

# BALLANTYNE<sup>®</sup>

magazine

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**GOLF  
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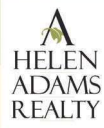
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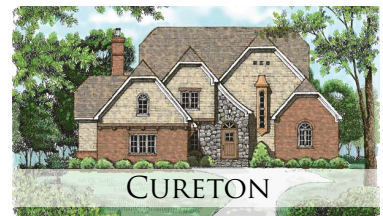
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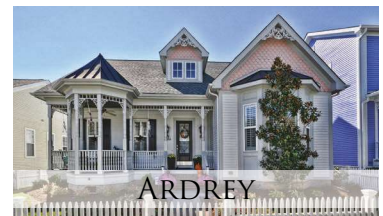
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## FEATURES



# Grace in Motion

Winter sports  
enthusiasts spin tales  
of fun at the rink.

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**ON THE COVER:**  
Competitive skater  
Ivy Liu, 11, trains  
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Mary-Alice Warren

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## Packed Schedule?

No problem. Boost your health and  
well-being with these proven tips.

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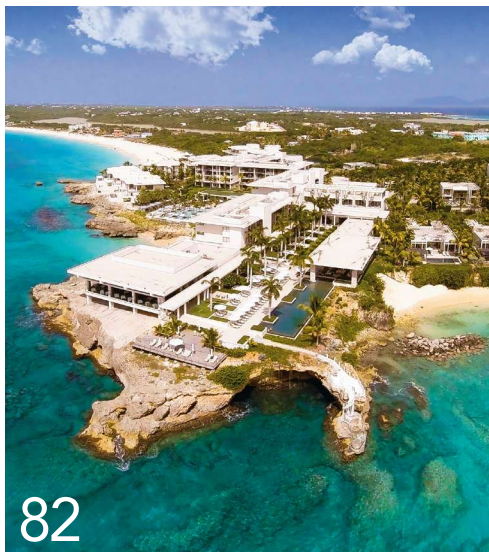
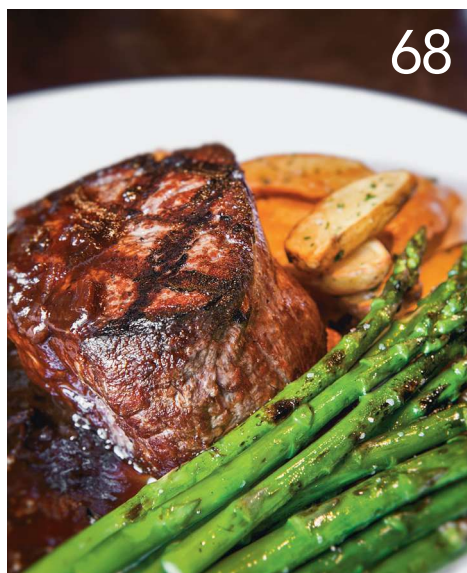
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**BALLANTYNE**  
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A photograph of two men playing pool. The man on the left is wearing a yellow shirt and holding a pool cue. The man on the right is wearing a blue shirt and is leaning over the pool table, preparing to take a shot. They are both smiling and appear to be enjoying the game. The pool table has a red felt top and several balls are visible.

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# True Essence

## Capturing the People and Spirit of Ballantyne



I AM EXCITED AND HONORED TO INTRODUCE MYSELF TO YOU AS THE NEW VOICE OF BALLANTYNE MAGAZINE. While I have been involved behind the scenes for more than five years, I look forward to connecting with more of you as we continue to bring a fresh perspective to the magazine.

First, thank you to everyone who took the time to complete our reader survey. Your responses help guide us as we strive to create words and images that reflect the true essence of the people, spirit and place known as Ballantyne.

With busy holiday schedules and the launch of a new year, sometimes we're focused on everyone but ourselves.

With busy holiday schedules and the launch of a new year, sometimes we're focused on everyone but ourselves. But regardless of how consuming your commitments, our "Packed Schedule?" feature shows you simple strategies to improve your health and well-being. For those with a little more time and in need of a major rejuvenation, the beauty and charm of Anguilla are the perfect solution to the winter blues. Read about the captivating island in our new travel section entitled "Escape."

As a child growing up in the Midwest, I spent hours ice skating on the neighborhood pond while dressed in multiple layers of warm clothing. Fortunately Ballantyne residents enjoy the luxury of sidestepping the outdoor elements by playing on the ice indoors. From hockey to group or individual figure skating, Pineville's Ice House serves up skating without the fear of frostbite. After hours on the icy pond, my mother

would treat us to hot cocoa as a quick warm-up. In Style Points, hot cocoa sticks with homemade marshmallows presents a new twist to the traditional winter sip.

Looking to expand your social circle, culinary or entertaining skills? Dinner clubs create perfect opportunities to enjoy good food and wine while communing with neighbors and making new friends. We visit two Ballantyne-local dinner clubs that have found the experience to be not really about the meal but the people. For those who prefer

someone else do the cooking, popular Blackthorne Restaurant & Bar offers a local-inspired menu and a contemporary but warm environment. Check it out in Fab Fare.

In Expert Direct, we present easy tips to elevate your fashion savvy, enabling you to arrive not only comfortable but confident to your next party occasion. Confidence is something certainly not lacking in the three individuals we profile

in Faces; we guarantee they will make you smile.

One of the special qualities I find in the people of Ballantyne is their tireless dedication to give time and money to causes they champion. In Who Knew? we showcase a much-needed local gift to Endhaven Elementary that enhances the health and safety of Ballantyne-area children.

On behalf of the entire team at Ballantyne Magazine, I encourage you to find time for yourself and to treasure each moment you spend with loved ones. Savoring the present is what it's all about.

Best Regards,

Regina Robertson  
Editor-in-Chief



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



Dr. David Tait (left) and Dr. James Hall of Carolinas HealthCare System's Levine Cancer Institute joined WBTV's Maureen Boyle in supporting the Stiletto Sprint.

## Stiletto Sprint Brings in \$96,000

The 4th Annual Stiletto Sprint held Sept. 20 at SouthPark raised \$96,000 for Levine Cancer Institute (LCI). Sponsored by the Bissell Cos., the event was established by the ovarian support group, the Teal Magnolias, at LCI.

Net proceeds from the event support research involving early detection, patient support and community awareness related to ovarian cancer. To donate or learn more, email [stiletto sprint@carolinas.org](mailto:stiletto sprint@carolinas.org) or call the Carolinas HealthCare Foundation, 704-355-4048.



# NEWS CUES



## Event Debuts Valentine's Day

The Ballantyne Ball, a nonprofit charity founded to support local causes, is teaming with the Isabella Santos Foundation in 2015 to hold the inaugural masquerade-themed Ballantyne Ball, "Fall in Love with Giving," on Saturday, Feb. 14, at The Ballantyne Hotel & Lodge. The ball is presented by MetLife.

Net proceeds will benefit the foundation to further its efforts to bring new research and treatment options to Levine Children's Hospital. For sponsorships and tickets: chair Allen Starrett at [info@ballantyneball.org](mailto:info@ballantyneball.org) or visit [www.ballantyneball.org](http://www.ballantyneball.org).



## Ballantyne Village Launches Market

Ballantyne Village is now holding a 3H Market featuring homemade, homegrown and handmade items from local vendors every Tuesday, Friday and Saturday. Items for sale include local produce, grass-fed beef, candles and chocolates. The market is located between Burger 21 and Abraham Joseph Fine Jewelers. For info, visit the Ballantyne Village Facebook page.



Tom Foley of Hannah Solar explains commercial solar applications to Michelle Morris of Allegiance Merchant Services.

## Aloft Hosts Eco-Expo

The Ballantyne Eco-Expo presented by Hannah Solar, a commercial solar installation company, was Sept. 25 at Aloft Charlotte Ballantyne, one of only two LEED-certified hotels in Charlotte.

Attendees ate farm-to-fork food from Bleu Barn Bistro food truck, Fern, Flavors from the Garden restaurant, Luna's Living Kitchen and Something Classic catering. They also sampled organic wines provided by the event's producer, Plan Ahead Events-South Charlotte.

Hybrid cars from Town and Country Toyota and Steve Moore Chevrolet and an electric car from East Charlotte Nissan were on display next to booths featuring Carolina Artisan Bread, Tower Gardens and We Wish We Had Acres goat milk soap and products.

Participants could also recycle used electronics courtesy of USB Recycling and obtain information from EarthShare NC and Mecklenburg County Solid Waste Services. Sustain Charlotte, a nonprofit that focuses on sustainable living resources and practices, was the nonprofit beneficiary of the evening.



## Y Stages 'Best Christmas Pageant Ever'

The Morrison Family YMCA's Ballantyne School of Theatre presents the play, "The Best Christmas Pageant Ever," Dec. 12-14. For performance times and dates, as well as audition information for "James and the Giant Peach," "Jungle Book" and "Peter Pan Jr.," visit [www.ymcacharlotte.org/morrison](http://www.ymcacharlotte.org/morrison).

Also, summer camp registration begins Feb. 1 for aspiring athletes, artists, dancers and chefs. Half and full days are available. See the website above for details.





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## Celebrate the Season at The Ballantyne Hotel & Lodge



### Hot Chocolate & Toddies

Savor hot chocolate and warm toddies in the lobby Friday through Sunday from 2 p.m. to 5 p.m. during December.

### Holiday Afternoon Tea

Check out festive brews at Holiday Afternoon Tea, served Wednesday through Sunday from 1 p.m. to 5 p.m. (except Christmas Day). Enjoy live entertainment in the lobby Dec. 3-28. Cost: \$32 for adults and \$16 for junior patrons. Champagne tea is available for \$40 per person. Reservations required: 704-248-4100.



### Gingerbread Lane

An enchanting collection of gingerbread creations is on display 9 a.m. to 5 p.m. Dec. 11-28. Attendees may vote for their favorite house with a \$1 minimum donation per vote. All proceeds benefit Levine Children's Hospital.

### Christmas Eve Dinner

Gallery Restaurant will be open for dinner on Christmas Eve from 4 p.m. to 9 p.m. The restaurant will feature its seasonal a la carte menu as well as a prime-rib special. Reservations required: 704-248-4100 or visit [www.gallery-restaurant.com](http://www.gallery-restaurant.com).

### Christmas Brunch

The hotel will serve a sumptuous Christmas Brunch on Thursday, Dec. 25, from noon to 4 p.m. with live holiday music. Cost: \$75 for adults, \$35 for children, ages 5-13, and complimentary for children 4 and under (pricing does not include tax or 23 percent service charge). Private dining rooms are available. Reservations required: 704-248-4100 or visit [www.gallery-restaurant.com](http://www.gallery-restaurant.com).



### New Year's Eve

Usher in 2015 with dinner and an overnight stay at The Ballantyne Hotel & Lodge. The New Year's Eve Dinner Package includes a room, dinner for two at Gallery Restaurant, valet parking, Internet access and a 4 p.m. late checkout. Dressy attire recommended. Pricing starts at \$379 plus tax and gratuity, and the package comes with a 72-hour cancellation policy.

The New Year's Eve Party for guests staying at the hotel or dining at Gallery Restaurant starts at 9 p.m. and features a deejay, drink specials and a champagne toast at midnight.



### Breakfast Club Kicks Off 2015

The Ballantyne Breakfast Club will kick off the new year with its annual "Priorities 2015" meeting featuring elected officials from state, county and city governments. There will also be representatives from Charlotte-Mecklenburg Schools, local and state transportation organizations and local police, fire, planning and budget departments.

Each elected official or representative will have a table where the public can discuss concerns. For the date of the meeting, please check the website listed below closer to the first of the new year.

Meetings are 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 at 704-651-1237, [reschert@aol.com](mailto:reschert@aol.com) or [www.ballantynebreakfastclub.com](http://www.ballantynebreakfastclub.com).

### Gallery Joins Restaurant Week

Once again, Gallery Restaurant joins a host of other restaurants in the area for Charlotte Restaurant Week Jan. 16-25. Info: [www.charlotterestaurantweek.com](http://www.charlotterestaurantweek.com).



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## BIZ BUZZ



### Hotel Adds Suites, Wins Award

The Ballantyne Hotel & Lodge has debuted six 800-square-foot executive suites with picturesque golf-course views and private balconies. Each suite also features a charger port and Samsung televisions with a 55-inch screen in the living space and a 46-inch screen in the bedroom.

The hotel is also the winner of a 2014 Orbitz Best in Stay Award for being a top-rated hotel in Charlotte. The 2014 Orbitz Best In Stay Awards honor nearly 400 top-rated hotels in 75 popular destinations based on reviews by Orbitz customers.

### Chamber Hosts Luncheons

The Ballantyne Chapter of the Charlotte Chamber of Commerce will host luncheons this winter on Jan. 7, Feb. 5 and March 5. 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 wait list. To register for a meeting or to get updated meeting information, visit [www.charlottechamber.com](http://www.charlottechamber.com).



### Vendor Joins 3H Market

Sunterra Gourmet's signature cevaps, handcrafted desserts and Mediterranean fare are now at the 3H Market in

Ballantyne Village and other locations around Charlotte. To find market times and locations, check [www.facebook.com/sunterragourmet/info](http://www.facebook.com/sunterragourmet/info).



### Allergist Opens New Locations

Dr. Maeve O'Connor and her clinical team at Allergy Asthma & Immunology Relief in Blakeney have opened new offices at 1523 Elizabeth Ave., Suite 200 in Charlotte and 129 Woodson Ave. in Salisbury, N.C. O'Connor is a clinical immunologist who treats children and adults with immune disorders and immunodeficiencies. Info: [www.aairofcharlotte.com](http://www.aairofcharlotte.com).



Kat Carter



Annie Arntz



Hailey Rorie



Christina Thigpen



Ted Mueller



Richard Fida



Ashley Nguyen



Nancy Niehous



Audrey Bell

### Bissell Makes Appointments

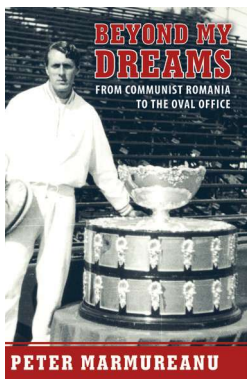
The Bissell Cos. recently announced promotions and hirings at Bissell and The Ballantyne Hotel & Lodge.

At Bissell, Kat Carter was promoted to senior graphic designer, while Annie Arntz joined the firm as a graphic designer and Hailey Rorie came aboard as community director.

Christina Thigpen was appointed vice president of marketing & communications. Ted Mueller was promoted to chief information officer and vice president of operations, while Richard Fida was named director of engineering.

At The Ballantyne Hotel & Lodge, Ashley Nguyen joined as meetings and events manager; Nancy Niehous was named conference sales manager; and Audrey Bell was promoted to director of the front office.





## Tennis Pro Writes Book

Tennis professional Peter Marmureanu, who teaches the sport at The Ballantyne Hotel & Lodge, has written a recently released book, "Beyond My Dreams: From Communist Romania to the Oval Office — How Tennis Changed My Life." Details: [www.petermarmureanu.com](http://www.petermarmureanu.com).



## Networking Group Meets Feb. 24

Ballantyne Briefings, a local networking group, will meet Tuesday, Feb. 24, from 5 p.m. to 7 p.m. at Aloft Charlotte Ballantyne. Speaker will be Ira Bass, CEO at IB Media. Bass will explain how he grew his media planning and placement business from scratch during the recession by gaining major clients using the power of LinkedIn. Info: Allen Starrett, at [ars@starrettlawfirm.com](mailto:ars@starrettlawfirm.com) or [www.fb.me/ballantynebriefings](http://www.fb.me/ballantynebriefings).



## Rader Speaks at Conference

Dana Rader, national president of the LPGA's Teaching and Club Professionals division and CEO of Dana Rader Golf School, was a featured

speaker at this year's LPGA National Pro-Am and Conference in Florida. The event concluded with live lessons for approximately 100 participants conducted by Rader and Michael Breed, host of "The Golf Fix" on the Golf Channel.

## Gemologist Joins Jewelers

Yuhan Tekin, a recent Graduate Gemologist (G.G.) from the Gemological Institute of America in New York City, has joined his family's business, Ballantyne Jewelers. Tekin, a graduate of UNC Charlotte, has taken the roll of vice president of operations as well as G.G./CAD/CAM specialist. Info and appointments: 704-341-4242.



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Anna Rohde Yuan Karen Cynowa



Avery Love Matt DeBoer

## Firm Adds Division, Agents

Helen Adams Realty has formed an international sales division, Helen Adams International Realty, to focus on helping clients from around the world invest in residential and commercial real estate opportunities in North and South Carolina.

Anna Rohde Yuan serves as president of the new division. Info and contact: [www.helenadamsrealty.com/international](http://www.helenadamsrealty.com/international).

The firm also has added agents Karen Cynowa, Avery Love and Matt DeBoer to the Ballantyne office, 704-341-0279.

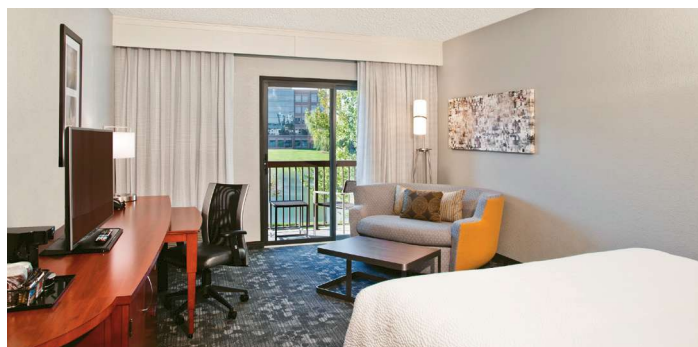
## Pharmacy Earns Accreditation

Carolina Compounding & Nutritional Pharmacy, located on Ballantyne Commons Parkway, has received accreditation from the Pharmacy Compounding Accreditation Board (PCAB). The PCAB is part of the Accreditation Commission for Health Care. Details: 704-540-4330.



## TIAA-CREF Goes Golfing

TIAA-CREF's Publishing Operations group chose Dana Rader Golf School and the Golf Club at Ballantyne for golf instruction and team building, followed by lunch and an 18-hole scramble.



## Courtyard Finishes Renovation

The 90-room Courtyard by Marriott at 15635 Don Lochman Lane has completed a major renovation of its guest rooms. The renovation includes the addition of plush bedding, work space, a separate seating area, integrated lighting and free in-room high-speed Internet. Info and reservations: 704-341-0041.



## Garofalo Joins Aten Dentistry

Dr. Anthony Garofalo, a graduate of New York University College of Dentistry, has joined Aten Family Dentistry. He brings a great deal of knowledge and expertise to the practice and is active in dental and charitable organizations. The practice is located at 3420 Toringdon Way, and Garofalo is now accepting new patients. For an appointment, call 704-540-4252 or visit [www.atendental.com](http://www.atendental.com).

# THE YOUNGER SET

## Catholic Has Seven Semifinalists

Seven Charlotte Catholic High School (CCHS) seniors have been selected semifinalists in the 2015 National Merit Scholarship Competition based on last year's PSAT scores: Tyler Caponigro, Elliot Chambers, Polly Jasper, Faith Kressner, Ian Miller, Haley Schilly and Martha Claire Wood.

The CCHS students are among 16,000 semifinalists nationwide, about half of whom will be named National Merit Scholars.



CCHS seniors Ian Miller (from left), Martha Claire Wood, Haley Schilly, Polly Jasper, Tyler Caponigro, Faith Kressner and Elliot Chambers are semifinalists for National Merit Scholarships.



## Storybook Characters on Parade

Elon Elementary School held a parade of storybook characters in October to celebrate literacy and reading in conjunction with its fall book fair. Students and staff dressed like



a favorite storybook character and brought the book with them. The book fair occurred after the parade. All money raised from the fair went to buying e-books, book sets for classroom teachers and resource books for teachers.

## OPENINGS



### Italian Tile Store Opens

Giuseppe Mantovani has opened Dolce Casa, a ceramic tile showroom, in The Shoppes at Ardrey Kell. The showroom specializes in Italian tiles at a wide variety of price points. Info: 704-807-6472 or [www.dolcecasatile.com](http://www.dolcecasatile.com).

### School Offers Swim Lessons

Aqua-Tots Swim Schools has opened in the Old Lancaster



Town Center, located at Lancaster Highway and Providence Road West. The year-round facility features a 46-by-24 indoor pool heated to 90 degrees, a viewing area with free Wi-Fi, changing rooms, play area for siblings and children not participating in lessons and a snack bar and retail area. Lessons are offered for children of all ages and abilities. Details: 704-612-4646 or [www.aquatots-charlotte.com](http://www.aquatots-charlotte.com).

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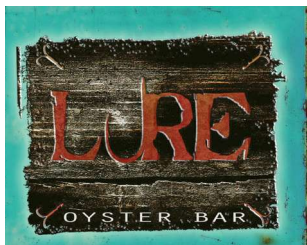


## Tropical Smoothie Comes to Promenade

Tropical Smoothie Café is now open in Promenade on Providence near Portrait Innovations. In addition to smoothies, the menu includes wraps, bistro sandwiches, grilled flatbreads and gourmet salads. Patio seating available. Info: 704-246-8993.

## Oyster Bar Now Serving

Lure Oyster Bar opened recently in the Village at Robinson Farms. The menu focuses on oysters and seafood sourced from Carolina shores in season, but also offers varieties of West Coast oysters every day. Steaks, pasta and other entrees, along with a children's menu, are also available. The bar also offers a patio area and entertainment on Friday and Saturday nights from 10 p.m. to close. Info: 704-544-5268.



## 24-Hour Center Opens



Anytime Fitness, a 24-hour coed fitness center, recently opened at Promenade on Providence in Suite 20 (second floor in the Golf Galaxy building). Info: 704-248-8286.

## Miro Moves to Toringdon

Miro Spanish Grille, a popular restaurant formerly in StoneCrest, is now open in Toringdon near Earth Fare. The new location offers tapas, Spanish fare and a wine bar. Info and reservations: 704-540-7374.

## Fresh Market Coming

The Fresh Market will open a new location at Promenade on Providence in early 2015. The store will occupy part of the former Lowe's grocery site and will be the third location for The Fresh Market in the Charlotte area. For more information, visit [www.thefreshmarket.com](http://www.thefreshmarket.com).



# SWEET CHARITIES



## Golf Tourney Raises \$25,000

The 7th Annual Toys for Tots Golf Tournament held Sept. 22 at Cedarwood Country Club in south Charlotte raised \$25,000. The event was founded by Burke Communications. Toys for Tots is a Marine Corps community action program. More info or to donate: 704-377-2600 or [www.toysfortots.org](http://www.toysfortots.org).

## Rotary Event Honors Baune

Meck South Rotary Club held the Bloody Marys on Five (BMOF) Golf Tournament on Sept. 15 to honor Steve Baune, a Distinguished Rotarian for 2013, who passed away in August.

Organized in only 45 days, the BMOF event at TPC Piper Glen Country Club surpassed the goal of \$40,000 to benefit his favorite charity, Beds for Kids. The tournament brought in \$40,365 by itself, while a silent action raised \$16,000.

Baune most recently served as CEO of Gibson Guitars, and prior to that, CEO of Coats North America, headquartered in Toringdon. The tournament received its name from a favorite saying of Baune's when he played golf with friends.

Meck South Rotary also participated with other local organizations in an Oktoberfest at the Music Factory in Charlotte, helping raise \$78,000 for three charitable groups. Details: [www.mecksouthrotary.org](http://www.mecksouthrotary.org).



Daughters of Steve Baune, Melissa Shaul and Lara Mitchell, celebrate Baune's favorite charity, Beds for Kids, at the BMOF Golf Tournament.



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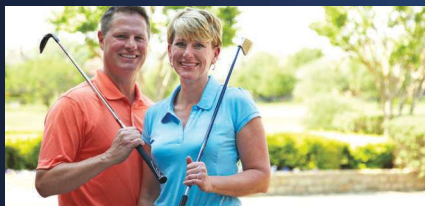
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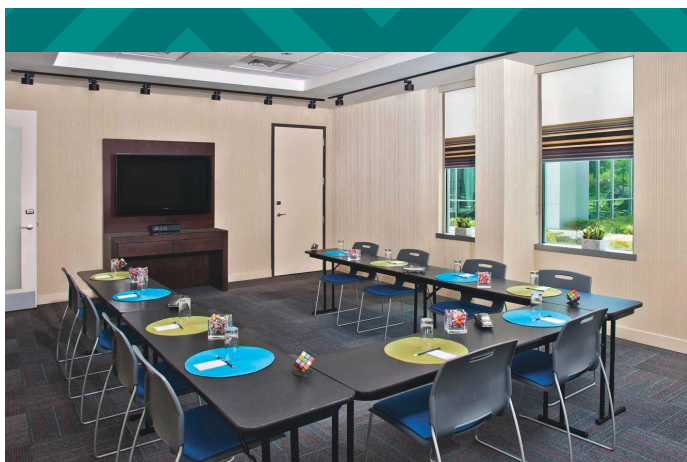
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## Club Supports Folds of Honor

The Golf Club at Ballantyne recently participated in Patriot Golf Day, raising nearly \$18,000 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 exchange for complimentary buckets of range balls and rounds of golf depending on donation amount.

Jointly supported by the PGA of America and the U.S. 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.patriotgolfdays.com](http://www.patriotgolfdays.com).



## Eastwood Raises Nearly \$50,000

Charlotte-based homebuilder Eastwood Homes hosted its second annual golf outing Oct. 13 at Raintree Country Club, raising nearly \$50,000. All proceeds went to Levine Children's Hospital (LCH).

In addition, the company contributes gifts and necessities to patients and their families at LCH through the Eastwood Homes' Hospitality Cart, which circles patient floors on a daily basis. Details: [www.eastwoodhomes.com/charitygolf](http://www.eastwoodhomes.com/charitygolf) or Lisa Lenhart at 704-964-9578.

## Braces by Bird Collects Candy

Braces by Bird, an orthodontics practice in Cedar Walk, collected candy in November to donate to Second Harvest Food Bank. In addition, Dr. Suzanne Bird gave \$1 per pound of donations to participating middle schools: Community House, Indian Land, Marvin Ridge, J.M. Robinson, Carmel, Cuthbertson, Weddington and Fort Mill. Donations were collected at a red bin outside the offices of Braces by Bird. In 2013, the practice collected 262 pounds of candy in a similar effort.

## Tournament Supports STEM

The Charlotte chapter of the Society of Information Management held its first charity golf tournament in October at The Golf Club at Ballantyne. Funds raised benefit science, technology, engineering and math programs — best known as "STEM" — in Charlotte schools.



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## SPX Supports Heart Walk

A team of volunteers from SPX Corp., headquartered in Ballantyne Corporate Park, raised over \$21,000 during the 2014 Greater Charlotte Heart Walk in September. The SPX team surpassed its goal for the event, which helps fund research, education and advocacy for the American Heart Association. To donate or learn more: [www.charlotteheartwalk.org](http://www.charlotteheartwalk.org).



## Club Backs 'Go Red' Campaign

The Swing for Red Golf and Tennis Tournament to benefit Go Red For Women and the American Heart Association raised over \$23,000, close to triple the money raised last year. The event was held in August at Providence Country Club.

Linda Lawlor, Gaye Noguchi, Marlene Ebert, Kathy Patterson, Katie Chaplain, Tracy Whitman and Jamie Davies organized the event. Providence Country Club also donated \$500 to the cause, as well as a continental breakfast for the players.



*Celebrating  
11 Years*



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**THANK YOU** 2014 sponsors, donors, volunteers and pink bow campaign participants - who have all been instrumental in partnering with BCC Rally, and bringing **HOPE** to the greater Charlotte community in the fight against breast cancer!

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**For a complete listing of contributors and to learn how your business can be a part of BCC Rally please visit [www.bccrally.org](http://www.bccrally.org).**





Photo by Cardinal Camera Charlotte

Bill Gombert (top row, from left), Kristin Hetzel, Kelvin Seabrooks, Belinda Kendall and Scott Schaeffer promoted the Athletes Against Bullies event. Other supporters (front row) were Kelly Davis, Tommy Stines, Clifton Davis and Al Wood.

## Firethorne Hosts Anti-bullying Group

Firethorne Country Club hosted the Athletes Against Bullies Charlotte Golf Classic Oct. 26 to benefit Athletes Against Bullies and Hospitality House of Charlotte.


In late summer, actor Clifton Davis promoted the event along with other celebrities, including Al Wood, former NBA player; Kelvin Seabrooks, former world bantamweight boxing champion; and Kelly Davis, wife of Carolina Panthers linebacker Thomas Davis, and executive director of the Thomas Davis Defending Dreams Foundation.

Athletes Against Bullies is a nonprofit that educates youth and adults about the dangers of bullying, teaches ways to prevent bullying and explains how to properly handle a bullying situation in a variety of settings. Info: [www.birdeasepro.com/seufoundation](http://www.birdeasepro.com/seufoundation).

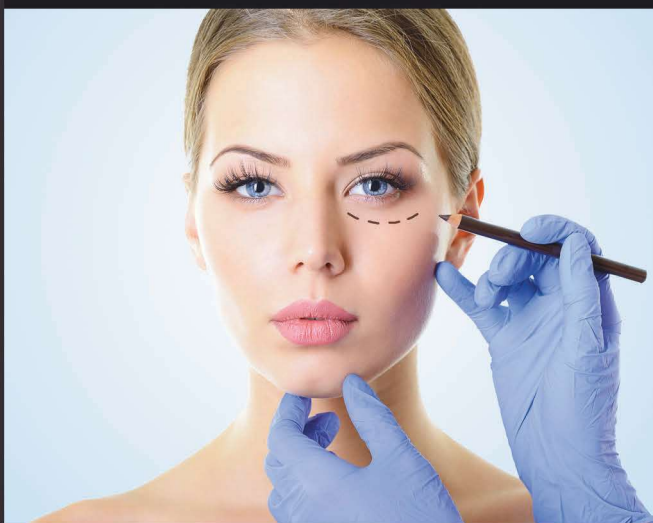


## Rally Holds Signature Events

The 11th annual BCC Rally held five signature events in addition to its Pink Bow Campaign this September to raise money for breast cancer awareness and services: the Walk and Wag Pink-a-thon 5K walk, Ladies' Golf and Luncheon, Men's Golf, Ladies' Tennis and Luncheon and the Denim & Diamonds Gala. All were held at Ballantyne Country Club.

Among the highlights was the keynote address by Dr. Judith Salerno, president and CEO of Susan G. Komen, at the Ladies' Golf and Luncheon on Sept. 23. BCC Rally has raised more than \$1 million during its first 10 years for Komen's Rally for the Cure. 

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# FIZZ FACTOR

Meet these Effervescent Personalities

Photos by Ray Sepesy



WHO HAS BEEN BITTEN by a Bengal tiger, who wants to drive an 18-wheeler and who wouldn't be caught dead in Lilly Pulitzer?

You'll find out on these pages.

Our "Faces" have lots of geography in common. They all reside in Ballantyne, and they are all like Pepsi-Cola — born in the Carolinas and with plenty of fizz.

They also love to travel.

One dreams of sipping cappuccino in Italy, another longs for the "thwack" of tennis balls at the Australian Open and the final one, well, simply wants to jet among the Seven Wonders of the World.

Meet these fascinating local personalities: Matt Francis, Blythe Hooker and DeAlva Wilson Glenn.



## DeALVA WILSON GLENN

**Birthplace:** Blair, S.C.

**Job:** Owner, D. Wilson Agency, an executive coaching and management consulting firm.

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

Helping people and organizations find the clarity they need to experience thriving careers and amazing futures.

**What's your guilty pleasure?**

"House of Cards" on TV and complex red wines.

**Do you live in Ballantyne?**

Yes.

**What is your favorite Ballantyne-area restaurant?**

Gallery Restaurant, but I love the staff at Terrace Café.

**Describe your dream vacation.**

We'd board a private jet with no bags, travel the world, get what we need at each destination and completely unplug. A stop by each of the Seven Wonders of the World would definitely be included.

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

Frank Sinatra's "My Way." The lyrics describe my journey.

**I would rather be caught dead than wear \_\_\_\_.**

Crushed velvet.

**What charitable organizations are you involved with?**

Dress for Success, Charlotte Works, the Patricia H. Williams Foundation for Breast Cancer Awareness, Winthrop University Foundation, Salvation Army Center of Hope and others. These organizations support people who have been negatively affected by their circumstances and/or need resources to move forward.

**What is your biggest pet peeve?**

Negativity.

**What is a hidden gem in Ballantyne?**

The Cherry Blossom roll at Jade Asian Fusion.

**Share something that someone would never guess about you.**

I used to ride motorcycles; I've flown a plane; and driving an 18-wheeler is on my bucket list.



**MATT FRANCIS**

**Birthplace:** Fayetteville, N.C.

**Job:** Brand manager, Primero Systems.

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

The Multiple Personality Disorder! I have the privilege of working with tons of awesome and diverse brands. I get to dive into each like an actor taking on a role and explore the world in that skin, helping the organization tell its story in a way that appeals to a large but specific group of people.

***What's your guilty pleasure?***

Putting the wife and kids to bed and sneaking off to the Ballantyne Village movie theater.

***Do you live in Ballantyne?***

Yes.

***What is your favorite Ballantyne-area restaurant?***

Gallery Restaurant for presentation and changing features, and Firebirds for steak.

***Describe your dream vacation.***

Italy with my hot Italian wife. Sitting under a pergola in the morning with her on my lap, a cappuccino in hand and a breeze coming off the beautiful blue ocean.

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

"Uprising" by Muse.

***I would be rather caught dead than wear \_\_\_\_.***

Penny loafers with no socks.

***What charitable organizations are you involved with?***

St. Jude's hospital is one of my favorites. I lost my brother and my dad to cancer in 2010. I can't imagine watching a child go through that.

***What is your biggest pet peeve?***

Being late to a movie.

***What is a hidden gem in Ballantyne?***

The British International School of Charlotte. Great people and teachers over there. They have an awesome headmaster who is passionate about curriculum that serves the individual student.

***Share something that someone would never guess about you.***

I was bitten by a tiger in 1996 and almost lost my hand after a tug of war for the tendon in my wrist in which she had her teeth. Connie was a 550-pound Bengal tiger.



## BLYTHE HOOKER

**Birthplace:** Charlotte, N.C.

**Job:** Marketing coordinator for the CPA firm Blair, Bohlé & Whitsitt.

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

I get to work with some of the smartest, hardest-working and genuine people I know. I'm impressed that I get to hang out with them every day.

**What's your guilty pleasure?**

It's a tie between Jameson Irish Whiskey with pickle juice and bad surf movies. I'm not sure which one is worse for my long-term mental health.

**Do you live in Ballantyne?**

I live in Camden Ballantyne and I LOVE it.

**What is your favorite Ballantyne-area restaurant?**

Miro Spanish Grille — hands down.

**What is your favorite outdoor activity?**

Tennis. I'm hopelessly addicted.

**Describe your dream vacation.**

A trip to Melbourne in January to watch the Australian Open. Yes, my addiction is that bad.

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

"Things are Getting Better" by N.E.R.D.  
It feeds my need for optimism and funk.

**What is your favorite news source?**

BBC World Service. No news is scary when it's read in a British accent.

**I would be rather caught dead than wear \_\_\_\_.**

Lilly Pulitzer (Sorry, Ballantyne neighbors, you pull it off better than I.)

**What charitable organizations are you involved with?**

The Charlotte Tennis Association because I think everyone should get a chance to be as happy as I am on a tennis court. I also am sporting my "Go Nat Go" T-shirt in honor of breast cancer awareness and my brave friend Natalie Potter.

**What is your biggest pet peeve?**

People who don't appreciate crimped hair. Why not?

**What is a hidden gem in Ballantyne?**

The walking trails in Ballantyne Corporate Park. The natural areas are lush and beautiful — and provide ample cushion when I fall off my skateboard.

**Share something that someone would never guess about you.**

I can't think of anything. When your last name is Hooker, you don't tend to hold much back.





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## Neighbors Enjoy Making Friendships over a Meal

By Jennifer Mitchell  
Photos by Ray Sepesy

THEY ARE THE 21ST CENTURY'S VERSION OF THE NEIGHBORHOOD DINNER PARTY. Bringing together busy working men and women with empty nesters, young couples and singles alike — dinner clubs are uniting those with a passion for good food, good company and a sense of community.

Ballantyne-area residents Kacie Arandas and Kathy Ragland co-chair the Piper Glen Women's Club's Wine and Dine group. The dinner club meets monthly, and the social component is just as important as the food. "We have made some fantastic friends through this whole



# DINNER CLUB, ANYONE?

Juliet Larson and Scott Larson (from left), Kacie and Mike Arandas, Kathy and John Ragland and Marge Dirkschneider enjoy a Wine and Dine evening at the Arandas' home.













Paring the right vintage with food is important to the Wine and Dine Club.



## For the Campagnas, everything down to the bread is preferred homemade.



Sharòn and Sam Campagna founded the Ardrey Commons Gourmet Club in 2012.

endeavor," Arandas says.

The Wine and Dine group began three years ago and is for couples only. "We either like to cook, love good food or both — and we enjoy tasting new wines," Arandas notes.

### **From Chefs to Homemade**

Ragland and Arandas have put a contemporary twist on

a dinner club that began with an emphasis on decadent gourmet fare from well-known chefs. Today the group is all about offering up great-tasting meals that don't take much more than an hour to prepare. New recipes often come from the Internet, and organizers coordinate four-course meals paired with wines.

But no two dinner clubs





Ragland and Arandas have put a contemporary twist on a dinner club that began with an emphasis on decadent gourmet fare from chefs.



Salad is commonly a course for dinner clubs.

are exactly the same. For Sharon and Sam Campagna, everything down to the bread is preferred homemade. The couple started the Ardrey Commons Gourmet Club in September 2012. The club meets quarterly and is open to both couples and singles.

"Everything we do is made from scratch," Sharon explains. "That's part of what makes our dinner club unique."

And she jokes, "It's also why we only meet quarterly." A few of the more memorable dishes include steak tartare, coq au vin and escargot.

When Sam was in the Air Force, the couple was on the move every few years for roughly 20 years. At each new stop they would start a gourmet dinner club to bring people in their neighborhood together and to develop friendships.

"We talk about politics, religion, the homeowners association," quips Sam,





Mike Arandas serves an appetizer to Kathy Ragland while her husband, John, (blue shirt) and Scott Larson chat.

## Intimate Settings

Such intimate settings are essential for a successful dinner. Couples in the Piper Glen Wine and Dine group are divided among homes, with no more than four couples at a time where dinner is hosted. The menu is pre-set so that the same foods are served at each home. The hosting couple is in charge of preparing and cooking the entree, while the appetizer, salad and dessert are assigned to other couples.

"You really get to know people more intimately when dining with four couples per home as opposed to 40 or more people in one house," says Ragland. "We normally don't leave the dining room table for hours. Everybody really has a chance to get



The Arandas served simple tidbits with pre-dinner wine.

a retired pilot. "Any topic is fair game at the dinner table. But we do keep it social and friendly."

Sharon says while members of the Ardrey Commons Gourmet Club are known to use good china, crystal and silver, the overall feel remains casual and relaxed. The group usually has 16 to 20 participants each quarter, and they are divided between two homes for dinner. While there is a theme for the evening, each host determines the menu.



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to know each other.” Sharing about travel, families, hobbies and more, club members often make long-lasting friendships.

Wine and Dine is open to anyone who is a member of the Piper Glen Women’s Club. More than half of those who participate do not live in Piper Glen but reside in neighboring

Wine and Dine entrees have featured cuisine from France, Italy and northern Africa.

Sharon Campagna prepared this shrimp and avocado appetizer for a recent gathering.

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communities. Couples pay \$40 a month to cover the cost of wine for the evening.

## Global Cuisine

Each year the Wine and Dine organizers select a new theme. Last year entrees featured cuisine from France, Italy and northern Africa. In 2014-15, "our theme is an American road trip," says Arandas. "We started off with a lowcountry boil from South Carolina, and we will end with a group pig roast in May."

One dinner Ragland will never forget is the Ladies Appreciation Dinner in May 2012. "The men did a great job," she says. "They had a specialty drink for

us when we walked in and they followed a very specific checklist provided by the previous chairwoman.

The menu included beef Wellington and an eclair pie for dessert. "We really felt appreciated and I must say some of the men are very good cooks!" Ragland says.

For the men, the dinner clubs have provided an outlet for bonding of their own. While some may have been skeptics at first, by the end of the first gathering, most are usually sold. "At first my husband went kicking and screaming," laughs Arandas. "Now he says, 'When are we all getting together again? I have some new cigars for people.'"



The Ardrey Commons Gourmet Club created elegant Meringue Chantillies.



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The Campagnas say their Ardrey Commons group is reminiscent of the life many of us used to live — when the table was set, there wasn't takeout and people made time to sit down as a family at the dinner table. "This isn't about being a good cook," Sam says. "It's about the experience."

It's also about "attempting to create something you have

never made before and having fun in the process," he adds, noting that club members like trying new dishes. If the meal turns out — great. If it doesn't taste as expected, they carry on and enjoy the company of good friends.

And he adds with a laugh, the best thing about a dinner club is — you don't have to leave a tip if you get bad service. 



Anticipating another enjoyable club dinner, the Campagnas share a moment together.



## SAVOR A PEAR PROSECCO COCKTAIL

Founders of the Ardrey Commons Gourmet Club, the Campagnas always welcome guests with a specialty cocktail. They share the recipe for a pear prosecco cocktail, one of their favorites.

- 8 cardamom pods
- ½ cup water
- ½ cup sugar
- 1 cup pear nectar
- 1 teaspoon freshly squeezed lemon juice
- 1 750-milliliter bottle prosecco or cava, chilled

Place cardamom pods in a sealed bag. Crush the pods with a rolling pin or the bottom of a heavy pan until all pods are open and black seeds are crushed.

In a small saucepan over medium-high heat, bring crushed cardamom, water and sugar to boil. Once boiling, reduce the heat to low. Simmer for 8 to 10 minutes until it becomes a syrup that easily coats a spoon.

Return to medium-high heat and add the pear nectar to the syrup. Bring to a boil and remove from heat. Cover and let stand 30 minutes to infuse cardamom flavor.

Using a sieve, strain the pear juice into a small bowl or liquid measuring cup. Add lemon juice and refrigerate until cold, at least 30 minutes.

To serve, fill Champagne glasses with 4 tablespoons of syrup and top with prosecco.



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### Holiday Events at Promenade

December 6, 13, and 20 from 12 p.m. - 3 p.m.

Families can take a complimentary carriage ride around the Promenade Green, visit with Santa and Mrs. Claus, who will roam throughout the shopping center and enjoy our balloon artist who will make fun creations for children from 12 p.m. - 2 p.m.

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December 14 - 1:00 p.m. - 4:00 p.m.

December 20 - 12:00 p.m. - 3:00 p.m.

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# Packed Schedule?

No Problem.  
Boost Your Health,  
Well-Being with  
these Proven Tips

By Jodi Helmer  
Photos by Michael C. Hernandez

AMONG WORKING, SPENDING TIME WITH THE KIDS, RUNNING ERRANDS AND KEEPING UP WITH THE HOUSEWORK, many people feel there isn't much time for self-care. But a packed schedule doesn't mean sacrificing your health and well-being.

Whether you have 60 seconds between appointments or several hours of "me time" to spare, we've come up with research-backed suggestions for activities that will boost your mind, body and spirit.



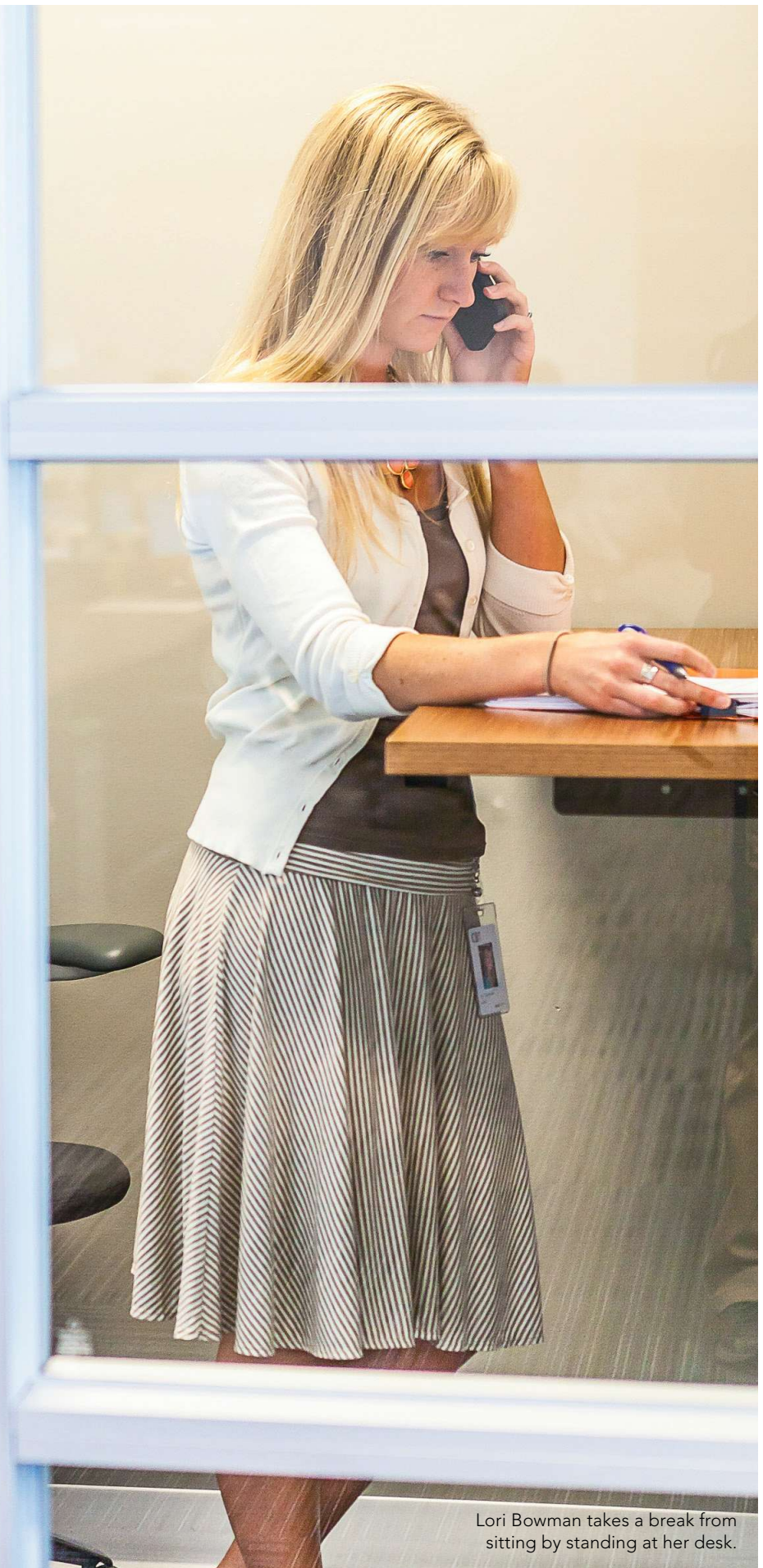
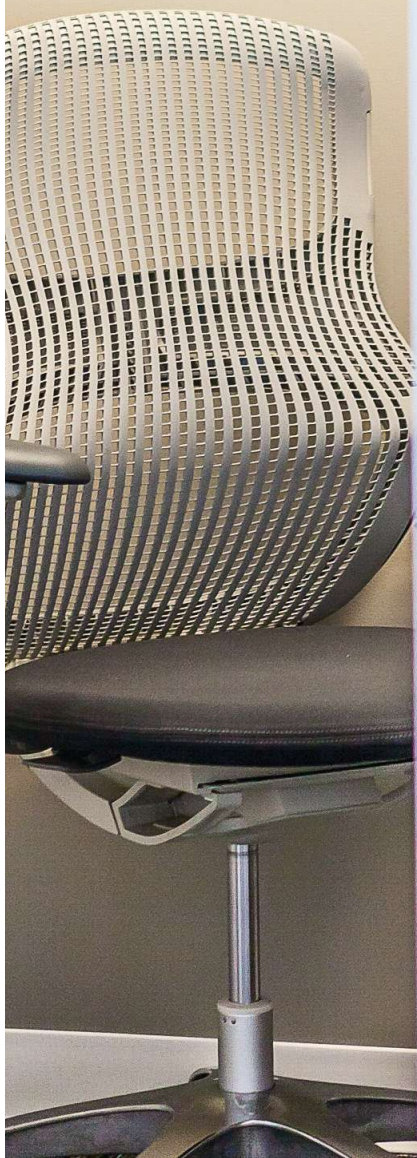


The Priest family takes advantage of the health benefits of walking on Lower McAlpine Greenway. From left are Raley, dad Eric, baby Tolan, mom Kippen and Emma Jane.



**If You Have One Minute**

Research has linked sitting with negative health effects like heart disease, diabetes, joint pain and weight gain. To counteract the ill effects of sitting, stand up.



Lori Bowman takes a break from sitting by standing at her desk.



## One-Minute Options

**Stand up:** Research has linked sitting with negative health effects like heart disease, diabetes, joint pain and weight gain. To counteract the ill effects of sitting, stand up.

Standing improves blood flow, boosts metabolism and increases energy. Spending more time on your feet can also increase your lifespan, according to research published in the British Journal of Sports Medicine.

Get up from your desk to talk on the phone or stand up when your favorite TV show goes to commercial. The more time you spend on your feet,



Raley and Emma Jane Priest are proud of their apples from the Village at Robinson Farm Market. the healthier you'll be.

**Eat an apple:** A small piece of fruit has big health benefits. Apples are loaded with fiber, which stabilizes blood sugar (preventing afternoon snack cravings) and may reduce the risk of developing Type 2 diabetes. Fiber also helps lower cholesterol. Researchers at Ohio State University discovered that eating one apple per day helped lower

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**If You Have 30 Minutes**

Write in a journal: You could expound on a stressful event or record favorite memories; getting thoughts down on paper helps relax your mind.



Amy Painter takes a few moments to jot in her journal.



levels of LDL, or “bad,” cholesterol up to 40 percent.

Whether you bite into a Granny Smith, Gala or Red Delicious apple, it appears there is truth to the adage that an apple a day keeps the doctor away.

### 30-Minute Options

**Write in a journal:** There is no “right” way to journal. You could expound on a stressful event or record favorite memories; getting thoughts down on paper helps relax your mind.

“Your journal is like a mini therapist or coach who lets you talk as long as you like, and — when you go back and read what you wrote — offers some much needed perspective,” says Kate Hanley, coach and author of “The Anywhere, Anytime Chill Guide.”

If you feel intimidated by the blank page, books like “The Artist’s Way” and “Writing Down the Bones” can help provide inspiration.

**Take a nap:** Curling up under the covers for a catnap is good for your mind and body.

In comparing strategies to




Kush Anandani recharges with a quick timeout in Ballantyne Corporate Park.

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Yoga instructors at Ballantyne Village Y accommodate all levels of participants.

### If You Have One Hour

Poses like Downward Dog, Cobra and Warrior help improve flexibility, strength, balance and posture while reducing stress and promoting relaxation.

get over a mid-afternoon slump, British researchers found that napping was more effective than caffeine or getting more sleep at night. A 30-minute nap can improve alertness and boost creativity. Naps appear to increase activity in the right side of the brain, the hemisphere responsible for processing images, emotion and intuition.

For the biggest benefits, nap between 1 p.m. and 4 p.m. (a later nap could interfere with nighttime sleep) and set an alarm to keep naps to 30 minutes or risk waking up groggy.

### One-Hour Options

**Go to a yoga class:** Poses like Downward Dog, Cobra and Warrior help improve flexibility, strength, balance and posture while reducing stress and promoting relaxation.

"Yoga classes help bring your mind, body and spirit in harmony," says Jill Voso, director of Ballantyne Village YMCA. "It's restorative and therapeutic, but it's also a good workout."

The good news: You don't have to be able to bend like a pretzel to experience the benefits. Instructors are trained to work with students on all levels, from those stepping on the mat for the first time to experienced yogis.

**Get a massage:** Massage is great for relaxation, but there is another reason to book an appointment.



"Massage is good for your muscles and your mind," explains Adrienn Jankovics, owner of LaVida Massage of Ballantyne. "It's an important part of preventive (health) care, just like eating right and exercising."

Letting an experienced therapist work out the kinks while stress melts away can help alleviate headaches, insomnia, anxiety and muscle aches. Massage can also improve your mood.

Researchers at the University of Miami found that massage decreases the stress hormone cortisol and releases feel-good hormones like serotonin and dopamine, helping alleviate depression.



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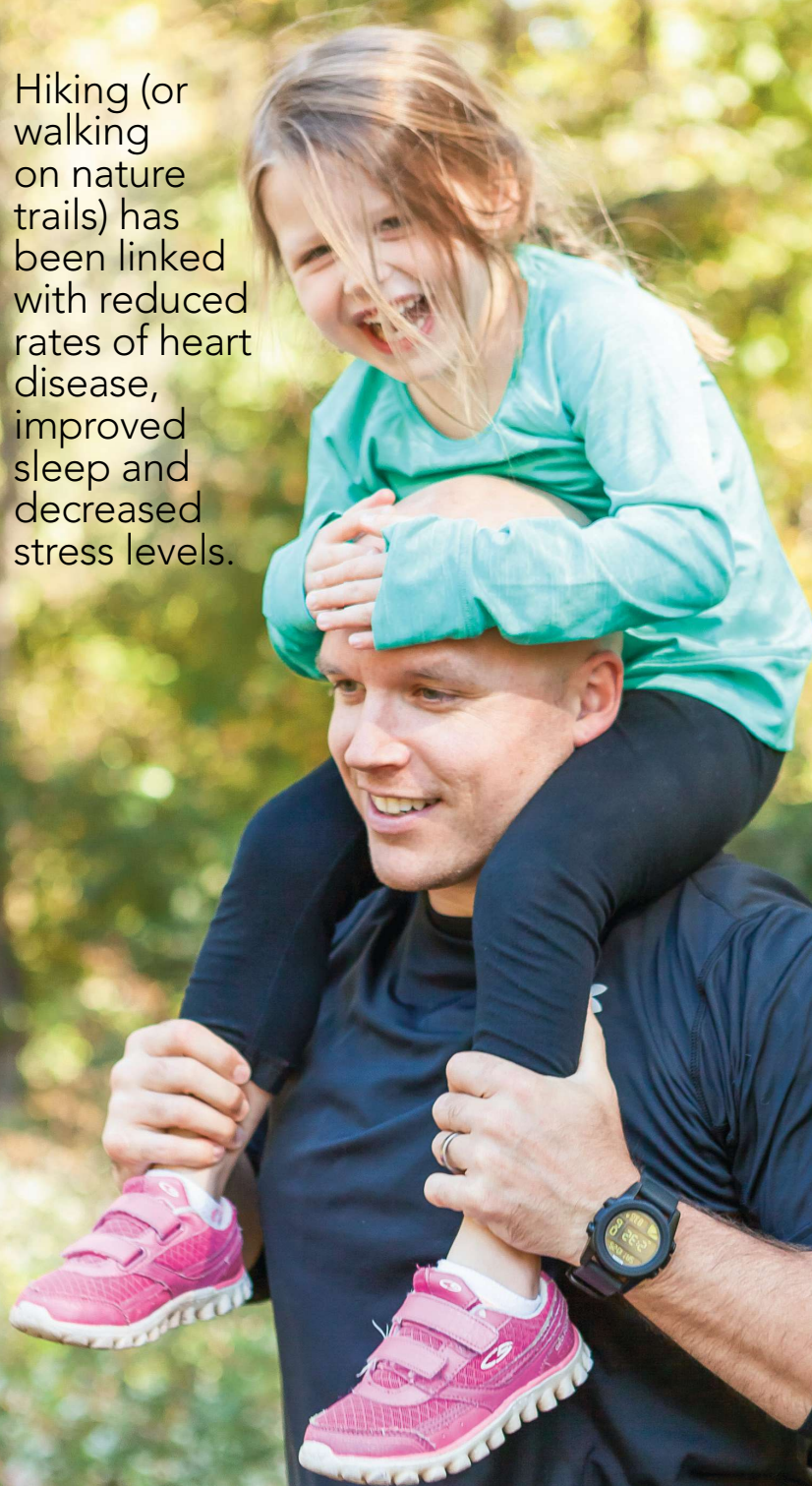
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**If You Have A Few Hours**

Hiking (or walking on nature trails) has been linked with reduced rates of heart disease, improved sleep and decreased stress levels.



Eric and Raley Priest enjoy their time on the greenway.

**Multi-hour Options****Make a date with a friend:**

Watch a matinee, grab a cup of coffee or go for a walk. Spending time with friends has a significant impact on your health, reducing stress and providing a boost to your immune system, according to studies.

Of course, friendship also offers emotional benefits. Your friends instill a sense of belonging, improve self-confidence and promote happiness (not to mention celebrating successes and providing support during difficult times).

"You have to prioritize spending time with friends; put it on the calendar," advises Erin Stone, a physician with Novant Health MintView OB/GYN. "Being social is just as important as eating well and exercising."



Heather Cabe spends time with a friend over coffee at Rush! Espresso.


**Take a hike:** Lacing up your sneakers and hitting the trails has benefits beyond burning calories. Hiking (or walking on



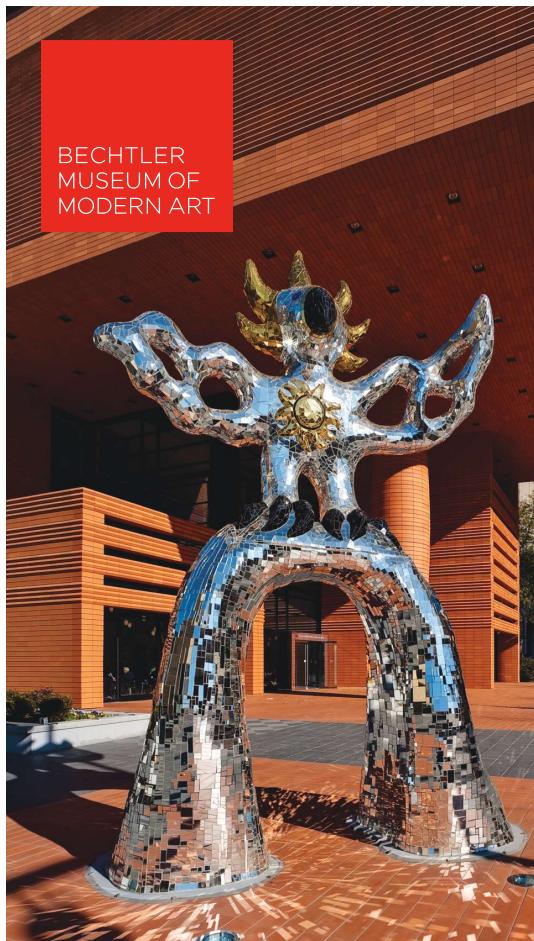
nature trails) has been linked with reduced rates of heart disease, improved sleep and decreased stress levels. It's also a great mood-booster.

"Set a goal and a reward," suggests Stone. "Hike to the pinnacle and have a picnic or choose a new trail with great views."

Instead of setting the incline on the treadmill, hike outdoors. Spending time in nature has mental health benefits. Crowders Mountain and the U.S. National Whitewater Center are popular local hiking spots.

But if you don't have time to drive there, simply tool around your neighborhood and enjoy the mental and physical pick-me-up. 

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Kyla and Paul Cattieu would look chic in these outfits at the Ballantyne Ball. Clothing courtesy of Neiman Marcus.



# Oh, What to Wear?

Dress Appropriately for Special Events with these Simple Tips

By Maggie Kern

RECEIVING AN INVITATION TO AN EXTRAVAGANT EVENT, while initially exciting, often brings up the question of what to wear. Dressing for a cocktail party, a black-tie event or a charity gala can be challenging for both men and women, especially during the winter months. What is appropriate? Can you be overdressed? How do you stay warm? Most importantly, can you still comfortably dance the night away?

The upcoming Ballantyne Ball on Valentine's Day at The Ballantyne Hotel & Lodge is the perfect event to showcase your black-tie know-how. It is also a masquerade ball, so you and your date can inject a bit of mystery into the evening as well.

Here are a few tips on appropriate attire for special occasions:

## Business Casual

For men, this means slacks and a button-up shirt; no tie is necessary. To women, this attire's name is completely non-descriptive. The last thing you want to wear to a non-work outing is a boring work outfit. Business casual for women generally means not wearing jeans. Slacks, a skirt or a dress is acceptable as long as these items are more on the casual side. Consider matching separates, like a blazer and wide-leg trousers, for a fashion-forward look.

## Cocktail


This attire is one of the easiest and most versatile. Men can simply wear slacks and a button-down shirt with or without a tie, or a bowtie depending on your personal style. If you choose not to go with any neck accessories, wearing darker slacks makes your look appropriate.

Women can wear "cocktail dresses" to these events. Generally, a short dress is appropriate in a material other than cotton — think lace or silk in a subtle and sophisticated pattern. For a dressier feel, wear neutral colors in a classic shape. Pair your dress with heels of any height and a clutch — and you are ready.

## Black-Tie Optional

When dressing for a black-tie optional event, it is always safe to overdress. Men should stick to a black tuxedo, while women should wear a long dress. To stay warm, wear a fur (or faux fur) stole or a cashmere wrap. Keeping accessories subtle, such as a neutral shoe and clutch with minimal jewelry, will differentiate this attire from full-on black-tie attire.

## Black-Tie

Black-tie events call for making a head-to-toe statement since they are the dressiest and most sophisticated events. Men's attire doesn't have to change much from black-tie optional, but if you want to show off your fashion know-how, try a rich-colored suit, such as a deep green or subtle plaid. Women, you can break out your ball gown, glitzy jewelry and highest heels. 

The upcoming Ballantyne Ball is the perfect event to showcase your black-tie know-how. It is also a masquerade ball, so you can inject a bit of mystery into the evening as well.

Maggie Kern is a personal stylist, closet-organization specialist and fashion blogger at [www.polishedclosets.com](http://www.polishedclosets.com).





# Grace in *Motion*

WINTER SPORTS ENTHUSIASTS *SPIN TALES OF FUN AT THE RINK*

By Nan Bauroth

Photos by Mary-Alice Warren

Twizzles, slapshots, wheels. The coolest new buzzwords in Ballantyne are terms for intricate moves on the ice by the silver skate set. Despite the temperate climate here, ice sports are a rapidly growing pursuit. At the Ice House in Pineville on Saturdays the rink teems with skaters of every description — from peewees toting hockey sticks to 40-something, ice-dancing





Ballantyne resident Chad Daniels is a member of the Pineville Falcons, an 18-and-under traveling team.



Ivy Liu recently competed against 109 other young skaters from the Southeast.



wannabes perfecting the art of jumps and spins.

"I love the challenge of skating," says Ivy Liu, 11, who recently competed against 109 other young figure skaters in a Southeast regional competition. Prior to that event she gave an exhibition at the Ice House

to the dreamy Spanish tune "Hijo de la Luna," gracefully gliding around the rink hitting combo jumps, ending with a dazzling combination spin with a change of foot leading to an upright layback.

"Ivy is a very talented

continued on page 60



**"I LOVE THE CHALLENGE OF SKATING."**

— Ivy Liu, 11

Coach Kyle McIntyre believes Liu has the potential to reach the elite level.



Grandad Li Wang, dad Jianhui Liu and mom Tingting Wang are among Ivy's devoted supporters.

WINTER 2014-2015



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## NOTHING BEATS HOCKEY FOR SHEER SPEED AND THRILLS ON THE ICE.

■ continued from page 58

spinner, earning high levels in competition under the International Judging System," says Kyle McIntyre, figure skating director at the Ice House, who is also her coach. "She has the potential to take her skating to the elite level."

The daughter of Jianhui Liu and Tingting Wang, Ivy practices before school but also studies piano and makes good grades. "We're so proud of her," says Wang. "The philosophy we give her is that there is always someone better than you, so you have to learn to compete and manage success as well as failure,"

adds Liu. "We want her to reach her full potential."

### Passion for the Puck

Nothing beats hockey for sheer speed and thrills at area rinks. Ballantyne resident Jake Lewis, a freshman at Carmel Christian High School, started hockey lessons at the Ice House when he was 5. Today he plays right wing on the Falcons' 18-and-under traveling team. "I've begun fitness training this year," he says. "Hurdles and speed training have improved my fast starts."

Jake's parents, John and Bridget Lewis, attend most every practice and game. "I try to spend a lot of time





**Above:** Members of the team battle for the puck.

**Right:** The Falcons have four members who live in Ballantyne and work with Coach Mike Hutton (in red). The players (from left) are Chris Welsh, Ben Hasinoff, Chad Daniels and Jake Lewis.



with my son,” says John. “Hockey has been good for Jake because he’s had to learn to set priorities, meaning school comes first. He’s also had to learn to eat right, get enough sleep and do strength training because at this age there is more physical contact in the game.”

According to Coach Mike Hutton, who played for AAA pro hockey teams, “Once kids are on the ice, they feel free and have so much fun bonding with others who share their love of the sport.” For Jake, hockey definitely provides an escape. “When I get on the ice, everything else disappears and it’s just hockey.”

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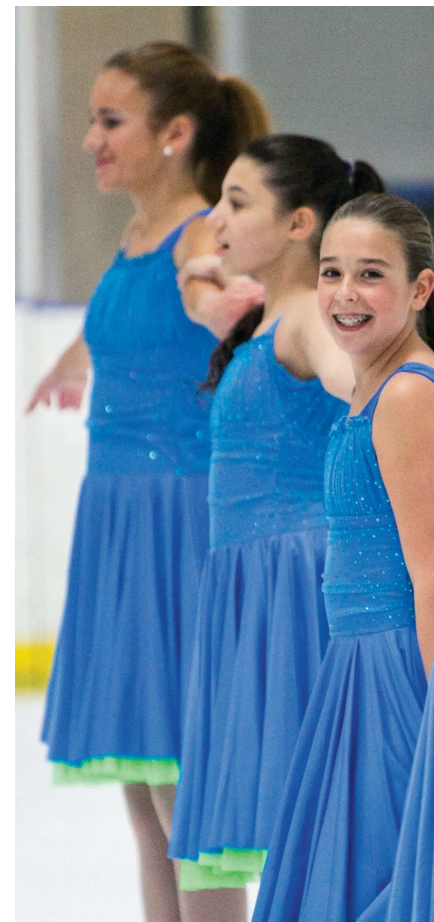


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Ballantyne resident Katie Lewis (third from left) enjoys competing with the Southern Stars.

### Harmony on Ice

Like synchronized swimming, synchronized figure skating requires a team of figure skaters to execute lines, blocks and wheels in perfect harmony. The Southern Stars, two synchronized skating teams of young girls, practice on Saturdays in preparation for four competitions a season.

You can catch them in action on Saturday, Dec. 13, at the Ice House when they join other local figure skaters for Winter Show 2014. The annual holiday event is open to the public and runs from 4:15 p.m. to 7:15 p.m. Tickets are \$5 in advance



**Wil Brooks, Agent**  
12610 N. Community House Rd.  
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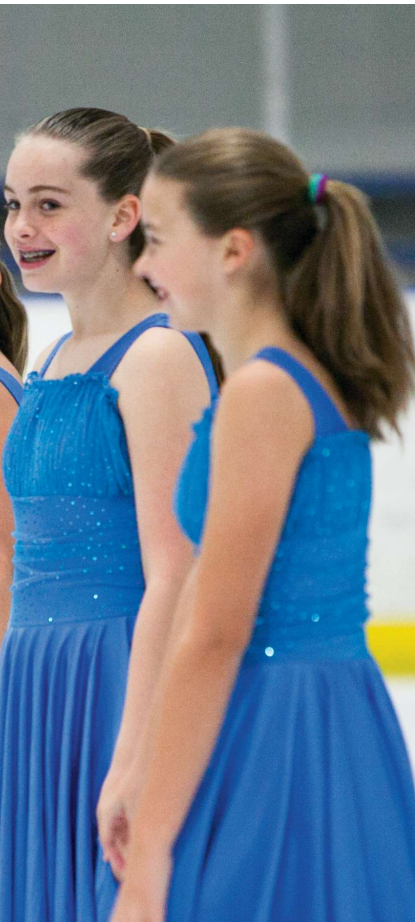
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Coach Diana Dandro founded the Southern Stars team.

and \$7 the day of the show.

Head Coach Diana Dandro, who went to Miami University in Ohio for its high-level competitive synchronized program, founded the Southern Stars five years ago.



Sheila Gordon-Holt, DDS

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Marie McDaniel began figure-skating lessons a year ago.

"Many girls are skating together for their fifth season, so the dynamics are fascinating," she observes.

The open juvenile team of 13 girls from ages 9 to 14 skates to "Carolina Girls" and "I'd Rather Be in Carolina," while the Beginner 2 team ages 7 to 13, coached by Ashley Helms, performs an aviation theme to "I Want to Get Away" and "Big Jet Airliner." "Learning new routines is challenging, but I enjoy the hard work," says Katie Lewis, 12. "I have met a lot of fun girls being part of the Southern Stars."

Dandro thinks the lure of synchronized skating is the team spirit. "You

**"I HAVE A COMPETITIVE NATURE SO  
I WANT TO PASS THESE TESTS FOR  
MY OWN PERSONAL GOALS."**

– Marie McDaniel, 45

McDaniel has already passed U.S. Figure Skating's first level, "Moves in the Field."



Coach Brenda Farmer-Farkas works with McDaniel at Pineville's Ice House.






get to do something you love with a whole group of friends. Single skating can be intimidating because you are out there alone, but here you have a team goal and you do it together at the same time. It's a lot of hard work to get there, but when it happens it's magical."

## Adult Skating Dreams

Marie McDaniel, senior director of conference services for Ballantyne-based Premier, hits the Ice House three mornings a week at 8 a.m. to practice an hour before work. McDaniel began figure skating lessons a year ago at the age of 45 and has already passed the first test level through U.S. Figure Skating, called "Moves in the Field." "I have a competitive nature so I want to pass these tests for my own personal goals," she says, adding she hopes to compete someday.

"Our adult learn-to-skate program is soaring, as it is all around the country," McIntyre notes. "We have skaters up to 54. For most, it's a chance to do something they always wanted to as a child but couldn't afford or try for some reason."

McDaniel's determination to learn to skate later in life has proven highly rewarding. "It's so addictive doing spins and jumps at my age, and I am doing them well, which is motivating and inspiring." 

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# A Cup of Cozy

Create a Stir with Easy-to-Make Cocoa Sticks, Marshmallows

By Missy of pinkpistachio.com

Warm up this winter with a cozy cup of hot cocoa that has your own distinctive touch. Simply swirl a cocoa stick topped with tiny marshmallows into eight ounces of warmed milk until the chocolate dissolves. Top with more marshmallows if you like, and then it's sip, sip, sip and enjoy.

Cocoa sticks are a fun, interactive treat to serve at a party or the perfect little holiday gift. Here's how to create a stir with this easy confection.







## Cocoa Sticks

Ghirardelli semi-sweet melting wafers  
Andes peppermint crunch baking chips (optional)

1. Melt chocolate according to package directions.
2. Pour into ice-cube trays, add peppermint chips (if desired) and insert lollipop sticks. Top with tiny marshmallows. Let set until firm. Transfer trays to freezer. Once frozen, cocoa sticks will be simple to remove.

## Marshmallows

nonstick cooking spray  
3 packets Knox unflavored gelatin  
 $\frac{1}{2} + \frac{1}{4}$  cup cold water  
2 cups sugar  
 $\frac{2}{3}$  cup light corn syrup  
 $\frac{1}{4}$  teaspoon salt  
2 teaspoons vanilla extract  
powdered sugar for dusting

1. Line a 9-by-13-inch pan with plastic wrap. Spray the wrap with cooking spray.
2. Add  $\frac{1}{2}$  cup cold water to the bowl of an electric mixer. Sprinkle gelatin packets and let stand for 10 minutes.
3. Combine sugar,  $\frac{1}{4}$  cup water and corn syrup in a medium saucepan and bring to a boil. Boil for one minute, stirring constantly.
4. With mixer on medium speed, pour hot sugar slowly into gelatin.
5. Add salt and increase speed to high for 12 minutes.
6. Turn mixer to low and add vanilla.
7. Pour marshmallows into pan and cover with another layer of sprayed plastic wrap.
8. Let sit overnight.
9. Remove marshmallows from pan onto waxed or parchment paper. Slice into cubes and roll in powdered sugar.







Blackthorne's twist on shrimp and grits features house-made sausage.



# Neighborhood Fave

## Blackthorne Rapidly Gains Loyal Following

By Amy Rogers Photos by Ray Sepesy

TO START YOUR OWN RESTAURANT AND MAKE IT A SUCCESS, you've got to do three things: spend years learning the business, pick a high-traffic location and rely on experts to guide your decisions until you get on your feet.

Brothers Tim and Jay Duffy did none of those things. And yet their restaurant, Blackthorne Restaurant & Bar, has become a favorite dining destination in Ballantyne — one that appeals equally to customers who want to enjoy a casual cocktail and those seeking an inspired menu for a special occasion.

The Connecticut natives relocated to the growing Charlotte region, Jay in the late '90s and Tim in 2002, where their parents had put down roots a few years earlier. Both men were working in the paper and printing business when their talks about opening a restaurant of their own became serious. Their primary “research” was gustatory: “We ate in hundreds of good restaurants,” Tim remembers.



The pear pecan salad combines sweet, tart and other flavors.

The Duffys roughed out a plan for a menu, looked at possible locations and trusted their intuition.

### Opened in 2012

They roughed out a plan for a menu, looked at possible locations for their eatery and trusted their intuition to lead them in the right direction. In 2012, they opened in a cozy space tucked away on North Community House Road. And in that short time, Blackthorne has become a popular gathering spot for neighborhood regulars and the larger community alike.

Executive chef Mathew Bauwin works with the owners to offer a menu that evolves with the calendar of seasonal ingredients that can be sourced locally; though, many of the most well-liked dishes are available year-round.

The restaurant's pear pecan salad combines the sweetness of poached pears and candied pecans with the tartness of dried cranberries and the bite of blue cheese.

The iconic shrimp and grits dish native to the Carolina Lowcountry gets extra elegance with the addition of briny scallops that complement an earthy, house-made sausage.

Especially in chilly weather, an Angus center-cut filet mignon is a hearty and satisfying choice, and so is the succulent split chicken breast from Poultry Junction, a farm in nearby Stanley, N.C. Peppery

The restaurant's daily lunch menu is available for Sunday brunch.

The Angus center-cut filet mignon is a hearty and satisfying choice.






broccoli, buttermilk mashed potatoes and sauteed mushrooms are three popular side dishes that round out the perfect plate. The restaurant's daily lunch menu is available for Sunday brunch, along with classic crowd-pleasers such as eggs Benedict with bacon or salmon.

## Inviting Bar

A restaurant's bar can feel like an afterthought, or just a "waiting room" for patrons until they're seated at tables, but the Duffys have made certain the bar at Blackthorne has its own identity. With seating for up to 50, it feels inviting. Local craft beers are on tap. Half-priced specials on Wednesdays from the solid wine list Jay Duffy developed make Blackthorne the ideal place for a mid-week respite.

Making a new space feel established is one of the biggest challenges a restaurant faces. With the same knack they bring to the food and libations at Blackthorne, the Duffys designed their rooms to feel timeless yet modern. They used rough-hewn woods throughout, accented with gleaming glass tile work. A garden they planted outside the kitchen door isn't mere whimsy; it provides herbs for the chefs and bartenders.

Once the new bridge opens on North Community House Road, many more residents will find themselves driving directly by Blackthorne Restaurant & Bar. When they stop in, they'll discover the welcoming flavors of their "new" favorite neighborhood gathering spot. 



The bar seats 50 and offers local craft beers among its selections.

## Blackthorne Restaurant & Bar

### Monday-Wednesday

11 a.m. to midnight

### Thursday-Saturday

11 a.m. to 2 a.m.

### Sunday

10 a.m. to midnight

Brunch: 10 a.m. to 3 p.m.

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Endhaven Elementary is using the grant to make its playground and campus safer. Picture are Braxton Slack (from left), Jacob Kiser and Laila Afzal.

Photo by Ray Sapeasy



# Needs are Beyond Elementary

## Endhaven Receives \$25,000

WHILE BALLANTYNE-AREA SCHOOLS ARE RECOGNIZED as some of the top performers within Charlotte-Mecklenburg Schools, local elementary schools often need assistance to excel. Many of the 28277-based schools serve beyond their intended capacities and require additional resources to create optimal learning experiences.

The Bissell Cos. Inc., developer of Ballantyne Corporate Park, recently reached out to local elementary schools with an opportunity to receive a \$25,000 grant to fulfill school-specific needs. Bissell coordinated a selection committee to review applications and award the money as a holiday gift on behalf of tenants in Ballantyne Corporate Park.

Endhaven Elementary won the grant for updated playground equipment and to provide a safer environment for its students. The

"I believe that my most important job is to keep my students safe in a nurturing environment at school," says Brian Slattery, principal at Endhaven Elementary. "When we do this, we give students the best opportunity to be successful learners."

Slattery further supports the importance of playgrounds during the school day. "Research supports (that) healthy, active children learn better. Exercise promotes learning and developing the whole child."

Meanwhile, other school applications echoed the need to improve playgrounds, with unstructured playtime cited as "crucial" by the American Academy of Pediatrics. Elon Park Elementary requested enhancing its playground equipment to help meet growth challenges while creating a space to foster a healthy and neighborly international community.

Polo Ridge Elementary also needs a playground that can accommodate its growing student body while supporting its commitment to promoting healthy lifestyles. In addition, a sunshade for its outdoor classroom environment would significantly aid its science, technology, engineering and mathematics program.

Providence Spring's application focused on experiential learning. With an outdoor classroom to house year-round N.C. native plants, a miniature bird sanctuary and supporting educational materials, the school wants to take advantage of collaborative instruction while creating real-world experiences.

Hawk Ridge Elementary identified a need for a Learning Commons, an innovative space that encourages a high level of collaboration. Ballantyne Elementary's application spelled out a variety of needs — more access to current technology, curriculum-based literacy materials and a school garden, which could support its science program and grow food for the community.


These school needs are reminders for the community to be aware of public education challenges and informed about elective officials at all levels of government. The needs also provide a wealth of opportunities for other groups to step forward and help children of the community. As Slattery notes, "The quality of education will directly impact our community in the future." 



Photo by Ray Sepasy

Howard Bissell (from left), Smoky Bissell and Hailey Rorie (far right), all from the Bissell Cos., present Endhaven Principal Brian Slattery with the ceremonial check.

school's critical need for grounds improvements to prevent additional injuries to children resonated with the selection committee.

With the gift, all dated and unsafe playground equipment at Endhaven will be removed and replaced with more current equipment. The funding will also enable the school to begin addressing drainage issues around its grounds, another area with unsafe conditions (due to erosion). A safe and appealing playground and surrounding grounds will not only benefit the students but local children for years to come.



This rendering shows the type of playground equipment coming to Endhaven.



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## WW&S EVENT AIDS FOOD BANK

Women gathered to sip, savor and shop on Thursday, Oct. 9, at Felix Sabates' Mercedes-Benz of South Charlotte dealership, benefiting Second Harvest Food Bank of Metrolina, which serves 19 counties in North and South Carolina.

Hosted by Wine Women & Shoes, the event featured a walk-around boutique, charming shoe guys and, of course, wine. Natalie Pasquarella of WSOC-TV emceed a runway fashion show showcasing styles from some of Charlotte's best shops.

Photos by Mary-Alice Warren



1. Anette and Genie Hufham
2. Stephanie Rivera, Mona Johnson-Gibson
3. Patrice Thomasson, Sharon Watson-Hampton, Julie Belman
4. Adriana Zurit, Casie Carpenter, Janelle Ashley
5. Shelly White, Lea Ramsey
6. Debbie and Bill Darwin
7. Nadia Margherio, Nicole Sodoma
8. Taylor Buckley, Summer Woods, Sarah Wilbanks, Heather Livengood
9. Kathy Ridge, Jean Lineberger, Jane Wilson
10. Karana Ganglani, Jessica Patel, Jenny Gandhi
11. Cynthia Bradford, Barb Kopald
12. Jennifer Noto, Kimberly Soublet
13. Brandy Robinson, Robin Bradley
14. Kristin Nelson, Simone McDowell, Kate Parker
15. Jigna Gopaldas, Katie Wirth, Holly Cabrera, Jackie Lopez



# FOOD BLOGGER LAUNCHES BOOK

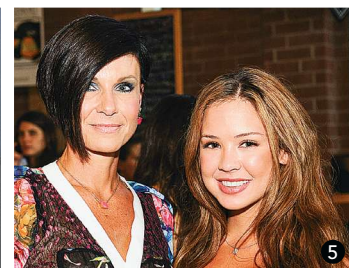
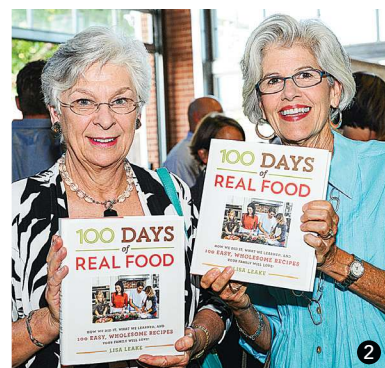
The book launch and signing party for Matthews-based cookbook author and food blogger Lisa Leake was Saturday, Aug. 23, at Atherton Market in South End.

Leake, who was the cover story of the Winter 2012-2013 issue of Ballantyne Magazine, greeted fans and signed copies of her best-selling book, "100 Days of Real Food: How We Did It, What We Learned, and 100 Easy, Wholesome Recipes Your Family Will Love."

The party was sponsored by Branch Basics, Infinite Health/Dr. Sheila Kilbane, Molly's Suds and Squooshi. Wholesome appetizers, wine and beer were served to guests throughout the evening.

Photos by Hayley Watson

1. Elizabeth Hutchens, Valerie Sappenfield, Natalie Demby, Trang Schwartz, Lisa Leake, Lauren Brawley, Cori Davenport, Emily Hess, Emily Pritchard, Holly Chapman
2. Tish Thompson, Louise Bonner
3. Trang Schwartz, Holly Chapman, Valerie Sappenfield
4. Kiran and Jared Smith
5. Erica and Shelby Bloomquist
6. Julie Dennis, Gina Mann
7. Mike and Danielle Miller
8. Lynn Caldwell, Cat Harris, Alyssa Gorelick, Andrew Wilen
9. Maggie Connelly, Patrice Jones
10. Jen Plym, Jessica Annunziata
11. Tiffany Bernd, Summer McCowen, Marianne Stern, Christina Murphy
12. Jason and Lisa Leake, Vani Hari, Finley Clarke
13. Steve and Shawn Keller
14. Mandy and Drew Cheshire
15. Deanne Egan, Aline Hanley
16. Phil and Robyn Calland
17. Sonia Chopra, Vivek Kashyap







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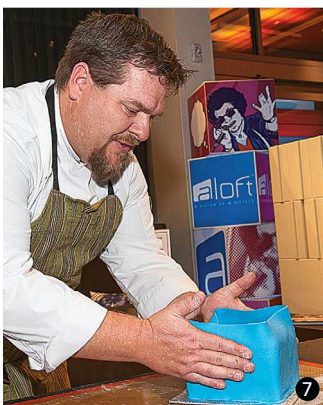


## ALOFT PARTIES WITH PURPOSE

Aloft Charlotte Ballantyne celebrated its fifth birthday on Wednesday, Oct. 29, with a special event to benefit Carolina Breast Friends. Attendees enjoyed music from deejay JUSJOE, drink specials, food from Chef Street Bistro, a cake-decorating competition and a silent auction.

The auction raised more than \$1,500 for Carolina Breast Friends, which supports women diagnosed with breast cancer and breast cancer survivors in the Charlotte area.

Photos by Ray Sepesy



1. Jennifer Holley
2. Emily Brandewie, Melinda Plavnick, Kelly Penick
3. Nick Barone, Sarah Wansack
4. Chris Sawyer, Leta Bosc, Linda Moon, John Chevalier
5. Amy Putnam, Alastair Jones, Chad Olmstead, Julie Shahid
6. Charlotta, Alex and Lloyd Page
7. Geoffrey Blount
8. Robert Rogers, Joanna Slowowski
9. Shelly Johnson, Rob Ford



## DAYLONG FESTIVAL DELIGHTS CROWD

The Ballantyne Festival-Autumn in the Park was a fun-inspired occasion for adults, kids and families on Saturday, Oct. 11.

Supporting the Second Harvest Food Bank of Metrolina, the daylong event featured kid games, a pumpkin-carving contest, chili cook-off, hay rides, musical performances and a cornhole tournament.

Vendors showcased local fare, and wine and craft beer were available. The festival included an oyster roast by Carolina Fish Market.

Photos by Mary-Alice Warren



1. Amy Zinn; Brooke, Taylor and James McKinney
2. Madelyn, Derek and Owen Solmie
3. Felicia McAdoo, Loretta Logan
4. Heather and Zander Rowe
5. Scott, Liz and Evelyn Siler
6. Lauren and Reese Yagoda
7. Maya Tsekova, Ester Gagnon, David Hare
8. Cindy, Emma, Jason and Jax Brasile
9. Rhonda Gibbons, Janet Johnson, Debe Maxwell, Melissa Christiansen
10. Amy, Brad and Mark Smith
11. Ron Oxford, Wendy Whitehurst, Scott Ridenour
12. Cynthia Pinto, Mya Gammell
13. Betsy and Hunter Pink

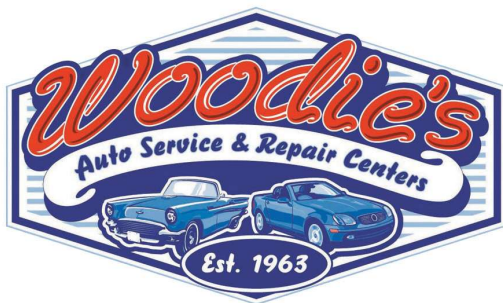




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# Idyllic Isle

Photo courtesy of Christian Horan





## ANGUILLA'S SECLUDED BEACHES OFFER BEAUTY, MUCH TO EXPLORE

By Nan Bauroth

IN THE DEAD OF WINTER ANGUILLA APPEARS LIKE A MIRAGE. Aquamarine waters lap the edges of pristine white-sand beaches that seem to stretch from here to eternity with nary a soul to be seen. For couples in search of a total break from hectic work and family schedules, this idyllic Caribbean island offers the perfect romantic escape.

"We needed to defrag," says June Kaplan, a Ballantyne resident and busy mother who recently vacationed there with fiancé Andrew Slattery, a local businessman. "Our lives are crazy with four kids between us. It was my 40th birthday and his 42nd, so we wanted to go somewhere and relax, just the two of us."

The contemporary styling of the Viceroy Hotel is more reflective of South Beach than the Caribbean. Meads Bay is upper left, while Barnes Bay Beach is lower right.





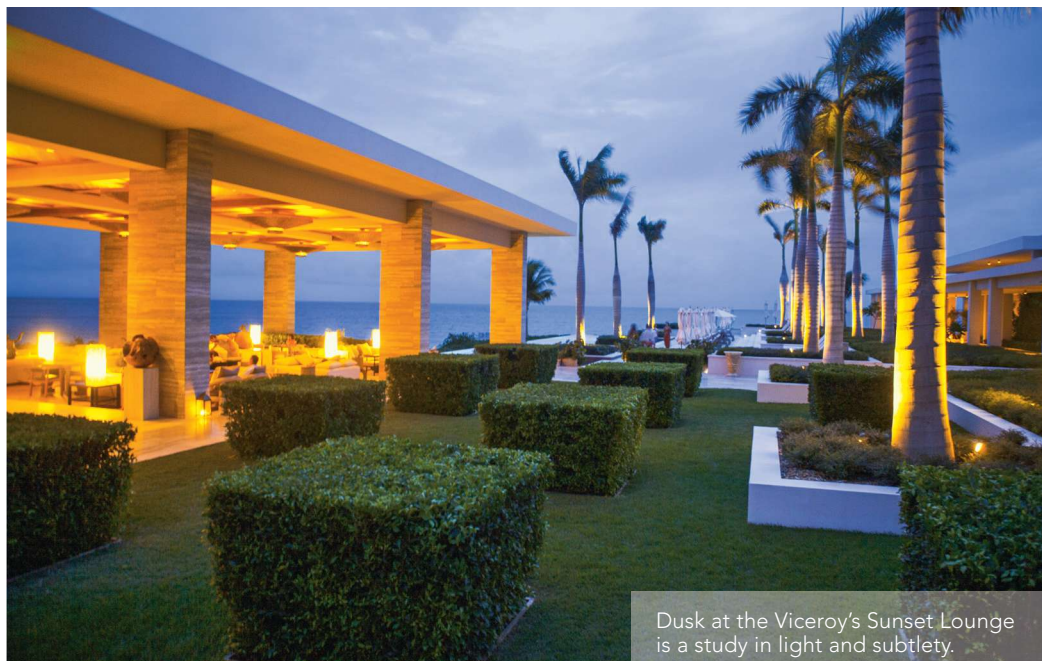
Water the shade of turquoise and beaches the color of cream paint the shoreline of this Eastern Caribbean island.

Photo courtesy of Anguilla Tourist Board

On a whim they stopped in at Mann Travels in Blakeney and met with Leisure Manager Carianne Nicholson, who recommended a stay at the Viceroy Hotel in Anguilla. "After June and Andrew arrived there, they called and told me they didn't want to come home," Nicholson recalls. "They asked if I could extend their stay." The couple ended up spending eight days instead of six.

### 'Off the Beaten Path'

Nicholson believes Anguilla is an ideal getaway because it is not overdone. "People



Dusk at the Viceroy's Sunset Lounge is a study in light and subtlety.

Photo courtesy of Christian Horan



The Viceroy Hotel is a standout among luxury island retreats for its distinct architectural design.



want somewhere off the beaten path," she says. "If you've heard of it in a song, then it's a tourist hot spot." Tucked away in the Eastern Caribbean and a short hop from better-known resort islands, Anguilla retains its exclusivity and unique character.

Surrounded by brilliant turquoise water, the island is coveted for its 12 miles of pearly sand coast that boasts 33 of the most beautiful beaches in the world. All offer public access, yet are rarely crowded. Rendezvous Bay's lengthy shoreline is known for strolling, while the secluded cove at Little Bay evokes a romantic aura with picturesque views.

Anguilla's beaches also provide a perfect backdrop for the island's increasingly inventive cuisine. At Meads Bay, diners can enjoy trendy island dishes at fine restaurants such as Blanchard's, an island favorite with tall teal shutters and a lush tropical garden.

Colorful beach bars perch on the blinding white sands of Shoal Bay, and at Sandy Ground, center of the island's nightlife, the Sandbar is popular for hors d'oeuvres and pre-dinner drinks. For dinner, however, Nicholson recommends Veya, a restaurant famed for its "Cuisine of the Sun." For casual food, Nicholson likes Smokey's, an unpretentious



Veya restaurant is recognized for its "Cuisine of the Sun."

Photo courtesy of Anguilla Tourist Board

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shack that dishes up the best barbecue she has ever tasted. At sunset, lovers head for the scenic coral cliffs at Crocus Bay, where they can linger over American, Asian or Caribbean fare at Da'Vida.

To reach Anguilla, fly US Airways to St. Martin, then take a 20-minute ferry. "You don't have to rent a car," Nicholson notes. "The island is very clean and safe, and people love to walk, jog or cycle there."

### 'Modern and Chic'

The Viceroy Hotel is a standout among luxury island retreats for its distinct architectural design, Nicholson says. "Ballantyne travelers seek the creme

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Surrounded by brilliant turquoise water, the island is coveted for its 12 miles of pearly sand coast and 33 beaches.

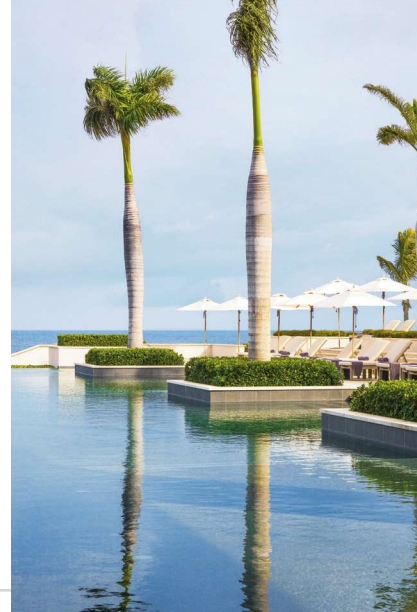


Photo courtesy of Christian Horan

Guests enjoy the Viceroy's infinity pool.



Photo courtesy of Anguilla Tourist Board

The Prickly Pear is one of many beach-front restaurants on Anguilla.

Comfortable modern porches and spectacular views are routine at the Viceroy's villas.

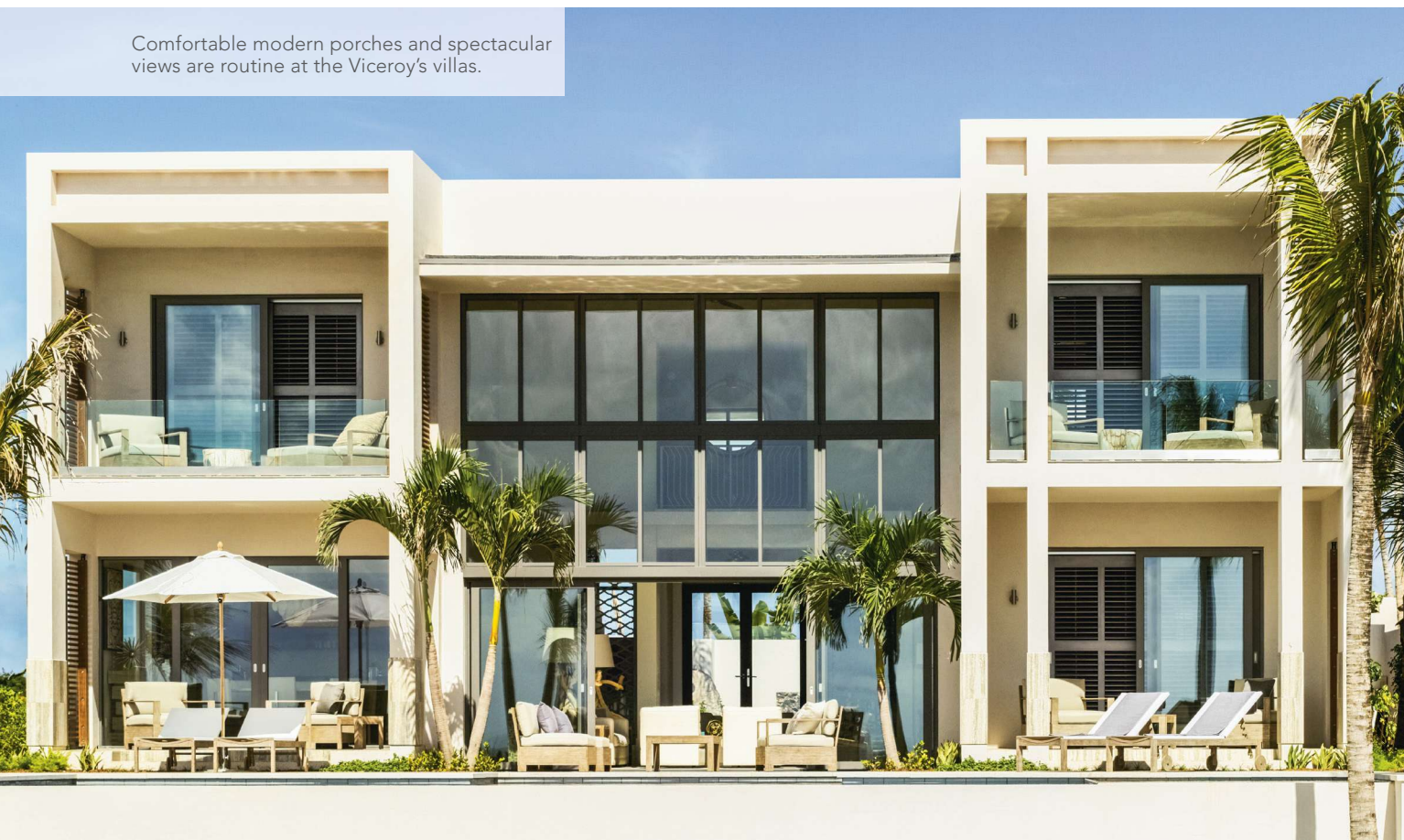


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Festive cocktails are a menu attraction at Veya's.

Photo courtesy of Anguilla Tourist Board

de la creme in resorts, and the Viceroy is so upscale, modern and sleek. It doesn't have typical Caribbean colors but exudes tranquility with earth-tone marble."

The contemporary interiors by Kelly Wearstler have garnered acclaim from international sophisticates and led to top ratings by Conde Nast and the Robb Report. "The Viceroy is completely different from all those thatched-roof island hotels," Nicholson says. "It's very South Beach Miami, modern and chic. Something you've never seen in the Caribbean."

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Rooms at the Viceroy reflect the same eclectic styling of the hotel's common areas.

Photo courtesy of Christian Horan

The hotel's contemporary interiors have led to top ratings by Conde Nast and the Robb Report.



Traditional bright pastels of the Caribbean are a Tasty's Restaurant trademark.

Photo courtesy of Anguilla Tourist Board





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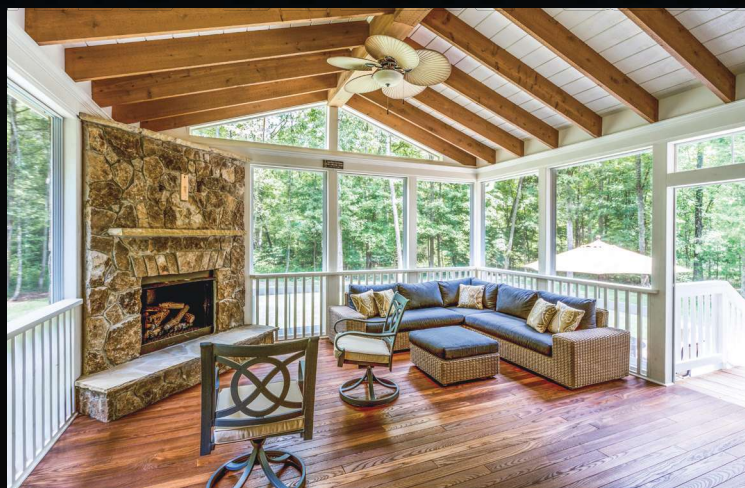
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Poolside at the CúisinArt Golf Resort is gorgeous day or night.

Photo courtesy of Anguilla Tourist Board

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Situated atop a promontory on a private peninsula of Meads Bay, the Viceroy offers villas of two to five bedrooms, all of which have infinity pools, hot tubs and outdoor showers as well as the latest electronics and a gourmet professional kitchen. The hotel's signature restaurant, Cobà, overlooks Barnes Bay and Meads Bay. Other hotel amenities include tennis, a luxurious

spa and fitness center, water sports and two beaches.

### Bareback Riding

Although Anguilla is a relatively small island, there is plenty to do. In addition to golf at the \$50 million Greg Norman championship course at CúisinArt Resort or shopping at high-end boutiques like Zazaa, couples can try one of three offshore cays for snorkeling, followed

continued on page 92



Only a ferry ride away from Anguilla is this fresh seafood dish on Scilly Cay.

Photo courtesy of Anguilla Tourist Board



Dining at the Viceroy's Cobà Restaurant offers captivating vantage points.

Photo courtesy of Christian Horan



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Grilled whole snapper is popular at Tasty's Restaurant in South Hill, Anguilla.

Photo courtesy of Anguilla Tourist Board

■ continued from page 90

by dinner on a private island. You can also explore one of seven wrecks around the island on a diving excursion.

"Anguilla is amazing because there is so much to do," Kaplan says. "Andrew and I are adventurous, so one day we climbed a 35-foot rock in our bare feet and leaped into the ocean." Their most memorable experience, however, was riding horses bareback on the beach, something Kaplan had always longed to do. "We took our horses into the water up to our waist and they swam with us on their backs. My horse jumped up and threw me off, which was very playful and romantic."

Their trip was so awesome, she insists, that they want to be married at the Viceroy and spend their honeymoon on Anguilla. 



The Viceroy's Spa Cabana offers an ocean breeze and amazing view.

Photo courtesy of Christian Horan



Photo courtesy of June Kaplan

The couple's most memorable experience was riding horses bareback on the beach.



Plump, succulent shrimp are a delight at Zura Restaurant.

Photo courtesy of Anguilla Tourist Board



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# Keeping it Fresh

5 Great Ways to Advance Your Game this Winter

By Andrew Kiger, Staff Instructor, Dana Rader Golf School

PUT THE BASEMENT TO GOOD USE THIS WINTER. Move the couch, lamp, dog, cat and anything else you care about out of the way to create room to work on your golf game. If you want to hit the ball longer and straighter next spring, here are some ideas to keep fresh in your mind so that your game doesn't go cold.



Andrew Kiger


Down the Line and The EyeLine Golf Edge Putting Plane Rail (70-degrees). I prefer the plane rail because it teaches you to keep your stroke on plane and your clubface square to the plane. Before you know it, your stroke will be grooved and you'll be making more putts than ever before.

## Mirror Practice

Using a mirror as feedback can help you see your desired positions throughout your swing. Use an expo marker or piece of tape to mark where the shaft plane is, and then mark the line where the shoulder plane is. Make sure to take your backswing and downswing somewhere between these two lines. If you do not have a mirror, you can use a glass door or window that will reflect at nighttime.

## Impact Bag Drills

Work on your impact position and understand how the clubface works through impact; this can help any golfer achieve the desired ball flight. To hit a draw, square the clubface to your intended start line and create a path that is more in to out (right of the start line) than the face.

If you are hitting the impact bag correctly, your arms and club shaft will form a lower case "y" as your weight shifts toward your front foot. The bag will also travel in the direction of your swing path. So if your club is traveling in to out, the bag will travel to the right of your target. However, the ball would have deflected in the direction the clubface was pointing and then curved right to left toward the flag. 

## Molded Grip

Purchase a molded grip. It will guide where your hands should be on the club and help keep your hand placement consistent. A good molded grip also will align your hands so that the clubface is square.

## Alignment Aids

Jack Nicklaus mentioned several times that the set-up determines what motion a golfer makes. To help with your alignment, purchase some alignment rods from your local Home Depot or Lowe's. The home improvement stores call them driveway reflector rods. Using the station pictured, practice setting up properly. Ensure that your body is parallel to the target, your ball position is correct and the bottom groove of your golf club is perpendicular to the target.

## Putting Arcs

This is also a great time to work on your putting. There are several arcs available to help you groove a natural putting stroke. The three shown here are The Putting Arc, Inside



Molded Grip



Alignment Aids



Putting Arcs



Mirror Practice



Impact Bag Drills



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# Wing It!

We love the impromptu interactions with wildlife in Ballantyne. Matt Francis spotted this beautiful blue heron hanging out at Crawford Pond in Ballantyne Corporate Park and shared the image for all to enjoy. Thanks, Matt — you're not just a pretty Face (see page 29)!

## Want Your Photo Here?

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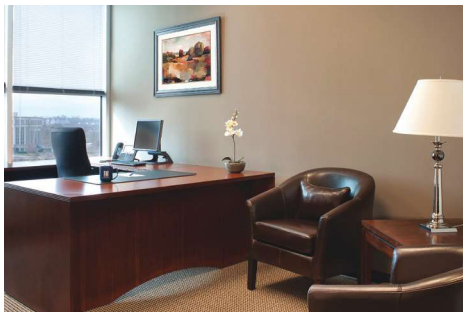


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