. While growing up in Gaston County, he studied piano and voice at Sacred Heart Academy. "I credit the nuns with helping me obtain a scholarship to Brevard College, where I majored in vocal performance and minored in guitar and piano."

His music talent led to a recording session with the Orlando Symphony, where he received his second show-biz break. "The session engineer asked if I would be interested in scoring a movie called "The Kingdom of the Dinosaur." I jumped at the chance," he says. The film and his score won a Crystal Reel Award.

From there he went on to work on productions at Disney-MGM and Universal Studios in Orlando. "I gradually evolved from music to sound design, production development and eventually into film," he says.

Coming Home

While on a music tour in Florida, Eldridge met his wife, Krista, a model, and in 1994 sold his production company and returned to his roots, moving initially to Piper Glen and then to Ballantyne in 1999. "I decided to make films, but my stamp would be redeeming content produced at the highest level, stories that could be driven home with moral values messages," he says.

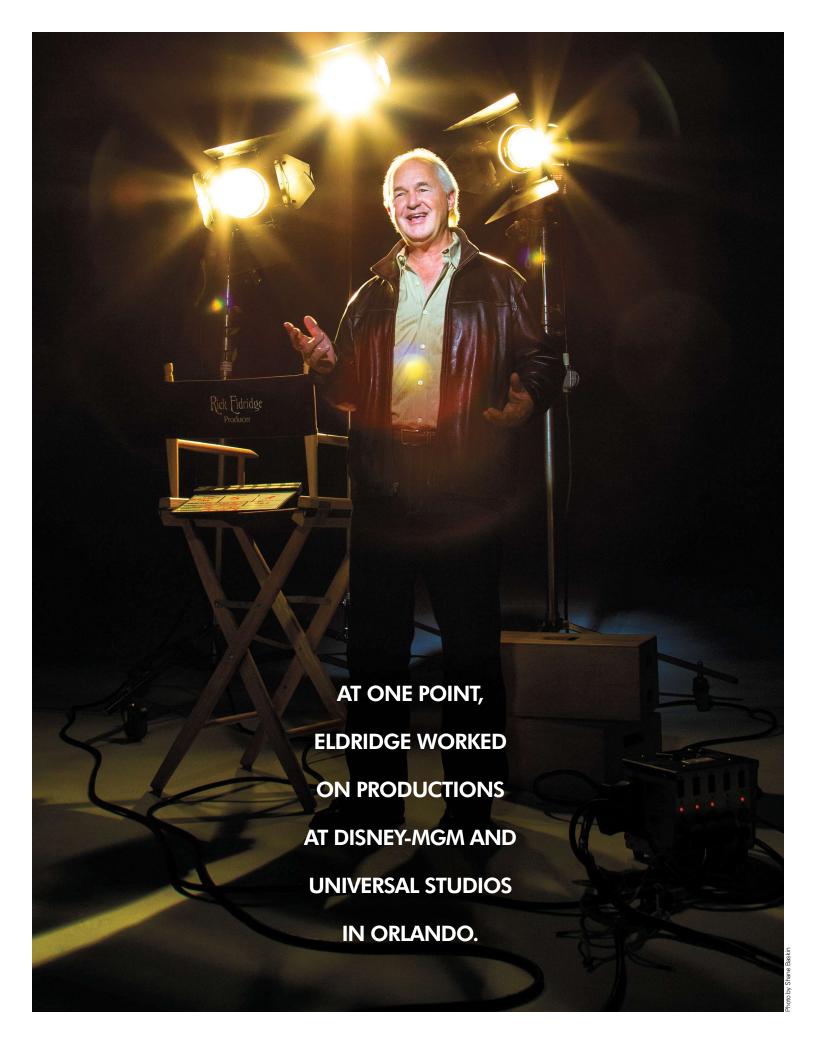
Eldridge says there is no formula



Top Left: "The Ultimate Life" starring Peter Fonda is available on DVD as of Dec. 10. **Above:** Actors Ali Hillis and Logan Bartholomew are also in Eldridge's "The Ultimate Life." **Below:** Another star in the film is Bill Cobb.



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to finding a good script. The Bobby
Jones concept was born in a meeting
with film investors in Charlotte who
had just returned from the Masters golf
tournament and asked him if a movie had
ever been made about the links legend.
"The Ultimate Gift" came through a
connection at church. "A financial planner
there was mentoring my sons and gave
the book to them, suggesting I would
like it," he recalls. "The rest is history."

Ballantyne Booster

Eldridge and his wife have six children, all of whom attended public schools here. One is now a doctor, another a corporate executive. One son works at EA Sports, which produces Madden NFL, while one daughter produced the ESPN documentary on Tim Tebow. His youngest son is a budding musician, and one daughter is still obtaining her degree. The couple's favorite hangouts are Rush Espresso and the many restaurants nearby. "We love

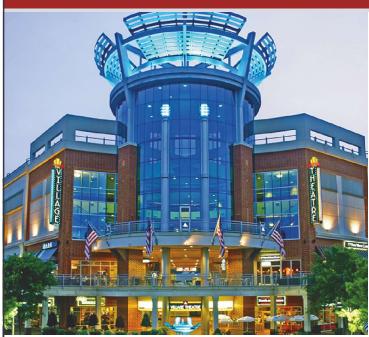
"AT HOME, WE HAVE
A GRAND PIANO
IN ONE ROOM,
AN ELECTRONIC
KEYBOARD IN
ANOTHER, AND
THERE ARE GUITARS
EVERYWHERE."

Ballantyne Village," Eldridge says.

Eldridge is also a big believer in giving back, serving on advisory boards for the Department of Communications at Queens University and the film graduate program at Regent University in Virginia Beach. He is also a founding member of the board of directors of Compass Film Academy in Grand Rapids, Mich. and serves on the boards of Media Fellowship International in Los Angeles and the Heartland Film Festival. He is also on the council of elders for Forest Hill Church in Charlotte and has served on the board of trustees for Brevard College.

At one time Eldridge sat on the Film Advisory Council of the Charlotte Regional Partnership. "Charlotte's growth in the film industry is due to its great educational system, and the production history here has demonstrated we have a phenomenally talented crew base," he says. "That is key for any company coming from out of town."

As much as Eldridge loves producing films, though, the song in his heart remains. "I still dabble in composition," he says. "At home, we have a grand piano in one room, an electronic keyboard in another, and there are guitars everywhere. We are a very musical house."





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SHAR INSIDE ON 1-4 WIDEN FLYON

THREE ENGINEERS SHARE INSIDE SCOOP ON I-485 WIDENING, FLYOVER

By Nan Bauroth Photos by Shane Baskin

JUST WHEN PEOPLE IN BALLANTYNE THOUGHT it would never happen, construction on two major road projects to reduce traffic congestion and enhance safety is well underway and on target for a fast-forward completion date. Whew,

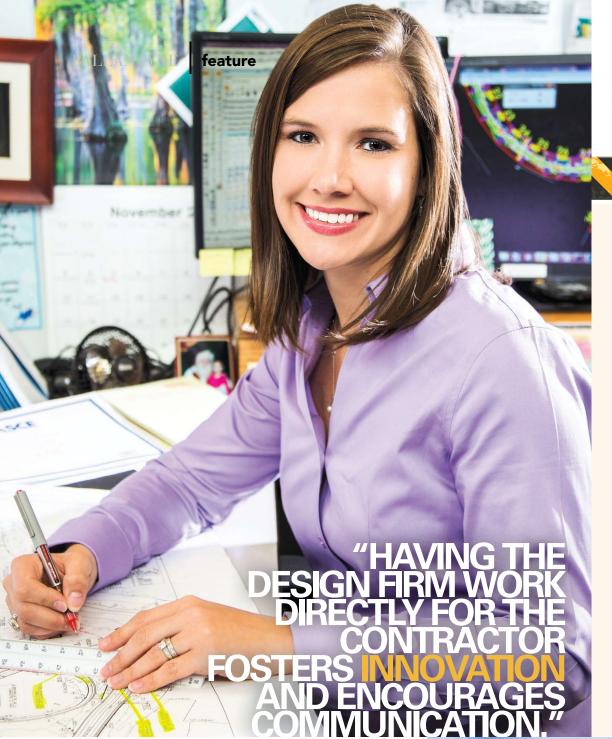
What may not be obvious, however, is the monumental amount of work that takes place at night to minimize the impact on drivers. To learn more about these welcomed projects, we talked with three of the key engineering brains involved.

LOUIS MITCHELL Engineer, NCDOT Division 10

Louis Mitchell first climbed on a tractor when he was seven. "My family farmed in rural Charleston and then branched out into excavation and dirt moving," he recalls. In high school, mentors recognized his strength in math and science and encouraged him to pursue engineering, which led to a scholarship to Clemson University. "I chose civil engineering because I like the outdoors. It's the nature of how I am wired," he says.

Today Mitchell oversees multimodal construction and maintenance for five counties, including Mecklenburg. He's also in charge of \$1.7 billion in N.C. Department of Transportation funds, which means the buck stops with him. "People just want us to get it done and get out of the way and that is what we want to do," he says. "But we want our facilities to last decades, and that investment takes time to do right the first time."

Mitchell applauds The Lane



ROAD PROJECTS: EYE-POPPING STATS

4 MILLION POUNDS

Weight of concrete and steel in flyover

43_{FEET}

Flyover height above Johnston Road

607 Flyover length

6 PERCENT

Flyover cross slope (banking angle)

45,000 POUNDS

Weight of one load of concrete barriers

Construction Corp., not only because its bid was \$8 million below the NCDOT estimate, but because the company promised completion one year earlier than anticipated, by December 2014.

Watching the progress, Mitchell reflects, "This leg of 485 was the first section completed. I never envisioned we'd expand it during my career, but that speaks to the nature of the Ballantyne area and what a success it has been."

NIKKI HONEYCUTT

Engineering Director of Highways, STV/ Ralph Whitehead Associates

One of the designing minds of the I-485 widening, Nikki Honeycutt grew up around blueprints. "I credit my Dad," she says. "He was



Preparing the ground for highway construction keeps Vincent "Scoot" Wilson busy.

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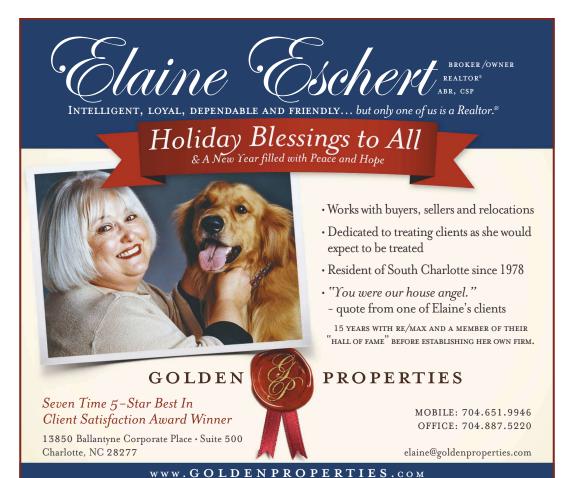
in commercial steel work. As a child I would sit at the kitchen table and we'd study his plans." A native of Rock Hill, Honeycutt graduated from Clemson University, where she discovered an affinity for transportation. "When I interviewed with STV/Ralph Whitehead, everything fell into place," she says.

In terms of her responsibilities, "Lane Construction is our client. We prepared the design plans for them, and they won the bid from the NCDOT," she notes.

Excited by the challenge of her first major interstate project, Honeycutt says it is an art to determine where the final alignment of a flyover will cross a highway. "The tolerance for error on roads is hundredths of a foot: in a flyover, thousandths of a foot." The total design team comprises 50 people with expertise in everything from roadway, hydraulic, structural and geotechnical engineering to Intelligent Transport Systems, environmental science and pavement design.

In Honeycutt's view, people don't appreciate how rapid this construction schedule is compared to others - which she attributes to the designbuild process. "Having the design firm work directly for the contractor fosters innovation and encourages communication that drives the project more smoothly during construction," she says. "From RFP (Request For Proposal) to completion, this may be the fastest construction project NCDOT has ever undertaken."

continued on page 48







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ROAD PROJECTS: EYE-POPPING STATS

6^{TONS}

Amount of dirt per loader scoop

GPS
Satellite systems and automatics/robotics

28^{DAYS}

Time required for concrete girders to cure

1,000+ Number of design-plan pages for the projects

■ continued from page 47

JASON TRACY

Assistant Project Manager, Lane Construction

When it comes to heavy lifting, Jason Tracy is the go-to guy. "I was always in the sandbox," he says with a laugh, recalling his childhood in Canton, N.Y., where he

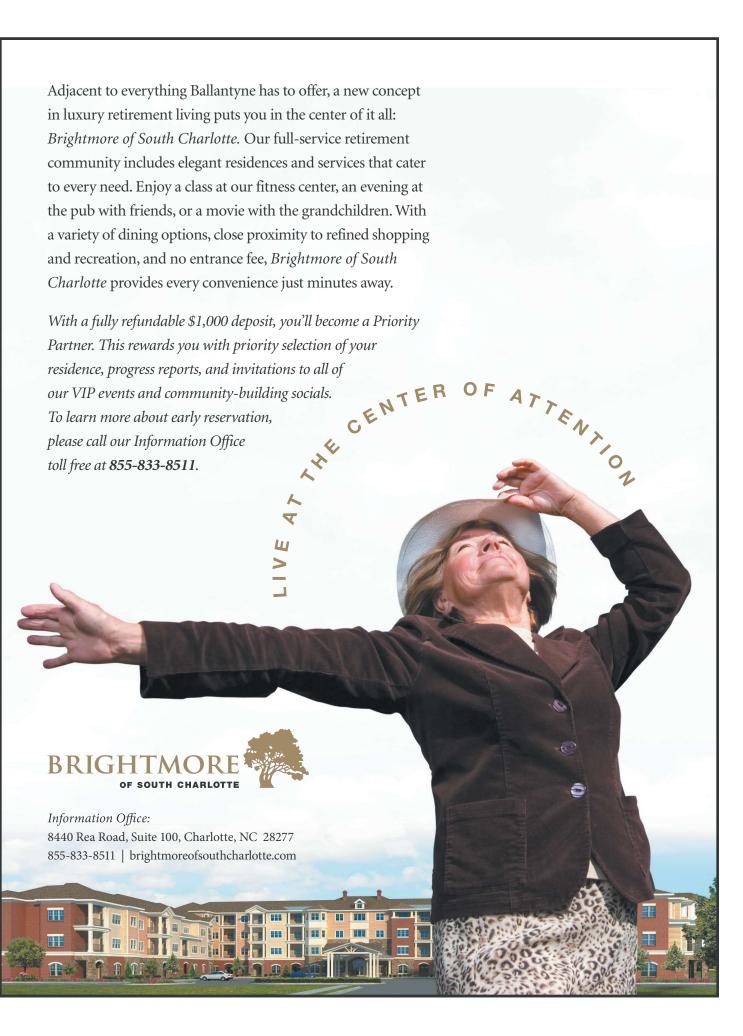
set his sights on nearby Clarkson University.

"They were big into civil engineering," he explains. "I was good in math and science and always knew I wanted to go there. My degree focused on structural engineering, but when it came to job offers, I chose road building with Lane Construction. I wanted to get

continued on page 50



Workers use a GPS system to gauge the terrain's grade.





■ continued from page 48

my feet dirty."

Tracy points out that although Lane Construction only received the construction permit last March, and despite a rainy summer, the project remains on target.

"We have two major shifts running, operating under both gas and solar-powered light plants," he says. This fall, 10 trucks spent night after night making the 10-mile round trip between the site and Matthews, 20 times a night, to haul the 130,000 yards of dirt needed to sustain the flyover retaining wall near The Ballantyne Hotel & Lodge.

To speed things along, Lane implemented innovations such as a median access ramp at Westinghouse Boulevard for construction vehicles. "With this concentrated access point directly into the middle, we avoided obstructing traffic with 10,000 loads of construction material, and it is safer because you don't have all the cutting in and weaving across lanes," Tracy explains.

Lane is also striving to cut down on commuting headaches through reduced three-stage

continued on page 52

PROTECT WORKERS: DRIVE SAFELY

The one thing all three engineers think would surprise commuters is the rate of injury and death among highway construction workers. "It's higher than for law enforcement officers," Mitchell stresses. "That's why we reduce the speed in work zones — for safety of both commuters and our highway workers."

Tracy adds that another reason for reduced speed zones and the higher \$250 ticket is that during construction, highway lanes are reduced a foot in width, reducing the margin of driving safety.

Lane has joined the NCDOT HAWKS program, which uses offduty highway officers to monitor construction zones. Honeycutt sums up their concern. "Highway construction is a dangerous job," she says. "Those workers are not just people. They're our friends."





Common Symptoms of NEUROPATHY:

- BURNING HANDS & FEET
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- PINS & NEEDLES
- POOR CIRCULATION
- · LACK OF SENSATION

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- · CHEMOTHERAP
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- SHINGLES
- NERVE ENTRAPMENTS
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- TOXICIT
- STATIN DRUG
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- TRAUMA

NEUROPATHY TREAMENT



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■ continued from page 50

traffic phasing instead of moving barricades numerous times. The company is also building for future expansion of I-485 by creating an extra-wide interior shoulder that can be quickly repurposed into a fourth lane.

In Tracy's mind, the crew is what counts. "I'd like the people in Ballantyne to meet the team of men and women building this project. A lot of expertise has been brought to this job to make it happen. When you spend 12 hours with them day in and day out, they become family."

Right: The injury/death rate for highway construction workers is higher than for law enforcement officers. Far Right: Road work often continues long after Ballantyne Corporate Park has emptied for the day.



Larry Pennington adjusts equipment controls.













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Making 'Food Memories'

Gallery Restaurant Crafts New Dishes, Reinvents Favorites

By Amy Rogers Photos by Ray Sepesy

WHEN YOU THINK OF CREATIVE cuisine, comfort food may not immediately come to mind. But Gallery Restaurant is reinventing favorite dishes and crafting new ones in tantalizing ways. Bold seasonal flavors are the stars of the culinary creations that feature an increasing number of locally sourced ingredients, thanks to the vision of chef de cuisine David Moore.

There's a knack to developing a menu that depends on Mother Nature's cooperation, not to mention the occasional and unpredictable lack of it. "I put feelers out to local farms, sometimes a month out, sometimes a week or two," the chef explains. "The menu reflects what will be coming out of the fields." Still, last-minute changes are unavoidable. Too much rain in 2013, for example, "meant

What matters most is "taking a flavor, enhancing it and maximizing it."

— Gallery's chef de cuisine David Moore

losing a lot of tomatoes, pumpkins and blueberries."

Moore, executive sous chef J. Kelly Morrow, and the rest of the Gallery staff aren't daunted by these challenges. Farmers adapt, and so too do chefs. What matters most is "taking a flavor, enhancing it and maximizing it," says Moore. That's how he creates and shares what he calls "food memories."

Traditional charcuterie methods of meat preparation have grown in popularity, and Moore enjoys incorporating pates and terrines (a type of pate) into his menu offerings. Scallop



Above: The restaurant's renovated interior features contemporary art for sale from Shain Gallery.

Left: A popular winter dish is the creative, flavorful veal osso bucco.

ravioli, made with wrappers from Charlotte's own First Noodle Company, glisten with the addition of a spicy prosciutto pate as they rest atop finger-sized wedges of salsify, a veggie that tastes like oysters. Microgreens from Lucky Leaf Gardens in Harrisburg add "local color." Although the ravioli is listed as an appetizer, it's likely diners will request the dish as an entree, and staff are happy to accommodate them.

Hearty Classic

Veal osso bucco is especially welcome during winter. Root vegetables deepen the flavor of this classic and hearty version, served with a creamy potato puree and wilted spinach. For extra intensity, the dish is enhanced with tangy



BALLANTYNE | fab fare

mustard seeds and chutney-like Branston Pickle from Britain. A pat of bone-marrow butter tops it off.

A red winter wheatberry and ancho chili makes a glossy backdrop for a presentation of lamb cheeks embellished with piquant, multi-colored radishes and greens that add both contrast and crunchiness. It's spicy, warm and satisfying.

Though some diners may try to resist dessert, executive pastry chef Keli Fayard crafts sweet endings that are as memorable as the meal they conclude. "Dessert has to count," she says. "It'd better have full-on flavor, intense and fresh in every bite." Her new dulce de leche-inspired creation combines layers of flourless chocolate cake, caramel mousse and a dark chocolate crema center into a light and velvety indulgence.

The menu isn't the only aspect of the Gallery experience to have undergone an update. Located at The Ballantyne Hotel & Lodge, the restaurant is Charlotte's only Forbes Four-Star restaurant, and it just received a fresh, new look.

Modern Yet Timeless

The decor features muted but saturated neutral colors and luxe fabrics. Burnished metallic elements





Gallery's scallop ravioli features a spicy proscuitto pate.

accent the room, which now feels modern yet still timeless.

The design choices work together seamlessly to provide the perfect backdrop for a thoughtfully chosen selection of works from Charlotte's Shain Gallery, known for its excellence in contemporary art. The appealing art pieces are available for purchase and will change periodically. What they share is a sophistication that adds visual depth and delight to the space, and to the dining experience.

Together, these enhancements evoke

an urban sensibility without losing any of the warmth that helps define Gallery's brand of upscale Southern hospitality.

After all, making guests feel welcome is what this region does best. Add creativity to comfort food, use the best ingredients available and watch memories being made. That's the Gallery way.

GALLERY RESTAURANT

Hours

Breakfast: Monday-Friday 6:30 a.m.-11 a.m. Saturday-Sunday 7 a.m.-2:30 p.m.

Lunch Daily: 11 a.m.-2:30 p.m.

Dinner: Monday-Friday 5:30 p.m.-10 p.m. Saturday-Sunday 5:30 p.m.-11 p.m.

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The Art of Gifting

Thanking Your Host and Hostess is More Than Good Etiquette

By Carolyn Turner, Owner of the Cubbyhole

WHO KNOWS WHEN THE PRACTICE OF GIFT GIVING STARTED; we all just know it's a sign of good manners and personal consideration — especially when you want to say "thank you."

Whether it's a holiday gathering, family celebration or beach weekend, hosts and hostesses expend effort and expense to entertain friends and family. To thank them with a gift shows appreciation for the invitation Carolyn Turner as well as their hospitality.

Furthermore, a little creativity and simple etiquette can elevate your guest status if you arrive with a personalized gift. It's an opportunity to demonstrate how creative and thoughtful you are, all in a single wrapped package.

Keep It Simple

Hostess gifts should not be elaborate — merely thoughtful and suitable for the occasion. Rule out a choice that will distract the hostess or require attention, such as loose flowers in need of a vase. Anything offensive or embarrassing should be left behind for gag-gift night.

Unless the hostess has specifically asked you to bring a show up with your favorite culinary

Unless the hostess has specifically asked you to bring a food item for a dinner party, don't show up with your favorite culinary creation.

the next morning since you have already taken care of breakfast.

A gift should be mandatory when you are an overnight guest since your hosts opened their house, allowing you to avoid a hotel stay. Gifts from your hometown such as a six-pack from a local craft brewer or a box of homemade candy from a neighborhood chocolatier will give your gift a personal touch. If your host or hostess is a gardener, a colorful garden flag or a gift basket of spades, seed packs and gloves will certainly be remembered for a long time.

A fun gift for an overnight stay at a relative's or close friend's house is a picture frame with a photo of you and your hostess when you were children. This gift will certainly guarantee a trip down memory lane!

Weekend Stays

When invited for a weekend stay, think about bringing all the ingredients and the serving dish to prepare a snack during your stay. Your hosts will appreciate the chance to sit back and enjoy.

Among other ideas, an antique teapot with exotic tea blends or small items for the guest room (little books or a light bedside blanket, for example) are great leave-behinds.

While the gift is to say thank you in a fitting, meaningful way, your thoughtfulness and good manners may also yield something else — a repeat invitation. \Box

Gifts for hosts should not be elaborate -- merely thoughtful and suitable for the occasion.

food item for a dinner party, don't

creation. It might spoil appetites or clash with the planned menu.

Whimsical cocktail napkins are a perfect gift for a holiday open house or cocktail party — as are decorative party picks, drink chill-it bags or a packaged dip mix with a recipe for the hostess to make at a later date.

When you show up for a football or basketball party, surprise the hosts with a grilling spatula or wine glass sporting their favorite team's logo.

Dinner Parties

Dinner parties are great opportunities to bring a special serving dish, cheese knife, specialty gourmet glaze or a "corkcicle," which is a new and clever way to chill a bottle of wine. A tin of muffins or biscuits with a tasty jelly or jam will allow your hostess to sleep in



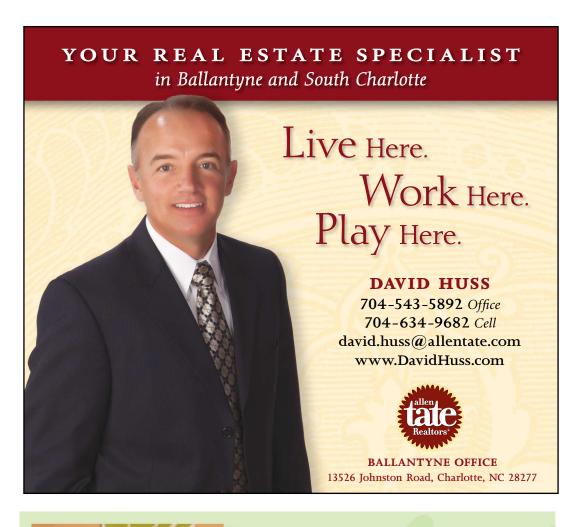
Ballantyne resident George Crump credits his training watch for helping him prepare for a marathon in 2013.

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SOME PEOPLE STILL EXERCISE the old-fashioned way: They go to the gym or head out for a run and return knowing they've done something healthy. Nothing wrong with that.

In the last few years, though, many new gadgets have hit the market that allow even the most casual exercisers to track their health and fitness with far more precision. Anywhere there are people working out — the gym, the greenway, neighborhood streets, the track at the nearby school — you'll likely see a parade of the latest in exercise technology in the form of GPS watches, activity-tracking wristbands





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and smartphones attached to arms.

The devices can provide a trove of information: estimates of how many calories you're burning; how fast you're running, biking or even swimming; and how quickly your heart is beating. Back at home, the devices sync to computers, and programs and websites can offer additional analysis. And, of course, you can automatically post the results on Facebook.

Technology is changing the way people exercise. The popularity of the devices taps into our love of gadgets, our penchant to measure performance and our desire to share our exploits with friends on social media.

In a 2013 survey by the Pew Research Center, 21 percent of respondents said they use some form of technology to track health data.

'Track Your **Progress'**

As corporate health director with the Morrison YMCA, Lisa Johnson sees a lot of people using a wide variety of technology to improve their workouts. "If you're tech savvy and that's what you're into, you can definitely use it to track your progress," she says.

Among the more common devices she sees: Fitbit wristbands, which measure the steps you take during the day and how far you travel,



Above: To track speed and distance, there are many GPS watches on the market.

Right: David Feldster (from left), Joseph Evins, Danny Polowy and George Crump are part of the F3 workout group in Ballantyne.

Below: George Crump's Nike+ watch helped him shave time off his short runs.

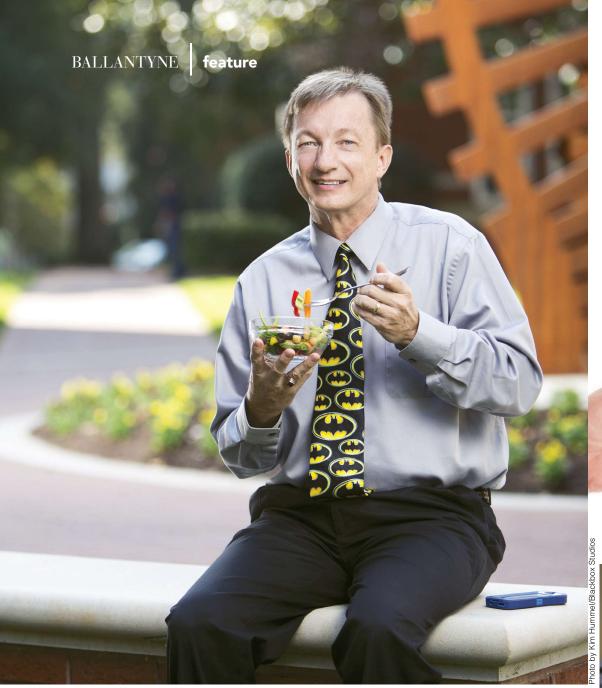




The popularity of the devices taps into our love of gadgets, our penchant to measure performance and our desire to share our exploits with friends on social media.

estimate calories burned and assess your sleep quality; GPS-enabled watches, which measure the speed and distance of runners, cyclists and swimmers; and heart-rate monitors, which can help assess the intensity of a workout. Johnson especially likes using heartrate monitors. That's because she says people should have a mix of easier workouts and harder ones in order to improve their base level of fitness, and monitoring heart rate helps track that. "It definitely is helpful in getting some data that will help you understand if you're meeting your fitness goals," she says.

Ballantyne resident George Crump, 39, credits his Nike+ watch with helping him train for a marathon in 2013. On



Left: Kevin Burke, dean of the Blair College of Health at Queens University of Charlotte, says discipline is the key to gaining from exercise technology.

Below: The HAPIfork tells people how fast they eat and how many forks of food they consume.



For some people, gadgets can improve the odds of completing a fitness program.

runs of a few miles, he has shaved more than a minute per mile off his average pace, to about 7:40 per mile, he says. The watch can display his pace while he runs, letting him know if he should accelerate or slow down.

"What's really great about it for me is that you're able to compete with yourself by having it," he says. "You have constant interest in what your current pace is, and are you over or under your goal?"



Above: The Morrison Y's Lisa Johnson (light blue) helps Barbara Ardizzone with readings on her watch. **Left:** This LiveStrong MyPlate app allows fitness buffs to track calories.

After a run or boot camp with the F3 workout group in Ballantyne, he can analyze his performance by uploading it to a computer. "It shows you these fun little graphical snapshots of what you've done and where you have run and how fast," he says. "It makes it a bit more fun to keep up with."

With more technology becoming available, prices have fallen. Basic GPS watches sell for as low as about \$100.

There are also plenty of gizmos available that can help achieve different goals. Brookstone, for instance, sells a \$100 Bluetooth-enabled HAPIfork, billed as "the world's first smart fork," that can spit out data on how fast you eat and the number of "fork servings" you consume. Fitbit sells a \$130 Aria scale that syncs your weight and body fat via Wi-Fi to your computer or mobile device.

Kevin L. Burke, dean of the Blair College of Health at Queens University of Charlotte, says exercise technology can be useful for many people. Ironically, he says, people buy gadgets to become more disciplined about working out — but then they need to become disciplined in using the devices effectively.

Maintain Motivation

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continued on page 67

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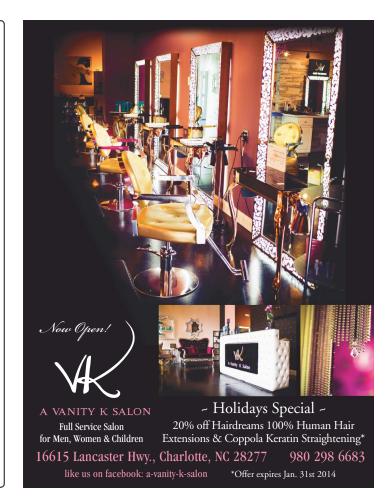
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Justin Keziah, manager of Run for Your Life at Piper Glen, answers a gadget question for Ryan Kamp.

program quit within six months, Burke says. For some people, gadgets might improve those odds by allowing them to see progress they might not otherwise see.

"When you begin an exercise program, you often don't see results right away," he says. "What these gadgets provide is you can see the results" in terms of calories burned or faster speeds.

Still, he says the technology isn't for everybody. Lots of people will use a new device, then stop. The key is to "know what motivates you, what makes you work," says Burke, who has recorded every meal and snack he has eaten in the last three years with a Livestrong MyPlate calorie-tracking app, to encourage himself to eat healthier and lose weight.

With more technology becoming available, prices have fallen. Basic GPS watches sell for as low as about \$100.

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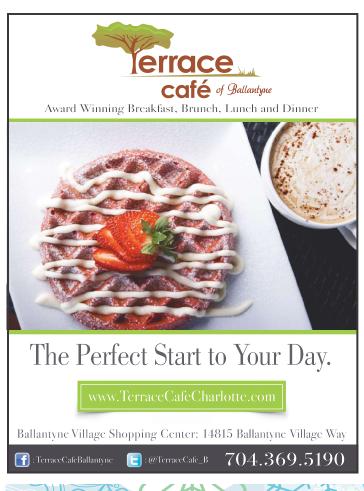


RunKeeper is one of many training apps for smartphones.

There's a social element to the technology, too. Studies have shown that people who receive positive feedback about their workouts tend to continue with exercise. Today that affirmation can come from online social networks since many people post results of their runs and other exercises and receive positive reinforcement.

"People like to talk about themselves," says Justin Keziah, manager of Run For Your Life at Piper Glen. "If you just ran your first halfmarathon, you're going to tell your Facebook friends."

People like to connect with others, discuss their workouts and be held accountable. "If your friends are running five days a week and you're only running two," he says, "you don't want to look like you're slacking." Recording and posting your mileage might be just the answer.





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BALLANTYNE | style points



CHILLY WINTER MONTHS require wearing cozy socks and more indoor play — so, why not combine the two? Rummage through your sock drawer on a hunt for a matching pair! Then, get to work creating the cutest little creatures for little ones to love for years to come. These sweet animals can easily become heirloom pieces or the perfect gift for children this holiday season.

All you need is a sock, cotton batting, a needle, thread (regular and embroidery) and buttons. Here are the eight easy steps.*





- 1 Start with a pair of men's tube socks. Cut the tube part into two rounded arms. The heel and toe are cut for the ears. Use either the sole (striped piece) or solid piece for the tail.
- 2 Take the other sock and fold it so that the heel is facing up. The toe of the sock will become the head. Cut the tube into two rounded legs.
- 3 Flip the sock inside out.
 Sew the legs on each side, leaving a U-shaped opening at the crotch for stuffing. Flip right-side out, and stuff the legs, body and head with cotton batting. Fill the head generously, so the head becomes round. Fold the edges of the legs inside and sew shut.
- 4 Flip the arms, tail and ears inside out. Sew around the edges, leaving an opening at each end for flipping right-side out.

















- 5 Slightly fold the ears together (creating an ear cavity) and attach to the head. Sew wide stitches along the base of the neck (leaving thread on both ends for pulling). Pull taut to gather the neck. Tie in a tight knot on the back side.
- 6 Flip the arms and tail right-side out, and stuff the pieces with batting. Fold the open parts inside and sew shut.
- 7 Attach the arms and tail to the body.
- 8 Using embroidery thread and buttons, you can add details to create facial features.
- * The cat, dog and monkey animals are adapted from the book "Sock and Glove" by Miyako Kanamori.



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

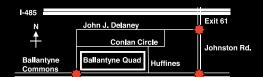
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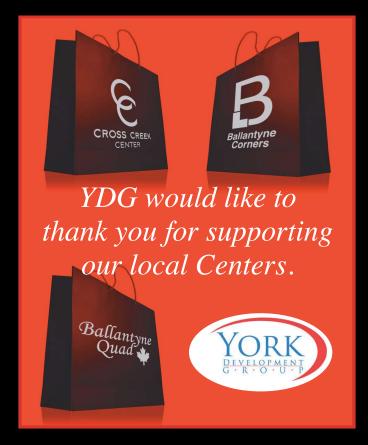


















Cozy **Up**

Creating that Fireplace Glow is Easy

By Michael J. Solender

AS FALL SLIPS INTO THE REAR-VIEW MIRROR and summer breezes are a distant memory, Ballantyne residents wanting to embrace the coming winter months need look no further than their fireplace as a cozy focal point for making s'mores, sharing stories or simply taking the chill off a crisp afternoon.

It doesn't take a Scout merit badge to bring the perfect glow to your hearth or outdoor fireplace; just a few crucial but often overlooked elements make all the difference. Whether your fireplace is indoors or out, or you have a stationary or mobile fire pit, here's how to have your embers glowing in no time.



Whether your fireplace is indoors or out, or you have a stationary or mobile fire pit, here's how to have your embers glowing in no time.

The Best Fuel

Sure, those compressed sawdust, wax-soaked "fire logs" may do in a pinch, but for a slow-burning, long-lasting fire with even heat and a touch of smoky aroma, it's seasoned hardwood you want, says Katharine Strock, the owner/operator of www.Firewood4sale.com.

"We offer mixed hardwood, which is white and red oak," says Strock, whose web-based company has served the Charlotte area with firewood delivery for seven years. "The oak is primarily used by recreational fireplace users who enjoy its slow and even burning characteristics. Hickory is also offered and is primarily used in cooking applications, sold for use in smokers as it tends to burn a bit hotter and offers the distinct aromatic smoke."

Strock sells wood by the half cord, a unit of measure common when purchasing in bulk, and her prices include delivery and stacking. Kindling, smaller fast-burning starter wood, is provided as well.

Seasoned Wood

Strock says all her wood is seasoned, or aged, at least one year before it is sold. The goal is to reduce the moisture content to about 20 percent, the ideal level for wood that will easily catch fire, provide a moist heat and not smoke excessively. "Over-seasoned" wood burns rapidly and hot and should be avoided. Meters to measure moisture content are available at many retailers who sell fireplace accessories.

Fire Construction

The most popular fire construction methods are:

The Lean-to, where a large log is placed parallel to the back of the fireplace and smaller logs are placed over kindling at a 90-degree angle and atop the larger log.

The Tepee, where smaller logs are arranged vertically around kindling and leaning in toward each other.

The Box, where the logs are positioned in a square and stacked around the kindling.

Each method is effective with the key being to allow for oxygen to freely circulate around the logs.

For some extra pizzazz, try adding a few cinnamon sticks for a spicy aroma. Some retailers sell chemically treated pine cones that create special effects and change the color of the flame to deep blue or orange.

No matter how you enjoy your fire, safety is most important. Keep an extinguisher nearby, have the kids trained to look but not touch and use a screen to prevent "popping logs" from sending embers beyond the hearth.

For those that burn only evening fires, surprise your household with a fire early in the day. There is nothing cozier than hot chocolate by a morning blaze.



FIRE-BUILDING

Katharine Strock, owner/operator of www.Firewood4sale.com, offers these tips for building a great fire.

- Use only well-seasoned wood.
- Dry kindling with minimal newspaper is your best starter. Avoid lighter fluid or petroleum products.
- Allow for plenty of oxygen circulation around your logs and kindling.

ALLEGRO HOSTS GOLF TOURNEY

The Allegro Foundation, a champion for children with disabilities, held its fourth annual Celebrity Golf Tournament on Sept. 24 at The Golf Club at Ballantyne. Celebrities and community members golfed to raise awareness and funds for Allegro.

Event proceeds will support Allegro's free programs that combine movement instruction with educational and medical expertise to benefit children with disabilities and enhance their quality of life.

Photos by Ray Sepesy

- 1. Matt Zvanut, Dave Randazzo, Vic Sayegh, John Marucci, Ric Hobby
- 2. Danny DeHority hits the opening shot to kick off the event.
- 3. Kathryn Meyer, Taylor Winchester, Josh Dernosek, Bruce Parker, Dan Hooks
- 4. Justin Kutcher, Christian Brose
- 5. Nikita Koloff, Sid Fletcher, Kim Henderson, Scott Sinagra
- 6. Dan Efenecy, Mike Lisk, Damon Demeio, Brandon VanCise
- 7. Ryan Marsh, Court Creeden, Tim Flanagan, Stephen Perkins, Dell Curry
- 8. Bill Fraser, Jeff Updike, Jerry Church, Stephen Perkins
- 9. Kevin Brabow, Becky Boush, Ralph Smith, Danny DeHority, Steven Dockery, Ralph Whitt
- 10. Gary Babcock, Danny DeHority
- 11. Barry Byrd, Nick Trivisonno, Maggie Simons, Suzie Trivisonno, Perry Swenson, Gray Howard, Jeff Nichols















































BALLANTYNE ATTRACTS BIG CROWD

Nearly 2,000 people attended the third annual Ballantyne Festival on Oct. 5 at the Morrison Family YMCA. Hosted by the Y, Ballantyne Breakfast Club and the Ballantyne Chapter of the Charlotte Chamber, the event featured the popular Chili Cook-off with local candidates running for office.

In addition, the festival included youth activities, local artists, live entertainment, family movie night and evening events featuring music from the Matt Stratford Band.

Photos by Ray Sepesy

- 1. Trent, Whitt, Sherry and Clara Grissom
- 2. Angelina and Estrellita Goss
- **3**. Jim, Maisie, Liza and Betsy MacHolz
- 4. Emily Grieco, Andreia Graddick, Jorashae Graddick
- 5. Julia, Christina, Jake and John Sloat
- **6**. Amy, Isabel, Joey and Randy Barrett
- 7. Cesar, Adrian, Sofia and Jennifer Fernandez
- 8. Elle, Kristen and Carson Banks
- 9. Ali Ortiz, Drew Bolton, Robert
- 10. Hector, Angelica, Valentina and Nazira Sanchez
- 11. Jackie, Brock and Addie Voelker
- 12. Ed, Holden and Lisa O'Brien

FESTIVE GALA HEADLINES BCC RALLY

On Sept. 28, Ballantyne Country Club hosted the BCC Rally for the Cure's signature event, the Pink Bow Gala. The fundraiser featured keynote speaker Trudi Lacey, a basketball star at N.C. State University, WNBA coach, author and executive coach, who spoke about the power of giving.

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

BCC Rally is the most successful fundraising organization in the national Rally for the Cure program, which is part of Komen for the Cure. For more on this year's BCC Rally, see pages 13 and 80.

Photos courtesy of BCC Rally

- 1. Susanne and Tommy Dixon
- 2. Kathleen Stepp, Nicole Stephenson, Debra Dickson, Linda Kelley
- 3. Jan and Jim Farley
- 4. Mark Tankle, Jeanne Puckett, Debbie Tankle, Maureen O'Boyle
- 5. Mike and Donna Ealy, Terri Williamson, Jean Rottmann
- 6. Ann Nash, David and Wendi Staffieri
- 7. N.C. Sen. Bob and Teresa Rucho
- 8. Jay and Jessica Gentile
- 9. Sid and Nikki Levy
- 10. Andrew Slattery, June Kaplan, Pauline Letso, John Trautman, Larry and Annie Quinn























Small Works for Gift Giving • December 2013







New Year, New Work, New Hope • January 2014



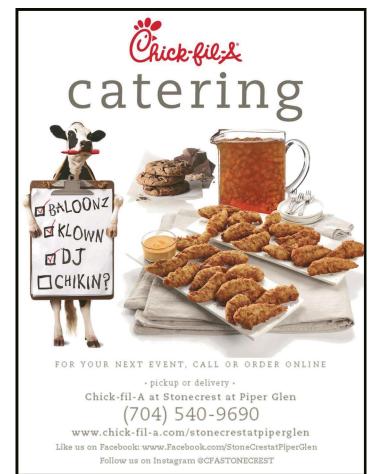




Civil Rights Anniversary 2014 • February 2014



Selma mural created in 1965 Artist: B. Pennington (1932-2013) Civil Rights Anniversary 2014 February is Black History Month



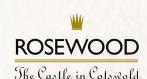


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BCC RALLY CELEBRATES 10TH ANNIVERSARY

Ballantyne Country Club's Rally for the Cure celebrated multiple milestones as it marked its 10 years of raising funds and spreading awareness in the fight against breast cancer. During a weeklong series of fundraising events Sept. 24-29, the nonprofit had record attendance and exceeded its goal of raising \$1 million dollars by the end of its first decade.

Events included the Ladies' Golf & Luncheon, Men's Pink Ball Golf Tournament, Ladies' Tennis & Luncheon, Walk & Wag Pink-a-thon and Pink Bow Gala (see page 78). BCC Rally is the single largest donor to Komen Charlotte.

Photos courtesy of BCC Rally

- 1. The women's golf event drew its typical big crowd.
- 2. Leah Custer, Nancy Adams, Kelly Brown, Colleen Tracey
- 3. Diane Ellis, Donna Ealy, Lori Vaccaro, Jeanne Puckett, Nikki Harris, Patricia Amos, Lakeisha West
- 4. Terry McDonald, Frank Jackson, Don Long, Dale Stout
- 5. Sophie Gornet, Emma Leonard
- 6. Chandler Beard, Mike Muscatell, BJ Kelly, Christopher Ceravalo, Shawn Heitz, Mathew Wilken, Stephen Taylor
- 7. Michelle Sellers, Barbara Keenan, Mary Staton, Barbara Kopold
- 8. Kathleen Lang, Dori Cazorla, Shelley Callahan, Barb Reichard
- 9. Reece Garrett, Gracie Mitchell, Ella the Yorkie, Sophie Yates
- 10. Shannon Levkovitz, Sophia Sweircheski, Bridget Elmore
- 11. Caroline Ford, Michelle Riechman, Frances Byrom, Barbara Bauer, Dennise Cox, Amanda Stowe















































GALA SUPPORTS ALS CENTER

Guests enjoyed socializing for a great cause at the 14th annual PinStripes Reception & Silent Auction on Sept. 27 at The Ballantyne Hotel & Lodge. The event included a dinner, program, silent auction and raffle.

Started in the late 1990s, the PinStripes event raises funds to support Amyotrophic Lateral Sclerosis patients and their families at The Carolinas ALS Center. The event honors Lou Gehrig, a famous baseball player who died from ALS.

Photos by Hayley Brafford

- 1. Eric and Nhi Le
- 2. John Osmanski, Cindy Morgan, Susan Brami, Bill Hampton, Carole Hart, Meredith Brami, Nicole Osmanski
- 3. Back row: Wesley Walls, Liam Fitzpatrick, Christy Walls, Christina and Mike Rucker; Front row: Gaye Fitzpatrick, Liz and Ed Shea
- 4. Danny Morgan, Siobhan Johnson
- 5. Alicia Hopkins, Marie McCarter-Frohna, Melissa
- 6. Tempie, Ed, Maryann, Tanya and Jim Largen
- 7. Joe and Kaki Murphy
- 8. Carson Martin, Allison Thompson
- 9. Mindy and Jack Burke
- 10. Nicole Lucas, Velma Langford, Nicole Smith
- 11. Leigh, Morgan and Christa Holt, Andrew Clark





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BALLANTYNE MAGAZINE WINTER 2013-2014







RELAY FOR LIFE HOSTS KICKOFF

The American Cancer Society's Relay For Life of Ballantyne held a kick off party to launch its fundraising efforts for 2014 on Oct. 22 at Villa Antonio. The dinner event celebrated cancer survivors, remembered loved ones and encouraged attendees to fight back against the disease.

Relay For Life, one of the world's largest grassroots fundraising movements, mobilizes communities throughout the country to further the American Cancer Society's vision of creating a world with less cancer and more birthdays.

Photos by Hayley Brafford















- 1. Shelly Sedory, Christine Murphy, Olivia Hernandez, Stephanie Barringer
- 2. Fundraising chair Ryan Sullivan
- 3. Kathy and Jim Hudspeth, Nikki Livingston, Mike Bolton
- 4. Mike Lanphier, CJ Waters
- 5. Anna Succop, Chelsea Harrell, Natalie Ross
- 6. Emma Shriver, Greg Record, Kate McEnerney
- 7. Mike Amann, Niki Mullis
- 8. Red Ventures Team Carrie Love, Jessica Clubb, Ricky Stephens, Natalie Ross, Chelsea Harrell, Laura Calabretta, Kim Cossa
- 9. Lisa Farenga, Kristi Pope
- **10**. Lauren Wilson, Amy Roberts
- 11. Jeanne and Thomas Huber



The highly challenging slope of Aspen Mountain, also known as Ajax, is right in Aspen.

84 BALLANTYNE MAGAZINE WINTER 2013-2014





"ASPEN LIVES FOR THE LATE AFTERNOON PARTY. APRÈS SKI IS ONE OF THE MOST FUN TIMES."

— BALLANTYNE RESIDENT WADE MILLER



The Aspen streetscape shimmers at night.



"Aspen and Snowmass are joined into one large resort area connected by shuttles," he explains. "Aspen Mountain known to residents as Ajax — is the classic ski mountain right in town. Snowmass is a family-friendly mountain with trails through the woods featuring tepees, tunnels and woolly mammoths." Buttermilk, home to terrain parks with ski jumps, rails and halfpipes, plays host to the Winter X-Games, while Highlands remains the locals' favorite for its expert terrain,

continued on page 88



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including "the bowl," a coveted slope that requires a 45-minute hike.

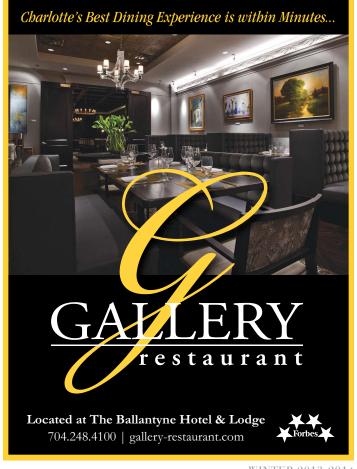
More than Downhill

An avid skier and snowboarder, Miller says the longest downhill run is five-mile Long Shot at Snowmass. He's also a big fan of the Winter X-Games, which take place mostly at night. "Everything is free and you can hike up the halfpipe to watch greats like Shaun White jump right over your head," he says. "The entertainment includes big-name DJs and giveaways."

In addition, Buttermilk holds free terrain-park clinics two weekends each winter, and Snowmass offers Big Air Fridays, weekly trick









FOR VISITORS WHO DON'T DOWNHILL OR SNOWBOARD, ASPEN OFFERS CROSS-COUNTRY SKIING, SNOWSHOEING, ICE SKATING — AND MUCH MORE.



The Viceroy at Snowmass offers everything from studio units to four-bedroom accommodations.



Above: The Cache Cache Bistro is a good choice for fine dining. Pictured is the restaurant's beet salad. **Below:** Many guests save room for this sumptuous chocolate dessert at Cache Cache Bistro.





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competitions that include a free concert and well-known act afterward.

Snow Bunny Fun

For visitors who don't downhill or snowboard, Aspen offers cross-country skiing, snowshoeing, ice skating — even sleigh rides to the Pine Creek Cookhouse. For awesome parties at high altitude, Miller suggests renting a mountain cabin with grill and picnic tables. "The ski patrol will get your gear to the top," he says.

Two major events in Aspen celebrate the season. The Twelve Days of Aspen Dec. 20-31 caters to families with free cookies, Santa and his reindeer and a fireworks extravaganza lighting up the mountain on New Year's Eve. Aspen's annual Wintersköl festival Jan. 9-12 toasts the white stuff with an outsized snow sculpture competition and "Soupschool" tastings staged by local restaurants.

Après Ski

"Aspen lives for the late afternoon party," Miller insists. "Après ski is one of the most fun times.

Around 3 to 4 p.m. bars on the mountains start to fill up." His top Après ski picks are 39 Degrees in the Sky Hotel for upscale types and Ajax Tavern at the base of the mountain for anyone. In Snowmass, Venga Venga has a daily DJ slopeside and serves up discount margaritas under heat lamps.

Aspen's nightlife is equally packed with entertainment. "Not to miss is Belly Up, a small venue that brings in acts from Snoop Dogg to

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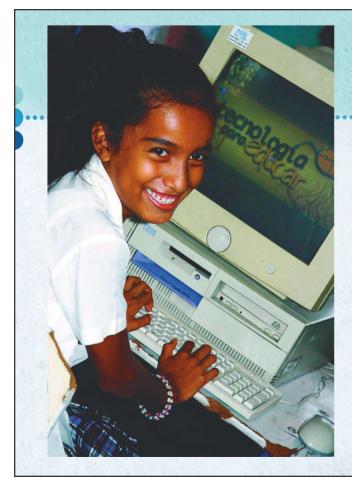
Right, Far Right: A snow sculpture competition is part of the annual Wintersköl festival in Aspen.

Below: On New Year's Eve, a fireworks extravaganza lights up Aspen Mountain.









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Aspen's Silver Queen Gondola takes people to the top of Aspen Mountain, where they can ski down, snowshoe or relax at Sundeck restaurant.

Jimmy Buffet," Miller says. He also likes Eric's Bar for its three bars in one: billiards/shuffleboard, dance-style club and cigar lounge. Another hip spot is Escobar, an underground dance venue whose interior Miller likens to being in a submarine.

Hunting Aspen's Shrines

Miller advises the best memento is a picture of yourself taken at one of Aspen's more than 60 "shrines," art projects hidden on the mountains. "They pay tribute to the likes of Jimmy Buffet, golf, the Yankees, Marilyn Monroe and Jerry Garcia," he says. "Only locals know where they are, so the best way to find one is to ask someone on your lift or a local ambassador on the mountain. Hunting down shrines can fill a few days and is a great way to get to know the mountains and see some cool stuff."

WADE MILLER: **ASPEN** DEVOTEE

Wade Miller is president of Copper Builders, a Charlotte residential homebuilder.

Recently named to the Charlotte Business Journal's "Top 40 under 40" and one of Charlotte's seven fittest people according to The Charlotte Observer, Miller created a room at his house to stow all his athletic gear.

After attending Providence High School, Miller graduated from Purdue



University with a bachelor of science in engineering, finance and business management. He is engaged to Hodges Willoughby, a former Carolina Panther TopCat, and belongs to the Charlotte Ski and Snowboarder Club (www.charlotteskiandsnowboard.com) home of the nationally winning Ski Bees racing team.

Airlines

Fly to Aspen and avoid the long, high altitude bar" by Playboy. snowy drive from Denver. Skip the rental car because Aspen has a great free bus system with stops at the airport and all four mountains.

Hotels

Splurge: Sky Hotel, located slopeside in Aspen, is trendy. Hotel Jerome is the classy choice.

Family: The Viceroy at Snowmass has condos from studios to four-bedroom units.

Spa

Aspen Spa at the St. Regis is most famous. Also, the Spa at the Viceroy.

Day Eats

Breakfast: Peaches Corner Cafe in town or Bonnie's on the mountain.

Lunch: The Big Wrap across from the gondola.

Fine Dining

Justice Snow's is a local foodie

favorite and just rated "Best Other top choices include Cache Cache Bistro, Campo De Fiori and Matsuhisa. Coolest new restaurant: Element 47 at The Little Nell hotel. Reservations are necessary at all.

Shopping

Boogies for clothing. Pitkin County Dry Goods has the best local flair, including boots and jewelry. Luxury brand shops abound, including Moncler and Gorsuch for skiwear.

Breathe Easy

When not in Aspen, Wade Miller misses the crisp, clean air the most.

Tips

The Sundeck restaurant at the top of Ajax Mountain in Aspen holds a free yoga class several days a week, which is great for limbering up. Also, try the First Tracks breakfast ticket and be first on the mountain before it opens to the public.

BALLANTYNE MAGAZINE WINTER 2013-2014

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Here's the Pitch

Try this Technique to Gain Consistency around the Greens

By Molly Tullar, Staff Instructor, Dana Rader Golf School Photos by Ray Sepesy

WHEN YOU WANT THE BALL TO LAND SOFTLY with less roll, try this variation

of the typical pitch shot for more consistency around the greens. It's called the "shortsided pitch."

Setting Up

Using your club that offers the most loft, set your feet closer than shoulder distance apart with your weight slightly favoring your target side. Grip the



Molly Tullar

club and set the handle just left of your belt buckle (for a right-handed golfer).

> The shorter the shot the farther down you want to grip the handle to generate less distance. Ball position is one ball forward of center.

Performing the Shot

Swing your arms back together in one motion and then bring the clubhead up by folding the non-target side elbow (right elbow for a righthanded golfer). In the down swing, let gravity pull the club down and through the ball, keeping the leading edge of the club low through the ball and the clubface at the sky in an abbreviated follow through.

Resisting Your Wrists

Eliminate the immediate use of your wrists with this shot to make for more consistent contact. You will be happily surprised at how high your ball will go without flexing your wrists when preparing to strike the ball. 🖺





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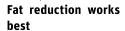


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Susan

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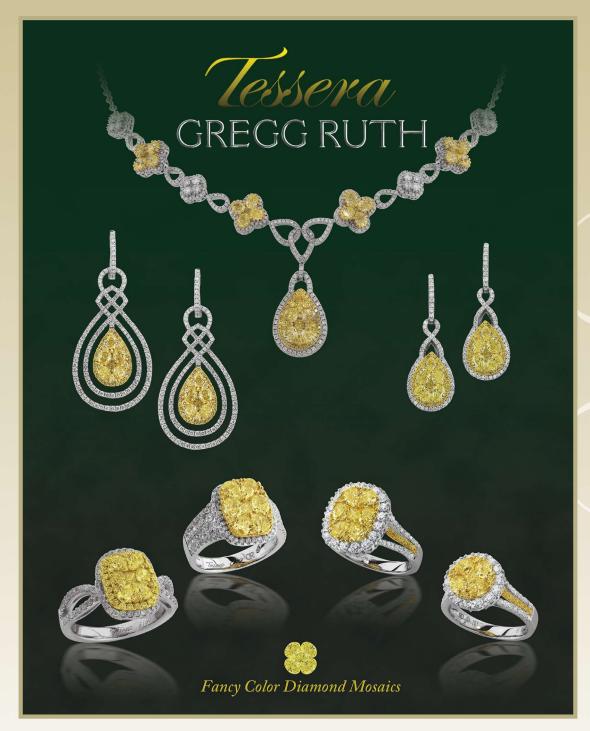
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