

STROLL[®]

Ballantyne Country Club

MEET YOUR
NEIGHBORS



Precious Pets
of Santa Paws
Sponsor Spotlights on:
• Zinicola
• Napa Bistro and
Wine Bar | Stonecrest
Community News
And more!

ASHLEE & ROB
MUNFORD

PHOTO BY
LEAH CUSTER
PHOTOGRAPHY
& DESIGN

FALL PORCH
DECOR BY
HOWDY
PUMPKINS

DELIVERING NEIGHBORHOOD CONNECTIONS

Your Partners in Mental Health

**Empowering
Minds,
Nurturing
Growth**

Founded on the principles of
compassion, expertise, and
personalized care.



Supporting the mental wellness of children, adolescents, and adults.

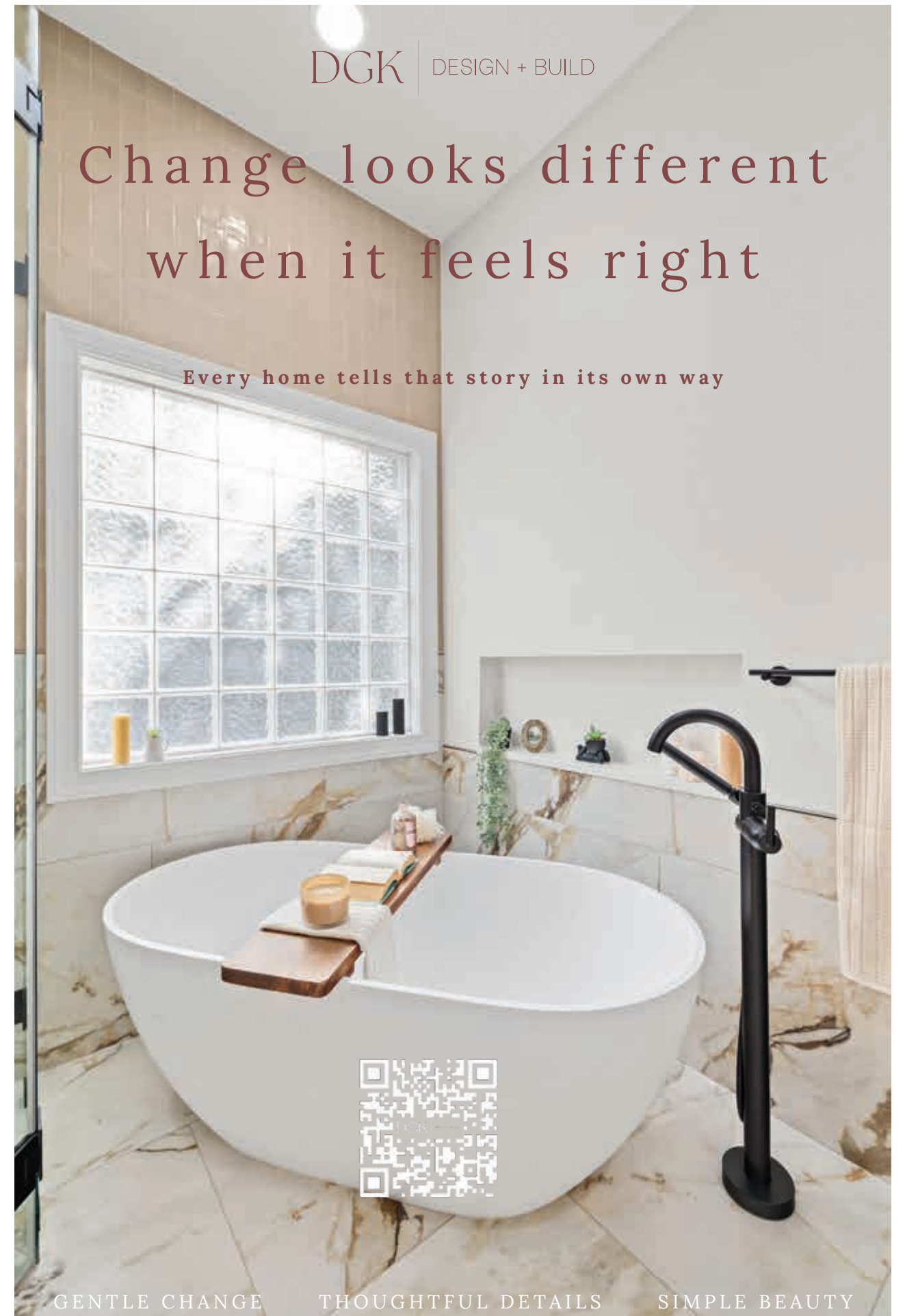
- Psychiatry and Counseling
- Complimentary ADHD computer based testing with your psychiatric consultation.
- Alternative therapies like Transcranial Magnetics Stimulation TMS and Spravato
- Contracted with all major commercial insurances and Medicare



10420 Park Road Suite 300, Charlotte NC 28210
(counseling/therapy)

10440 Park Road Suite 300, Charlotte NC 28210
(psychiatric care)

www.pfbhnc.com • 980-237-4766 • intake@pfbhnc.com





Social Pet Hotel & Daycare

Daycare • Boarding • Grooming • Training



Locally, family owned and operated since 2014 with three Charlotte-area locations: Pineville, Monroe Road, and Northlake. We are built on a mission to provide a healthier, safer, and more enriched alternative to traditional dog daycare and lodging.

At Social Pet daycare we balance enrichment combining structured play with mental challenges, and restorative rest. We offer small, intentional playgroups with meaningful interactions that rotate between play sessions, skill practice, sensory activities, one-on-one engagement, and rest, thus creating a healthier overall experience.

Our focus is not just play, but helping dogs live balanced, fulfilled lives – mind and body.

"Our 8 month Chocolate Lab, Bosun, loves Social Pet... I never have to worry when he is there because they have cameras you can view and they always text me pictures. Highly recommend Social Pet!"

– Lisa P.

Socialpethotel.com | 704-835-1022 | Reservations@socialpethotel.com

PUBLISHER'S NOTE



TRADITIONS THAT TASTE LIKE HOME

Dear Neighbors,

Thanksgiving has always felt like the perfect blend of comfort and connection. Many of us still cling lovingly to the traditions passed down through generations: Grandma's stuffing that never tastes quite the same when anyone else makes it, the cranberry sauce that somehow always stays perfectly molded in the shape of the can and the table set with the "good" china that might only come out twice a year.

In my family, those timeless customs anchor us to the past. There's something grounding about the smell of roasting turkey filling the house or the sound of football on in the background. Those rituals remind us that even as the world rushes forward, some moments deserve to slow down.

But Thanksgiving has also changed with the times. Today, we see as many Friendsgivings as family feasts, menus with vegan sides or smoked turkeys and tables that might feature queso dip next to the mashed potatoes. We might toast with craft cocktails, share gratitude lists before dessert and capture the day with group selfies instead of camcorder footage.

Whether your Thanksgiving leans old-school or modern—or a mix of both—it's really about gathering with people who make you feel at home. Maybe it's around a formal table, or maybe it's outdoors around a fire pit with a football game and laughter carrying into the night. The beauty of this holiday is that it adapts, yet it always circles back to gratitude.

Here's to honoring the traditions that built us, embracing the new ones that reflect us and remembering that every shared meal is a reason to give thanks.

Happy Thanksgiving from *Stroll!*

Ashley

Ashley Grimm, Publisher
ashley.grimm@n2co.com



Please share your stories and photos with us by scanning the QR code here and tagging us on social media @strollballantynecountryclub.



Your First Day of Daycare is On Us!

This limited time offer is our welcome gift to you!

Call (704) 835-1022 or visit socialpethotel.com to book today!



Visit One of Our 3 Locations!

515 Towne Centre Blvd.
Pineville, NC 28134

3814 Monroe Rd.
Charlotte, NC 28205

8702-A Statesville Road.
Charlotte, NC 28269



PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

ALLERGY & ASTHMA
Carolina Asthma and Allergy Center
(704) 372-7900

AV SYSTEMS / SMART HOMES
365 PRO AV LLC
(704) 500-5577

BAGELS
Einstein Bagels
(704) 840-1566

BARBER SHOP
Arrow
(704) 526-0721

BUSINESS COACHING
Dynamic Empowerment Solutions
(855) 573-9473

BUSINESS CONSULTANT
CELL Enterprises
(980) 213-8200

CAR DEALERSHIP
Mercedes-Benz of South Charlotte
(704) 835-1511

CHIROPRACTIC
Carolinas Chiropractic
(704) 243-1010

CONSTRUCTION/REMODELING
Aldo's Restoration and Construction
(704) 607-9783

Build Now
(980) 329-6659

DENTIST
Pineville Dental Studio
(704) 806-4131

DESIGN AND BUILD
DGK Design + Build
(704) 266-1706

DIGITAL MARKETING & DIGITAL ADVERTISING
Paton Digital
(571) 248-1983

DISINFECTION & SANITIZING
BioArmor
(704) 419-4800

DOG GROOMING- MOBILE
Zoomin Groomin
(704) 327-6514

DRIVING SCHOOL
Charlotte Driving Academy
(704) 802-7151

FERTILITY SPECIALISTS
REACH Fertility
(704) 996-9521

FINANCIAL ADVISING
Merrill Lynch - The Lanphier
Record Group
(704) 341-5108

FLOORING
Gil Flooring Solutions, Inc
(704) 245-9110

FUNERAL HOME / FUNERAL SERVICES
McEwen Funeral Home
- Pineville Chapel
(704) 544-1412

GIFTS: CANDLES
Malaysian Lights Candles
(980) 785-4082

HAIR STYLIST
Hair By Kendra Janelle
(303) 591-5835

HANDYMAN SERVICES
Handy Andys / Handy
MDs Home Repair
(704) 957-4941

HOME SERVICES
Howdy Pumpkins
(979) 661-1035

HOTEL
AC Hotel Ballantyne
(704) 752-0013

HUMAN RESOURCES
HRB Consultant Services LLC
(917) 681-9102

HVAC
Hubbard Heating and Cooling
(803) 285-2665

ICE CREAM
Tifa
(954) 257-7189

INFRARED SAUNA SPA
Perspire Sauna Studio
(704) 285-0097

INSURANCE
Founders Insurance Agency
(704) 252-0183

Geico Insurance
(704) 523-2886

State Farm Insurance -
Jeff Genant Agency
(704) 594-3000

INTERIOR DESIGN
ES Design Studio
(704) 222-3634

IV THERAPY/WELLNESS STUDIO
Prime IV Hydration & Wellness
(980) 575-1013

JEWELRY
Lindsay Cadenhead Jewelry
(814) 598-9142

KIDS ENTERTAINMENT/PARTIES
Bounce U
(980) 321-7881

LASER HAIR REMOVAL
Semper Laser
(980) 236-1803

LAWN FERTILIZATION
Grassroots Turf
(704) 994-8778

LEGAL
Sodoma Law
(704) 442-0000

MED SPA
Cosmetic and Wellness Institute
(704) 559-9314

Le Petit Spa
(704) 910-0559

Younique by MK
(704) 942-4424

MED SPA / AESTHETICS

MEDICAL
Tryon Medical Partners
(704) 489-3010

NAIL SALON
Ombre Nail Ballantyne
(510) 449-9847

OB/GYN WOMEN'S HEALTH
Mintview OB/GYN Ballantyne-
Novant Health
(704) 377-5675

PAWN SHOP
Beltway Gun and Pawn
(704) 847-4181

PEDIATRIC DENTISTRY/ ORTHODONTICS
Laxer, Long & Savage
(704) 759-0000

PERSONAL CHEF
Copper & Thyme
(704) 312-0653

PERSONAL TRAINING
D1 Training Indian Land
(803) 599-2798

The Fitness Studio LLC
(704) 819-9576

PET RESORT
Social Pet Hotel & Daycare
(704) 835-1022

PHYSICAL THERAPY
Elevate Motion Therapy
(704) 916-9027

PLUMBING/HEATING
E.R. Plumbing
(704) 846-5371

Jim Dickerson
(704) 275-5730

POOL SERVICES
Carolina Crystal Pool and Spa
(803) 899-2429

PSYCHIATRIC / MENTAL HEALTH
Pediatric and Family
Behavioral Health PLLC
(980) 237-4766

REALTOR
Allen Tate Realtors - Steven
and Marie Lorimer
(704) 516-6153

Bri Russell - The Agency
(704) 985-2922

Corcoran HM Properties
- Katy Bradfield
(704) 965-5968

Helen Adams Realty
(704) 944-9316

Premier Sotheby's Realty
- Ashley Horton
(704) 975-5418

RE/MAX EXECUTIVE - ERIC EVANS
(704) 904-3232

Tom Brennan - Compass
(980) 328-6620

RESTAURANT
Frida
(704) 712-1294

Libretto's Pizzeria
(917) 881-3052

Napa Stonecrest, LLC
(704) 631-2200

Zinicola
(989) 299-2979

ROOFING CONTRACTOR
Good Roofing
(704) 737-2102

SENIOR LIVING COMMUNITY
Brightmore of South Charlotte
(704) 557-0511

Culinesse
(717) 467-6030

Windsor Run
(704) 901-8973

TILE & STONE
Universal Stone
(704) 394-1221

TRANSPORTATION-LIMO SERVICE
Sunrise Limousine
(844) 400-2900

TRAVEL AGENCY/TRAVEL ADVISOR
Graceful Getaways Travel
(704) 506-4444

The Elegance Of Travel
(980) 485-5893

VETERINARY HOSPITAL
Passionate Paws
(201) 390-5314

Whole Pet Veterinary
Hospital South Charlotte
(704) 919-0405



ACTIVE
Seller Representation

421 Cranborne Chase - Fort Mill
\$858,500 MLS# 4295620



ACTIVE
Seller Representation

915 Millbrook Road - Cotswold
\$762,000 MLS# 4290751



HOWARD HANNA
ALLEN TATE REAL ESTATE



LORIMER REALTOR



Carl Richmond ASSOCIATES
Expertise in Real Estate Since 1988

Carl Richmond Associates
Steven and Marie Lorimer
NC & SC Broker/Realtor®
Steven.Lorimer@howardhannatate.com
704.516.6153





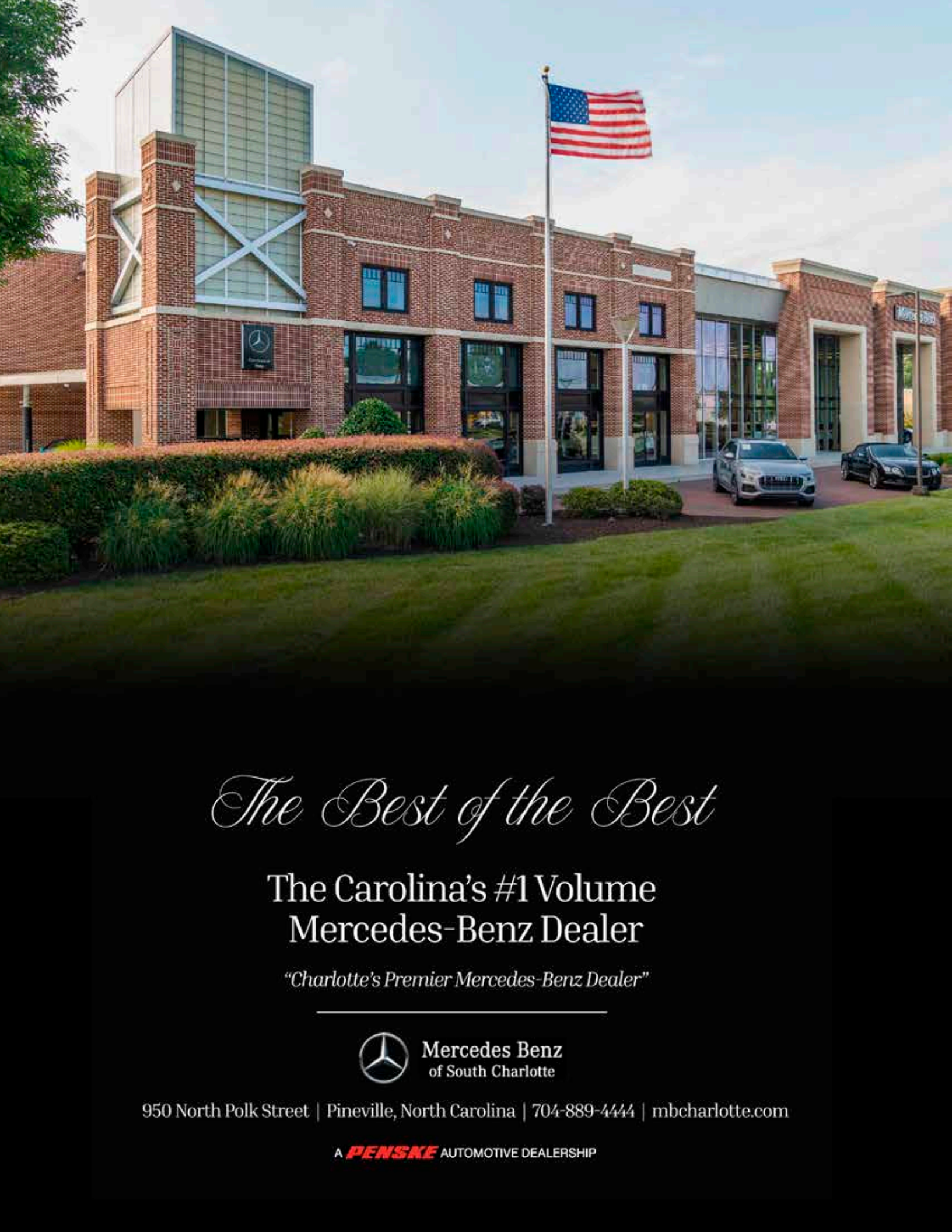
SOLD
Seller Representation

9128 Easton Grey Lane, - 28277
\$1,450,000 MLS# 4276685



SOLD
Buyer Representation

1322 Shinnecock Lane - 29707
\$1,700,000 MLS# 4239031



The Best of the Best

The Carolina's #1 Volume
Mercedes-Benz Dealer

"Charlotte's Premier Mercedes-Benz Dealer"



950 North Polk Street | Pineville, North Carolina | 704-889-4444 | mbcharlotte.com

A **PENSKE** AUTOMOTIVE DEALERSHIP



IT TAKES A VILLAGE!

STAFF AND CONTRIBUTORS



Ashley Grimm
Publisher
ashley.grimm@
n2co.com



Delia McMullen
Content
Coordinator
ballantyne@
strollmag.com



Julia Riddle
Ad Coordinator
ballantyneads@
n2co.com



Andrea Powell
Content
Assistant
apowellclt@
gmail.com



Brynn Dombroski
Marketing
and Events
Coordinator
Brynn.Dombroski
@n2co.com



Allison Parker
Senior Resident
Reporter
ajtparker1@
yahoo.com



**Charisma at A Brew
& You Headshots**
charisma@
abrewandyou.com



Nicole Daw
Photographer
Nicole@KLYX
Photography.com



Yumo Yuan
Resident
Reporter



Cynthia Grimm
Publishing
Assistant



Payal Kothari
Resident
Columnist
payal.mot
@gmail.com

If you or your
child would like to
become part of the
writing team,
please email
Delia McMullen
at ballantyne@
strollmag.com.



AUDIO-VIDEO SOLUTIONS, CUSTOM HOME THEATERS, SMART HOME INSTALLATIONS ACROSS *Charlotte, NC*

At 365 PRO AV we believe technology should feel effortless, not overwhelming. As Charlotte's trusted Audio-Video and Smart Home Integration Company, we specialize in custom solutions that elevate how you live, relax and entertain indoors and out.

★ HOME THEATER & MEDIA ROOM DESIGN

★ HOME AUTOMATION

★ WHOLE-HOME AUDIO SYSTEMS

★ OUTDOOR TVs & SPEAKERS

★ WI-FI & NETWORKING INFRASTRUCTURE

★ SECURITY CAMERA SYSTEMS

★ WIRING DESIGN FOR NEW CONSTRUCTION PROJECTS

★ MOTORIZED SHADES & SMART LIGHTING

EXCLUSIVE FOR STROLL READERS:

Get **20% OFF** your installation. Just mention this ad when booking your free in-home consultation, or use promo code **STROLL20** on our website.

Phone
704-500-5577

Web
www.365proav.com

Email
info@365proav.com

Serving Charlotte, Ballantyne, Lake Norman, Waxhaw, Fort Mill & Surrounding Areas

NOVEMBER ISSUE
PREVIEW

Meet Your Neighbors..... 14
Precious Pets.....30
Making A Difference.....32
Athlete of the Month.....40
Resident Recipe..... 60
Tour & Travel.....36
Home of the Month.....28
Ballantyne Businesses:
Zinicola.....24
Napa Bistro & Wine Bar.....44

IMPORTANT
PHONE NUMBERS

PUBLISHER	Ashley Grimm - ashley.grimm@n2co.com
AD COORDINATOR	Julia Riddle - ballantyneads@n2co.com
ADVERTISING SALES	Ashley Grimm - ashley.grimm@n2co.com
CONTENT COORDINATOR	Delia McMullen - ballantyne@strollmag.com
CONTENT ASSISTANT	Andrea Powell
PUBLISHING ASSISTANT	Cynthia Grimm
PARTNER COORDINATOR AND RESIDENT REPORTER	Michelle Lynch
RESIDENT REPORTERS	Allison Parker Yumo Yuan
PHOTOGRAPHERS	Leah Custer Nicole Daw



strollmag.com

Delivering Neighborhood Connections
© 2025 The N2 Company, Inc.

704-544-1404 x409

COUNTRY CLUB

Membership Director
Katie Robinson
krobinson@ballantyneclub.com

704-544-9755

Family Activities Center

704-805-1781

COMMUNITY MANAGEMENT

Community Manager,
Liza.McMahan@fsresidential.com
Community Assistant
lenny.forbes@fsresidential.com
AfterHours/Customer Care Center

704-227-0897

855-546-9462

BRPOA BOARD CONTACT:

brpoaboard.nc@fsresidential.com
ACC Contact:
brpoa-acc.nc@fsresidential.com
Community Website: brpoa.com

911

EMERGENCY

Fire, Ambulance, Police
Charlotte Police Dept.
Animal Control
Poison Control
Private Security: Allied Universal

704-336-8535

704-336-3786

800-222-1222

980-205-1620

704-667-1000

HOSPITALS AND MEDICAL CARE

Atrium Health-Pineville
Novant Health Matthews
Levine's Children's Hospital

704-384-6500

704-381-2000

704-594-9400

UTILITIES

Duke Energy
Piedmont Natural Gas
Water and Sewer
Garbage and Recycling
wipeoutwaste.com
Telephone/BellSouth

704-525-3882

704-336-2211

800-927-8362

888-757-6500

704-357-8071

RECREATION

Charlotte Knights Baseball
Charlotte Checkers Hockey
Discovery Place
Duke Mansion
The Mint Museum

704-342-4423

704-372-6261

704-714-4400

704-337-6261



PERSPIRE
SAUNA STUDIO

YOUR
NEW
WELLNESS
RITUAL

Private IR Sauna Suites with Red Light Therapy
+ Contrast Therapy with SNØ Showers
+ Halotherapy



BOOK YOUR FIRST
SESSION FOR \$20

14835 Ballantyne Village Way Ste 110
Charlotte, NC 28277 | 704.285.0097

the life in
BALLANTYNE
Country Club

DISCLAIMER: This publication is also known as The Life in Ballantyne Country Club, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.

ELEVATING RETIREMENT LIVING

around the table.



**WE ARE LEADERS WHO TEACH. WITH FOOD AS OUR MEDIUM,
OUR GREATER PURPOSE IS TO ENHANCE LIVES BY:**

- Nourishing human connections to personal health, nature and each other
- Offering guests and team members direct access to life-improving opportunities
- Helping our clients grow in mission by serving as their trusted strategic advisor and partner

We work with each client to create **highly-personalized senior dining programs** that differentiate each client from other communities in the region, **build a strong sense of community between residents** and staff, and **help each community achieve their purpose.**

By starting with a culture-aligned leadership team at each community, we **engage residents, families and team members in pursuing a vision for culinary excellence** with unique standards, systems and programs.

HOW MAY WE BE OF SERVICE:

TO CALL:

PA: 717-467-6030 | NC: 704-666-5205 | FL: 239-687-3372

HOME OFFICE:

250 WYANDOTTE ST., BETHLEHEM, PA 18015

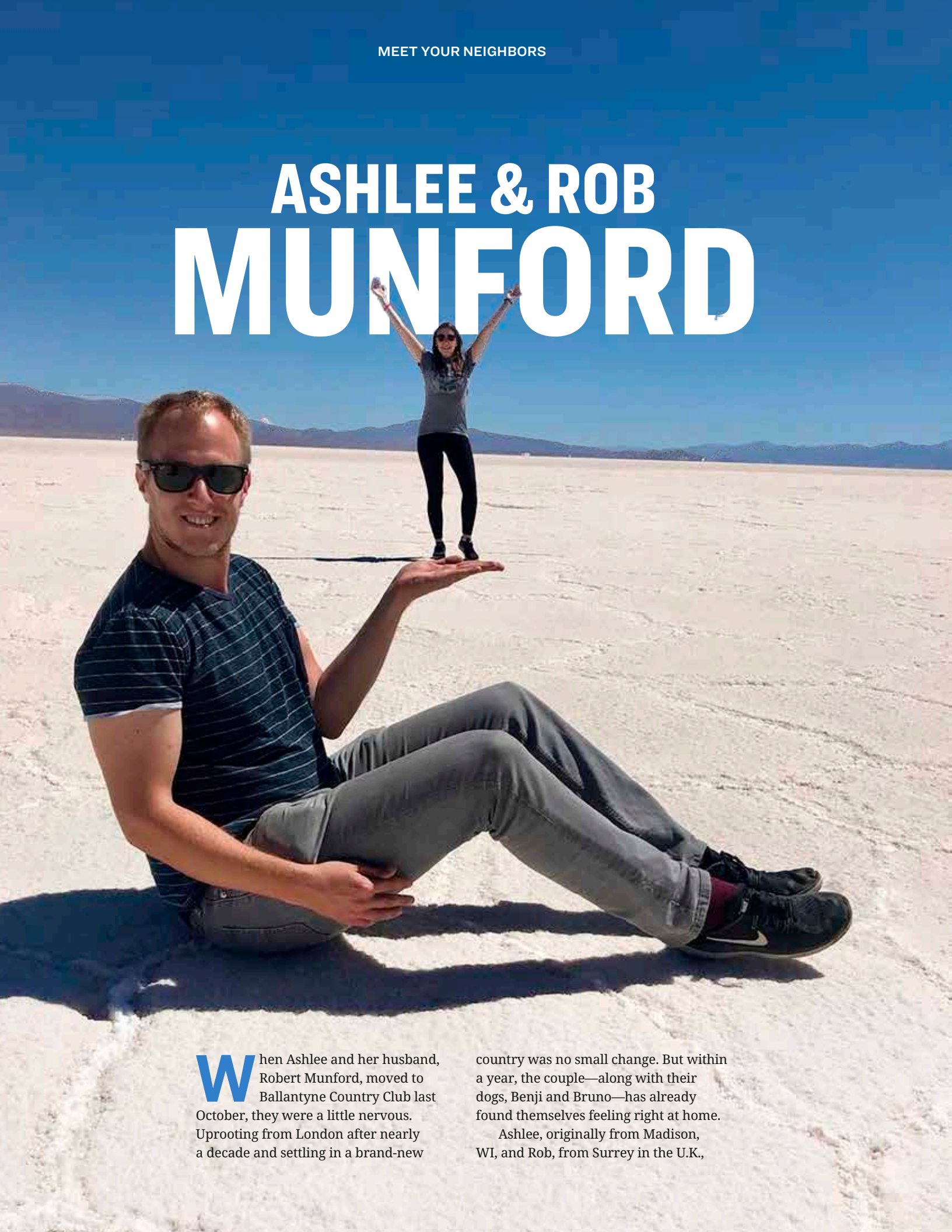
TO EMAIL:

info@culinesse-llc.com

NUTRITION QUESTION: [WELLNESS@CULINESSE-LLC.COM](mailto:wellness@culinesse-llc.com)

VISIT: [CULINESSE-LLC.COM](http://culinesse-llc.com)

ASHLEE & ROB MUNFORD



When Ashlee and her husband, Robert Munford, moved to Ballantyne Country Club last October, they were a little nervous. Uprooting from London after nearly a decade and settling in a brand-new

country was no small change. But within a year, the couple—along with their dogs, Benji and Bruno—has already found themselves feeling right at home.

Ashlee, originally from Madison, WI, and Rob, from Surrey in the U.K.,

first met in London when Ashlee was completing her master's degree at the University of Westminster. Ironically, their very first date was at a restaurant called Madison's—a fitting sign of where their story began. After years abroad, the couple decided to make Charlotte their new home, with Ballantyne Country Club offering the perfect blend of community and connection. Rob works in tech for Wells Fargo, and Ashlee works in HR transformation for a law firm based in the U.K.

The neighborhood has been more welcoming than they could have imagined. "Especially when you don't have kids, it can be hard to meet people," Ashlee admits. "But everyone here has been so friendly, and we're so glad we picked this neighborhood." Joining the country club and some of its smaller groups has helped them quickly make friends and put down roots.

Life for Ashlee and Rob revolves around Benji and Bruno, both German shepherds with plenty of energy. Hiking trails, walks and weekend outings are part of their rhythm. When they're not outdoors, the couple loves traveling—they've already explored about 50 countries together. Their favorite memories include witnessing the birth of a baby elephant during a South African safari, with the herd trumpeting in celebration. "It's quite rare to see," Ashlee and Rob share, "so we felt really lucky to witness such a special moment." Japan and Argentina also rank among their most memorable adventures.

Food and culture are another big part of their lives. From cooking curries inspired by their travels to Rob's British-style Sunday roasts, the kitchen is a hub of activity. They've also been busy discovering Charlotte's restaurants, with Supperland and Fig Tree topping their list so far. Rob has even set a lighthearted goal to experience quintessentially American dining, ticking off spots like Applebee's, Waffle House and Olive Garden.

Sports are a lively topic in their home. Weekends often revolve around Premier League football, with Ashlee cheering for Arsenal and Rob backing Manchester United—though they come together to support Charlotte FC and Ashlee's beloved Green Bay Packers (the



Celebrate with pets, neighbors and heart
Santa Paws Photo Event

SUNDAY, NOVEMBER 9 • 1-4 PM • BALLANTYNE COUNTRY CLUB

Bespoke Service. Curated Experiences.



AH

Ashley Horton
GLOBAL REAL ESTATE ADVISOR | MRP | ABR®
c 704.975.5418 • 704.248.0243
Ashley.Horton@PremierSIR.com
AshleyHorton.Premier@Sotheby'sRealty.com



Scan to RSVP or
learn how to donate to
Santa Paws 2025

Premier | Sotheby's
INTERNATIONAL REALTY

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity.



dogs even sport matching jerseys). Golf is another shared passion, though once again, loyalties split when it comes to Ryder Cup teams.

At the end of a busy day, relaxation might mean a glass of wine and a favorite TV series—*Succession*, *Schitt’s Creek* or *Peaky Blinders*—or perhaps a well-crafted cocktail, whisky for Rob and a gin and tonic for Ashlee. Their differences in movie tastes usually mean settling on a good horror film, though Ashlee still hopes to convince Rob to finally sit down for a *Harry Potter* marathon—especially since parts were filmed at his old school.

As they celebrate their first year in Ballantyne Country Club, Ashlee and Rob are grateful to be part of such a warm, welcoming neighborhood. “We’ve been so fortunate to have amazing neighbors,” Ashlee says. “It’s been a lovely first year.”

To recommend a family to be featured, please email Delia at ballantyne@strollmag.com.



Photo by Leah Custer Photography & Design
Fall Porch Decor by Howdy Pumpkins



It's Time to Invest in Yourself

With a help of a simple beam of light, our technicians zero-in on the area of your choosing to begin your hair-free journey.

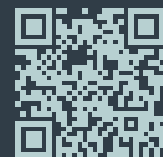
Semper Laser Hair Removal

3419 Toringdon Way, Suite 104, Charlotte
(980) 236-1803



Offering small, medium and large treatment areas on the body, we use the most high-tech laser device which harnesses the power of laser energy carried through a small hand-piece.

Book Now



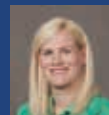
Get Back to Living.

Find Relief from your Asthma & Allergy Issues.

CALL. SWITCH. SAVE.

GEICO
LOCAL OFFICE

Yes, it's that easy!



Megan Donoho
Charlotte
geico.com/charlotte-donoho
¡Hablamos Español!



Limitations apply. See geico.com for more details. GEICO & affiliates. Washington, DC 20076 © 2023 GEICO. 21_662671044

McEwen Funeral Service

Pineville Chapel

FUNERALS | CREMATIONS | PREPLANNING



704-544-1412
10500 Park Road, Charlotte, NC 28210
mcewenpinevillechapel.com

Our expert allergists offer personalized solutions for allergies caused by pollen, pets, dust, and mold, asthma, sinus disease, and skin allergies.

BALLANTYNE LOCATION 3426
Toringdon Way Suite 102
Charlotte, NC 28277



Roopen R. Patel, MD

Monday » Friday 8am » 5pm
We care for both children and adults.

(704) 372-7900 | carolinaasthma.com



FESTIVE FALL EVENTS

2025 Kisner Classic: Breast Cancer Awareness Golf Tournament



September Wine Social



Stag's Leap Winery Wine Dinner



Cocktails & Couples: Tailgate



To share your photos, please email Delia at ballantyne@strollmag.com.

Step into our luxurious salon and escape into a world of relaxation and indulgence.

What do you get from Ombre' Nail Ballantyne

1. The best services in the luxury spa.
2. One time used buffer and file.
3. Liner protection for all kinds of pedicures.
4. Never recycled paraffin wax.
5. Beautiful interior design.
6. Sanitized, clean, and professional services.
7. Reasonable prices.
8. 7 days guarantee for nails and shellac services.

OMBRE' NAIL BALLANTYNE

📞 980-299-0045 📍 15033 Ballancroft Parkway, Charlotte, NC 28277
 🌐 Ombrenailballantyne.com @Ombremailballantyne.nc

Ombre' Nail Ballantyne is one of the biggest Beauty Salons in Ballantyne area.



- Teen Driving Classes
- Transfer Student Program
- Adult Driving Lessons
- Drive Check DMV Prep
- Defensive Driving Classes
- Driving Simulators

(704) 802-7151
charlottedrivingacademy.com





In-Home Personal Chef Services



Plus, Private Event Catering & Cooking Classes

Book your holiday party today and savor the joy of effortless, chef-crafted dining.

www.copperandthyme.co
704-312-0653 @copper_and_thyme

**1 FREE HOUR OF
MARKETING CONSULTING
FOR BALLANTYNE AREA
BUSINESSES**

BOOK HERE:





Digital marketing consulting, media buying, and strategy

We generate leads and increase sales for businesses



ABOUT US

For 16+ years we have scaled businesses and brands while managing over \$150 million in paid media.
-Alan Moore, Founder

+704-533-8904

patondigitalmarketing.com



Time to slow down and get moving.

Life at Brightmore of South Charlotte is filled with all the things you want to do, and none of the things you'd rather not. Indulge and enjoy, and rest assured that continuing care is in place should it be needed in the future.

Call us to see how to simplify your tomorrow today.
910.507.7834 BrightmoreOfSouthCharlotte.com



BRIGHTMORE
OF SOUTH CHARLOTTE



LIBERTY
Senior Living
150 Years

INDEPENDENT LIVING | ASSISTED LIVING
MEMORY SUPPORT | REHAB CARE | SKILLED CARE

 A Life Plan Community offered by Liberty Senior Living



Zinicola

Celebrating Italian tradition with a modern touch

BY CONTENT COORDINATOR DELIA MCMULLEN

AT ZINICOLA, every dish tells a story of family, passion and the enduring joy of sharing a meal. Located in Ballantyne Village, just moments from Ballantyne Country Club, this beloved neighborhood restaurant continues to be a favorite destination for those who crave authentic Italian cuisine crafted with heart.

Chef and Owner Richard Cranmer—a Johnson & Wales graduate who refined his craft at the Four Seasons before returning home to Charlotte—has built Zinicola on a foundation of tradition and love. “We incorporate the flavors of each season and serve our guests like we would our family,” says Chef Richard. “For us, food is an act of love.”

As the restaurant heads into the holiday season, Zinicola’s fall menu brings an enticing mix of comforting classics and elegant new creations. Among the new standouts is the *Funghi Pizza*, layered with a velvety mushroom purée, wild mushrooms, caramelized



“We incorporate the flavors of each season and serve our guests like we would our family. For us, food is an act of love.” – Chef Richard Cranmer

onions, goat cheese, truffle and a drizzle of balsamic glaze—a rich, earthy homage to autumn. Another new favorite, *Nonna’s Lasagna*, pays tribute to Chef Richard’s grandmother with a deeply satisfying blend of Bolognese, béchamel, Parmesan and tomato sauce. And for guests looking to indulge in a hearty entrée, the new *Butcher Cuts* section showcases expertly prepared premium meats—such as a 12-ounce grass-fed ribeye, filet mignon, veal chop or bison NY strip—each accompanied by a Milanese salad and your choice of red wine demi, gorgonzola compound butter or salsa verde.

From handmade pastas and wood-fired pizzas to local ingredients and seasonal presentations, Zinicola continues to elevate the dining experience while keeping the spirit of Italian home cooking at its core.

This publication is made possible because of our Ballantyne sponsors. When searching for vendors for your home or business, please consider working with these invaluable neighborhood and area establishments.

To have your business featured in an upcoming issue, please email Ashley at ashley.grimm@n2co.com.

PRIVATE DINING & HOLIDAY CELEBRATIONS

Whether it’s an intimate dinner or a festive gathering, Zinicola’s private dining rooms provide the perfect backdrop for special occasions.

The restaurant offers three private spaces that can accommodate a range of events—from business dinners and milestone birthdays to showers, rehearsal dinners and holiday parties.

The holidays are especially magical at Zinicola. Guests return year after year for the beloved “Feast of the Seven Fishes” on Christmas Eve, prix fixe celebrations on New Year’s Eve and other seasonal dining experiences filled with warmth and exceptional service. With customizable menus, curated wine pairings and the signature hospitality that defines Zinicola, every event feels personal and memorable.

Book your holiday celebration early—private dining fills quickly, and reservations are now being accepted for Christmas Eve and New Year’s Eve.



SET IN THE HEART OF BALLANTYNE,

Zinicola is the region’s trusted source for authentic Italian fare.



FOOD TRADITIONALS FROM
THE FAR REACHES OF ITALY.

— Several Private Dining Room Options —

Open for Dinner:
Mon - Sat: 4pm to 10pm

Open for Lunch:
Tues - Friday: 12pm to 2:30pm

Make A Reservation Today: zinicolaitalian.com

14835 Ballantyne Village Way Suite 140 Charlotte NC 28277

HONEY FINISH BOURBON

LANDS NOV. 21

& LOCAL HONEY FROM OUR BEES

GREAT FOR
HOLIDAY GIFTS

Visit Oaklore at 11136 Monroe Rd, Matthews, N.C. | oakloredistilling.com

**TRANE COMFORT
SPECIALIST DEALERS**

Residential Heating and Cooling
Commercial Heating and Cooling
Water Heaters · Gas Piping · Air Purifiers

Contact Us Today!
803-285-2665
www.hubbardcooling.com

Free Estimates

Custom Welded Jewelry

Perfect for birthdays, showers, girls' nights, or just because. I'll bring my full collection of chains and charms to you, and every guest leaves with a custom-fitted forever piece. Book your exclusive event today!

Visit www.lindsaycadenhead.com for more information!

LINDSAY CADENHEAD
permanent jewelry

@lindsaycadenheadjewelry

GENERAL CONTRACTOR
LICENSED & INSURED
NC & SC

(704) 325-0749
www.AldosRC.com

Scan To
See Our
Active Projects

KITCHEN

BATHROOM

PANTRY

NEW CONSTRUCTION & RENOVATION:

- LAYOUT MODIFICATIONS
SMARTER SPACE FLOW
- ADDITIONS
EXPAND WITH STYLE
- KITCHENS
MODERN & FUNCTIONAL
- BATHROOMS
RELAX IN STYLE
- OUTDOOR LIVING
ENJOY OUTDOORS DAILY
- OFFICES
WORKSPACES THAT INSPIRE
- MEDICAL SPAS
COMFORT MEETS CARE
- RESTAURANTS
ATMOSPHERE & EFFICIENCY

**WE'RE MORE THAN A
GENERAL CONTRACTOR**

Our Charlotte **Custom Cabinet Shop** builds from scratch; our team, our tools, our shop, all for you!

• GARAGE STORAGE

• CUSTOM CABINETS

• MUDROOMS

“TRANSFORMING HOUSES INTO HOMES”



The White Family

PHOTOGRAPHY BY TIFFANY RINGWALD

Kevin and Melissa White, longtime residents of Ballantyne Country Club, have called Smart Lane home for 11 years. Built in 2002, the house recently underwent a thoughtful transformation that reflects both style and functionality, perfectly suited to their family of five, which includes their three sons. The Whites completed a series of renovations between 2022 and 2023. The updates included a redesigned kitchen and living room, along with a fresh new look for the primary bathroom and a fully renovated basement kitchen. The goal was to create spaces that are both beautiful and practical—ideal for busy family life and entertaining.

Melissa shares that the living room is her favorite space in the house. With open views of both the front and back yards and direct connection to the terrace and kitchen, it serves as the hub of family activity. “We’re able to keep up with the comings and goings of our boys when they’re at home,” she explains, noting that it’s where daily life and family togetherness naturally come together.

Beyond their home, the Whites appreciate everything BCC has to offer. “We love the location, the quiet calm of the neighborhood, the friendliness of our neighbors and the activities and opportunities BCC provides for us to spend time together as a family,” says Melissa.

Their renovations have not only refreshed the home’s style but also reinforced its role as the warm, welcoming center of family life—a perfect fit for the community they love.

Interior Design: **Delphinium Design**
General Contractor: **Watershed Builders**

To share a home renovation with us, please email Delia at ballantyne@strollmag.com.

MASTER FLOOR INSTALLERS

All Flooring Types, All Flooring Services!

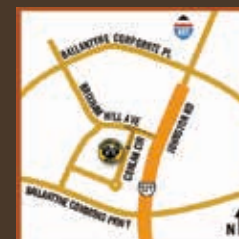
- Stunning Showroom for Product Selection
- Offering 1 Year Installation Warranty & Unbeatable Prices
- 15+ Years Experience Serving Charlotte
- BCC Discount



Call us Today:
(704) 245-9110

GilFlooringSolutions.com

FARM-TO-BAGEL
BREAKFAST



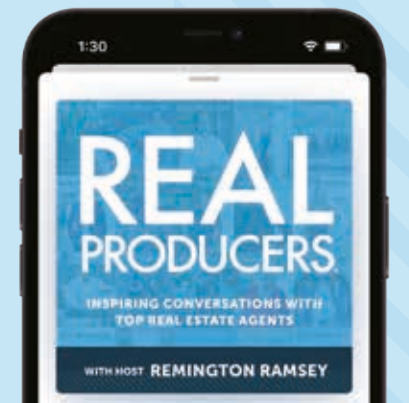
Become a Shmear Society Rewards member to unlock your UNLIMITED FREE COFFEE reward for next month. Download Our App

Invite Us To Your Next Party or Gathering
Breakfast & Lunch Delivery | Pre-order for Pickup

Dine In or **Drive Thru** Right Here in Ballantyne! 13736 Conlan Circle Charlotte, NC 704.840.1566

REAL PRODUCERS. PODCAST

Inspiring conversations
with the nation's
top real estate agents.



Same Brand, New Reach – Tune in for free today



podcast.realproducersmag.com





Santa Paws founder Ashley Horton and family

SANTA PAWS

Bringing holiday cheer—
one paw at a time

The holiday spirit is going to the dogs (and cats!) at the 4th Annual Santa Paws Photo Event, taking place **Sunday, November 9 from 1 to 4 p.m.** on the Back Veranda at Ballantyne Country Club. This beloved community tradition invites families and their furry friends to capture a festive photo with Santa—all while giving back to animals in need.

For just a \$10 donation, guests receive a professional holiday photo by Dare Visual Media, with 100% of proceeds benefiting Carolina Boxer Rescue. The event is hosted and sponsored by Ashley Horton of Premier Sotheby's International Realty, who founded Santa Paws to combine her love of animals with her passion for community.

“Santa Paws began with a simple idea: create a joyful moment with our pets and turn it into real help for animals who need it,” says Ashley. “Last year, we photographed more than 100 pets, and the energy was incredible. This year, I’m setting a bold goal to double the funds we raise.”

Volunteers and adoptable dogs from Carolina Boxer Rescue will be on-site to spread holiday joy, and neighbors are contributing raffle baskets and gifts to make the afternoon extra special. The event is designed to be welcoming for all pets, with volunteers available to assist and a separate entrance for anxious or special-needs animals.

So leash up your pup (or crate your kitty) and join in this heartwarming holiday celebration that truly makes a difference.



Santa Paws Photo Event
Sunday, November 9 | 1–4 p.m.
Ballantyne Country Club – Back Veranda | 11120 Ballantyne Crossing Ave | \$10 donation per photo | All proceeds to Carolina Boxer Rescue
For questions, contact Ashley Horton at 704-975-5418 or ask a volunteer on site. Please remember to pick up after your pets—waste bins will be provided.

To recommend a pet to be featured, please email Delia at ballantyne@strollmag.com.



This family even brought their pet bird!

MEET CAROLINA BOXER RESCUE

Carolina Boxer Rescue (CBR) is a nonprofit organization dedicated to rescuing and rehoming boxers and boxer mixes across North and South Carolina. Their mission is simple yet powerful: to give every boxer a chance at a healthy, happy life in a loving home.

Through a passionate network of volunteers and foster families, CBR provides medical care, training and rehabilitation for dogs in need—often saving those who have been neglected or abandoned. Each adoption represents a new beginning and a second chance at love. During the Santa Paws event, you’ll have the opportunity to meet some of CBR’s adoptable dogs, learn about their foster and volunteer programs and find out how you can donate or get involved.

Whether you’re adopting, fostering or simply stopping by for a photo, your participation helps support their lifesaving work all year long.

To learn more or see adoptable dogs, visit carolinaboxerrescue.org.





VETERINARY HOSPITALS



PREMIUM, ADVANCED SERVICES –
WITHOUT THE PREMIUM PRICE.

From a new puppy visit, to complex procedures and everything in between like rehabilitation and chemotherapy, we’ve got your family covered. Give our office a call and let us provide all the care your pet needs, at a reasonable price.

SERVICES:

WELLNESS
SURGERY
DENTISTRY
NUTRITION
CHEMOTHERAPY
REHABILITATION

ACUPUNCTURE
CHIROPRACTIC
HERBAL MEDICINE
EXOTICS MEDICINE
HOLISTIC CONSULTS
MOBILITY & COMFORT

DAVIDSON

NORTH CHARLOTTE

SOUTH CHARLOTTE

WILMINGTON



LEARN MORE!

30 November 2025

STROLL Ballantyne Country Club 31



For more info, visit connectingthegap.org.

Connecting the Gap

Building hope and healing for grieving children

IN THE UNITED STATES, one in 11 children will experience the death of a parent or sibling before turning 18—a reality that often leaves them vulnerable to academic struggles, mental health challenges and feelings of isolation. Quaneka Falls Edmonds is determined to change that narrative by creating safe spaces for youth to be seen, supported and connected.

Quaneka is the founder of Connecting the Gap, a Charlotte-based 501(c)(3) nonprofit organization that empowers youth and young adults up to age 22 who have lost a parent or guardian. Through intentional programming, mentorship and community partnerships, Connecting the Gap addresses not only the

emotional impact of grief but also the mental, relational and economic challenges that come with it.

Quaneka believes healing is not something that happens in isolation; it requires community. She has made it her mission to remind families that they are not forgotten, while calling on the broader community to step in with support, compassion and resources. Under her leadership, Connecting the Gap has become a safe space where families find hope, belonging and the tools they need to thrive despite life-altering loss.

Some of Connecting the Gap's highlighted partners include United Way of Greater Charlotte, BetterHelp, The Harvest Center, Beds for Kids and Canopy



ABOUT QUANEKA FALLS EDMONDS

Quaneka Falls Edmonds is a compassionate leader and grief advocate dedicated to bringing awareness to the unique challenges faced by young people grieving the loss of a parent. Her own journey began at 14 when she lost her mother, an experience that ignited her passion to ensure no child has to navigate grief alone. In addition to her nonprofit work, Quaneka is the founder of Harper McKenzie Consulting™, where she coaches and motivates women to rise through adversity. Known for her bold and authentic voice, she encourages others to transform pain into power and to live resilient, purpose-driven lives. A graduate of UNC Wilmington with a degree in community health education and a master's in healthcare administration, Quaneka is also a proud mother of two.

Housing Foundation. These partnerships expand the reach of services and ensure that grieving children and families have access to resources that restore stability, healing and hope.

As we honor Youth Grief Awareness Month this November, she invites the community to stand with grieving children and families. Consider supporting Connecting the Gap through your end-of-year giving—because together, we can build a future where no child grieves alone.

To share an article idea, email Delia at ballantyne@strollmag.com.

CONFIDENT, RADIANT, AND

uniquely you

Our mission is to enhance your natural features through customized treatments that help you feel confident, radiant, and uniquely you. Whether you're smoothing fine lines, restoring volume, or boosting wellness, we're here to support your glow-up journey.

Neurotoxin, Filler, PRF (Cellenis derma PRP), Chemical Peels, Scarlet RF Skin Pen, IV, Vitamin Therapy, NEUVODerm Laser and Hair Restoration.

Skincare Lines Include:
Skin Better Science, SkinMedica and Neocutis

MaryKate Walsh RN
704-942-4424 | www.youniquebymk.com
youniquebymkw@gmail.com
7510 Pineville-Matthews Rd. Salon Loft #16 Charlotte

Younique
BY MK

Private Candle Parties

Are you as candle crazed as we are?

Let's party! Host your own Malaysian Lights Candle Party for a group of co-workers, friends or family.

For more details or to schedule a party, please contact us at Info@malaysianlightscandles.com.

malaysianlightscandles.com

SCAN HERE FOR PARTY INFO!

PINEVILLE DENTAL STUDIO

FAMILY AND COSMETIC DENTISTRY

Dr. SUDHA EDPUGANTI, DDS, BDS

Monday - Friday : 8:00am - 5:00pm
Saturday : 8:00am - 3:00pm
980-423-1035
10635 Park Rd, Suite B, Charlotte, North Carolina 28210

Dr. Edpuganti's gentle care and personalized attention make every visit a positive experience. Schedule your appointment today!

Pineville Dental Studio
- Enhance Your Smile, Transform Your Life

Finding Calm in a Season of Joy

A fertility doctor's guide to managing holiday stress

BY DR. DEIDRE DOWNS



DEALING WITH AN INFERTILITY DIAGNOSIS is stressful on its own, but throw the holidays on top of that, and you may be dreading this season. Family tensions, awkward questions and travel may have you considering staying home this year – and that's totally fine too! But, if you want to be part of the gathering, these tips can help with handling stressful situations.



in if someone is getting a little too nosy or asking questions that make you uncomfortable.

4. Have a plan. Whether you are staying at your destination or not, plan for how to handle certain situations and exit strategies. Decide what you are and are not comfortable with and be ready with a response or easy exit if it's all too much.

1. Don't let yourself get burned out. Buying gifts, prepping a meal and dealing with all the hustle and bustle of busier-than-usual streets and stores are all more than enough for even the most zen of people. Keep it simple this year! Pick what feels manageable to you and stick to it. Don't overdo it.

2. Take breaks. Holiday gatherings can be overwhelming with the number of guests and those extra nosy questions. Feel free to step away! If you are visiting parents or in-laws, consider getting a hotel room or Airbnb instead of staying with them so you can have the space to get away and decompress.

3. Communicate. Communication goes a long way! Communicate your needs and worries with your partner so you are both on the same page. Your partner can step

Remember, it's your holiday season and you deserve to enjoy it. Stay home or go out – but don't put yourself into an uncomfortable situation if you don't want to! If you are looking to meet with a fertility specialist, contact Reach Fertility. Our Ballantyne office is close by, and we'd love to meet you!

If you are looking for a fertility specialist, the team at Reach Fertility would love to meet with you. Reach Fertility has locations in Charlotte, Ballantyne and Lake Norman. Our team of trusted fertility experts have been turning patients into parents for over 30 years.

REACH
FERTILITY



Fertility Care, Close to Home

Reach Fertility Clinic has been turning patients into parents for over 35 years. Now open in Ballantyne, we're proud to help build families right here in your neighborhood.

Whether you're just starting your fertility journey or looking for a second opinion, our team of expert reproductive endocrinologists and compassionate care coordinators are with you every step of the way.

Personalized fertility care. Proven results. *Just around the corner.*

14135 Ballantyne Corporate Place, Suite 175
No referral needed. Request a consult at **ReachFertility.com**

Your future family is closer than you think.



LE PETIT SPA

EST. 2010



Award Winning Spa 15 Years

LUXURIOUS ANTI-AGING TREATMENTS | ACNE BOOTCAMP | FACIAL SCULPTING



INTRODUCING: DF Body Sculpt Pro
An advanced treatment harnessing DF technology with active formulations to work deeper than traditional methods— delivering measurable improvements in cellulite, tone, skin texture, and crepey skin.




Follow us on IG to be entered to win a Free Facial!
@lepetitspa

980-406-3269 | Lepetitspacharlotte.com
12105 COPPER WAY, SUITE 202, CHARLOTTE NC 28277



Luxury, Leisure, & Landmarks Await



Kathleen Torella

SPECIALIZING IN LUXURY VACATIONS INCLUDING:

- Custom Itineraries
- Private Jet Trips
- European Vacations
- Oceanic & River Cruises
- All Inclusive Caribbean Vacations
- Rail Vacations
- Disney/Universal
- Destination Weddings, Honeymoons, Bachelorette, and Bachelor Getaways



Graceful Getaways TRAVEL

Schedule a consultation today and discover exclusive adventures waiting just for you.

704-506-4444
travelwithkathleen@proton.me

Are you ready to unlock your team's greatest potential?

The DISC personality assessment helps you decode behavior patterns of the four different personality styles that make up your team. Whether you're trying to reduce staff turnover, increase team comradery, or simply increase effective communication and productivity within your teams, knowing each person's DISC personality style will unlock the cheat code to connecting with everyone on your team.



Contact Dr. Brynn to schedule a DISC lunch 'n learn for your team today!

Dr. Brynn for the Win!

Office: (855) 573-9473 | Mobile: (980) 236-9352
www.dynamicempowermentsolutions.com





THE ELEGANCE OF TRAVEL

Where every journey becomes a signature experience. Exclusivity. Vip access. Special moments. That's how The Elegance of Travel was born.



For husband-and-wife team Alberto and Shelley Benitez, the idea of creating a luxury travel company was first imagined decades ago—over 30 years, to be exact. Life, however, had other plans. While Shelley dedicated herself to raising their family, Alberto built a successful career in professional sales, one that allowed him to travel the world and experience some of the most exclusive destinations imaginable.

It was during these journeys that the foundation of The Elegance of Travel began to take shape. One unforgettable moment occurred at The



St. Regis Monarch Beach in Dana Point, California. “It was my first true taste of elegance and exclusivity,” Alberto recalls. “Walking through the veranda, seeing the Pacific stretch endlessly before me—it was pure magic.” During his stay, NBC was filming the pilot for the show *Las Vegas*, starring James Caan and Josh Duhamel. Alberto even found himself mingling among the cast and crew. That same evening, his company hosted a private Classic Rockers Concert featuring members of Journey, Toto, The Eagles and Lynyrd Skynyrd—an experience that would leave a lasting impression.

Another defining moment came at Disney’s EPCOT, where Alberto attended a private dinner inside The American Pavilion after the park had closed. “It was a surreal experience,” he says. Decades later, Shelley had the opportunity to enjoy that same VIP experience herself—front and center for EPCOT’s fireworks spectacular, in a section closed to the general public.

Yet, as exclusive as those experiences were, something was missing. “My wife,” Alberto explains. “Many of those events didn’t allow spouses, and no matter how incredible the setting, it never felt complete.”

That realization inspired The Elegance of Travel—a company designed

to create not just luxury getaways, but deeply personal experiences meant to be shared. “We understand how important it is to create moments together,” says Shelley. “That’s the foundation of everything we do.”

Today, The Elegance of Travel curates bespoke journeys for discerning clients, working only with 4- and 5-star vetted partners who meet their exacting standards. “If we wouldn’t stay there ourselves, we won’t send our clients there,” Alberto emphasizes. “No matter how much a property offers to pay us, we refuse to compromise our clients’ trust. That’s what sets us apart from a Google search or a travel website.”

Their clients enjoy once-in-a-lifetime experiences—whether it’s a sunrise hot air balloon ride over Tuscany, a private candlelit dinner on a secluded beach, a personal chef and butler in a private villa or driving a Ferrari through the European Alps.

One of their most exclusive partners in Italy, a Destination

Marketing Company owner, even offered to visit the Benitez home to host a private cooking class for their top clients this coming February—shipping ingredients from his own garden and wines from his private cellar. “That’s not something you’ll ever find online,” Alberto smiles. “It’s about who you know—and the trust you build.”

At The Elegance of Travel, every detail is designed to create your own



Ballantyne Country Club neighbors and founders Alberto and Shelley Benitez invite you to experience travel redefined—where every journey becomes a signature experience.

exclusive moment, no matter where in the world it takes place.

Let us be the architects of your next luxury journey. Because life’s most beautiful memories deserve nothing less than elegance. The Elegance of Travel.

For more information, visit TheEleganceOfTravel.com or call 980-485-LUXE (5893).

To share your travels, please email Delia at ballantyne@strollmag.com.



A photograph of a man in a light blue suit setting a table on a balcony. The table is covered with a white tablecloth and has several place settings. In the background, there is a large banner that reads "Travel is Ordinary. Elegance is Not." and a view of a city with a body of water.

For those who value time, privacy, and true exclusivity — The Elegance of Travel curates journeys that transcend the expected. From private château dinners in Bordeaux to after-hours art viewings in Florence, we design experiences that cannot be found online — only through connection. Every journey is personally tailored for those who understand that luxury is not a destination — it’s a way of travel.

The Elegance of Travel
Where Every Journey Becomes a Signature Experience

By Private Appointment Only
☎ 980-485-LUXE (5893) ✉ luxury@TheEleganceofTravel.com 🌐 www.TheEleganceofTravel.com

BELTWAY GUN AND PAWN

Specializing in -

- Estate Liquidations
- High Quality Firearm Collections

We also buy and sell:

- Tools
- Jewelry
- Electronics

A different twist on holiday shopping!!

11500-B EAST INDEPENDENCE BLVD
MATTHEWS NC 28105
704-847-4181
WWW.BELTWAYGUNANDPAWN.COM

Ballantyne Country Club Resident Owned



For the most compassionate OB-GYN care

You want Novant

The highest quality obstetric and gynecologic care is available right in your neighborhood — at Novant Health Mintview OB/GYN.

Nurse midwives have been added to our collaborative care team and can also see patients for:

- Routine women’s health services
- Prenatal care
- Perimenopause and menopause care



Novant Health Mintview OB/GYN is located within Novant Health Ballantyne Medical Center.

Scan the QR code to schedule now.

Best physicians. Amazing nurses. Remarkable care.



No Job is too Small, We Do it All Handyman Services

- Kitchen and Bathroom Remodeling
- Appliance Repair & Installation
- Electrical Fixture Installations
- Handyman Services - Painting Services
- Drywall Repair & Installation
- Cabinet Repair Services - Floor Installation

nojobistoosmall2@gmail.com
www.handymdhandymanservices.com

803-784-4484

10% Off On Labor to BCC Members | 15% Off On Labor for Seniors
*cannot be combined

Contact Us Today!

Because They're Family — and Family Deserves the Best.

Your pet isn't just a pet — they're your companion, your joy, your heart on four paws. That's why Zoomin Groomin reimagines grooming as a luxury experience built around comfort, safety, and style.

Our state-of-the-art mobile spa comes right to your home, offering your dog a calm, one-on-one session — no cages, no travel, no stress.

- Premium, eco-friendly products
- Certified, gentle groomers
- Luxury care at your doorstep

Give your furry loved one the pampering they deserve.

BOOK NOW!

Call/Text Us At **704.327.6514**

Katie Leonard



younger students to get involved in school life—both in sports and the classroom—because “working hard opens doors to opportunities.”

As she looks ahead to graduation, Katie is excited about the next chapter. She hopes to attend college at a big sports school; UNC and UGA are at the top of her list. Surrounded by her supportive family, Katie is ready to take on new challenges while carrying with her the lessons, friendships and memories she has made through cheer and lacrosse.

To recommend a young person to be featured, please email Delia at ballantyne@strollmag.com.



TRAIN LIKE AN ATHLETE

Training for Youth and Adults. Modeled after Division 1 Strength & Conditioning principles, ensuring elite-level training methodologies.

D1 INDIANLAND
Contact us today!

8811 CHARLOTTE HWY, STE 104
INDIAN LAND, SC 29707
803-599-2798

DIINDIANLAND@D1TRAINING.COM

[DIINDIANLAND](#)

Ardrey Kell senior Katie Leonard has spent much of her life leading from the sidelines and competing on the field. An athlete with both spirit and strength, Katie has built a reputation as a dedicated teammate, a good friend and someone who always brings fun to her teams.

As the youngest of Beth and Rob Leonard’s four children, Katie is following in the footsteps of her siblings—Connor, Emma and Matthew.

Katie’s athletic journey began as a toddler in dance and soccer. In kindergarten she joined competitive cheer with Cheer Extreme and later Cheer Athletics. Her years of training paid off in 8th grade when her level 6 team captured the prestigious Worlds title—a memory that remains one of her proudest moments. At Ardrey Kell, she has cheered for both varsity football and basketball throughout all four years of high school, proudly taking the position of flyer. In addition, Katie has loved playing lacrosse, starting on junior varsity before earning her spot on the varsity defense line during her junior and senior years.

For Katie, sports have always been about more than competition. Getting ready with her friends before games is one of her favorite traditions, reflecting her love of team camaraderie. That same spirit is what her coaches and peers admire most. And as her mom Beth says, “What I admire most about Katie is not just her drive, but the joy and teamwork she brings. She works hard, loves her teammates and has fun while doing it!”

Outside of athletics, Katie balances academics, babysitting, volunteering at Piedmont Overlook Assisted Living and spending time with friends. She encourages

Santa Paws is Here!

JOIN US FOR THE 4TH ANNUAL SANTA PAWS PHOTO EVENT
SUNDAY, NOVEMBER 9, 2025, 1–4 P.M.

The Ballantyne Country Club
Back Veranda of the Main Clubhouse
11120 Ballantyne Crossing Avenue, Charlotte

Bring your family, friends, and furry companions for a festive photo with Santa Paws. Don't have a pet? No worries – everyone is welcome.

\$10 for a professional photo by Dare Visual Media with Santa Paws.
100% of the proceeds are donated to a local animal rescue.
Help us make a difference for our furry friends.

*Please park by the bag drop off. Follow the signs to the event.
Kindly pick up after your pets. There will be dedicated waste bins on site.*

Sponsored by Ashley Horton
Please call or text for questions or assistance.
You can ask a volunteer on site for assistance with your pet if needed.

Ashley Horton
GLOBAL REAL ESTATE ADVISOR | MRP | ABR®
c 704.975.5418 • p 704.248.0243
Ashley.Horton@PremierSIR.com
AshleyHorton.PremierSothebysRealty.com

Premier Sotheby's
INTERNATIONAL REALTY
PremierSothebysRealty.com

Scan to see more details about Santa Paws

Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity.

40 November 2025

STROLL Ballantyne Country Club 41

Good Roofing isn't just our name

it's our promise!



GOOD ROOFING
& RESTORATION





704-737-2102 goodroofing.org [Learn more about us](#)



MERRILL LYNCH
A BANK OF AMERICA COMPANY

With Merrill, the bull always has your back

Our experience and insights will help you build a financial future tailored to your personal goals.

What would you like the power to do?*

Gregory K. Record
Wealth Management Advisor

The Lanphier Record Group
Merrill Lynch Wealth Management
gregory.record@ml.com
704.341.5108



Investing involves risk.
Merrill Lynch, Pierce, Fenner & Smith Incorporated (MLPF&S) is a registered broker-dealer, registered investment adviser, and Member SIPC. MLPF&S is a wholly owned subsidiary of Bank of America Corporation.
© 2025 Bank of America Corporation. All rights reserved.
MAP7419004 | AD-05-25-0321 | 472949PM-0125 | 05/2025



BounceU
BEST PARTIES ON THE PLANET

100% PRIVATE PARTIES
FIELD TRIPS
PLAYDATES
OPEN BOUNCE



Climb, Run, Bounce & Play in Two Huge Arenas Filled with:
18-Foot-Tall Inflatable Slides | Obstacle Courses | Bounce Houses
Coin Operated Games | Dedicated Toddler Areas

Visit us at bounceu.com/matthews-nc | 980.321.7881

When you reserve with us, you and your crew are the ONLY guests in the arenas!

Book your next party or playdate with BounceU Charlotte-Matthews & let us take care of all the details!

Weed Control • Fertilization • Aeration • Trees & Shrubs • Mosquitoes



THE LAWN CARE COMPANY YOU CAN RELY ON

Time to schedule your fall aeration and overseeding for your fescue lawns!

GrassRoots offers both traditional core aeration as well as our industry leading liquid aeration and seeding service!

...

Call today to ensure you can get on our schedule this fall!!
(704) 994-8778

And experience why so many of your neighbors are switching to GrassRoots Turf.



2022-2024
RATED BEST OF CHARLOTTE
www.RatedBestOfCharlotte.com

GrassRoots Turf of Charlotte • grassrootsturf.com



Napa Bistro & Wine Bar

*Bringing California
flavor to Stonecrest*

BY CONTENT COORDINATOR
DELIA MCMULLEN

For Jeff and Paula Conway, food has always been more than a meal—it's a way to connect, celebrate and build community. After moving to Charlotte in 2005, the couple quickly fell in love with the Carolinas' warmth and hospitality. In 2012, they opened their first restaurant, Napa on Providence, inspired by a life-changing trip to California's wine country. More than a decade later, their newest concept – Napa Bistro & Wine Bar at Stonecrest – brings that same passion for fresh, seasonal cuisine and relaxed sophistication to Ballantyne. Open for lunch and dinner, the new restaurant is located at Stonecrest, near the Regal Theatres.

"Ballantyne feels like home," shares Paula. "It's where we've raised our family, made friends and truly become part of the community. Opening here feels like a full-circle moment."

Drawing inspiration from Napa Valley's easy elegance, the Conways have created a dining experience that blends California freshness with Southern hospitality. The bistro's menu changes with the seasons, offering chef-driven dishes that highlight the best local ingredients. Guests can expect a mix of comforting classics and creative new favorites—all designed to pair beautifully with an ever-evolving wine list curated by their expert team.

What truly sets Napa Bistro apart is its atmosphere: sophisticated yet approachable, where guests can celebrate milestones or simply unwind after a long day. "We wanted to create

a space that feels special but never stuffy," says Jeff. "You can enjoy a fantastic meal and a great glass of wine without any pretense."

The Conways' belief in genuine hospitality extends beyond the restaurant's walls. "Slow down, share a meal and make time for the people who matter," Paula advises. "That's where real connection happens." Their approach to business—and to life—is rooted in care, quality and consistency.

As they open their doors to the Ballantyne community, Jeff and Paula hope Napa Bistro & Wine Bar becomes a gathering place for neighbors—a spot where friendships are forged, milestones celebrated and memories made. "Every detail, from the food to the music to the greeting at the door, is meant to make you feel like you're coming home," Paula says.

This publication is made possible because of our Ballantyne sponsors. When searching for vendors for your home or business, please consider working with these invaluable neighborhood and area establishments.

To have your business featured in an upcoming issue, please email Ashley at ashley.grimm@n2co.com.

"It's about creating a moment. Whether you're celebrating or just catching up with friends, we want every guest to feel cared for."

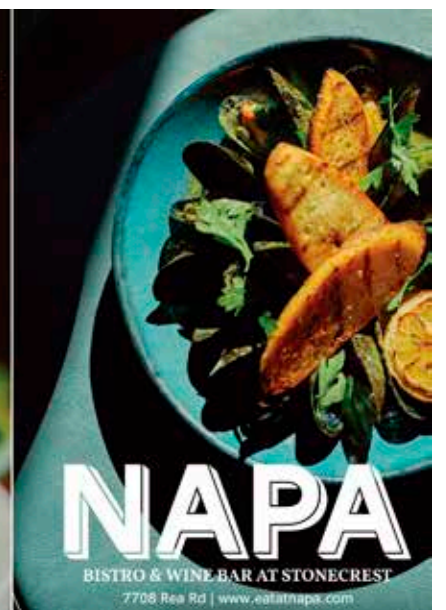
—PAULA CONWAY



A TASTE OF NAPA

Hospitality, Heart &
Handcrafted Flavor

At Napa Bistro & Wine Bar, every detail is designed to evoke the warmth and ease of California wine country. The menu highlights seasonal ingredients with dishes like pan-roasted salmon, wood-fired flatbreads topped with local produce, butternut squash ravioli and indulgent beef bourguignon. The rotating wine list offers a journey for every palate—from crisp Sauvignon Blancs and velvety Pinot Noirs to bold Cabernets sourced from both California and beyond. Each selection is handpicked to complement the menu and elevate the dining experience.



THE NATURAL SOLUTION FOR MISSING PERMANENT TEETH

FOLLOW US

Laxer, Long & Savage
Specialists in Pediatric Dentistry & Orthodontics

THE CENTER FOR CHILDREN
WITH SPECIAL NEEDS

Hand Sanitizer and Multi-Purpose Spray Surface Disinfectant — Kill 99.9% of Germs and Defend Against COVID-19

Whether you're a mom looking for safe, effective protection for your family or a business focused on maintaining a cleaner, healthier environment — **BioArmor** has you covered.

Proudly recognized as a leading formulator and distributor of proprietary, non-toxic, non-alcohol-based sanitizers, antiseptics, and disinfectants trusted by organizations such as the CDC Bioterrorism Task Force Labs.

Our FDA-approved and EPA-registered products, including Silky Gloves Hand Sanitizer and Multi-Purpose Spray Surface Disinfectant, deliver professional-grade defense you can trust — safe for families, tough on germs.

Protect what matters most with BioArmor. SAFE. EFFECTIVE. VETERAN STRONG.

Visit: bioarmorinfectioncontrol.com
Office: 704-419-4800

Your next trip starts with us!

SPECIAL RATES FOR BALLANTYNE COUNTRY CLUB RESIDENTS AND MEMBERS!

Sun Rise Limousine

BCC Resident and Member Discount!

sunrise-limousine.com | 844-400-2900
Info@sunriselimousine.com | sunriselimousine1@gmail.com

Your Ballantyne Realtor[®]

SERVING OUR NEIGHBORHOOD FOR 21 YEARS

TOP 2% OF CHARLOTTE REALTORS[®]
REAL PRODUCERS

TOP 5% OF AGENTS
CORCORAN AFFILIATE NETWORK

#45 CITY INDIVIDUAL BY VOLUME
#180 STATE INDIVIDUAL BY VOLUME
REALTRENDS VERIFIED[®]
... 2025 ...

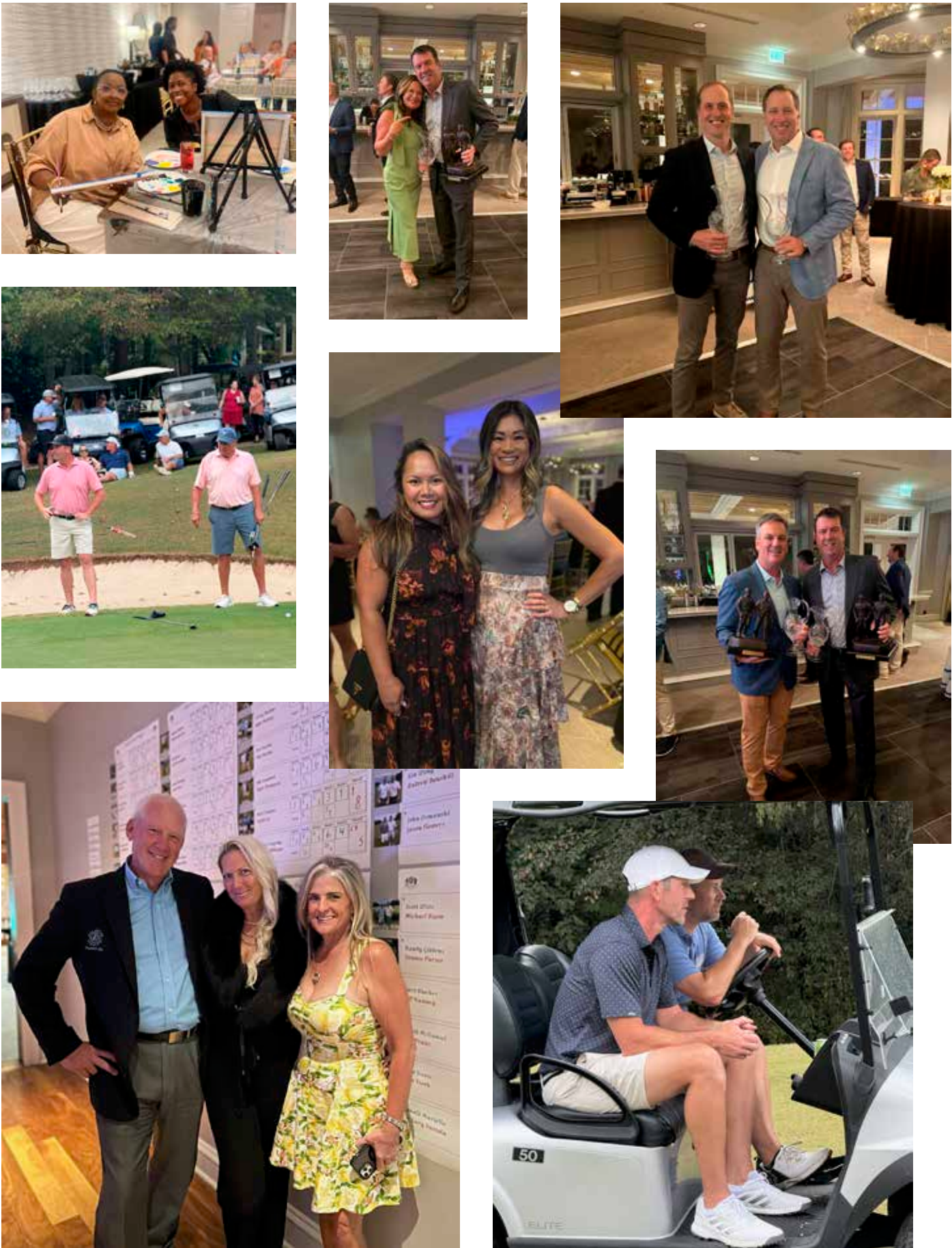
"Katy just 'got me' from the first introductory phone call. My family and I were considering two different geographies for our cross-state move and after talking with Katy the first time, I knew Charlotte was for us. I would recommend Katy to everyone."

- Recent Client

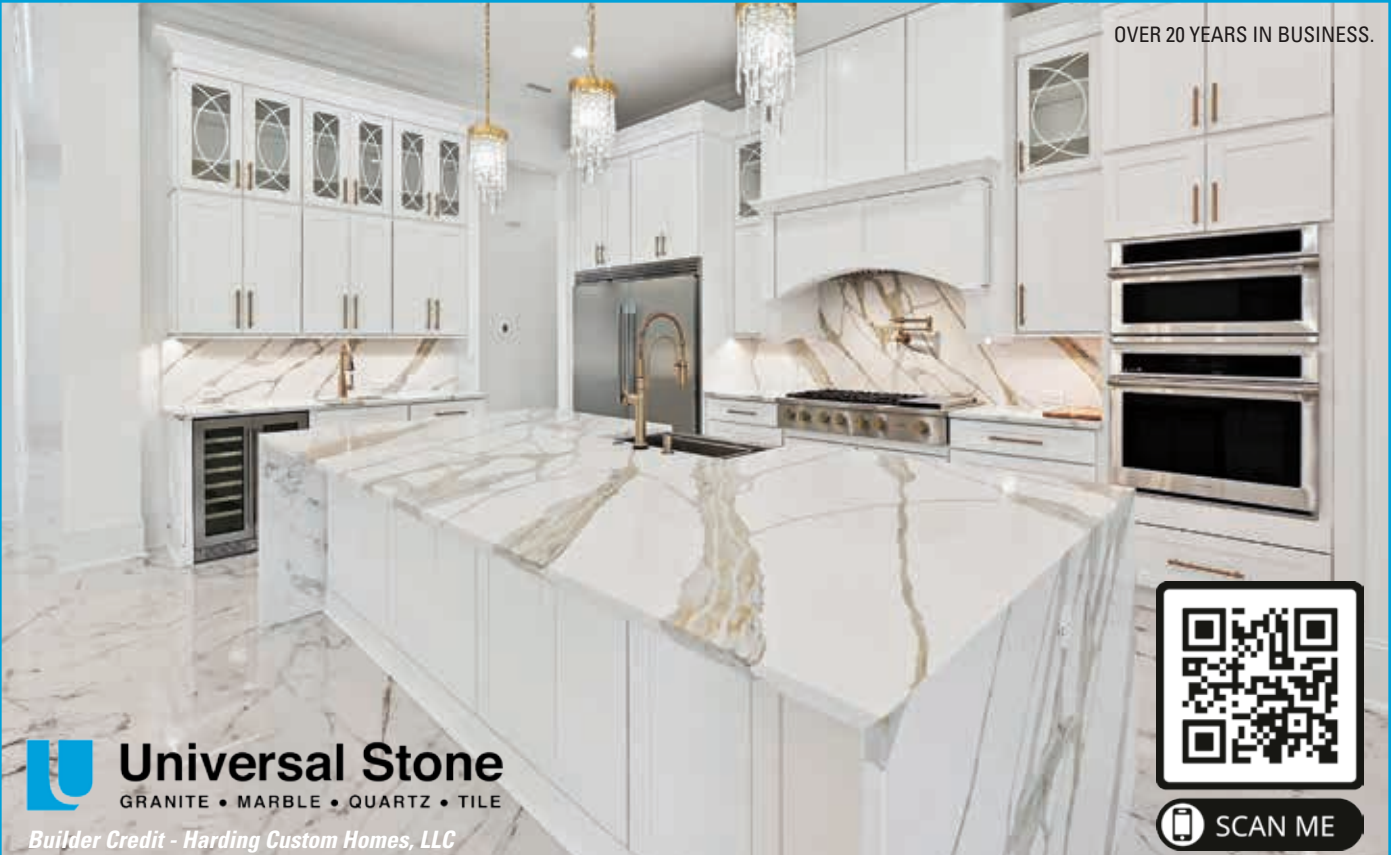
Katy Bradfield
Broker | Realtor[®]
Licensed in NC & SC
704.965.5968
katy@hmproperties.com
hmproperties.com

HM PROPERTIES

©2025 Corcoran HM Properties. All rights reserved. Corcoran® and the Corcoran Logo are registered service marks owned by Corcoran Group LLC. Corcoran HM Properties fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



To share your photos, please email Delia at ballantyne@strollmag.com.



OVER 20 YEARS IN BUSINESS.



Universal Stone
GRANITE • MARBLE • QUARTZ • TILE

Builder Credit - Harding Custom Homes, LLC



SCAN ME

Design Center: 16615 Riverstone Way, Charlotte, NC 28277 | **Slab Warehouse:** 4806 Rozzelles Ferry Rd, Charlotte, NC 28216

980.417.9119 | 704-394-1221 | universalstonenc.com





ELEVATE YOUR HEALTH

Discover your new IV Therapy Spa Destination

Now Open

Convenient and Comfortable • An Expert Medical Team

Personalized Wellness Plans • Advanced Formulas • Holistic Approach

Experience enhanced hydration, an energy boost, and holistic wellness with our scientifically crafted therapies. Rejuvenate, restore, and refresh your body & mind at Prime IV today.

25% OFF YOUR FIRST IV TREATMENT

VIP SERVICE + FREE HEALTH CONSULTATION



Special WELCOME OFFER

Limited-Time Offer Ends 06/30/2025

16045 JOHNSTON ROAD, SUITE D • CHARLOTTE, NC 28277 | (980) 575-1013

©2024 Prime IV Hydration and Wellness, INC. All rights reserved. All designs, logos, and slogans are trademarks owned by PIVHW. No content may be reproduced or transmitted without prior written consent from PIVHW.





DRIVING GROWTH, ONE LEAD AT A TIME

EMPOWERING BUSINESSES TO ACHIEVE THEIR SALES GOALS AND ACCELERATE THEIR BUSINESS GROWTH

WE PROVIDE COMPREHENSIVE MARKETING, LEAD GENERATION, APPOINTMENT SCHEDULING, AND FOLLOW-UP SERVICES TAILORED TO DRIVE GROWTH AND OPTIMIZE THE SALES PROCESSES FOR OUR CLIENTS.

CELLENTERPRISES.NET • (980) 213-8200 • SCOTT.WITTE@CELLENTERPRISES.NET



SODOMA LAW

Congratulations to Managing Attorney Hailey Amico and her team in Raleigh!

We are so excited to grow with you!





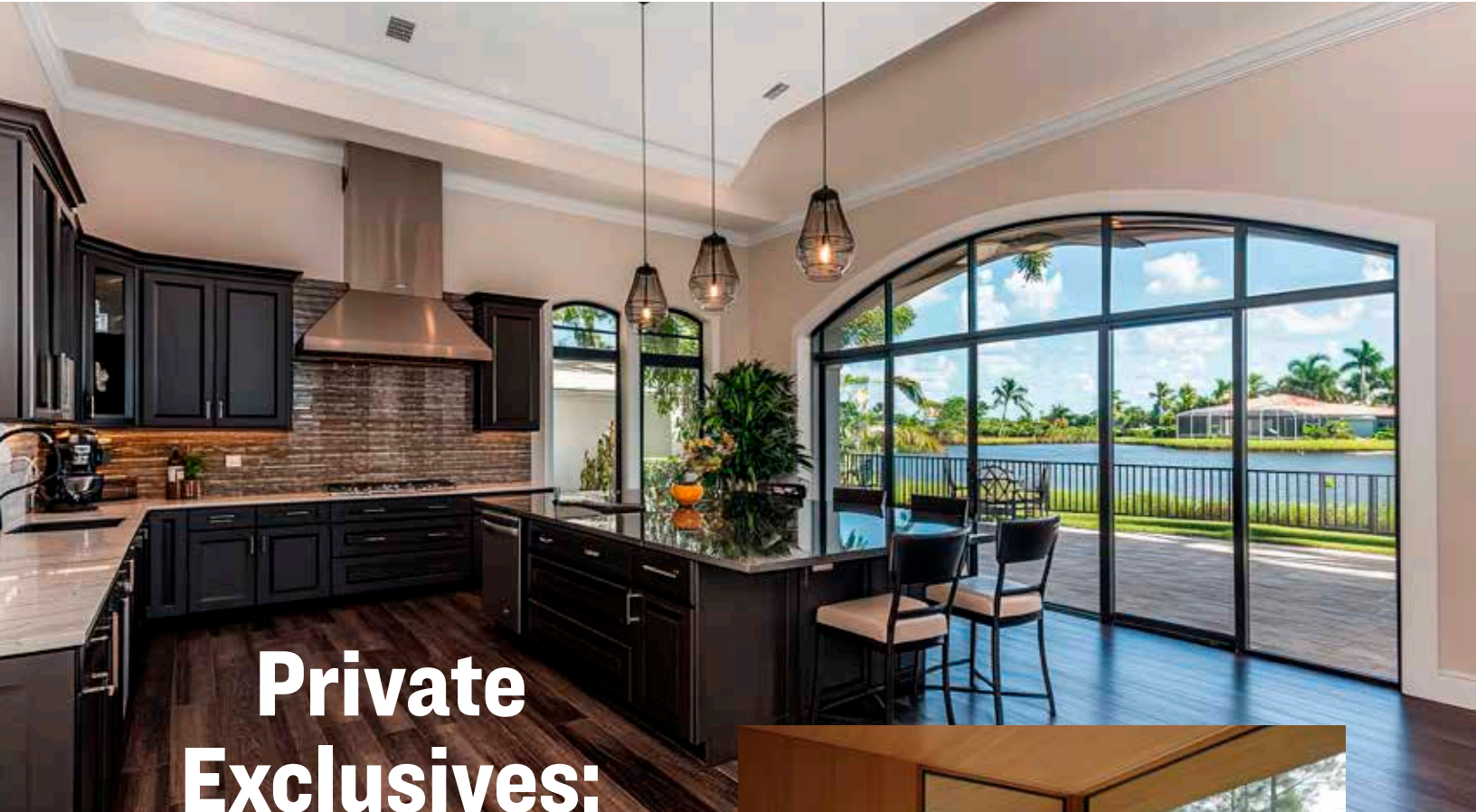
FAMILY IS AT THE HEART OF EVERYTHING WE DO



SODOMA LAW
— RALEIGH

EXPANDING ACROSS THE CAROLINAS

BELMONT | CHARLOTTE | GREENVILLE | LAKE NORMAN | RALEIGH | UNION | YORK



Private Exclusives: A Strategic, Discreet Approach to Selling

Advice from Tom Brennan,
Realtor, Compass



In the competitive residential real estate landscape, discretion, timing and strategic exposure can make a meaningful difference. “Private Exclusives” are designed to give sellers more control over their listing process by facilitating a “soft launch” of their property before going fully public.

What Are Private Exclusives?
A Private Exclusive is essentially an off-market or semi-off-market listing that’s initially shared only with prequalified buyers, rather than publicly listed on MLS or major real estate sites. During this phase, the home is not fully exposed to the wider public, protecting its market positioning and giving the seller breathing room for final touches, corrections or pricing adjustments.

The goal is to validate pricing, generate interest quietly and build momentum in a controlled environment before transitioning to broader marketing phases.

Advantages & Benefits
Price Validation without Public Pressure: Because the listing isn’t on public sites or tracked with “days on market,” the seller avoids early stigma or pressure



to reduce price, helping the home stay insulated from discounting trends that can erode perceived value.

Privacy & Discretion:
For sellers who want to control the timing or restrict exposure—for example, during home renovations or while coordinating logistics—the Private Exclusive stage allows showings by invitation only, rather than open house crowds.

Early Demand Generation:
By leveraging an extensive network of agents and vetted buyers, a property

can attract serious interest even before it’s public.

Proven Performance Metrics:
Homes pre-marketed via Private Exclusive and similar “Coming Soon” programs tend to sell at higher prices (about 2.9% on average) compared to homes listed directly to the public, as well as contracting faster and being less likely to require price drops.

The 3-Phase Strategy
Private Exclusives are often embedded into a structured three-phase marketing strategy:

- Phase 1 – Private Exclusive: Quiet validation, early interest, zero public days on market
- Phase 2 – Coming Soon: A controlled partial preview to generate anticipation
- Phase 3 – Public Listing: Full exposure on public sites when the home is market-ready, backed by pricing insights and buyer data from earlier phases

Sellers can tailor which phases they use based on their tolerance for time, exposure and risk.

Considerations & Caveats
While there’s clear upside, Private Exclusives aren’t appropriate for every home or market. Because the exposure is limited in the initial phase, there’s some risk of missing out on broader buyer interest early on. Also, the reported performance advantages (like 2.9% higher closing price) are based on internal data and may not fully generalize to all markets or conditions.

Ultimately, Private Exclusives represent a flexible, strategic tool for sellers who want to manage risk, test pricing and ease into the full listing process. When used judiciously, they can preserve value, reduce pressure and help stage a property’s market debut more confidently. Compass offers this approach for sellers seeking a more controlled, discreet way to market their home.

Want to move closer to family?
I can help with that.

Want to move away from family?
I can help with that too.

COMPASS

980.328.6620
tom.brennan@compass.com
tombrennanrealtor.com



Tom Brennan, REALTOR®

UNDERSTANDING ADHD

Symptoms, Diagnosis and Treatment Options

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that affects both children and adults, influencing attention, impulse control and executive functioning. Recognizing the signs early and seeking appropriate evaluation can significantly improve quality of life.



WHAT IS ADHD?

ADHD is characterized by patterns of inattention, hyperactivity and impulsivity that interfere with daily functioning. These behaviors can manifest differently across individuals and may evolve over time. While often diagnosed in childhood, ADHD can persist into adulthood, sometimes remaining undiagnosed until later in life.

RECOGNIZING ADHD SYMPTOMS

In Children:

- Difficulty remaining seated or quiet
- Excessive talking or fidgeting
- Impulsiveness and risk-taking behaviors
- Challenges in completing tasks or following instructions

In Adults:

- Chronic disorganization and forgetfulness
- Procrastination and poor time management
- Impulsivity in decision-making
- Difficulty maintaining focus during conversations or meetings

Symptoms can vary based on age and individual circumstances.

ADHD PREVALENCE:

BY THE NUMBERS

Understanding the prevalence of ADHD can help contextualize its impact:

- Children: Approximately 11.4% (7.1 million) of US children aged 3 to 17 have been diagnosed with ADHD.
- Adults: An estimated 6.0% (15.5 million) of US adults have a current diagnosis of ADHD.
- Gender Differences: Boys are more likely to be diagnosed than girls, with a prevalence of 14.5% compared to 8.0% among girls.
- Age Variations: Children aged 12 to 17 years have a higher

prevalence (14.3%) compared to those aged 5 to 11 years (8.6%).

TREATMENT APPROACHES

Treatment plans are personalized, integrating evidence-based strategies:

- Medication Management: Prescribing and monitoring medications to help manage symptoms
- Therapy Services: To address emotional and behavioral challenges
- Educational Support: To help individuals with ADHD succeed academically and professionally
- Advanced Therapies: Utilizing treatments such as Spravato and Neurostar Advanced TMS Therapy for patients with co-occurring conditions like depression or anxiety

Pediatric & Family Behavioral Health (PFBHNC) offers therapy and medication management for children, teens and adults experiencing anxiety and other challenges. Our providers are committed to compassionate, evidence-based care for the whole family. For more information, visit pfbhnc.com.



BuildNow

Specializing In:

Commercial Renovation | Residential Renovation | Kitchen Remodeling | Deck and Patio Construction
Bathroom Renovation | Siding Services | Flooring Services | Roofing Services

980 329 6659 | Buildnowcorp@gmail.com Get Your Free Estimate Now! Buildnowcorp.com

At BuildNow, we specialize in both commercial and residential renovation and construction across North and South Carolina. Our goal is to ensure customer satisfaction by turning your ideas into reality. Whether you're renovating a kitchen or adding a new deck, we're here to do it right.





SOLD! SOLD! SOLD!
~~327~~ 388+ HOMES
SOLD IN BCC

RE/MAX HALL OF FAME
RE/MAX CIRCLE OF LEGENDS
RE/MAX LIFETIME ACHIEVEMENT

ERIC EVANS
call/text 704-904-3232
sold@ericevans.com
www.ericevans.com
RE/MAX EXECUTIVE



HOW TO KNOW, WHEN TO GO



BEYOND PROTOCOL: THE WHY BEHIND SAFETY

Human Resources Consulting, and Leadership coaching to address your personal and or small business need-

SPECIALIZING IN:

Strategic HR & Operations Leader
Labor & Employee Relations
Change Management Specialist
Union Avoidance & Compliance Leader
Health & Safety Champion
Talent Management Strategist
Operational Excellence Advocate
Award-Winning Executive

917-681-9102

Interested in publishing your book?
Visit LegacyBooksPublishing.com — where your words become your legacy.



COFFEE WITH A COP

Building Relationships, One Cup at a Time



Each month, *Stroll* joins **Coffee with a Cop**, and we'd love for more of our residents and community partners to come along. These gatherings offer a simple yet meaningful way to connect—sharing a cup of coffee while building trust and understanding between Charlotte-Mecklenburg Police Department (CMPD) officers and the neighbors they serve.

Coffee with a Cop creates space for open dialogue in

a relaxed setting, where residents can ask questions, voice concerns and get to know the officers who help keep our community safe. Events aren't on a fixed schedule, but updates are regularly shared via *Stroll*, CMPD Facebook page, the City of Charlotte website and the official Coffee with a Cop page.

Together, we're building stronger communities—one cup at a time.



EXCLUSIVE OFFER FOR OUR NEIGHBORHOOD RESIDENTS

Enjoy 20% OFF your first visit —

whether you're refreshing your color, transforming with extensions, or treating yourself to a luxurious hair experience.

Discover why so many trust Hair by Kendra Janelle for beautiful, healthy hair.

Mention this ad when booking. Valid for new clients on hair services and extensions.

BOOK
NOW



303-591-5835 | kendrajanellesalon.com



\$50 Off
Your Next Service

**Residential HVAC
Service & Install**

**Residential/Commercial
Plumbing Service**

- Mini Splits
- Equipment Replacement
- New Installations
- Indoor Air Quality
- Tune Ups
- Repairs
- Routine Replacement
- Drain Cleaning
- Booster Pumps
- Lift Station
- Emergency Repairs
- Pressure Jetting
- Backflow Testing/Repairs



www.erplumbing.com
704-846-5371



Crystal Clear Starts Here!

GET YOUR POOL FILTERS CLEANED TODAY!

A sparkling pool starts with clean filters.
Don't let dirt, debris, and algae ruin your swim!



Weekly Service • Bi-Weekly Service • Monthly Service
Opening Pool Service • Closing Pool Service
Green To Clean (unsafe to safe) • One Time Cleaning

**Carolina Crystal
POOL
& Spas, LLC.**

803-899-2429

www.ccpands.com
info.carolinacrystalpands@gmail.com

**Has your pool
turned green in
the off-season?**

Don't worry!
We specialize in
transforming
algae-filled pools into
crystal clear oases!

elevate motion
PHYSICAL THERAPY

Elevate Motion Therapy offers compassionate, personalized physical therapy, helping individuals overcome injuries, improve their movement, and build lasting strength through care grounded in clinical expertise and personal experience.



SCAN TO
SCHEDULE AN
APPOINTMENT



Services Provided:

- Sensory Reflex Integration
- Orthopedic Rehabilitation
- Wellness & Injury Recovery
- Dry Needling

CONNECT WITH US:

- www.elevate-motion.com
- sheeka@elevate-motion.com
- [@dr.sheekagupta](https://www.instagram.com/dr.sheekagupta)





**THE FITNESS
STUDIO**
PIPER GLEN

- Private One-On-One Training
- Semi-Private Training
- Body Work/Dynamic Stretching
- Sports Specific Training
- In Home Training
- Nutritional Counseling
- InBody Testing

*Try Us For A
Free Session!*

SENIOR PERSONAL TRAINING SPECIAL*
25% off Personal Training.

*First time clients only. With purchase of a package. 65 years old plus.
Expires 12/31/25



THEFITNESSSTUDIOCHARLOTTE.COM
6420 REA RD UNIT A2 | CHARLOTTE, NC 2827
704-819-9576 | By Trader Joe's
We have own dedicated parking on side.



How everyone sees your baby.



How WE see your baby.



**PASSIONATE
PAWS**
ANIMAL HOSPITAL



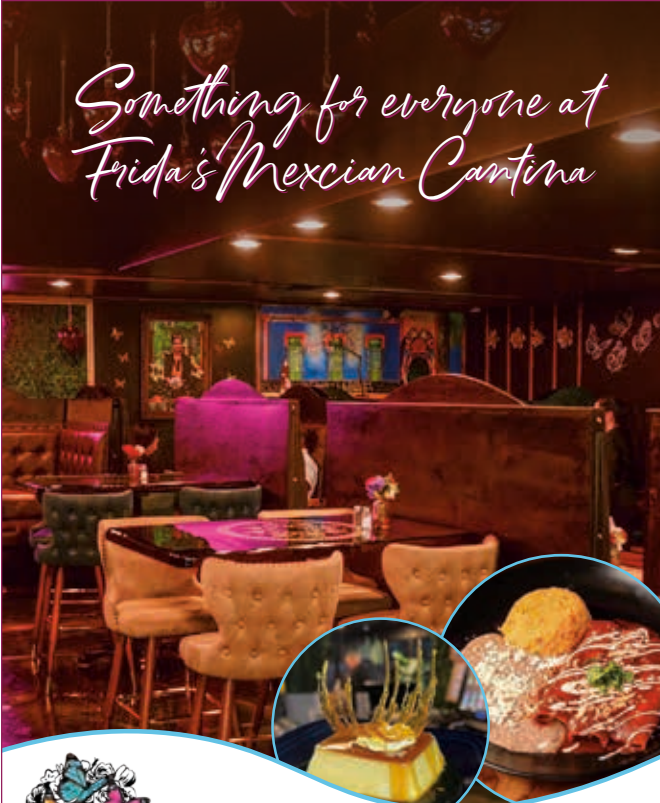
**FEAR FREE
CERTIFIED**
Practice

**THE PET HOSPITAL
FOR PET PARENTS**

Waxhaw: 704-256-7576
1526 Providence Road South
Suite 110
Waxhaw, NC 28173

Weddington: 980-316-4141
2925 Matthews Weddington Rd
Suite 100
Matthews, NC 28104

*Something for everyone at
Frida's Mexcian Cantina*






FRIDA'S
MEXICAN CANTINA

Authentic Fresh Food, Unique Atmosphere, Fun Cocktails, Craft Beer,
Excellent Wine Selection, Vegetarian Options, Large Patio!

Fridasmexicancantinaclt.com | 8740 Pineville Matthews Road

Ballantyne | Gaston | Huntersville | Matthews | Pineville | SouthPark | Steele Creek | Uptown | Waverly | Women's Center

Our physician team is **growing.** For your **better health.**

They're new to Tryon, but experienced in providing personalized primary care. We're excited to welcome these **Internal Medicine** and **Family Medicine** physicians to our growing team – and they're now accepting new patients at a variety of convenient locations.

For sick or well visits, or annual health checkups, you can always **start with us!**

It's easy to book an appointment today: tryonmed.com



Roasted Brussels Sprouts with Honey Balsamic Glaze

A flavorful blend of sweet, savory and crunchy—this festive side adds color and warmth to any Thanksgiving table.

BY CONTRIBUTING WRITER JOHN MCMULLEN

INGREDIENTS

- 1 ½ lb (700g) Brussels sprouts, trimmed and halved
- 1 cup chopped pecans
- ½ cup chopped dried cranberries
- ¼ cup (60ml) extra-virgin olive oil
- Kosher salt and fresh cracked black pepper
- ¼ cup (60ml) honey
- ⅓ cup (80ml) balsamic vinegar
- ½ teaspoon crushed red pepper flakes (optional)
- 3 tablespoons unsalted butter
- Fresh rosemary, for garnish

INSTRUCTIONS

Preheat your oven to 450°. Toss Brussels sprouts and oil in a large bowl; season with salt and black pepper. Line a baking sheet with parchment paper. Arrange Brussels sprouts cut side down on one side of the baking sheet. Roast until softened and deeply browned, approximately 20 to 25 minutes.

Meanwhile, in a small saucepan, bring honey to a simmer over medium heat. Reduce heat to medium-low and cook, stirring often with a wooden spoon, until honey is a deep amber color but not burned, 3 to 4 minutes.



Remove honey from heat and add balsamic vinegar and red pepper flakes (if using) and whisk until smooth. Be careful – it can make bubbles when you add balsamic. Return the saucepan to medium heat, add butter and a pinch of salt. Cook, whisking constantly, until the balsamic honey glaze is glossy, bubbling and slightly thickened, about 3 to 4 minutes.

Transfer roasted Brussels sprouts to a large bowl. Add glaze, pecans and dried cranberries and toss to combine. Transfer to a platter or a serving bowl and garnish with fresh rosemary sprigs. Enjoy!

To share a recipe, please email
Delia at ballantyne@strollmag.com.

dermani
MEDSPA



BALLANTYNE

Enjoy exclusive pricing on Botox® and JUVÉDERM®.
Revive collagen with SkinPen® MicroNeedling from a top-5 provider.
Go razor-free with painless laser hair removal and more.

SCAN TO SEE OUR SPECIALS AND
BOOK YOUR FREE CONSULTATION



16045 Lancaster Hwy Suite E, Charlotte, NC 28277



WE KEEP CHARLOTTE LOOKING SHARP

QUALITY CUTS & CLASSIC SHAVES
4 SHOPS TO SERVE YOU

SOUTH END ▪ THE BOWL AT BALLANTYNE
PLAZA MIDWOOD ▪ PARK RD SHOPPING CTR



BOOK ON-LINE www.guaranteedshorterhair.com



Jim Dickerson Co.

PLUMBING • ELECTRICAL • HEATING & AIR

\$50.00 Off

Any Plumbing, Electrical
or HVAC Repair.

Cannot be combined with other offers.



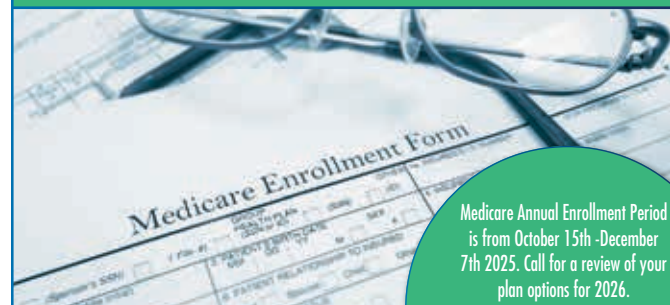
Family Owned and Operated Since 1977



7832 Pence Rd.
Charlotte, NC 28215
Phone: 704-275-5730
www.jim-dickerson.com



Trust a licensed pharmacist and Medicare
insurance agent to review your medications to help
pick the right Medicare insurance plan for you.



Medicare Annual Enrollment Period
is from October 15th -December
7th 2025. Call for a review of your
plan options for 2026.

- Specialist in Medicare insurance including Medicare supplement plans, Medicare advantage plans, drug plans and dental, vision and hearing plans.
- New to Medicare or turning 65? Call to understand and discuss your options.



Certified in NC and SC.

Call to discuss your options.

Anjana Patel
704-252-0183



3 REASONS to Choose Senior Living at Windsor Run

- 1. GET THE BEST** value for your money.
Enjoy a vibrant community lifestyle with convenient services and predictable monthly spending.
- 2. ENJOY MORE** amenities and activities!
Gain everything you need to stay active, social, and engaged, just steps from your door.
- 3. FEEL CONFIDENT** with on-site care.
Experience peace of mind with the convenience of our on-site medical center and additional levels of care should you need it.



See **ALL** the reasons to discover Southeast Charlotte's
premier community.

Call **1-877-834-3834** for your **FREE** brochure
or visit **WindsorRunCommunity.com**.



Matthews
WindsorRunCommunity.com



resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to Ashley.Grimm@n2co.com.

COMMERCIAL DEMOLITION Trifecta Services Inc Karan (Sam) Shah (844) 711-3366 trifectainc.com/	FOOD Einstein Bros. Bagels Phillip Rice (704) 840-1566 orders.einsteinbros.com	MEDICARE INSURANCE Founders Insurance Agency Anjana Patel (704) 252-0183	REALTOR Charlotte Luxe Homes Ashley Horton (704) 975-5418 ashleyhorton.premiersothe-bysrealty.com	WELLNESS Beyond Beauty Aesthetics Sothida "Apple" Berry (219) 669-9505 beyondbeauty.janeapp.com
FINANCIAL PLANNER Merrill Lynch - The Lanphier Record Group Greg Record (704) 341-5108 advisor.ml.com/sites/nc/charlotte-bala/the_lanphier_record_group	INTERIOR DESIGN AND HOME STAGING Elite Staging and Design ES Design Studio Kelly Hickman (704) 222-3634 elitestagingdesign.com	MEDSPA Younique by MK Medspa Mary Kate Walsh (704) 942-4424 yuniquebymk.com	YARD SERVICES Charlotte Mulch Guys and More Ryan Merritt (704) 989-1554	
		REAL ESTATE & BUSINESS LAW Patel & Shah Law, PLLC Ashka Shah (980) 800-9350 patelshahlaw.com	Lorimer Realty Marie and Steven Lorimer (704) 516-6153	

Experience
T(This) I(is) F(Frickin) A(awesome)!
TifaChocolateAndGelato.Com



14835 Ballantyne Village STE 130
Charlotte, NC 28277
Sibner7189@yahoo.com

We Proudly serve GROUNDWORK Organic Coffee while you enjoy any 24 Flavors of our House Made Gelatos or Baked goodies while sitting in our cozy cafe.



Family & Veteran-Owned
Located in Ballantyne Village
704-910-0004
tifachocolateandgelato.com



ELEVATE
YOUR ENTRANCE
THIS FALL WITH
HOWDY PUMPKINS.

Curated porch displays, artfully styled and delivered to your home or business.



979-661-1035
www.howdypumpkins.com
howdypumpkins@yahoo.com

PROVIDING
Auto • Home • Renters
Life • Business
SOLUTIONS



100 YEARS



State Farm®

Jeff Genant • (704) 594-3000
14835 Ballantyne Village Way, Suite 200, Charlotte, NC 28277
www.InsuranceJeff.com



FLIPPING THROUGH THESE PAGES
SAVES LIVES.

With the help of our sponsors, this magazine supports organizations fighting human trafficking worldwide.

STROLL PROUDLY SUPPORTS THESE IMPACT MAKERS





n2gives.com

Stroll Ballantyne Country Club is Looking for a Few Good Pictures!

Follow us on social media!

Instagram and Facebook: @strollballantynecountryclub



Stroll Ballantyne Country Club is your neighborhood publication. Break out your cameras and share your pictures with us for our December 2025 issue. Please send pictures to Delia at ballantyne@strollmag.com for our next issue (November 5 deadline for the December issue, December 5 deadline for the January issue). Pictures need to be 1 MB or larger to be of good print quality.

Attention Students – We are looking for Resident Reporters for Stroll BCC! Build a stronger resume and gain experience writing by joining our staff! We need students to

take photos around the neighborhood and write articles on the people, places and events in our community. Please email ballantyne@strollmag.com for more info!

Here are a few suggestions for photo submissions:

Fall Break – We all enjoy long weekends when we can get out of town for a few days. Whether an exotic getaway or simply a trip to our nearby mountains, lakes and beaches, we'd love to see how you made the most of your long weekends.

Halloween – Haunted houses, block parties and costume parades. Please share your spookiest and kookiest Halloween photos with us!

Thanksgiving Day – Between the Charlotte Turkey Trot, the Novant Health Thanksgiving Day Parade (to be held Thanksgiving Eve) and the traditional Thanksgiving feast, there is plenty to do on this day of thanks. Show us how you celebrated your Thanksgiving holiday!

Fall Sports – Just about every sport has a fall season...football, cheerleading, cross country, volleyball, soccer, tennis, baseball, golf and softball. Share your favorite fall action shots with us.

Panthers Pride – Panthers home games are great for tailgating and connecting with friends at Bank of America Stadium. Send us your Panthers game-day photos.

Military, Veterans and First Responders – We'd love to honor our local heroes—please send us your article ideas or photos of Veterans to feature in our upcoming issues!

Milestone Celebrations – Do you or a loved one have a milestone birthday or anniversary coming up? Send us a memorable photo!

Weddings – We'd love to share photos from fall and winter weddings in our community. Share the love by sending your special wedding day pictures to us!

Family and Neighborhood Gatherings – *Stroll Ballantyne Country Club* is all about family and community. Our favorite photos are those of kids playing, birthday parties and neighborly gatherings.

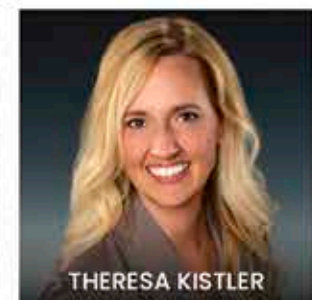
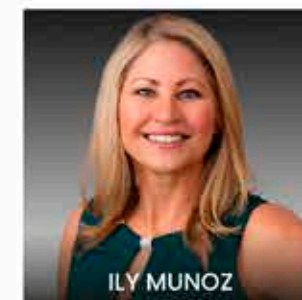
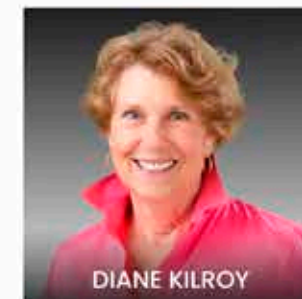
New to the neighborhood? Are you and your family new to Ballantyne Country Club? If so, welcome! Please send your contact info to ballantyne@strollmag.com to be added to our email list. To submit



an idea, photo or article, please email Delia at ballantyne@strollmag.com!



FEATURED AGENTS



WOMAN FOUNDED.
FAMILY OWNED.
LOCALLY OPERATED.
SINCE 1975.



helenadamsrealty.com | @helenadamsrealty

ELEVATE YOUR EVENT TO NEW HEIGHTS AT AC HOTEL'S ROOFTOP BALLROOM



AC
HOTELS
MARRIOTT®
CHARLOTTE
BALLANTYNE



MAKE YOUR EVENT EXTRAORDINARY AT THE MOST SCENIC VENUE IN BALLANTYNE

- **Unbeatable Views:** Soak in the sweeping 180° views of the Charlotte skyline, day or night
- **Exclusive & Elegant:** Well appointed event spaces perfect for weddings, corporate events, social events
- **Customizable:** Tailor your event to your unique vision with our expert Sales & Catering Team at your side

AC HOTEL CHARLOTTE BALLANTYNE

Situated within Ballantyne Village, guests enjoy dining, shopping, and activities. Relax in our guestrooms with free WIFI & parking, smart TVs, sleek furniture and premier bedding. Guest can de-stress in our state of the art fitness center, recharge in the morning with our European inspired breakfast, and unwind in our AC Lounge while enjoying tapas, Spanish wines, hand crafted cocktails and local craft brews.

