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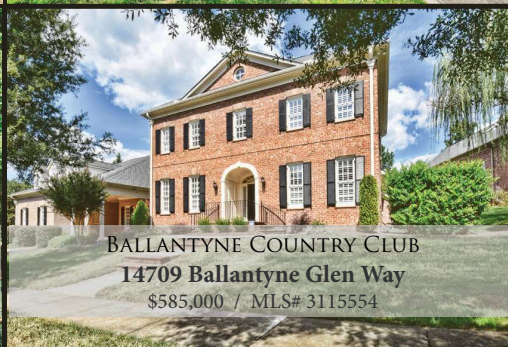
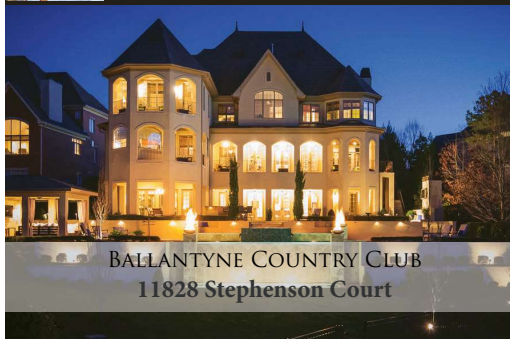


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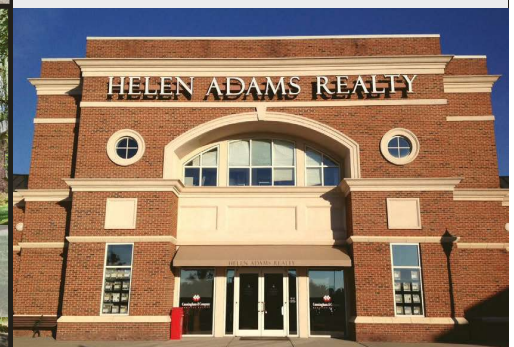


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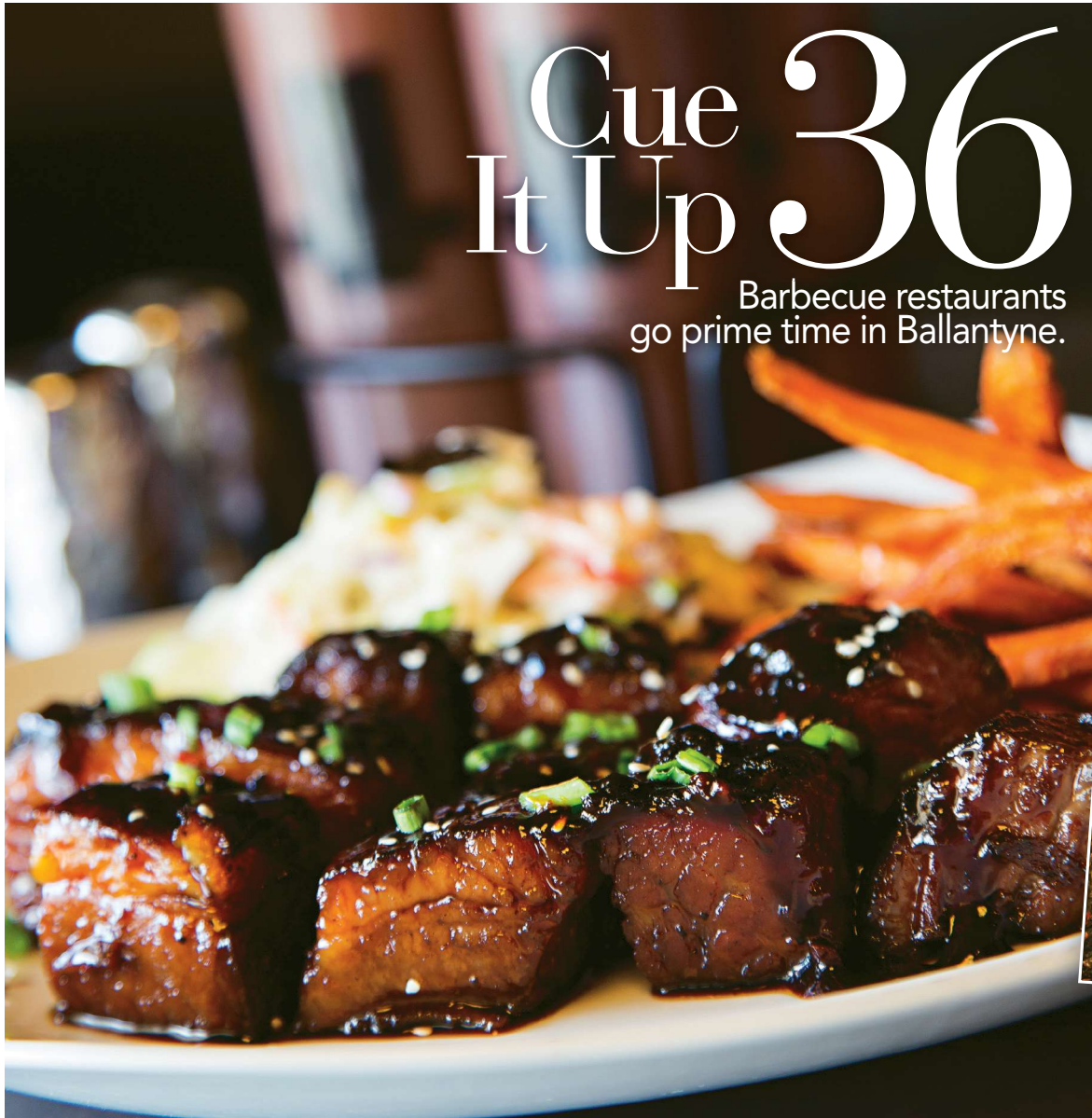


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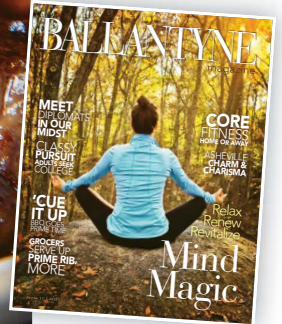


FEATURES



Cue It Up 36

Barbecue restaurants go prime time in Ballantyne.



ON THE COVER:
Big Rock Nature Preserve is perfect for quiet meditation.
Photo by Ray Sepesy

Mind Magic

Relax and revitalize through meditation and more.

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Classy Pursuit

Adults seek local colleges for career boost, personal growth.

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OYSTER PERPETUAL SUBMARINER DATE



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CHARLOTTE: SouthPark Mall
LAKE NORMAN: Birkdale Village

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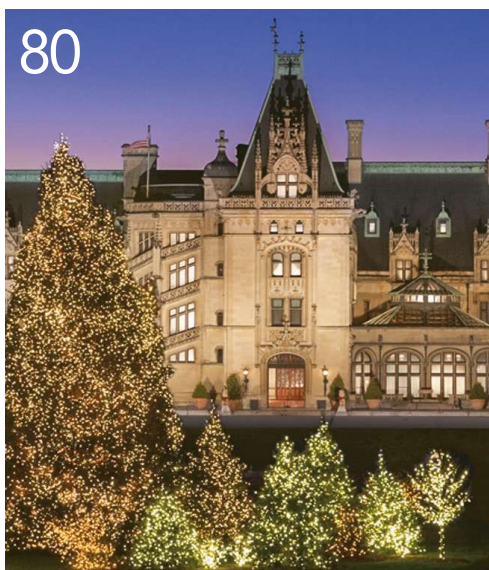


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magazine

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Mindful Living

Enjoying the Simple Moments



AS ONE YEAR ENDS AND A NEW ONE BEGINS, the inclination is to reflect on the past and plan for the future. But what happens to each single moment?

What better place to decompress and focus than in the majesty of the Blue Ridge Mountains and Asheville.

In our feature, Mind Magic, we explore the principle of mindfulness meditation that teaches the practice of focusing on the moment by removing distractions that clutter our minds. What better place to decompress and focus than in the majesty of the Blue Ridge Mountains as we travel to Asheville for a close-to-home winter Escape?

In Classy Pursuit, we meet individuals who clearly have their sights on the future by embracing the educational opportunities offered at Wingate University and Central Piedmont Community College locations in Ballantyne Corporate Park. From continuing education to advanced degrees, countless options are available right at our door.

It's easy for me to take in the alluring aroma of hickory, barbecue-enhanced smoke. Ballantyne now has several barbecue restaurants that range from the tried and true to

a refreshing bit of sophistication. Pulled pork, St. Louis-style ribs, smoked brisket — we taste them all in 'Cue It Up. Burnt ends, anyone?

In Who Knew?, we meet two European diplomats who make their home in Ballantyne, while Expert Direct shows us how to strengthen our core with easy fitness techniques at home or on the road. If you are disheartened when holiday decorations are taken down for the year, we offer fun, creative ideas on how to adorn your front door from winter to spring. In Fab Fare, we sample restaurant-quality meals, hot and ready-to-eat from a surprising source — your nearby grocery.

As this year closes, I want to thank our contributors, advertisers and most of all, our readers. As you capture the simple moments, I share this wish for all of us: may we give and love more and take and expect less.

Warm Wishes,

Regina Robertson
Editor-in-Chief



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



Dr. Tony Zeiss (from left), CPCC president; Benton Bragg, CPCC trustee; Smoky Bissell, chairman of Bissell Companies; Trevor Fuller, chairman of the Mecklenburg County Board of Commissioners; Mary Vickers-Koch, CPCC dean for business and industry learning; and Mack McDonald, CPCC associate dean for business and industry learning, celebrate the opening of CPCC's Ballantyne Center.

CPCC Hosts Grand Opening in Ballantyne

Central Piedmont Community College (CPCC) celebrated the opening of its Ballantyne Center at a ribbon-cutting event on Aug. 26. Speakers included Trevor Fuller, Smoky Bissell, Benton Bragg and Dr. Tony Zeiss.

The Ballantyne Center is located at 11430 N. Community House Road and includes classrooms, computer labs, meeting rooms and office space. It is located in the

Gibson Building in Ballantyne Corporate Park.

CPCC is offering corporate and continuing-education courses related to banking and financial services, computer and information technology, entrepreneurship and small business, project management, insurance, notary, personal enrichment and other topics.

Spring 2016 classes begin in January. Learn more at www.cpcc.edu/campuses/ballantyne.

NEWS CUES



Pavilion, Charging Station Completed at Robinson Farm

A permanent Farmers Market Pavilion at the Village at Robinson Farm is now complete. The site's weather vane originated in Madison County.

Christmas trees will be sold through Christmas Eve, Monday through Friday from noon to 8 p.m. and weekends 8 a.m. to 8 p.m. The pavilion will then serve as covered parking during winter months until the farmers market reopens in late spring.

The Village at Robinson Farm has also erected the first public electric vehicle station in the Ballantyne area. Wi-Fi enabled, the new charging station is located by a grass island next to handicapped parking and costs \$1 an hour. Both initiatives were undertaken in keeping with the property's Silver LEED certification.

Ballantyne Ball to Benefit The Sandbox

The second annual masquerade-themed Ballantyne Ball, "Be Enchanted, For a Cause," is Saturday, Feb. 13, beginning 6 p.m. at The Ballantyne Hotel & Lodge.

The event, a 501(c)(3) charity founded to support local causes and enhance lives in the community, is teaming with The Sandbox in 2016 to raise funds to help families whose children have cancer or life-threatening illnesses. Go to www.ballantyneball.org for information and tickets, or email chair Allen Starrett at allen@ballantyneball.org.



Priorities Meeting Kicks Off 2016

The Ballantyne Breakfast Club will hold its annual Priorities Meeting in February. For the date, please check the website listed below closer to the event.

Invited are representatives from the state, county, city and Charlotte-Mecklenburg School Board as well as senior department leaders from Charlotte police, fire and sheriff's departments; local and state transportation groups, the Charlotte planning department, the regional visitors authority, local colleges, Mecklenburg County Park and Recreation, the Charlotte Chamber, Center City Partners and other groups.

Each group representative will have a table where the public can discuss concerns. The meeting is at The Ballantyne Hotel & Lodge starting at 9 a.m. Social hour begins at 8:30 a.m. with complimentary coffee and refreshments. Meetings are free and open to the public. Details: Ray Eschert at 704-651-1237, reschert@aol.com or www.ballantynebreakfastclub.com.



Bissell Honors Corporate Park Tenants with Library Gift

The Bissell Companies has made a significant contribution on behalf of its tenants in Ballantyne Corporate Park to the South County Regional Library. With the gift, the library will transform its patio into an interactive learning space and community garden for local residents to enjoy. The project's targeted completion is late March 2016.



Waverly Signs More Tenants

ULTA, Taziki's Mediterranean Café and Hand & Stone Massage and Facial Spa have signed leases in the 90-acre Waverly development near the intersection of Providence and Ardrey Kell roads in south Charlotte.

The three new tenants join more than a dozen other retail shops and restaurants, including a 40,000-square-foot Whole Foods projected to open in 2016.

Novant Health, at 22,000 square feet, will be the medical office anchor and offer urgent care and family health care, including pediatrics, physical therapy and other services. Novant Health is projected to open in late 2015.

Waverly, a multi-use master planned development, is a joint venture between Childress Klein, Crosland Southeast and the Matthews family. For more info, go to www.waverlyclt.com.

Y Stages Play, Offers Camps

The Morrison Family YMCA Ballantyne School of Theatre will hold a performance of "The Best Christmas Pageant Ever" Dec. 11-13. For info on performance times, as well as audition information for future plays — which include "Charlotte's Web," "Story Theatre" and "Once on This Island" — visit www.ymcacharlotte.org/morrison.

Also, you can bring holiday joy to young people in need. Simply pick an ornament from the Y's Giving Tree that represents a specific child and purchase the gifts they desire. Drop gifts at the Y's Sales and Service Center by Friday, Dec. 11.

Meanwhile, registration for summer camps begins Feb. 1. Themed half and full-day camps for aspiring athletes, artists, dancers and chefs are available. Details can be found at the website noted above.

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Enjoy the Holidays and More at The Ballantyne Hotel & Lodge

Hot Chocolate & Toddies

Sip hot chocolate at the Veranda and Gallery Bar on Friday through Sunday, Dec. 11-27, 2 p.m. to 5 p.m. (except Christmas Day).



Holiday Afternoon Tea

Savor festive teas with live music in the lobby Wednesday through Sunday, Dec. 2-27, from 1 p.m. to 5 p.m.

(except Christmas Day). Cost: \$36 for adults and \$18 for junior patrons. Champagne tea is available for \$45 per person. Reservations required: 704-248-4100.

Gingerbread Lane

An enchanting collection of gingerbread creations is on display daily, Dec. 10-27. Vote on your favorite house with \$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 regular menu as well as offer a prime rib special. Reservations required: 704-248-4100 or www.gallery-restaurant.com.



Christmas Brunch

The hotel will offer a sumptuous Christmas spread on Dec. 25 from 11 a.m. to 3 p.m. with live holiday music. Cost: \$75 per person, \$35 for children, ages 5-13, and complimentary for children ages 4 and under. Private dining rooms are available. Reservations required:

704-248-4100 or www.gallery-restaurant.com.

New Year's Eve Overnight Package

Ring in 2016 with an overnight stay at The Ballantyne Hotel & Lodge. The package includes room, valet parking, prix fixe menu dinner for two and festive party admission at Gallery Restaurant (excludes alcohol; see details on the party below). Dressy attire recommended. Pricing starts at \$439 plus tax for two, and the package requires a 48-hour cancellation policy. Special weekend rates available Jan. 1-2. Reservations: 1-800-325-3589.

New Year's Eve Party

Celebrate the new year beginning at 9 p.m. at Gallery Restaurant. The event features a DJ spinning tunes, dancing in the Carolina Room, drink specials, party favors, Champagne toast and live coverage of the New Year's Eve Times Square countdown. Open to guests 21 and over staying at the hotel and/or dining at Gallery.



2016

Look for these special events at The Ballantyne Hotel & Lodge in 2016. Reservations are required at 704-248-4100.

Tastings: Gallery Restaurant offers weekly tastings on Fridays at 6:30 p.m. with complementing light bites. The first and third Friday of the month usually features a certain type of wine, and the second Friday of the month focuses on cocktails.

The Whiskey Club of Ballantyne: Explore the nuances of an array of whiskeys served with complementing small plates at Gallery Restaurant's Whiskey Club of Ballantyne, held monthly on Fridays, 6:30 p.m. to 8 p.m. 2016 events include: Barrel-Strength Whiskeys on Jan. 29; Rye and Wheat Whiskey on Feb. 26; and Irish Whiskey on March 25.

Princess Tea: From 1 p.m. to 5 p.m. Feb. 10-13, the hotel will offer a magical Princess Tea. The family-friendly event will feature a special menu and decor for royalty. Attendees are encouraged to dress up in their favorite princess gown, jewelry and tiara.

Valentine's Day: Enjoy an intimate dinner at Gallery Restaurant Feb. 12-14. The three-course prix fixe menu will feature a choice of appetizer, entree and dessert for \$75 per person.

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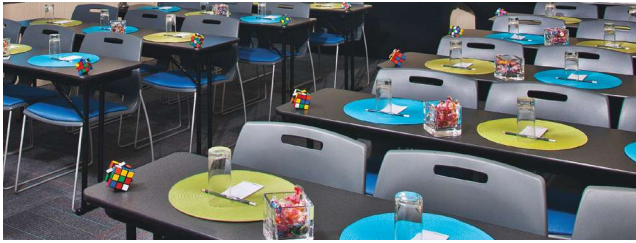
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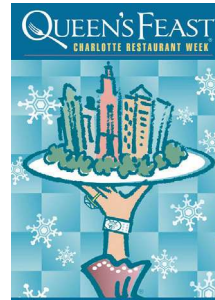


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Restaurant Week Jan. 22-31



The Queen's Feast: Charlotte Restaurant Week returns Friday, Jan. 22, through Sunday, Jan. 31. The winter run features a record 124 restaurants in the metro area offering three-course prix fixe dinners for \$30 or \$35 per person, including several dining spots in Ballantyne.

Visit www.charlotterestaurantweek.com in late December for menus and reservation information.

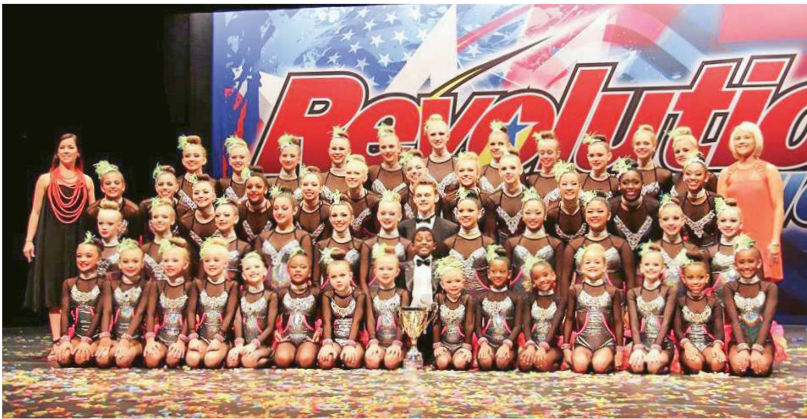
YOUNGER SET



Elon Kids Pack Meals for Charity

Students at Elon Park Elementary School recently packed 50,000 nutritious meals in partnership with Servants With a Heart. The meals offer nine essential amino acids required for complete nutrition and will be distributed to impoverished families internationally as well as via local food banks and feeding programs.

Since 2011, Servants With a Heart volunteers have filled nearly 45,000 volunteer shifts, packing more than seven million meals. To sign up for a shift or learn how to sponsor a packing event, visit www.servantswithaheart.org.



Carolina Dance Capital participants are shown with the Victory Cup after winning for the highest scoring dance routine.

Dance Teams Win at Competition

Dancers on Carolina Dance Capital's teams between the ages of 6 and 18 competed this summer in Virginia at the Revolution National Talent Competition, one of the leading dance competition organizations in the country. Carolina Dance Capital, located in the Toringdon Circle Shopping Center, won in a variety of categories. Info: www.carolinadancecapital.com.

BIZ BUZZ

Omni Montessori Names New Leader

Charlane Baccus has been named the new head of school at Omni Montessori, which serves children age three through the ninth grade.

With the appointment, Baccus now leads one of only two schools in North Carolina recognized by Association Montessori International/USA. She recently co-founded the Green Tree Montessori School, completed her Master's in Education at Endicott College and became a primary teacher certified by Association Montessori International.

Omni Montessori also recently received \$90,000 from Alan and Gwen Gardner to start The Gardner Family Endowment Fund to promote diversity at the school. Details: www.omni-montessori.org.

Students Again Place Nationally

Students at Ballantyne Elementary School logged 2,112,954 minutes of reading during the ninth annual 2015 Scholastic Summer Reading Challenge, earning the school 13th place among 6,229 schools in 28 countries.

The previous summer, students at the school came in 11th with 3,534,504 minutes of reading. The event is a free summer program designed to encourage children to read and log their minutes spent with books to counter the "summer slide," a learning loss effect when schools are not in session.

Details on the challenge: www.scholastic.com/summer/.

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Anna Martin (left) with the United States Tennis Association's N.C. chapter presents Blakeney Tennis Club's Nikki Seward with the award.

Blakeney Tennis Club Wins Award

Blakeney Racquet & Swim Club was recently named the United States Tennis Association's Member Organization of the Year for North Carolina. The award acknowledges service to the community, to members through junior and adult programs and to the game of tennis.

The private club, owned by Berhe Serekeberhanan, is now 11 years old and has more than 450 members. Info: www.blakeneyclub.com.

Ballantyne Chamber Holds Luncheons

The Ballantyne Chapter of the Charlotte Chamber of Commerce will hold luncheon meetings on Thursday, Dec. 10, at Ballantyne Country Club, and Thursday, Jan. 7, at the Ballantyne Village Theatre. There will be no luncheon in February.

Meetings are from 11:30 a.m. to 1 p.m. Fee is \$20 in advance and \$25 at the door, subject to wait list. To register or get updated information and details on meeting speaker and content, visit www.charlottechamber.com.

Hotel & Lodge Wins Recognition

The Ballantyne Hotel & Lodge was named No. 15 on Conde Nast Traveler's 2015 Readers' Choice Top 20 Resorts list.

Wealth Advisor Receives Award



Mark Antonich

Mark Antonich, a private wealth advisor with Ameriprise Financial, has been named a recipient of the 2015

Five Star Wealth Manager Award. The award goes to less than 7 percent of the wealth managers in the region based on research administered by Five Star Professional, a third-party research firm. Antonich's practice is located at 8832 Blakeney Professional Drive, Suite 302.



Mike Bowden



Juliana McPherson

Allen Tate Co. Adds Associates

Associates Mike Bowden and Juliana McPherson have joined the Ballantyne office of Allen Tate real estate company.



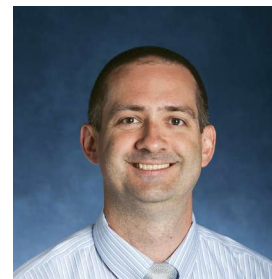
Elizabeth Grove



Amanda Singleton



Susan Granson



Chad Olmstead



Rebecca Goldberg



Donna Gloddy



Dee Wood



Amy Putnam

Hires, Promotions Announced

Bissell Companies has hired Elizabeth Grove and Amanda Singleton as property assistants and Susan Granson as interior construction manager.

Chad Olmstead has been promoted to assistant controller at Bissell Hotels.

The Ballantyne Hotel & Lodge has hired Rebecca Goldberg as director of meetings and events, Donna Gloddy as assistant banquet manager and Dee Wood as senior catering sales manager.

Amy Putnam has been promoted to assistant general manager at Aloft Charlotte Ballantyne.

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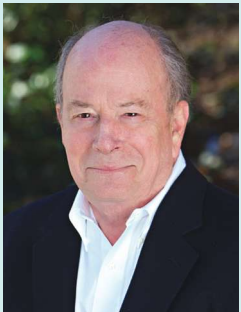
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Dana Rader, Julie Cole Win National Honors

Dana Rader, a Master Professional member of LPGA Teaching & Club Professionals (T&CP) and founder of Dana Rader Golf School, has won the 2015 Ellen Griffin Rolex Award.

Griffin was one of the best-known women's golf teaching professionals in American history. Instituted by the LPGA T&CP membership in 1989 to honor her, the award recognizes an individual, male or female, who has made a major contribution to the teaching of golf and emulates Griffin's spirit, love and dedication to students, teachers, teaching skills and the game of golf.

In another honor, Golf Digest named Rader and Julie Cole of the school to the "Best Teachers in America" list for 2015-16. The bi-annual rankings feature the organization's top 50 golf instructors in the country, as well as the best in each state. More info: www.danarader.com.

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Networking Group Hosts Sales Expert

Ballantyne Briefings, a local networking group, will meet Tuesday, Jan. 26, from 5 p.m. to 7 p.m. at Aloft Charlotte Ballantyne. Jim Dunn, president of Dunn Enterprises/

Sandler Training will speak on "No Guts, No Gain: The Art of Closing More Deals." Info: Allen Starrett at ars@starrettlawfirm.com.

OPENINGS

Fitness Spot Now at Arboretum



Orangetheory

Fitness is now open in Arboretum Shopping

Center next to Le Peep. The facility offers workouts based on heart-rate-based treadmill interval training, the efficiency of indoor rowing for increased power and the concept of weight training blocks. Info: 704-612-2102 or www.orangetheoryfitness.com/charlotte-the-arboretum.

Penzeys Comes to Area

Penzeys offers a broad range of spices and herbs, including salt-free blends, gift boxes and cooking tips, at Arboretum Shopping Center. Details: www.penzeys.com.

Village Welcomes Pasta Bar

Gusto! is now open in Ballantyne Village next to TCBY. The menu features pasta dishes made fresh to order, specialty sangrias and an assortment of healthy options that include tapas. Info: 704-900-7455 or www.gustoballantyne.com.

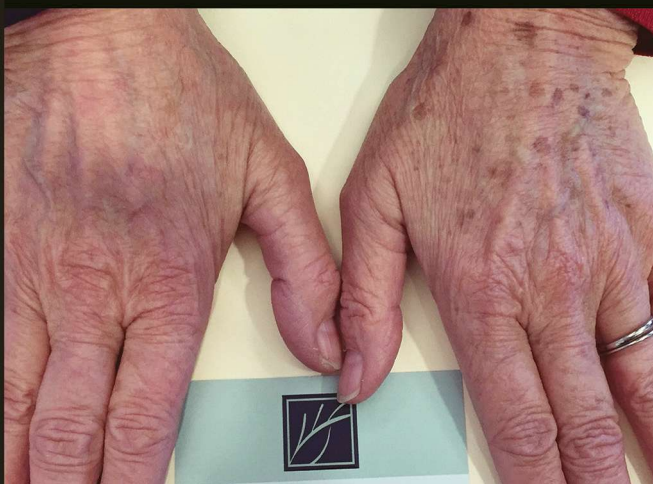


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Food Truck Becomes Store

The store, "SUGAR. Handmade Gourmet Donuts," has opened in Robinson Corners on Elm Lane. The operation began as a food truck.

In addition to 10 flavors of doughnuts, including the popular maple bacon and vanilla bean glazed, the shop sells cinnamon rolls, apple fritters and savories. The store also offers local roast gourmet coffee and French hot cocoa with homemade marshmallow fluff. All fillings, glazes and toppings are homemade. Info: 980-214-1566.



Fashion Shop Moves Locations

The Cheeky Bean has moved next to Nouveaux in Ballantyne Village. The shop, which has been open three years, specializes in high-end women's fashion with items hand-selected in limited quantities. Info: 980-585-1243.

Oyster Bar Now at StoneCrest

Pearlz Oyster Bar, the first offshoot of the famous Charleston restaurant by that same name, is now open in StoneCrest.

In addition to an extensive variety of oysters, Pearlz serves dishes featuring fresh catch from North Carolina waters. It also offers a bar, patio and children's menu. Info: 980-498-7247 or www.pearlzoysterbar.com.



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Cedar Walk Shopping Center. The 30,000-square-foot facility offers a complete menu of fitness classes. Info: 980-299-0617 or www.corerevclt.com.

Ballantyne Corners Welcomes Salon

Alex Hair Salon, a full-service salon specializing in women's and men's cuts, color, highlights, texture and hair treatments, is now open in Ballantyne Corners. Early-hour appointments are available on request. Info: 980-226-5206 or www.alexhairsalon.com.

Furniture Store Opens



The Pick-it Furniture Company is now open at 6300 Carmel Rd, Suite 150 in the former U.S. Post Office location. The store specializes in high-end designer furniture at affordable prices. Hours are Monday to Saturday from 10 a.m. to 6 p.m. Info: www.pickitfurniture.com.

SWEET CHARITIES

Pancake Benefit Feb. 27



The 6th Annual Pancakes for a Purpose breakfast is Saturday, Feb. 27, at Applebee's Neighborhood Grill & Bar, 5110 Piper Station Drive, Charlotte. Run by high school and college volunteers, the event benefits pancreatic cancer research.



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Cancer Group Partners with Village



The American Cancer Society Relay For Life of Ballantyne has announced a long-term partnership with Ballantyne Village and its Village Cares program. The partnership will feature the Relay at events coordinated by Ballantyne Village to help increase awareness about the Relay and the cancer society.

The partnership will also provide a venue for signature Relay promotions leading up to the next Ballantyne event, which will be June 3 at Ardrey Kell High School. This year's Relay theme, which will coincide with the fifth year of Relay For Life of Ballantyne, will be a "Birthday Bash" celebrating survivors and cancer-free birthdays.

Info: www.ballantynevillage.com/causes/american-cancer-society.



Sprint Raises Record \$110,000

The 5th Annual Stiletto Sprint, presented by Bissell Companies in September, raised a record \$110,000 for Levine Cancer Institute.

The I Heart CF team, created in memory of Carolyn Finegan, who passed away in August after a lengthy battle with ovarian cancer, was both the largest team and the top fundraising team, bringing in more than \$15,000.

Finegan helped create the Stiletto Sprint, along with survivor Pamela Boyajian and other members of the Teal Magnolias, a support group for survivors and women who are undergoing treatment for ovarian cancer. Boyajian secured the title of top individual fundraiser at the event. To donate or learn more: stiletto sprint@carolinas.org or 704-355-4048 (Carolinas HealthCare Foundation).

5K Supports Middle School Athletics

Over 1,000 people signed up for this year's Big South 5K Road Race, which began and ended in the Shops at Blakeney Green on Oct. 17. This year's winners were Anthony Famiglietti of Davidson and Christine Witte of Charlotte.

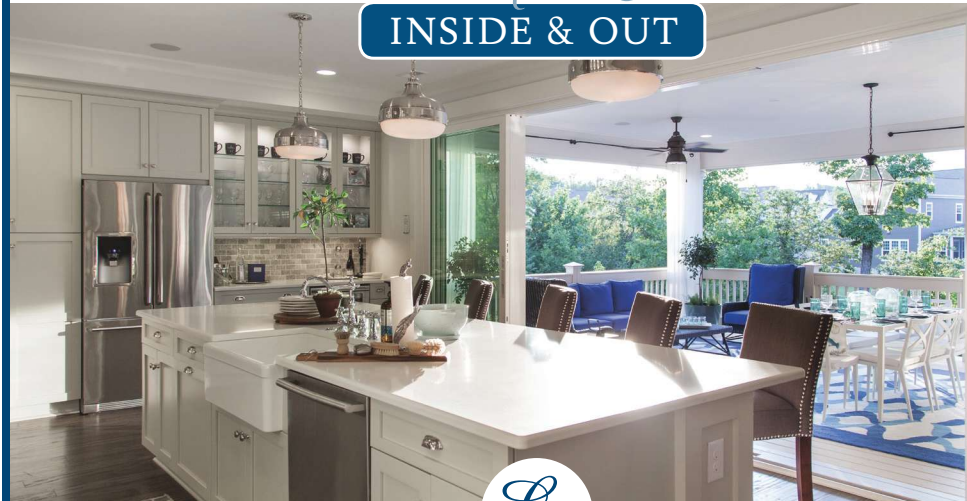
The charitable event, hosted by the Big South Conference, has donated more than \$100,000 to area middle school athletics programs since the first race in 2010.

Club Tops \$25,000 for Folds of Honor

Sept. 4-7, The Golf Club at Ballantyne raised more than \$25,000 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's total exceeded last year's by \$6,200.

The fundraising was in conjunction with Patriot Golf Day, jointly supported by the PGA of America and the United States Golf Association. Patriot Golf Day and related activities have allowed the Folds of Honor Foundation to distribute more than 2,000 scholarships internationally. More info or to donate: www.patriotgolfdays.com.

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Hetal Patel (front), Rakesh Patel (from left), Jay "Trini" Patel, Jack Patel, Jay "Volvo" Patel and Mukesh Maraj supported AAHOA's Charlotte Shootout.

Hoteliers Host Golf Event

The Asian American Hotel Owners Association (AAHOA) hosted its seventh annual Charlotte Shootout Golf Tournament at The Golf Club at Ballantyne Aug. 29-30.

More than 175 members from eight states attended the two-day tournament. Participants raised \$25,000 for local charitable endeavors that include Samaritan's Feet, The Sandbox, Greg Olsen Foundation, Hindu Center, Ronald McDonald House, an autism group and Pratham. AAHOA has 11,000 members who own 20,000 hotels. More info: www.aahoa.com.



BCC Rally Treasurer Natalie Corrigan (from left), Komen Charlotte Executive Director Tami Simmons, Komen Charlotte Board President Jeanne Puckett and BCC Rally Board President Marcia Myers Gainer celebrate the 2015 campaign.

BCC Rally Raises \$250,000

The 12th annual BCC Rally, which featured five events and the Pink Bow Campaign, raised \$250,000 in its 2015 campaign.

The money benefits Komen Charlotte and the Susan G. Komen for the Cure in the fight against breast cancer.

In announcing the total, BCC Rally Board President Marcia Myers Gainer acknowledged the volunteers, sponsors, board members, captains and others who made the accomplishment possible.

FUN FACTOR

These Folks Keep It Lively

Photos by Ray Sepesy



A COFFEE, CANNOLI AND “LITTLE HOUSE ON THE PRAIRIE” — these are our enticing trio’s guilty pleasures.

Jody Pino, Timothy Pirrone and Emily Hanson Scofield keep it lively in other ways. One threw out the first pitch before a game at Wrigley Field, one is obsessed with owning a red Volkswagen bus and the last one — well — she truly respects nature after a copperhead bite. Yikes!

Check out the rest of their fun facts by turning the page.

TIMOTHY PIRRONE

Birthplace: Buffalo, N.Y.

Job: President, Townsquare Interactive, an online marketing firm.

What do you like most about your job?

The day-to-day challenges, as no day is the same. We employ over 200 young professionals, and working with these talented, intelligent and passionate people is seriously enjoyable.

What's your guilty pleasure?

Cannoli. The Italian in me does not allow me to not enjoy these.

What is your favorite Ballantyne-area restaurant?

Blue Taj.

What is your favorite outdoor activity?

Running while pushing my youngest daughter in our jogging stroller and zip lining with my eldest daughter.

Describe your dream vacation.

The French Riviera. Somewhere like Nice, France with my wife, no attachment to email, a sailboat and good red wine.

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

"N.Y. State of Mind" by Nas.

What is your favorite news source?

NPR or BBC.

I would be rather caught dead than wear ____.

A St. Louis Cardinals jersey. I am a die-hard (Chicago) Cubs fan.

What charitable organizations are you involved with?

My wife and I sponsor kids through Children's International and World Vision. We are regular contributors to other organizations and very involved in Charlotte Youth Ballet.

What is your biggest pet peeve?

People who are lazy and OK with others picking up the slack.

What is a hidden gem in Ballantyne?

Four Mile Creek Greenway. Solid place to think while I run.

Share something that someone would never guess about you.

I played collegiate baseball as a pitcher for a small Jesuit school in Buffalo. For my 40th birthday, the present from my wife was to throw out the first pitch at Wrigley Field before a Cubs game. Bucket-list-type experience!



**JODY PINO**

Birthplace: Sharon, Conn., raised in the Adirondack Mountains in New York.

Job: Entrepreneur, founder of Facebook group "Ballantyne Connection."

What do you like most about your job?

I love meeting new people, making connections and helping individuals and businesses find resources that they need.

What's your guilty pleasure?

Starbucks Vanilla Bean Frappuccino with peppermint.

Do you live in Ballantyne?

Yes. I love it here!

What is your favorite outdoor activity?

Walking or biking the local greenways.

Describe your dream vacation.

Traveling in an RV and visiting all of the really cool landmarks throughout the U.S.

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

"Girl on Fire" by Alicia Keys.

What is your favorite news source?

The Internet. I can catch up while on the go.

I would be rather caught dead than wear a ____.

Bikini.

What charitable organizations are you involved with?

I am involved in many fundraising events for my children's schools and sports teams. I also volunteer my time as a catechist at St. Matthew (Catholic) Church. I believe that when our children are engaged in activities they have less time to get into trouble.

What is your biggest pet peeve?

Drivers. Get out of the left lane and use your blinker!

What is a hidden gem in Ballantyne?

The walking trails and fishing ponds in Ballantyne Corporate Park.

Share something that someone would never guess about you.

I am obsessed with owning a red Volkswagen bus. It is my mission to own one someday!

EMILY HANSON SCOFIELD

Birthplace: Atlanta.

Job: Executive Director, U.S. Green Building Council, North Carolina chapter.

What do you like most about your job?

In addition to working for the council, I am the author of "CoCo & Dean: Explorers of the World," a book to raise environmental awareness in children of all ages. I love that my jobs are advocating for something about which I am passionate -- preserving people and the planet.

What's your guilty pleasure?

Watching "Little House on the Prairie" with my kids. It was my favorite show growing up.

Do you live in Ballantyne?

We live within walking distance of Promenade on Providence, off Ballantyne Commons Parkway.

What is your favorite Ballantyne-area restaurant?

Pei Wei for the pad thai tofu noodles. Delicious.

Describe your dream vacation.

"Dream" being the operative word here. I would love to do a family trip with stops in Hawaii, the Galapagos Islands and every continent. We would visit the top three ecological treasures in each place. Anyone want to join me?

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

"Roar" by Katy Perry!

What is your favorite news source?

To get a variety of opinions, I watch Fox News, CNN and listen to NPR.

I would rather be caught dead than wear ____.

Something illegally harvested.

What charitable organizations are you involved with?

I am on the board of trustees and volunteer at Providence United Methodist Church. I also volunteer with Charlotte Christian School and Habitat for Humanity in Charlotte.

What is your biggest pet peeve?

People and businesses that don't recycle.

What is a hidden gem in Ballantyne?

The exercise circuit in Ballantyne Corporate Park.

Share something that someone would never guess about you.

Four years ago a copperhead bit me in my backyard. The unforgettable episode serves as a reminder to respect nature.



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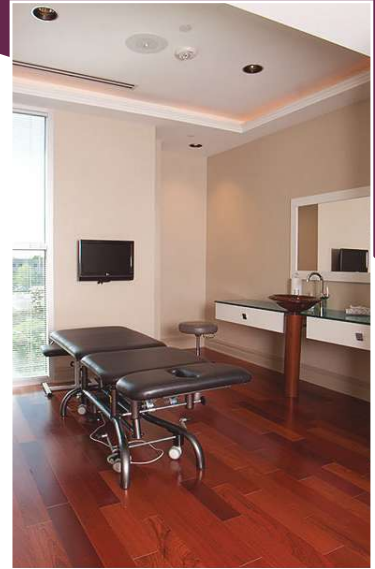
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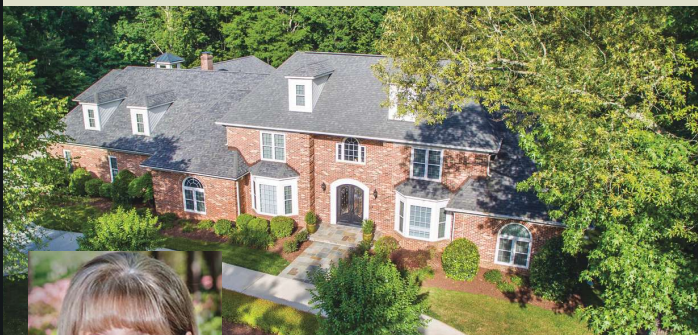
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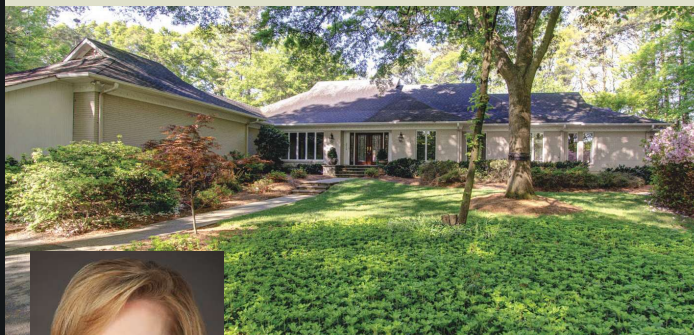
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MLS#3058106

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MLS#3078561

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MLS#3108339

2630 CHILTON PLACE
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Charlotte-SouthPark
704-533-2498
Jean.Bridges@allentate.com

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MLS#3105295

1200 LOST OAK ROAD
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Marlyn Jamison

Charlotte-SouthPark
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Marlyn.Jamison@allentate.com

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MLS#3072484

5202 CARMEL CLUB DRIVE
Charlotte, NC 28226



Linda Barr

Charlotte-SouthPark
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Welcome to 21st century barbecue.

Just as Charlotte has become a city of transplants, so too are the many styles of smoked meat you'll find at two new Ballantyne barbecue spots — Midwood Smokehouse and Smoke Modern Barbeque — and at one seasoned standby, The Q Shack. Though each is defined by a distinctive atmosphere and proprietary sauces and sides, all exemplify the modern-day barbecue experience: menus that reach far beyond standard pork and slaw, and

Barbecue Goes Prime Time in Ballantyne

'Cue It Up

By Alison Miller
Photos by Peter Taylor



"I wanted to create a neighborhood place where you could be a regular, where the food was fun and where I could cook the food I grew up with, the food I love."

—Jamie Theriot, *Smoke Modern Barbeque*

Top, Right: While the decor of Smoke Modern Barbeque is crisp, the Smoke Signal signature cocktail exudes smoke. The drink also contains Jack Daniels, pecan syrup and lemon juice.

Left: Among the StoneCrest restaurant's well-known dishes is barbecue chicken salad.



ambiances and accouterments that take barbecue from picnic fare to prime time.

On a Tuesday night at Smoke Modern Barbeque in StoneCrest, couples cozy up at high-top tables and sip barrel-aged Negroni cocktails. The lighting is low, the music a steady parade of Buck Owens and Huey Smith.

This sleek dining room, where hanging globe lights hover above a glossy, 25-foot-long bar bookended by two walls of wine, is the brainchild of Charlotte restaurateur

Dennis Thompson and his longtime chef friend and business partner, Jamie Theriot. That wine? It was handpicked by sommelier and general manager Jeff Wakem to pair well with your slow-roasted main course, which by the way does not have to be pork or beef (salmon also gets the smoked treatment).

At the back of the restaurant, a gleaming kitchen radiates a white glow. Alongside it, a high-tech stainless steel smoker slowly cooks brisket, bone-in pork butts, chicken, sausage,



ribs and the occasional prime rib and pork loin. On every table, four homemade sauces embody flavors from distinct barbecue-eating regions. A fifth, Smoke's vinegary Eastern North Carolina-style sauce cut with ghost peppers and cayenne, is available by request.

'Real Food'

"Barbecue is a very real food," says Theriot, a Louisiana native who spent part of his career in Aspen, Colorado's fine dining

Smoke Modern favorites feature Kansas City-style burnt ends, sweet potato fries and slaw (right), as well as the Smokin' Q Combo with mac 'n' cheese and slaw (below).



scene. "I wanted to create a neighborhood place where you could be a regular, where the food was fun and where I could cook the food I grew up with, the food I love."

Smoke's expansive menu ranges from shrimp and grits — a nod to Theriot's Southern pedigree — to ahi tuna salad drizzled with Champagne vinaigrette. Classic sides get smart updates: barbecue beans are laced with brisket,

not bacon; a cider-vinegar slaw is emboldened by tomatoes, scallions, pepitas and crunchy slivers of tortilla; and your mac 'n' cheese might sport green chiles or shrimp.

Smoke's StoneCrest location is the brand's fourth (a second Charlotte-area restaurant sits in Cornelius's Birkdale Village, and there are two in Colorado), and knowing Dennis Thompson, it won't be the last.

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Sam Francis, *As for Appearance II* (detail), oil on canvas, 1963-1965 © 2015 Sam Francis Foundation, California / Artists Rights Society (ARS), NY



"When we opened, I thought, 'Here's this food that North Carolina is famous for, and you can't find it in Ballantyne.'"

— Dave Weil, Q Shack

Above, Top Left: The 10-year-old Q Shack is known not only for 'cue but for its jalapeño deviled eggs, created by longtime cook Gloria Jimenez.

Smoked pork (below left) and chili-rubbed beef brisket (below right) are among Q Shack's dishes.



But first on the Ballantyne scene and perhaps the most beloved of these nouveau establishments is Q Shack. 2016 marks the 10th year that this downhome spot has served lunch crowds and handled takeout and catering orders from a corner storefront in the Promenade on Providence center.

"When we opened, I thought, 'Here's this food that North Carolina is famous for, and you can't find it in Ballantyne,'" says owner Dave Weil. From the get-go, the emphasis has been on the familiar and homemade — with a few flairs.

Smoked Turkey Following

Chef/general manager Richard Sayles has made a name for his smoked green bean salad, mashed sweet





A staple at Q Shack is pulled pork with barbecue beans, hush puppies, potato salad and a jalapeno deviled egg.

potatoes and Georgia-style Brunswick stew, only available in colder months. Gloria Jimenez, a longtime cook, cemented the most famous of Q Shack's sides into local appetites. Her deviled eggs are stuffed with a jalapeno-onion-mayo-yolk mixture and topped with homemade pico de gallo.

In addition to pork butt,

brisket, ribs, chicken and sausage, Q Shack also smokes turkey. In fact, the day before Thanksgiving is the busiest day of the year, as people in the know line up to bring home their smoked birds.

Meanwhile, at Midwood Smokehouse, you can whet your appetite with a first course of bacon-wrapped, Monterey Jack-stuffed



Pitmaster Matt Barry prepares barbecue at Midwood Smokehouse, from chopping pork to stoking the smoker. The burnt ends platter is a restaurant specialty.

"I'm a ribs guy. I snack on 'em all day long."

— Matt Barry,
Midwood Smokehouse





Midwood Smokehouse serves St. Louis-style pork ribs with bacon-wrapped jalapenos and mac 'n' cheese.

jalapenos before slicing into a strip of Texas-style brisket or caramelized Kansas City-style burnt ends.

"We're definitely in the midst of a barbecue renaissance," says Matt Barry, the humanities major turned pitmaster. After graduating from North Carolina State, he started working at Q Shack in Raleigh, where he earned the foundation for his barbecue career. The course continued in 2011 when his uncle introduced him to Charlotte restaurateur Frank Scibelli, the chef/businessman behind



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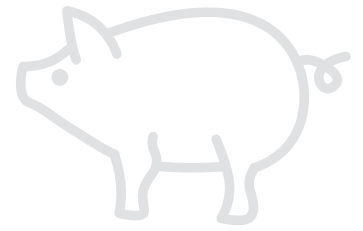
Scibelli, who recently sold Bad Daddy's and

Cantina 1511, invited Barry to a tryout of sorts at his newly opened Midwood Smokehouse in Plaza Midwood. Barry served Scibelli a smoked

The interior of Midwood Smokehouse is rustic chic.

whole chicken, coated in his homemade rub and accompanied by a sauce he created. Two days later, Scibelli hired him as pitmaster.

In May 2015, the pair opened a second location in Toringdon Market, bringing a custom-made smoker with them. A Charlotte native, Barry has continued to grow his 'cue credentials, including Barbecue Camp at Texas A&M University and extensive time at storied pits in Texas. His favorite thing on the restaurant's menu? "I'm a ribs guy," he confesses. "I snack on 'em all day long." 



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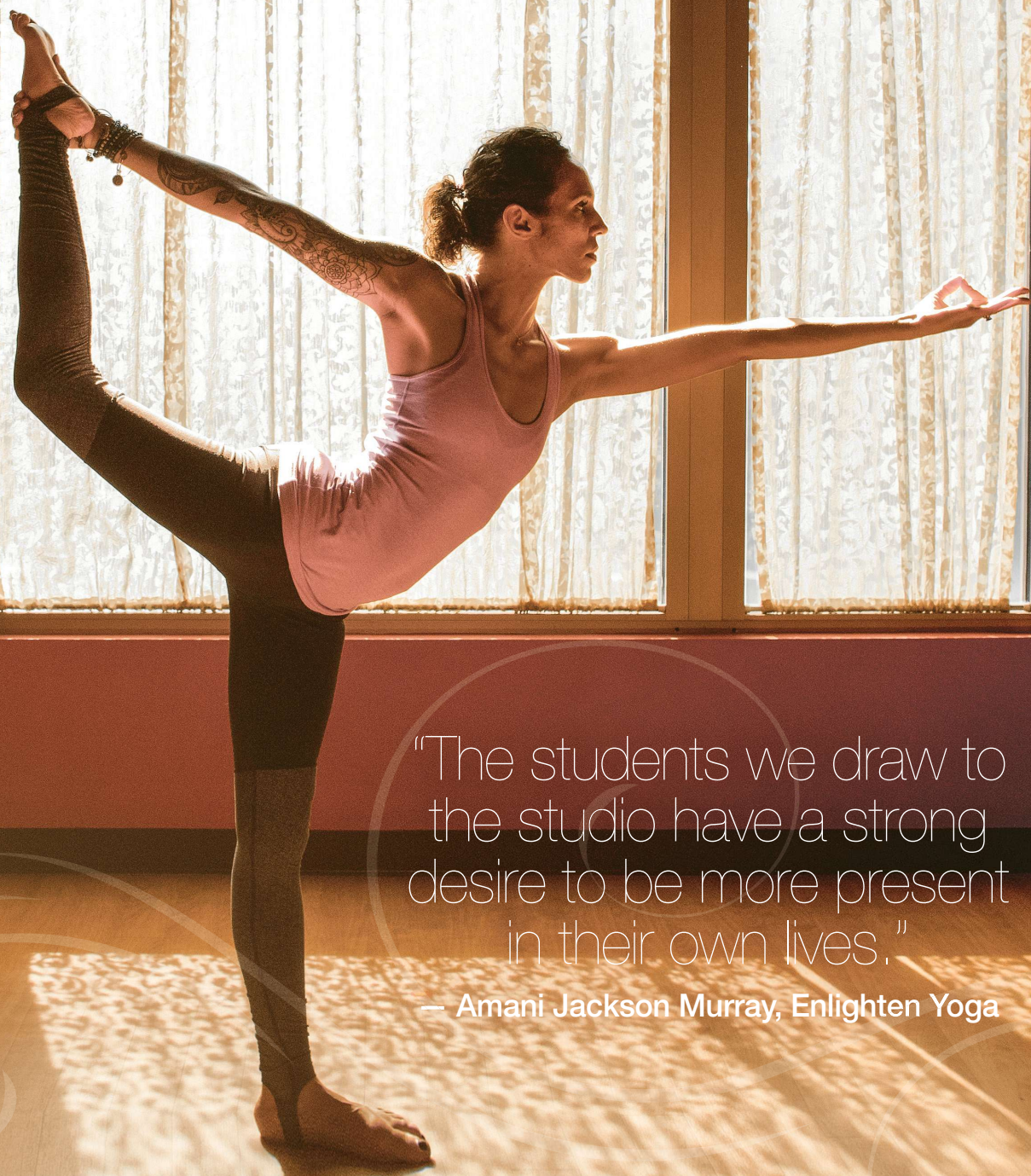
By Beth Howard
Photos by Ray Sepesy

FOR A COMMUNITY OFTEN DEFINED BY ITS HIGH ENERGY and contemporary look, Ballantyne turns out to have a lot of soul. Many folks are turning inward and toward practices that promote mindfulness, from meditation to hikes in nature.

The goal of mindfulness is to grow more aware of thoughts, feelings and sensations in the moment instead of ruminating on the past or worrying about the



The mind-body practice of meditation has roots in many spiritual traditions.



"The students we draw to the studio have a strong desire to be more present in their own lives."

— Amani Jackson Murray, Enlighten Yoga



Candles and a waterfall help create a relaxing space at Spiral Path Healing Center.

future. With practice, you can shift your thoughts away from usual preoccupations toward an appreciation of the moment, gaining a larger perspective on life.

It's a tall order. But resources abound in and near Ballantyne. Here, a few of the relaxing and revitalizing practices that can help you on your inner journey.

Commit to Sit

The mind-body practice of meditation has roots in many religious and spiritual traditions. With popular mindfulness meditation, practitioners sit quietly while being guided to focus



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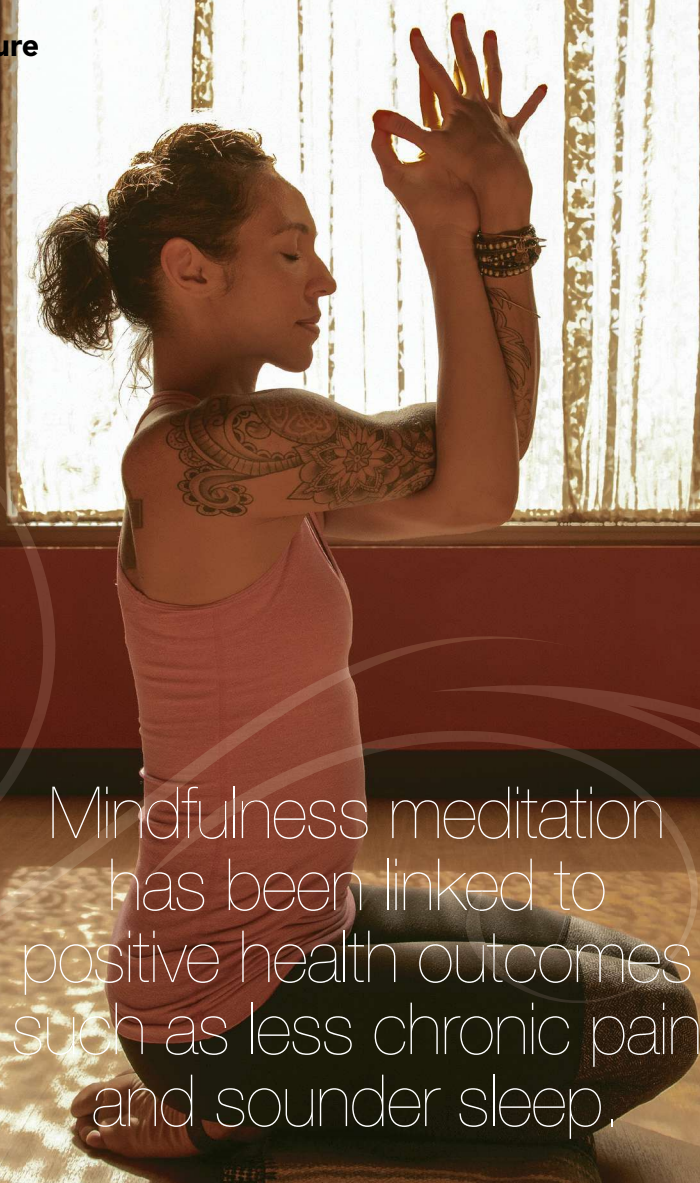
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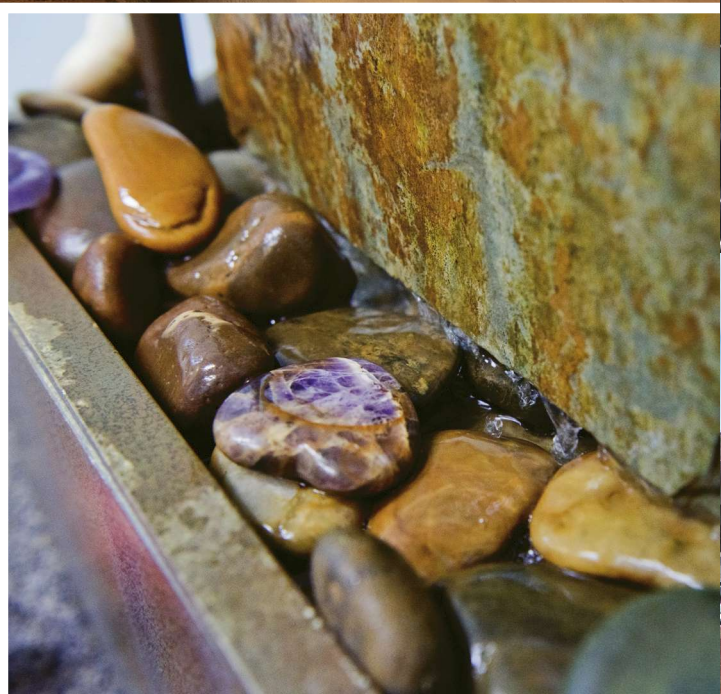


Mindfulness meditation
has been linked to
positive health outcomes
such as less chronic pain
and sounder sleep.

on their breath, body and feelings and to observe them in a nonjudgmental way. Practitioners learn to simply return their attention to their breath and body when their minds wander. In addition to emotional benefits such as reduced anxiety, the practice has been linked to positive health outcomes that include less chronic pain and sounder sleep.

“The students we draw to the studio have a strong desire to be more present

continued on page 52





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■ continued from page 50

in their own lives,” says Amani Jackson Murray, who has been teaching different types of meditation classes at Enlighten Yoga in Blakeney for about a year. “My role as a teacher of yoga and meditation is to help them find a place for themselves to make that happen.”

Monica Mitchell-Giraudo offers much the same thing through monthly meditation workshops at Spiral Path

Healing Arts Center at 7810 Pineville-Matthews Road. Weekly community sessions help people keep up the practice between monthly meetings. The workshops have become so popular that there’s often a waiting list, so call ahead.

Use your Imagination

With guided imagery or meditation, practitioners are led to focus on

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The YMCA periodically provides free Yoga in the Park sessions at Knotts Green in Ballantyne Corporate Park.





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■ continued from page 52

pleasant images to replace negative or stressful feelings. Similarly, creative visualization is a mindfulness tool that helps people cultivate change in their lives by imagining desired possibilities, from meaningful mind shifts to a new career.

"I try to align people with their own brilliance," says John W. Love Jr., who works with private clients and runs ad hoc workshops in Ballantyne.

"I do everything I can to get people to slow down,

Yoga at Knotts Green includes opportunities for quiet reflection.



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without actually using the phrase 'slow down,'" explains Love, also a well-known performance artist. "I create a space, a moment where they have all the time in the world, where they have all the space in the world."

Strike a Pose

Yoga is a mind-body practice with origins in ancient Indian philosophy. The different styles of yoga (Iyengar, Ashtanga, Viniyoga, Kundalini, Bikram) typically combine breathing techniques that help promote mindfulness, physical postures, meditation or relaxation.

In addition to Enlighten Yoga, the YMCA has a full roster of yoga classes. "We offer 17 different types of

continued on page 56

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Big Rock Nature Preserve is the perfect place to de-stress while focusing on the sounds and smells of the forest.

■ continued from page 54

yoga classes each week, which is over 40 percent of our total class lineup,” says Jill Voso, director of group exercise at the Y.

The Y periodically

provides free Yoga in the Park sessions at Knotts Green in Ballantyne Corporate Park. “We look forward to bringing more of these types of classes, programs and workshops to the community once we


relocate to Sara’s Y in early 2016,” Voso says, noting the new Y site coming to the Corporate Park.

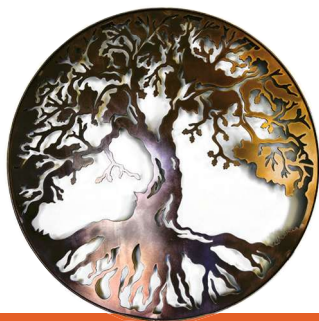
Get Out in Nature

Everybody knows a walk in the woods can be good

for the soul, and Ballantyne has just the spot. Big Rock Nature Preserve is the perfect place to de-stress while focusing on the sounds and smells of the forest.

This secluded 22-acre oasis sits between two residential

developments at 6500 Elmstone Drive. It features an abundance of wildlife and interesting granite formations. Walk along the primitive paths, taking note of what you experience and feel your worries flee. 



SIMPLE STEPS TO MINDFULNESS

Mindfulness can help you stay in the present and fully participate in your own life. You can practice this powerful tool any time, whether you're taking a walk or just washing the dishes.

1. Start by focusing on the sensations in your body.
2. Breathe in slowly feeling your belly expand, then breathe out through your mouth. Continue to inhale and exhale, noticing the relaxing sensation as oxygen flows in and out.
3. Begin the task at hand, engaging every sense. If you're washing the dishes, for example, notice the slippery feeling between your fingers and the warmth of the dish in your hand, the pleasant smell of dish soap and the iridescent bubbles in the sink.
4. When you realize your mind has wandered, re-direct it back to the here and now.

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Honorary consuls Heinz Roth (left) and Petr Vasciko represent Switzerland and the Czech Republic, respectively.

Diplomats in Our Midst

Honorary Consuls Like Calling Ballantyne Home

By Nan Bauroth Photos by Ray Sepesy

BALLANTYNE HAS LONG BEEN A MAGNET FOR DIVERSITY, drawing people from around the world. Within this cultural mélange reside two diplomatic representatives: Heinz Roth, honorary consul for Switzerland, and Petr Vasicko, honorary consul for the Czech Republic. Both of their jurisdictions include the Carolinas but focus predominantly on the Charlotte region.

Meet the diplomats in our midst.

Heinz Roth

Originally from St. Gallen in northeast Switzerland, Roth moved to Charlotte 26 years ago and has lived in Ballantyne for the past five years. In 2000, he was proposed as a candidate for honorary consul of Switzerland in the Carolinas and has served in that capacity since.

He sees his role as twofold: to serve the Swiss community, as well as Swiss companies operating in his jurisdiction and American companies with an interest in Switzerland. "There are 1,500 Swiss citizens in North Carolina and 50 Swiss companies in this state," he notes.

To facilitate his role, Roth belongs to the Swiss Society of Charlotte, European American Business Forum and Charlotte Chamber of Commerce.

"The best part of my position is that I talk to a lot of people, both Swiss and American," he says. He and his wife especially like strolling to Ballantyne Village and enjoying the movie theater and restaurants. "Ballantyne is a very nice place to be," Roth says.


Petr Vasicko

Born and raised in the Czech Republic, Vasicko has served as honorary consul for the Czech Republic in the Carolinas since 2014. "After the extraordinary political changes in 1989, I came to boarding school in Massachusetts," he explains. "I didn't know a soul or a word of English." Today he speaks impeccable English and has become a dual citizen of his native country and the U.S.

"One of my major goals is educating people about the Czech Republic," he says. "We peacefully separated from Slovakia in 1993 because we are two nations with different languages, cultures and heritage. We have now enjoyed over 25 years of a free market and democratic society, and have come a long way. From a business standpoint, the Czech Republic is in the heart of the European continent, making it an ideal place to situate a business."

A big booster of the U.S. and Charlotte in particular, Vasicko recently hosted a seminar in Prague accompanied by North Carolina's secretary of commerce, a Charlotte Chamber representative and local legal and tax professionals. They sought to persuade Czech companies seeking to expand in the U.S. to locate here.

Vasicko and his wife, Colleen, came to Ballantyne in 2002 from Manhattan after 9/11, and their three children attend Ballantyne public schools. A former professional hockey player in Europe, he coaches his son's team at Pineville Ice House.

In addition, he is a founding board member of the Czech and Slovak School of North Carolina and recently sponsored a showing of "November," a movie about the Velvet Revolution, at Charlotte Country Day School. "I want to serve as a bridge to the most beautiful place in the world," he says of the Czech Republic. "I have seen it through the dark ages of communism and into more wonderful days." 



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As for those summer planters, transform them into stately topiaries using greenery from the yard. They can serve as a simple alternative to traditional door decorations or be used in combination for a grand entrance.

Customizing your front stoop with whimsical elements is a clever way to make a statement. A wooden pitchfork draped in magnolia leaves and lucky horseshoes is perfect for the horse lover.

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Classy Pursuit

By Kerry Singe

Photos by
Ray Sepesy

Adults Seek Local Colleges for Career Boost, Personal Growth

TODAY'S COLLEGE STUDENTS ARE LOOKING A BIT DIFFERENT THAN YEARS AGO. Once the domain of kids fresh out of high school, campuses are seeing more older adults enroll, with many continuing to work and raise families while pursuing degrees.

The reasons for pursuing higher education vary. Many want to advance careers, while others are fulfilling personal goals or pursuing hobbies. According to the National Center for Education Statistics, students aged 25 and older accounted for 40 percent of college and graduate students in 2009, and they are expected to account for 43 percent by 2020.

Schools are also fueling the trend by making it easier than ever for adults to hit the books. In Ballantyne, Wingate University and Central Piedmont Community College (CPCC) are catering to older students by offering work-friendly schedules and professional classroom environments at area campuses.

CPCC chose Ballantyne Corporate Park for its newest campus in part because of its proximity to businesses, according to its president, Tony Zeiss. The program opened this summer and has served 350 students, with as many as 200 more expected to take classes by mid-December. Wingate,

Cole Lawrence is enrolled at Wingate University in Ballantyne to study sports management.

meanwhile, has seen constant demand since moving to the Corporate Park two years ago. There, nearly 540 students are working toward adult bachelor's and graduate degrees.

"What makes the Ballantyne campus unique is it's designed around adults with full-time jobs who are trying to improve their career chances," says Sharon Foote, assistant director of marketing and communications for Wingate. "They aspire to do more in their careers than they are doing now."

Being a Role Model

Michelle Wisniewski has been working steadily toward her bachelor's degree for years. She attended college in Boston but returned to Charlotte to be closer to family.



"If you want to change your career, or learn something new, then go do it."

— Michelle Wisniewski, 42

She took a job in the financial industry in 1997 and now works as a senior broker dealer specialist at MetLife.

Despite her professional success, Wisniewski, 42, yearned to finish her college degree. She earned an associate's degree from CPCC in May and now is studying full time at Wingate's Ballantyne campus to earn her bachelor's degree in liberal arts, organizational communication and management.

Her education will help in her current job, and she'd like to use it to transition to more marketing-related duties at MetLife. A major motivator for her schooling, however, has been the desire to be a good role model for her family, which includes husband Mark and twin six-year-old boys, Turner and Brennon. Mark's help at home has allowed Wisniewski to focus on her education.

"I think going to school helps them see that mommy's doing homework, she's going to school, that's what we need to be doing, too," she says. And her sons are noticing. At the dinner table recently, Brennon started the conversation by asking, "So, how has your day been? How was school?"

Wisniewski remembers growing up and seeing her parents' passion for education. She watched her father earn his master's degree and her mother earn two bachelor's degrees plus a master's degree. "I don't think you're ever too old to go back to school," she says. "I think if you want to change your career, or learn something new, then go do it."

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A Second Chance

Cole Lawrence, 27, returned to school to take advantage of opportunities he wishes he'd taken while studying at Lee University in Cleveland, Tenn. After graduating, he worked in sales, when he really wanted to work in sports. He started an internship with the Charlotte Checkers hockey team last year and decided to pursue his dream. Through the internship, he learned about Wingate's Master of Arts in Sports Management.

He loves the program's hands-on approach and how the evening classes let him intern with the Checkers and work as a server at the nearby Bad Daddy's Burger Bar.



"You're back because you volunteered for it, and there's the responsibility and excitement."

— Cole Lawrence, 27

"During undergrad, the mistake I made was not getting out there and making connections," Lawrence recalls. "It was nice to find a program that was of that like mind."

"There was definitely trepidation about starting back to school," he adds. "But now that I'm back, there's a different feel. You're back because you volunteered for it, and there's the responsibility and excitement. I know this is helping me in the long run, and I'm gaining real skills."

Improving Life Skills

Many of CPCC's initial course offerings are targeted to helping employers develop their workforces.

Billy Weinstock, 65, completed an introductory computer course at CPCC this fall thanks to his employer's encouragement. A server at Gallery Restaurant at The Ballantyne Hotel and Lodge, Weinstock says he didn't know how to use computers and was reluctant to try. Then his boss asked if he'd be interested in taking a course, and Weinstock said yes.

Since completing the course, Weinstock has bought a laptop. He can navigate his employer's computer systems and has discovered a side benefit: staying in touch with his son in California and communicating long distance with a sick friend.

"The class was a very good atmosphere," says Weinstock, who continued to work 30 hours a week while in class. "You knew it was just two days a week to get some education."

Advancing a Career

Alicia Clark, 27, also took a course at CPCC supported



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by her employer. An executive assistant at Carolina Handling, Clark asked if she could learn to be a notary to help around the office. She took a one-day course and follow-up sessions and was impressed with the campus's professional environment.

Clark's not interested in returning to school full-time as she loves her job. But she was so inspired by her experience she's considering taking more classes. "It put a good taste in my mouth for going back to school," she says. "It was overall a positive experience that enticed me to want to learn more and take another class or two." 📖



"The class was a very good atmosphere. You knew it was just two days a week to get some education."

— Billy Weinstock, 65

THE COLLEGE EXPERIENCE IN BALLANTYNE

WINGATE UNIVERSITY

- Opened in the Harris Building in 2013.
- Enrollment: 538 students.
- 76 percent are enrolled in post-graduate programs, while the others are earning adult bachelor's degrees or education licensure.
- Programs offered include master's and doctorate degrees in education, education licensure programs, master's in business administration, master's in sports management and adult bachelor's degrees.

Fun fact: Students include a father and son and a husband and wife working toward master's degrees, plus an 85-year-old working on his bachelor's degree.

CENTRAL PIEDMONT COMMUNITY COLLEGE

- Opened in the Gibson Building this summer.
- Enrollment: 350 students served, with as many as 200 more projected by mid-December.
- Initial course offerings focus on corporate and continuing-education classes, including banking and financial services, customer service, human resources, entrepreneurship and small business, and marketing and sales.
- Most popular classes include Lean Six Sigma, Real Estate, Retirement Planning and MS Excel.

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Core Revolution instructor Miki Russ demonstrates the proper plank position to use with the "Plank & Pull."

Core Knowledge

Whether Home or Traveling, Stay Strong with Three Simple Exercises

By Autumn Chandler Photos by Ray Sepesy

DEVELOPING AND MAINTAINING STRENGTH IN THE CORE MUSCLES OF THE BODY is essential to improving fitness, decreasing aches and pains and maintaining activities of daily living well into our golden years. So what exactly is your “core”?

Simply put, your core is the trunk of the body. This includes the muscles of both the shoulder girdle and pelvic girdle, as well as all of the muscles of the abdomen, back and glutes. True core strength goes well beyond working the rectus abdominis (the top layer of your ab muscles). In fact, recent research shows the greatest core activation occurs when both the shoulder and glute muscles are engaged and the element of balance is introduced.

Here are a few exercises you can use to strengthen your core at home or while traveling. All you need is a small duffle bag or tote filled with clothing or other heavy but flexible items and you're set!

Plank & Pull

Place the bag on the floor. Achieve proper plank position by placing hands directly under the shoulders, keeping elbows soft and shoulder blades separated. Tilt the tailbone slightly under to engage the low abs and release tension in the low back. Legs should be fully straightened with feet flexed.

While keeping the hip bones pointed down toward the floor, reach with one hand and pull the bag across the floor to the same side of the body. Making sure to maintain the position of the hips, reach with the other hand and pull the bag across to the other side of the body. Repeat 8-10 times.




Rotational Lunge

Come to a standing position, holding the bag in both hands with arms relaxed down by your sides. Step forward with the right leg into a lunge position (90-degree bend at both knees) as you rotate the bag through your torso to the right side. Push out of the lunge position with the right foot and come back to your starting position, bringing the bag in front of you. Repeat on the left side. Alternate sides for 8-10 repetitions.



Superman

No bag needed for this one. Lie face down on the floor with arms and legs fully extended. Keeping hips glued to the floor and neck relaxed, lift both the arms and legs off the floor and hold the position for 10-15 seconds before relaxing back down to the floor. Option: add a “swimming” motion when both arms and legs are elevated. Perform 8-10 repetitions. 

Recent research shows the greatest core activation occurs when both the shoulder and glute muscles are activated and the element of balance is introduced.



Autumn Chandler is creative director of Core Revolution (www.corerevclt.com), a fitness organization. She holds a bachelor's degree in nursing and a master's in health administration.



Harris Teeter's Thursday night prime rib special is served with roasted rosemary potatoes and sautéed vegetables.

Hot and Ready!

Grocers Offer Restaurant-Quality Meals to Take Home

By Sarah Pryor Photos by Ray Sepesy

JUICY PRIME RIB, LEMON ROSEMARY CHICKEN AND CEDAR-PLANKED SALMON WITH FRESH HERBS — they all sound like dishes from a good restaurant, but they're actually available somewhere you might not expect: your local grocery store.

In an effort to provide restaurant-quality meals for customers to serve at home, Harris Teeter, Publix and The Fresh Market offer daily and weekly specials made in-house for convenient pick-up.

Harris Teeter's Thursday night prime rib special at StoneCrest and Ballantyne Commons draws a crowd at a buffet-style carving station located at the front entrance. Customers line up to take home slow-roasted prime rib that's sliced to order and served alongside roasted rosemary potatoes and sauteed vegetables, says Harris Teeter's Danna Robinson.

Sharing Prime Rib

The prime rib is sold hot and ready in large single portions, but don't fret if your appetite is small — the dish is ample enough to be split.

Meanwhile, at Publix in Ballantyne Town Center, you can pick up a serving of salmon that's basted with basil garlic oil and cooked on a cedar plank with dill, thyme and other fresh herbs.

"We recognize many of our customers are time starved and looking for convenient, quality ready-to-eat hot meals that taste good and are affordable," says Publix's Kim Reynolds.

The salmon dish is available every day of the week at the Chef's Selections case, which also includes rotating sides such as Brussels sprouts, cauliflower mashed potatoes and four-cheese macaroni and cheese, says Reynolds. The choices in sides change so often that customers can experience a wide variety of flavors and not get bored with the same offerings.

All Chef's Selections items can be purchased cold for easy re-heating at home, or the Publix staff will heat items up in the store while you shop.




Daily, The Fresh Market offers roast chicken with fresh cornbread and a choice of two sides.

Roast Chicken Choices

Meanwhile, at The Fresh Market in both Promenade on Providence and Carmel Commons, chefs roast chickens daily in flavors that include white wine herb, lemon rosemary, butter garlic thyme and honey, says Fresh Market's Katie Georges.

Customers can pick up a chicken, a freshly baked pan of cornbread and two sides such as buttery Yukon Gold whipped potatoes, smokehouse barbecue beans or gourmet coleslaw and take it all home in an easy-to-carry bag. One popular side dish is the macaroni and cheese made exclusively for The Fresh Market by a manufacturer in High Point, N.C.

Whether it's mac and cheese, herb chicken or prime rib, you no longer have to whip it up at home or stop by a restaurant for authentic taste and quality. You just might find it at the nearest grocery store. 

"Customers are ... looking for convenient, quality ready-to-eat hot meals that taste good and are affordable."

— Publix's Kim Reynolds



GOLF CLASSIC TOPS \$32,000

The 13th annual Hope Stout Golf Classic raised more than \$32,000 at The Golf Club at Ballantyne on Oct. 12. On behalf of the March Forth With Hope Foundation, the classic raises funds to help families of children facing life-threatening illnesses.

The event also brought in \$1,500 for the Bob Woodruff Foundation to help wounded veterans receive care.

Photos by Ray Sepesy

1. Mike Hague, Mac Johnson, Jordan Hester, McKayla Kluttz, Arsalan Hafezi, Don Sherrill
2. Drew Mullee, Stuart and Shelby Stout
3. Mike Lee, Dave Alpern, Bob Dyar, Tim Carmichael
4. Chris Spivey, Mitchell Rowell, Mike Lee, Ray Breazeale, Jeff Helms
5. Robert Deaton, Art Gallagher, Thom McKinney, Mike Wiles
6. Randy Adcock, Mike Cochrane, Bryce Friesz, Steve Calhoun
7. Cary White, Scottie Beam, Ronnie Garcia, Braedon Long
8. Andrew Rogers, Mike Andrews, Mark Degeare, Jay Miller
9. Adrian Murphy, Simon Newman, Brendon de Jonge, Bryan Turner
10. Don Rushing, Will Tindal, Larry Honeycutt, George Flanders
11. Rob McBride, Ken Ray, Glen Thompson, Robert Rice



DARLA MOORE ADDRESSES WOMEN LEADERS

Businesswoman and nonprofit leader Darla Moore was the keynote speaker at the kickoff dinner for the National Leadership Forum sponsored by the Women's Collective Giving Grantmakers Network (WCGN).

The Charlotte Women's Impact Fund, a WCGN member organization, hosted the Oct. 15-17 forum at The Ballantyne Hotel & Lodge.

Moore, former vice president of private investment company Rainwater Inc., is founder and chair of both the Palmetto Institute, a nonprofit think tank aimed at bolstering per capita income in South Carolina, and the Charleston Parks Conservancy.

A nationally recognized authority on women's philanthropic leadership, WCGN is an umbrella group for collective giving funds across the nation. Its members include 45 such grant-making organizations in 23 states with more than 10,000 women members. WCGN members have collectively given more than \$70 million to nonprofits in their respective communities.

Photos by Ray Sepesy



1. Beth Filla, Dawn Franks, Ellen Krafve, Diane Katz
2. Sonja Nichols, Andrea Smith, Dianne Bailey
3. Terry Mumford, Beth Thomas, Laura Midgley
4. Rose Herring, Christy Durbin, Kelly Keeling
5. Erica Fenlon, Claire Samuels
6. Juanita Wade, Kathleen O'Bannon
7. Anita Borkenstein, Sue Dubow, Amelie Kraus
8. Gina Wolcott, Joanne Wetherell
9. Lucy Jones, Patty Collie, Linda Goff, Denise Lynch
10. Linette Liebling, Susan Benford, Sharhea Wade, Yasmin Cruz, Marla Felcher
11. Ginny Jarrett, Toni Freeman, Leigh Goodwyn, Nancy Brinker
12. Tracy Johnson, Maureen Romito

DINNER SUPPORTS SISKEY YMCA

The annual Siskey Family YMCA Dinner Auction, "Be a Community Star," was Nov. 7 at The Ballantyne Hotel & Lodge.

Guests enjoyed cocktails, dinner and silent and live auctions. Net proceeds support such community programs as health and fitness initiatives, after-school activities and youth and summer camping experiences, including Camp Boomerang, the Y's inclusive camp for children with autism.

Photos by Ray Sepesy



1. Sedrick and Randi Cook
2. Mike and Christy Sexton
3. Mark Hilton, Taryn and Tony Mecia
4. Keri Downer, Jennifer Clark, Sally Shorb
5. Tracy Spillane, Yvonne Teggart, Suzy Misiak, Kim Lewis
6. Stacey Walker, Lori Ramsey, Cindy Clontz
7. Christine and David White
8. Tricia and Rich Gallagher
9. Barry Phillips, Morgan and Ashley Smith
10. Anna Fenno, Tammy Little, Liz and Steve Dickens
11. Stephanie Hilton, Skip, Chelsea and Tommy Consalo
12. Sharifi and Mitra Kourosh
13. Michael Case, Brandie Beebe

THE SPA HOSTS OPEN HOUSE

The Spa at Ballantyne welcomed nearly 200 guests on Oct. 15 to introduce its partnership with Graper Cosmetic Surgery, which opened a second location at The Spa in late August. Attendees enjoyed mini treatments, salon services, speaking with spa and cosmetic services professionals, wellness tips, cocktails, light bites and product and treatment giveaways.

Photos by Ray Sepesy



1. Bob Manzo, Alicia Howell, Carla Smith, Robert Graper, Melissa Myers, Joe Hallow
2. Ellie Hammond, Lydia Redden
3. Samantha Moore, Denise Dwyer, Leslie McSweeney
4. Paula Becker, Amaris McComas, Kristy Carr
5. Beth Howard, Lydia Artale
6. Alena Gavrilyuk, Heather Benefiel, Monique Del Valle
7. Cheless Kincaid, Sharon Graper, Kim Vanderwood
8. Allie Tzitzios, Debbie Peterson, Kristen Hall
9. Vonete Smiley

FIVE EVENTS SPOTLIGHT BCC RALLY

The 12th annual BCC Rally hosted fundraising events this fall to benefit Komen Charlotte and the Susan G. Komen fight against breast cancer.

A masquerade party Sept. 12 included dinner and dancing. The Ladies Golf Event and Jazz it Up for the Cure Luncheon occurred Sept. 24, followed by the men's Pink Ball Golf Tournament the same day. The tennis community joined in with Make a Racquet for Rally on Sept. 26.

All five events featured inspiring speakers, auctions, good food, music and fundraising opportunities. Based on these and other activities, BCC Rally collected \$250,000 in donations for its 2015 campaign.

Photos courtesy of Jeff Palmer, PPT Photography



1. Diane Pugh, Nancy Laurie, Karen Rutledge
2. Joanne and John Melillo
3. Lisa Ballard, Blythe Kinsey, Heather Nagle, Beth Freudenthal
4. Kristin White, CeCi Robinson
5. Andrea Hock, Ezekiel Cheney, Katie Ealy, Mike and Donna Ealy
6. Beth Gigliotti, Jigisha Gor, Dennise Cox
7. Matt Saggio, Penny Eisenberg
8. Lee and Sue Dockstader, Maureen O'Boyle, Eric Sodergren, Jarvis Leigh
9. Melanie Trotter, Joanne Melillo, Nancy Adams, Angel Canafax





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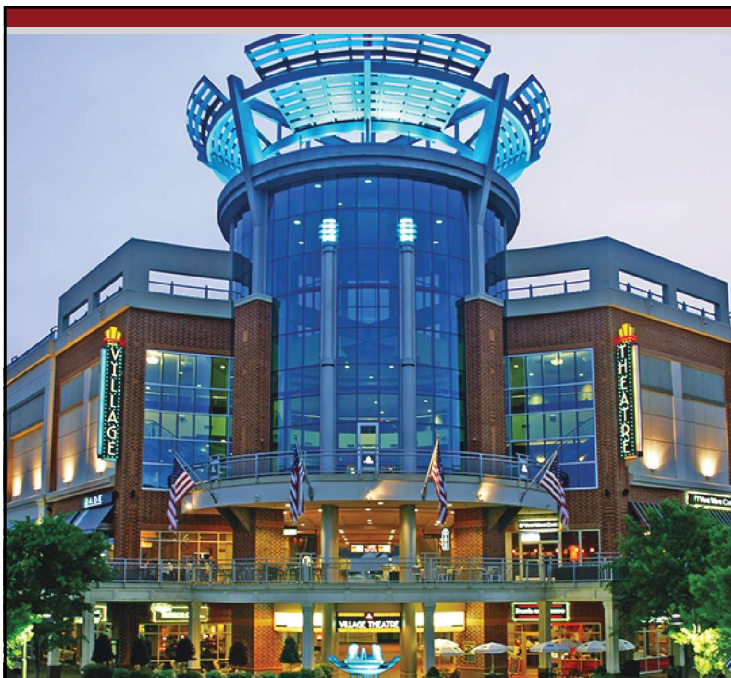
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ASHEVILLE BRIMS WITH WINTER PLEASURES, ROMANTIC POSSIBILITIES

By Nan Bauroth

IN THOMAS WOLFE'S ICONIC NOVEL, "YOU CAN'T GO HOME AGAIN," protagonist George Webber feels the magnetic pull of Asheville and wonders if "this little town, and the immortal hills around it, was not the only home he had on earth?"

For Wolfe, that draw was rooted in his childhood on Market Street, where the Thomas Wolfe Memorial now celebrates his life. For countless others, the charms of this city nestled in the Blue Ridge Mountains



Left: The Biltmore Estate offers a wide variety of attractions in winter.

Above: The Thomas Wolfe Memorial is on Market Street in downtown Asheville.



Photo courtesy of ExploreAsheville.com

Asheville is nestled in the Blue Ridge Mountains, just a little over two hours from Charlotte.

also retain a perennial allure. Among Asheville's most notable current residents is William A.V. Cecil Jr., great grandson of George Vanderbilt, whose family has owned the Biltmore Estate for over a century.

Spectacular in any season, Biltmore is especially enchanting in wintertime as Mother Nature dusts surrounding peaks in snow and blankets the French Broad River in glittering ice. The magic begins during the holidays when the Biltmore

Biltmore is especially **enchanting in wintertime** as Mother Nature dusts surrounding peaks in snow and blankets the French Broad River in glittering ice.

continued on page 84

Descendants of George Vanderbilt, who built the Biltmore House over a century ago, still own the estate.

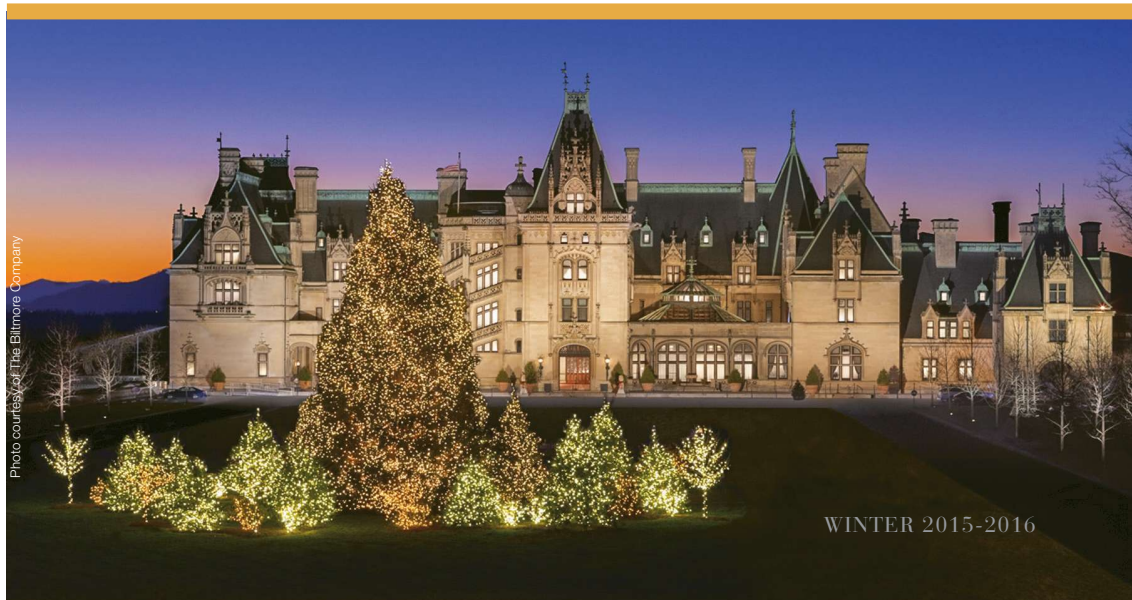


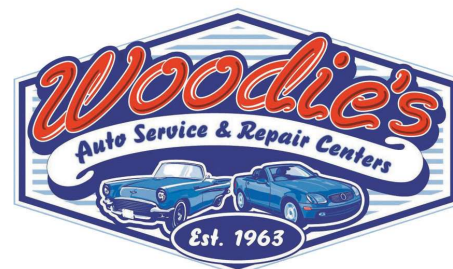
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Get a feel for the city on the **Urban Trail**, a 1.7-mile walking tour through Art Deco architecture and local history.



Asheville has a lively restaurant scene and nightlife.



Katie Button of Curate is one of three local chefs who won honors from the James Beard Foundation in 2015.

■ continued from page 82

House is decorated to the hilt. This season's theme, "The Gilded Age," shares details from Vanderbilt Christmas stories and is most captivating toured by candlelight. Decorations remain up until Jan. 10.

Biltmore is worth a visit this year for two more reasons. The Village Hotel on Biltmore Estate is slated to open in late 2015, offering casual

accommodations in Antler Hill Village near the Biltmore Winery, shops and dining. The second attraction is "Fashionable Romance: Wedding Gowns in Film," a lavish exhibit opening in February (page 90).

Cuisine, Music

Long a hipster haven, Asheville is now equally known for its inventive chefs and thriving music

continued on page 87

Popular barbecue haunts include 12 Bones Smokehouse.





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The city's Urban Trail features this stop and 29 others.

■ continued from page 84

scene. The city is also on the sports calendar the first week of March as host of the Southern Conference men's and women's basketball tournaments. Winter weather is ideal for exploring all these options, with just enough nip in the air to inspire a brisk walk and galvanize the appetite.

Start by fueling up for breakfast at Biscuit Head and then get a feel for the city on the Urban Trail, a 1.7-mile walking tour through Art Deco architecture and local history. Thirty stops,



Photo courtesy of ExploreAshville.com



SARA'S Y

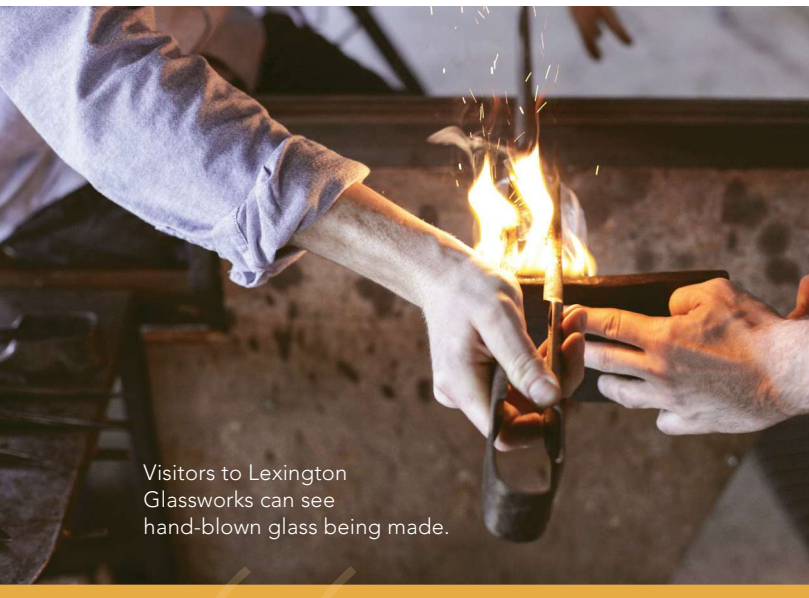
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Visitors to Lexington Glassworks can see hand-blown glass being made.

including the Flatiron Building, make for fun selfie spots. Come lunchtime, try cool places like Gan Shan Station or Blue Dream Curry House. For a sugar fix, stop at the new French Broad Chocolate Lounge for a cup of the famous confectionary's rich hot chocolate.

The River Arts District is another must-see for its vibrant street art. One of the newest studios is Lexington Glassworks, where visitors can kick back at the bar

while watching the owners hand blow glass into their latest creations. By the river, locals are packing the Smoky Park Supper Club, a funky new restaurant fashioned from recycled shipping containers that focuses on wholesome food slow cooked over a wood fire.

Top Chefs in Southeast

Asheville is a rising cuisine star, with three local

continued on page 91

Just west of Asheville's main downtown area, the **River Arts District** is a must-see for its artisans, studios and vibrant street scene.



Glass is among many creations you'll find in the city's arts district.



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WEDDING GOWN EXHIBIT OPENS FEB. 12

The Biltmore House has been a romantic wedding destination since George and Edith Vanderbilt settled at the estate following their 1898 marriage in Paris. To celebrate this legacy, on Feb. 12 the estate debuts "Fashionable Romance: Wedding Gowns in Film," an exhibition of wedding attire from major motion pictures.

Displayed throughout Biltmore with elaborate floral exhibits reflecting the period, the award-winning costumes span 300 years of wedding fashion from 19 period films, such as "Sense and Sensibility," "Emma," and "Pride and Prejudice." Also featured is Meryl Streep's embroidered ivory wedding costume from "Out of Africa."

Biltmore will also share mementos from Vanderbilt and Cecil family weddings in a new display at the Biltmore Legacy exhibition space in Antler Hill Village. A highlight is the first-ever display of Jacqueline Kennedy's extravagant lace wedding veil, which has a personal connection to Biltmore through her cousin, Mary Lee Ryan Cecil, who wore it on her wedding day to William A.V. Cecil. In addition, a London costumier has recreated the wedding gown worn by Cornelia Vanderbilt when she married John Cecil in 1924. The exhibit runs through July 4.



Above, Left: The wedding costume Meryl Streep wore in "Out of Africa" is part of the "Fashionable Romance: Wedding Gowns in Films" exhibit at Biltmore. The display here is from Biltmore as workers prepare the exhibit.

■ continued from page 88

chefs receiving the 2015 James Beard Foundation's Best Chef in the Southeast: Katie Button of Cúrate, John Fler of Rhubarb and Meherwan Iran of Chai Pani. Cúrate, a Spanish tapas



Photo courtesy of The Biltmore Company

The Inn on Biltmore Estate serves memorable cuisine, including Kansas City strip steak.

bar, has been written up by The New York Times for authentic Catalan entrees like seared squid in its own ink. Button is also owner of Nightbell Restaurant & Lounge, an upscale dance club with wow bar-food choices like petits fours served in a vintage cigar box.

Other cuisine supernovas include Buxton Hall BBQ, located in a former ice skating rink, where diners can indulge in killer 'cue, and Bouchon, whose French comfort food includes to-die-for mussels. Over in South Slope, a trendy neighborhood that retains the feel of its '50s body-shop past, new eateries like Ben's Tune Up offer a farm-to-table

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Known for folk music festivals, Asheville's beat now includes genres from bluegrass to rock 'n' roll.



Buskers offer their spin on the city's famous Flatiron Building.

Photo courtesy of ExploreAsheville.com



Hearing street musicians in Asheville is commonplace.



The Market Place restaurant serves American farm-to-table fare.

Photo courtesy of ExploreAsheville.com



Entrees at Rhubarb stand out thanks to award-winning chef John Fleer.

Photo courtesy of ExploreAsheville.com

menu featuring unusual charcuterie.

A growing craft beer mecca, Asheville boasts a new Sierra Nevada brewing facility with tasting room, and the founder of the famed Thirsty Monk pub recently launched Open Brewing, a craft beer maker who sells to the public and works with novice brewers to perfect their products for market. Sovereign Remedies, a new craft cocktail bar, features inventive drinks with foraged foods, while hard-core apple lovers can drink their fill at Noble Cider's new cidery.

Known for folk music

festivals, Asheville's beat now includes genres from bluegrass to rock 'n' roll, with www.MusicfromtheRow.com recently naming it to "The Top Ten Music Cities Other Than Nashville." The Orange Peel and The Grey Eagle are two of the best hotspots to catch great live sounds. Lex 18, a new moonshine bar and Appalachian supper club resembling a Prohibition-era speakeasy, is another nightlife venue downtown worth seeing. With all this and more to experience, Asheville's legendary charisma is worthy of its reputation. 

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