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MEET YOUR NEIGHBORS
**THE MCALISTER-
SAZAMA FAMILY!**



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PUBLISHERS' NOTE

Fall Into the Season



DEAR NEIGHBORS,

September is here, bringing the excitement of a new school year and the bittersweet end of summer. As routines begin again and we settle into a new season, we hope everyone had a wonderful summer filled with fun, family and special memories.

As we look ahead to the holiday season, we're excited to announce our upcoming Holiday Event on Thursday, November 5 at Zinicola! Everyone is warmly invited to join us for an evening of celebration, connection and holiday cheer.

Mark your calendar now! We'll have an RSVP link available in our next issue, and you'll also receive RSVP information by email. Be sure to check your email regularly for updates and upcoming events.

For the latest information, visit StrollingBallantyne.com.

We look forward to celebrating with everyone at Zinicola on November 5!

Warmly,

Ashley and Nathan Grimm

Publishers, *Stroll*



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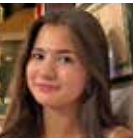
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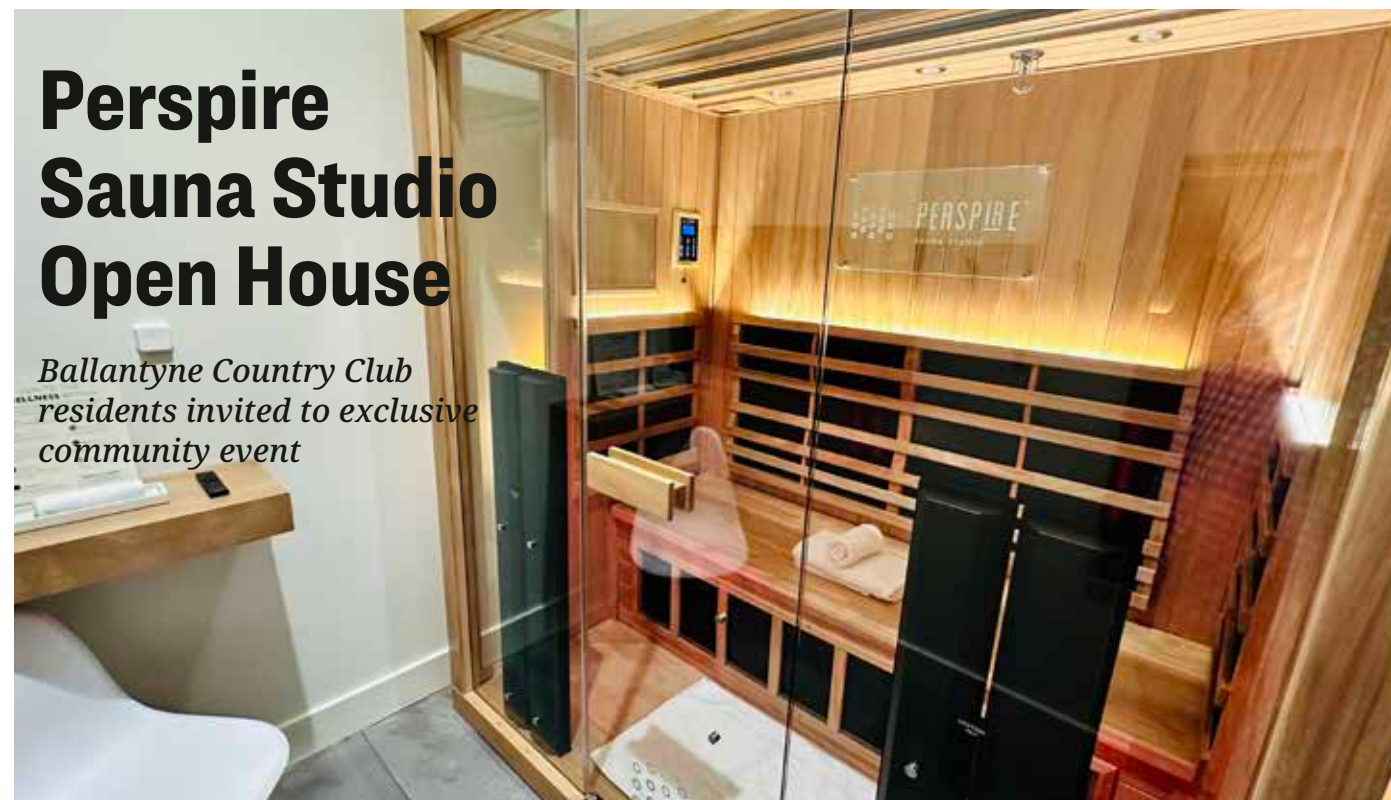
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COMMUNITY NEWS

Perspire Sauna Studio Open House

*Ballantyne Country Club
residents invited to exclusive
community event*



Mark your calendars for Tuesday, September 8, from 6 until 8 p.m. for a special Ballantyne Country Club Members Open House at Perspire Sauna Studio.

This private event is designed exclusively for BCC residents and offers the perfect opportunity to tour the studio, learn about the benefits of infrared sauna therapy and experience what



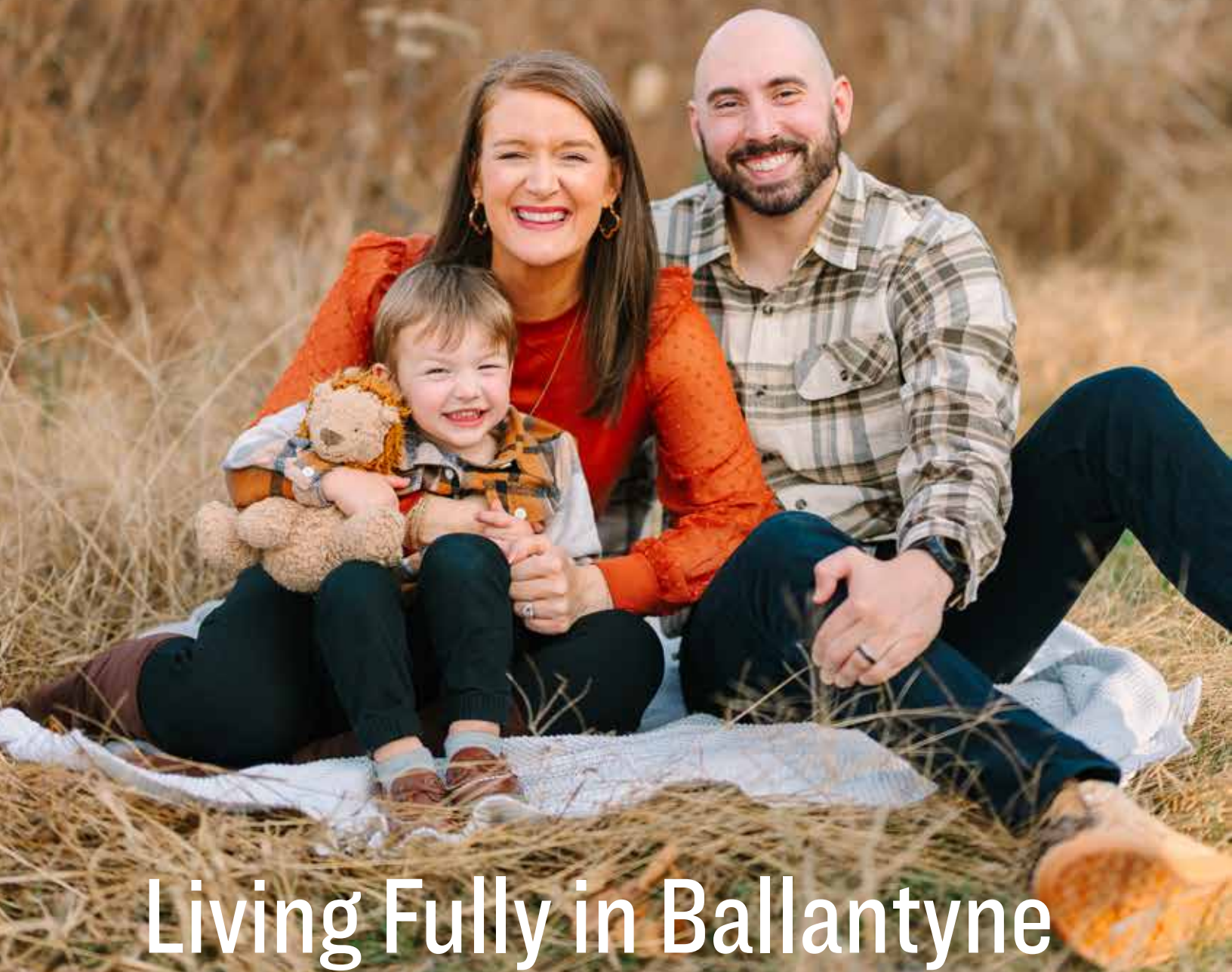
Perspire has to offer in a relaxed, welcoming setting. Guests will have the chance to ask questions, meet the team and enjoy complimentary trial sauna sessions during the two-hour event.

Space is limited, so be sure to watch for registration details. You can also stop by the Ballantyne Country Club Health & Wellness Fair on Thursday, September 3 to learn more about the open house and connect with the Perspire Sauna Studio team.

Whether you're looking to enhance your wellness routine, recover after workouts or simply unwind, this exclusive evening is a great opportunity to discover one of Ballantyne's premier wellness destinations. We hope to see you there!

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NICOLE MCALISTER, ZACHARY SAZAMA *and* ROWAN



Living Fully in Ballantyne

PHOTOS BY CHARISMA AT A BREW & YOU HEADSHOTS



For Nicole McAlister and Zachary Sazama, life is meant to be lived now — not someday. It's a philosophy that influences everything from the way they raise their 3½-year-old son, Rowan, to the businesses they've built, the causes they support and even the daunting adventures they've decided to tackle together.

The family, which also includes Apollo, their 5-year-old Vizsla, and Leo, their 6-year-old Rhodesian Ridgeback, calls Lederer Avenue home.

Nicole grew up primarily in the suburbs of Atlanta, while Zach was born in Minnesota but has lived in Charlotte since he was 3. Having lived in different parts of the Charlotte area over the years, they watched firsthand as the city — and especially Ballantyne — grew. “As development started booming, we knew Ballantyne was where we wanted to land,” they say. The location offered convenience as well as the suburban lifestyle and sense of community they wanted for their family.

Today, it's the people who make them happiest about their choice. “We love being surrounded by people who want to have interesting conversations, build meaningful relationships, better themselves and really live a full life,” they say.

Being naturally social, they appreciate that BCC makes it easy to connect with neighbors, attend events and spend time with friends while still being close to restaurants, activities and everything else the area offers.

Appropriately enough, real estate brought Nicole and Zach together. Nicole has spent her career in the industry and today is a Realtor, team leader, business owner and entrepreneur who leads

“We love being surrounded by people who want to have interesting conversations, build meaningful relationships, better themselves and really live a full life.”

—NICOLE & ZACHARY



Premier Property Solutions, serving residential clients throughout the greater Charlotte metro area. She says relationships, rather than transactions, have always been the foundation of her business.

Zach studied computer science and envisioned a career in technology, and Charlotte's banking industry drew him into the finance side of technology. Later getting his MBA, his career has traversed banking technology, capital markets and credit rating agencies. Today, he is the founder of a technology consulting company Ronin and Forge, helping small and mid-sized businesses navigate the rapidly changing world of AI.

Years ago, however, Zach was simply Nicole's real estate client. They remained loosely in each other's orbit until Zach was preparing to relocate to New York City and contacted Nicole's team about selling his property.

Then Covid changed everything. The move didn't happen, and the two finally got to know each other outside the world of real estate.

“We realized pretty quickly that this was something different, and the rest is history,” they say. “Now we're married, raising Rowan, building a life together in Ballantyne and living happily ever after... or at least as happily ever after as two working parents with a toddler can.”

“Relax” might not be the best word to describe the McAlister-Sazama household. Their family philosophy is to live as though they have only six months left — without compromising their future. “In other words, plan for tomorrow, but don't postpone living today.”

For them, that means traveling whenever possible, staying active, spending time outdoors,

CONTINUED ►



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

gathering with friends and trying new experiences. It also means making sure work doesn't get in the way of enjoying the life they're building. And sometimes, they admit, living fully simply means ordering pizza and turning on a superhero movie for Rowan.

Weekend getaways to Charleston or Asheville are favorites, as is grilling a good steak at home. Rowan, meanwhile, has discovered hibachi, and his parents fear there may be no turning back after experiencing the fire, flying food and entertainment.

For Nicole and Zach, giving back grows out of a shared belief that they should leave each person, relationship or situation a little better than they found it. The family supports several nonprofits, including an annual toy drive benefiting Levine Children's Hospital. Beginning this year, they are partnering with the

Isabella Santos Foundation in hopes of growing the effort even further. Zach has also served on the board of the CLT Foundation, and the couple values opportunities to contribute their time and leadership as well as financial support. They're even working with others to launch a nonprofit of their own, with the application currently in process.

But they believe community building happens in smaller ways, too: supporting local businesses, connecting people who might benefit from knowing one another, helping when they can and simply showing up. "We try to participate in activities both inside and outside the neighborhood that bring us joy, keep us connected, challenge us and — hopefully — keep us active and young," they say. "Or young-ish."

Their latest adventure certainly checks the "active" box. Nicole and Zach are

training for 29029, an endurance event. Participants have 36 hours to repeatedly climb the same mountain and ride back down until they have accumulated 29,029 feet of vertical gain — the equivalent of ascending Everest.

There's just one catch: "We are not hikers. At all." That may be precisely why they signed up.

"We like goals that stretch us, force us to learn something new and give us something meaningful to work toward together," they say. "Training for this has become equal parts physical challenge, mental experiment and proof that apparently we're willing to climb a mountain repeatedly just to see if we can."

It's an adventure that seems to capture the family particularly well: work hard, stay curious, laugh often, challenge yourself — and don't put off enjoying the life you're working so hard to create.

They believe community building happens in smaller ways, too: supporting local businesses, connecting people who might benefit from knowing one another, helping when they can and simply showing up.



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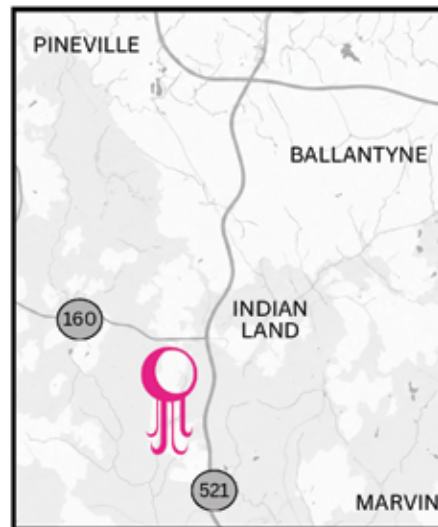


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MEET CINNAMON AND PEARL

BY BCC NEIGHBOR BRIGID DALEY



My family has two guinea pigs named Pearl and Cinnamon. They are sisters and are both 8 months old. We got them from another family in Charlotte who couldn't take care of them anymore. We wanted them because they were so cute!

When they came to live with us, we decided to rename them. My sister Saoirse picked the name Cinnamon because she is brown and white and reminded her of cinnamon. I named Pearl because I just thought she looked like a Pearl.

Pearl and Cinnamon live in a cage in our bonus room, and they are very spoiled. They get lots of fresh vegetables, treats and attention. They especially love carrots and apple and banana treats made for guinea pigs. They also get really excited when we give them fresh hay. We learned that hay is actually supposed to be about 80 percent of what guinea pigs eat!

One of my favorite things about them is all the different noises they make. They recognize certain voices and even our footsteps. Sometimes when they hear us coming, they start squeaking because they know they might be getting food or attention.

Pearl and Cinnamon are best friends with each other, although sometimes they fight because they are sisters! I like opening the door to their cage and watching them get more comfortable coming out to spend time with us. I also like taking them on little adventures around the house and into our backyard. They love going outside because they get to eat grass.



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

One time I opened their cage and Cinnamon came out and climbed right onto my lap. I was holding her when I opened the hay bin, and she jumped right into it! It was really funny.

I love playing with Pearl and Cinnamon and just watching them. They are always friendly, and they make us laugh a lot. We've learned that guinea pigs are more work than you might



think, but they are also really affectionate and interesting pets. I'm glad Pearl and Cinnamon are part of our family!

Brigid is 11 years old and enjoys art and family trips. She is part of the Daley family, which includes parents Rory and Andrea and siblings Declan and Saoirse.





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Email Delia at ballantyne@strollmag.com!



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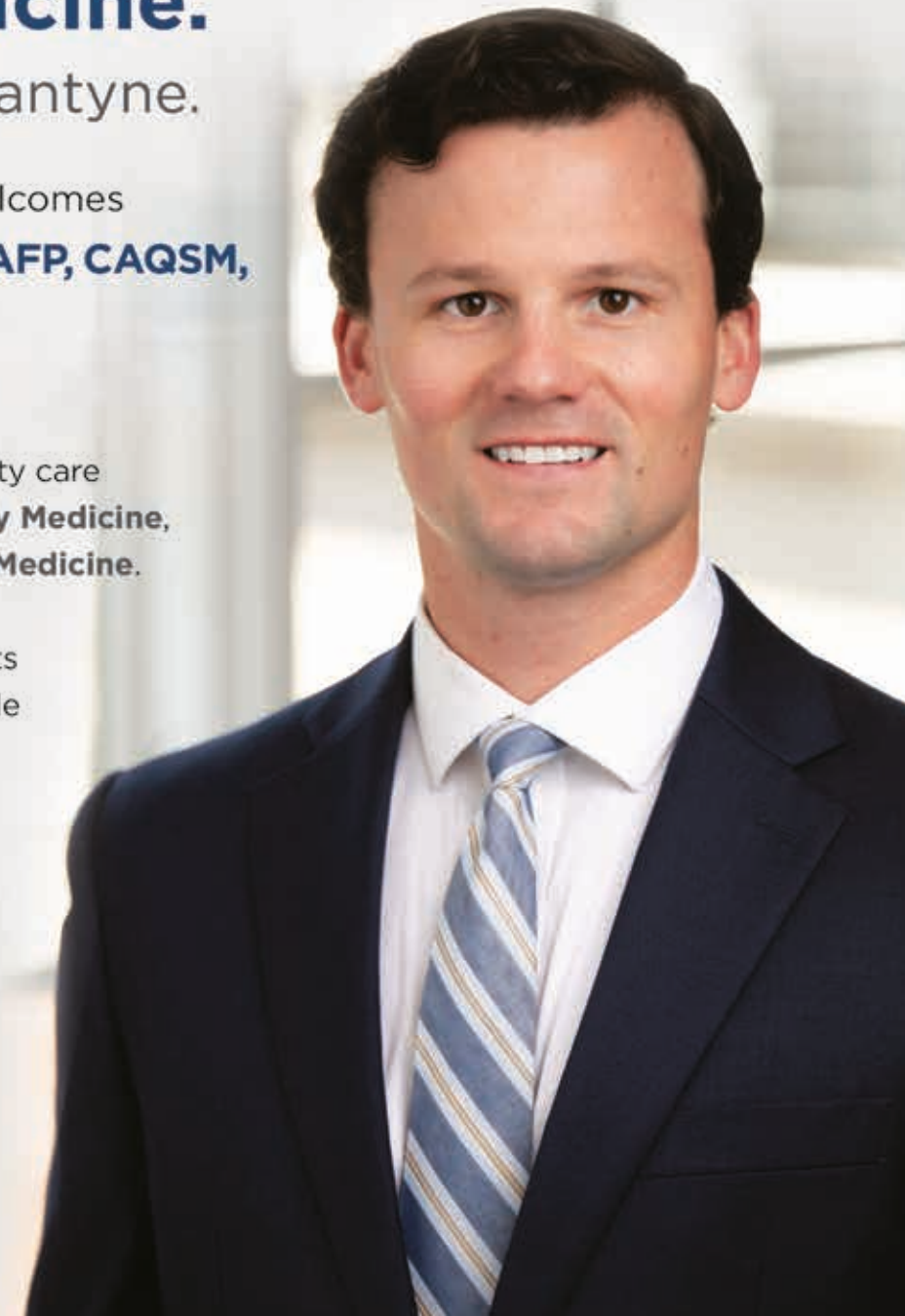
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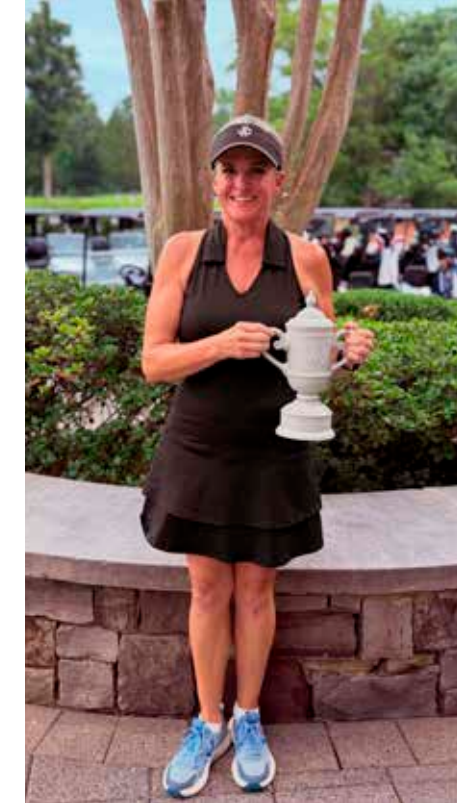
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BMOF (Bloody Marys on Five) is a charity golf tournament led by the Meck South Rotary Club. This tournament started in 2014 in honor of our friend and esteemed Rotarian Steve Baune. Steve lived on hole #5 at Piper Glen and would text his friends regularly on Saturday mornings saying, “Bloody Marys on Five!” and then leave a table setup for golfers to stop by and grab a Bloody Mary as they passed by #5 in their carts. Steve passed away in 2014 of cancer, and his Rotary club created the tournament to honor him in both name and legacy. Over \$500,000 in donations have gone to our community, primarily to Beds for Kids, an organization Steve was deeply committed to and supported by serving on their Board.

Our 2026 tournament on September 28 will be our 12th, and this year, we are back at Piper Glen. Beneficiaries include Families Forward, Feeding Charlotte and Beds for Kids. This tournament is *awesome* and includes breakfast and drinks on the range, on-course lunch, banquet dinner after the round, tee gift and, of course, drinks and Bloody Marys on the course. Visit birdease.com/BMO5 for more details, including sponsorship opportunities and foursome signups.



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A JOURNEY WORTH CELEBRATING

The del Toro Family

As America marks its 250th birthday this year, one local family has an especially meaningful reason to celebrate. For Pita and Omar del Toro, becoming US citizens on July 4, 2025, was the culmination of years of hard work, perseverance and gratitude and the beginning of a new chapter in the country they proudly call home.

Originally from Mexico, both Pita and Omar studied engineering before Omar's expertise in CNC (computer numerical control) machinery brought the family to the United States through a job opportunity. Over time, what began as a work assignment evolved into something much more permanent. Following the legal immigration process step by step, they earned permanent residency and ultimately took the Oath of Allegiance as



US citizens during a special Independence Day ceremony at the Charlotte Museum of History last July. "We were selected from a group of just 20 candidates to take part, which made the day feel even more meaningful," they share. "Officially becoming Americans that day meant our

family's journey had come full circle, and that we now belonged fully to the story of this country, not just as residents but as citizens with a voice and a responsibility."

Today, Pita and Omar are raising their two daughters while building two businesses of their own—a decoration business and a consulting company. They say the opportunities they've found here inspired them to invest even more deeply in their community. "What we love most about our community is how welcoming it has been to our family from the start," they say. "Our goal is to keep bringing joy, hope and value to the people around us."

Celebrating America's 250th anniversary has given the family another opportunity to reflect on what citizenship truly means. "It reminds us that we've joined something much bigger than ourselves," they share. "It makes us reflect on what it truly means to be American—not just where you were born, but the values you choose to live by and contribute to."

Above all, the del Toros say they are thankful for the journey that brought them here and hopeful that their story encourages others. "We thank God every day for opening the doors that



brought our family to this country. We don't take our citizenship for granted. We are proud to raise our daughters as Americans, and we hope our story reminds other families that with faith, hard work and gratitude, the American Dream is still very much alive."

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NATURALS



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Monday nights have become a tradition for Heddy Narchi and Dr. Tracie Hinton-Chavez. The co-founders of Heddy + Hinton Naturals gather at Heddy's home for dinner, where conversation flows as naturally as their friendship. Business ideas mingle with laughter, recipes and stories, and more often than not, the food becomes an afterthought. That easy camaraderie is the foundation of a partnership built on shared values. Although their backgrounds couldn't be more different, both women eventually arrived at the same conclusion: true wellness begins by returning to nature.

Their paths first crossed when Heddy sought help for persistent digestive issues. She found Dr. Tracie's functional medicine practice, Deep Roots, and embraced the holistic approach to healing. "She taught me that going back to basics is the way to health," Heddy says. "Everything natural—what you consume and what you put on your body." The changes transformed her health and inspired a new purpose. Recently retired after a successful corporate banking career, Heddy found herself wanting to share what she had

learned with others. "I want everybody to be healthy, not just me," she says. For Dr. Tracie, natural healing has been a lifelong calling. As a child, she rescued injured turtles, frogs and birds, creating homemade remedies in a backyard "recovery area." While the mixtures may have been simple, the desire to help never changed. "I didn't always want to be a doctor," she says. "I just wanted to help people and try to learn more about how the earth can help us heal." After spending a decade in nursing, she expanded her education through massage therapy, homeopathic medicine, herbalism and advanced medical studies before opening Deep Roots. Throughout that journey, she remained committed to finding practical, natural solutions to health challenges. "It's easy to look past what's right in front of us," she says. "Solutions that sustain life within our environment—I think people lose sight of that."

Heddy's appreciation for quality and craftsmanship was shaped on the opposite side of the world. Raised in Alexandria, Egypt, she grew up watching her mother design elegant clothing using natural fabrics and hand embroidery. Beauty, she learned, wasn't simply about appearance; it reflected quality and care. Her father, a respected physician, reinforced that lesson with a saying she still remembers: "Beauty is substance." His philosophy extended to medicine as well, favoring natural remedies whenever possible.

After earning a degree in English, Heddy built a diverse international career that eventually brought her to Charlotte's banking industry. As an immigrant, she learned resilience and adaptability while raising two children as a single mother. "When you move here from abroad, they don't recognize any of your previous experience," she says. "You have to prove yourself." Following retirement, she finally had the opportunity to combine her lifelong appreciation for luxury, wellness and entrepreneurship. Together, the women realized they offered complementary strengths. Dr. Tracie contributes decades of expertise in functional medicine and herbal formulations, while Heddy brings executive leadership, business experience and certifications in nutrition, wellness and lifestyle studies from Harvard. "Our motto, 'Naturally Luxurious,' is a combo of both of us," Heddy explains. "'Natural' comes from Tracie. 'Luxurious' comes from me." "We're opposites in a lot of ways," Dr. Tracie adds. "She's very quick, and I'm very laid back."



Heddy agrees the differences are part of their success. "She's a patient listener, and I'm not," she says with a laugh. "She appreciates and values my business perspective."

Those complementary talents became the foundation of Heddy + Hinton Naturals, whose handcrafted, tallow-based skincare products reflect the pair's shared belief that skincare should nourish the body as much as it enhances appearance. Rather than chasing trends or relying on synthetic ingredients, the company emphasizes simple, carefully selected natural components inspired by traditions that have stood the test of time. For both founders, the business represents something larger than skincare. Their goal is to educate consumers about holistic wellness while encouraging healthier daily habits through products made with intention. One year after launching the company, Heddy + Hinton Naturals continues to grow with new products and an expanding customer base. While Charlotte remains home, both women have their sights set on broader national and international reach.

Their partnership proves that meaningful businesses often grow from meaningful friendships. Around Heddy's dinner table, where ideas are still exchanged over homemade meals and plenty of laughter, the next chapter of Heddy + Hinton Naturals is already taking shape.



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For Steven and Marie Lorimer, success in real estate has never been about simply selling homes. It's about guiding families through some of life's biggest transitions with honesty, expertise and a level of personal care that continues long after the closing table.

The husband-and-wife team behind the Lorimer Realtor Team at Howard Hanna Allen Tate has built its reputation by treating every client as if they were making decisions for their own family. That philosophy has served them well in an ever-changing real estate market and remains the foundation of their business today. "Whether we're representing a seller or a buyer, every recommendation we make is based on one question: *What would we do if this were our own home or our own investment?*" says Steven. "We want our clients to know they have trusted advisors in their corner who genuinely care about helping them achieve the best possible outcome."

Over the past year, the Ballantyne market has shifted dramatically. Inventory has increased, giving buyers more choices while creating greater competition for sellers. Instead of slowing down, however, the Lorimers have remained busier than ever by adapting their strategies to today's market. "The biggest difference today is that buyers have more options and are more selective than ever," Steven explains. "Getting a home truly market-ready is no longer optional; it's essential."

That preparation begins long before a home ever hits the market. Marie's 15 years of experience in new construction, combined with her design background, allows the team to help homeowners focus on improvements that deliver the

Local expertise.
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BY CONTENT COORDINATOR DELIA MCMULLEN



15018 Jockeys Ridge Drive

greatest return on investment. Whether it's tackling deferred maintenance, recommending cosmetic updates or staging a home to showcase its best features, the Lorimers work alongside trusted contractors and vendors they've cultivated relationships with over many years.

Their thoughtful approach has paid off in Ballantyne Country Club. One standout success was the sale of a beautifully renovated home on Jockeys Ridge Drive. With limited inventory at the time, the home generated multiple offers and went under contract during its first weekend on the market.

More recently, however, the market presented a very different challenge. "When we listed a home on McComb Manor Court, there were 14 homes on the market in Ballantyne Country Club," Steven says. "That's an unusually high level of inventory for the neighborhood."

Rather than immediately placing the property on the MLS, the Lorimers recommended marketing it as a "Firm Exclusive," leveraging their extensive network of top-producing brokers who



15209 McComb Manor Court

specialize in the area. Even though the home wasn't publicly listed, they still completed every step of their comprehensive marketing plan, including staging, professional photography and preparing the home as though it were launching on the open market.

The strategy worked. They secured a buyer before additional competing homes became available, helping their clients achieve an outstanding result in a much more competitive environment.

Their creativity extends beyond listings. One of the Lorimers' favorite success stories involved a family relocating from California while expecting their first child. "We toured every available home in Ballantyne Country Club, but nothing felt like the right fit," Marie recalls. "With a little persistence, some networking and a bit of luck, we uncovered a beautiful off-market home that checked all the boxes."

Watching that family settle into their new home—and gaining new friends—remains one of their most rewarding experiences. "Real estate is about so much more than buying and selling homes," Marie says. "It's about helping people through some of life's biggest transitions and building relationships that last long after the closing table."

That relationship-first mindset also shapes their lives outside of work. The Lorimers remain active members of Ballantyne Country Club, where their family has created countless memories over the years. Today, those memories continue to evolve as their sons pursue their own passions. Julius, now a high school junior, competes in increasingly competitive state and national golf tournaments, while Olson is preparing to enter high school and continues to enjoy tennis.

Balancing a thriving business with an active family schedule isn't always easy, but working together makes it possible. "Our boys' schedules have become much more demanding," Marie says. "Between golf, tennis, school and everything else, our calendar stays full. Often one of us stays back to work while the other cheers from the sidelines. We trade off whenever we can, support each other and make it work." She adds that being a husband-and-wife team gives them the flexibility to be present for the moments that matter most while continuing to provide exceptional service to their clients.

Looking ahead, the Lorimers are excited not only about helping more families navigate Charlotte's evolving real estate market, but also about embracing this season of family life. "It feels like just yesterday we were teaching our boys to ride bikes," Steven says.



The Lorimers in the Dominican Republic. They celebrated Steven's 50th birthday with extended family.



15209 McComb Manor Court



Marie and Steven, July 4th at BCC

"Now Julius is beginning to think about college. As busy as life and business can be, these moments remind us to slow down and appreciate this season. Watching them grow into thoughtful, kind young men has been our greatest accomplishment."

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Navigating North Carolina’s Business Landscape

Key updates for small business owners

BY MELISSA CASSELL, PARTNER, MORTON & GETTYS

Running a small business in North Carolina requires staying informed about evolving legal and regulatory requirements. Morton & Gettys is here to offer a handful of critical updates and current issues affecting operations.

DISPUTE RESOLUTION CLAUSES IN CONTRACTS

Business owners should carefully review dispute resolution provisions in their contracts. Arbitration and mediation are common alternatives to litigation, but do these options suit your needs and prove practical for your business? Ensure your contracts clearly specify dispute resolution procedures, arbitrator or mediator selection processes and venue to avoid ambiguity or unintended applications.



CORPORATE TAX CUTS CONTINUE

North Carolina continues its phased reduction of corporate income tax rates for corporations chartered or doing business in North Carolina. For 2026, the rate has dropped to 2%, down from 2.25% in 2025. This reduction is part of a multi-year plan that will further decrease the rate to 1% in 2028 and ultimately eliminate corporate income tax in 2030.

CONTRACTOR LICENSING: STRICT COMPLIANCE REQUIRED

Under current North Carolina law, any construction project valued at \$40,000 or more requires an appropriately licensed general contractor. Limited and intermediate licenses authorize projects up to \$750,000 and \$1,500,000, respectively, while anything above generally requires an unlimited license. Failing to follow these requirements and qualify for the level of licensure can result in unenforceable contracts. Small business owners in the construction industry must ensure project scope is within their license tier before signing contracts.

DATA BREACH NOTIFICATION OBLIGATIONS

Under North Carolina General Statutes section 75-65, businesses that own, license or maintain personal information must notify affected residents “without unreasonable delay,” following a security breach. This requirement applies whether information is stored electronically or in paper form. Small businesses should

implement robust data security measures and establish breach response protocols to ensure timely compliance.

ANNUAL REPORT FILING REQUIREMENTS

All domestic and foreign corporations, LLCs and limited partnerships doing business in North Carolina must file annual reports with the Secretary of State by April 15 each year. The filing must include current registered office and agent information, principal office address, officer details and business description, and be accompanied by a small filing fee. Even corporations with no business activity or income during the year must file the report to stay in good standing with the state. Failure to file can result in administrative dissolution or revocation of authority to do business.

LOOKING AHEAD

North Carolina’s business environment continues to evolve with tax incentives and strict regulatory compliance requirements. Small business owners should review their corporate structure, licensing status, contract provisions and data security practices to ensure alignment with current law. Consider consulting with legal and tax advisors to maximize benefits while maintaining compliance.

This information should not be construed as establishing a client-attorney relationship or as legal advice. For advice about your specific situation, please consult one of our attorneys.

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Beyond Blooms

Fall offers a rare opportunity to build a garden for all five senses.

BY NICOLE LETTS

Gardens are often planted with eyes in mind, focusing on how colors and height complement each other and please the overall home aesthetic. In 2026, however, there's a trend to take your skills a bit further by creating sensory gardens: spaces that are planted to reflect all five senses. Think the rustle of grass, the scent of lavender, and the texture of shrubbery. As the seasons shift from the sunny days of summer to the shorter ones of fall, now is the time to replant a garden that will sustain the season while giving you a reason to stop and smell (and feel!) the roses.

WHY FALL?

Fall is actually an ideal planting season. Cooler soil temperatures reduce transplant stress, and plants have time to establish roots before the ground freezes. The season also strips away some of summer's showiness, making texture, structure, and scent more noticeable, which is precisely what a sensory garden is designed to celebrate.

WHAT TO PLANT

For sound, Little Bluestem and Switchgrass are about as universal as ornamental grasses get, thriving across most of the country and catching even the lightest breeze with their feathery plumes. For scent, catmint and bee balm are both hardy, low-maintenance choices that release fragrance when brushed. For touch, lamb's ear has famously soft, velvety leaves. For taste, herbs are an obvious choice; chives and thyme are unfussy. And for sight, ornamental kale deepens in color as temperatures drop, making it visually interesting and ever-changing as the season continues.



Catmint

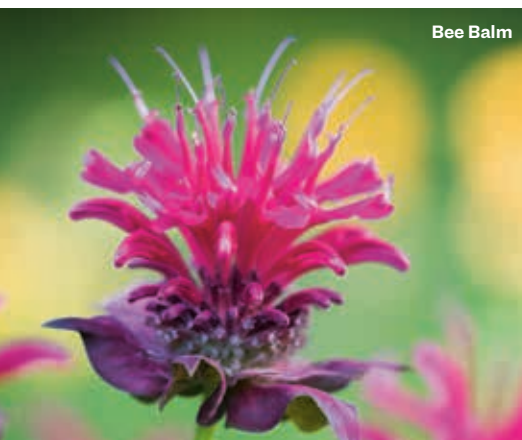


Ornamental Kale



Lamb's Ear

In a season already inclined towards reflection, sensory gardens offer planters a place to slow down and take in their environment. You can start as simply as a pot of rosemary at your front door, or plant an entire space that captures every sense down to the smallest of details. The next time you are at your local nursery, choose plants that don't just look good; tap into all of your senses and select some that feel, smell, and even sound good too.



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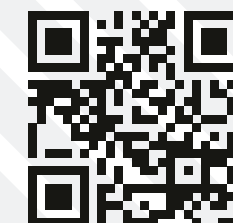
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HEALTH AND WELLNESS

PROTECTING YOUR GAME

Understanding Golfer's Elbow

BY MATTHEW GESWELL MD, SPORTS MEDICINE FELLOWSHIP-TRAINED
ORTHOPAEDIC SURGEON AT MUSC HEALTH

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One of the greatest things about golf is that it truly is a lifelong sport.

Whether you're playing nine holes with friends or competing in club tournaments, golf provides exercise, camaraderie and enjoyment at every age. However, even this low-impact game can lead to injuries such as *medial epicondylitis*, better known as "golfer's elbow."

This condition can develop in golfers of any skill level. It occurs when the tendons on the inner side of the elbow become irritated from repetitive stress/microtrauma. A tight grip, poor swing mechanics and overuse at the driving range can all contribute to the problem.

The first symptom is often a mild ache on the inside of the elbow. It is more common on the dominant arm, often the trail arm in the golf swing. Over time, discomfort may become more noticeable during the swing, at the time of impact or early follow through. Golfer's elbow can

also cause problems with everyday activity, such as shaking hands, lifting objects or even turning a doorknob. Ignoring these early warning signs can allow a minor tendon injury to become a chronic condition that takes much longer to heal.

The good news is that most golfers recover without surgery. Resting the elbow, modifying practice routines, applying ice after activity, elbow braces and participating in a structured physical therapy program are usually very successful. Certain adjustments to equipment can also help, especially appropriately sized grips, which can take pressure off the forearm muscles and tendons during the golf swing.

It is possible to prevent golfer's elbow. Before every round, spend five to ten minutes warming up with gentle stretching and a few easy practice swings. Try to avoid gripping the club too tight and gradually build up your practice sessions.

As an orthopaedic surgeon specializing in sports medicine, my goal is not simply to treat injuries but to help golfers stay on the course. Listening to your body, addressing discomfort early and practicing smart injury prevention can keep your swing healthy for years to come.

Dr. Geswell sees patients at the following locations and is the sports medicine provider for Indian Land High School:

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Montenegro

The adriatic gem I cannot stop recommending

BY ALBERTO BENITEZ, CO-FOUNDER



One & Only Portonovi

When most travelers dream of Europe, Italy is often one of the first countries that comes to mind—and understandably so. Its history, cuisine, coastline and sense of style have earned it a permanent place on nearly every travel wish list. I love Italy, but there is another country across the Adriatic that captures many of those same emotions while still feeling wonderfully undiscovered: Montenegro.

Montenegro has become one of my favorite countries and one of the

destinations I am most excited to introduce to travelers. It has the terracotta rooftops, centuries-old stone villages, waterfront cafés, fresh seafood and relaxed elegance we associate with Italy, yet it offers them fewer crowds and a pace that feels more intimate. This is not “another Italy.” Montenegro has a proud identity all its own. To me, it feels like the Mediterranean many travelers hope to find before everyone else discovers it.

What makes Montenegro so remarkable is the amount of beauty

contained within such a compact destination. Along the Adriatic coast, dramatic mountains appear to rise directly from the water. The Bay of Kotor curves past medieval towns, secluded coves and elegant marinas, while the walled Old Town of Kotor and the baroque village of Perast invite you to slow down and explore. A private boat can carry you across deep-blue water in the morning; by afternoon, you can be walking cobbled lanes, tasting local olive oil or enjoying freshly caught seafood beside the sea.



One & Only Portonovi



Mamula Island

For travelers who value privacy, character and exceptional hospitality, Montenegro also offers several extraordinary places to stay. These are my top three.

Mamula Island by Banyan Tree

Set at the entrance to the Bay of Kotor, Mamula Island is one of the most distinctive resorts in Europe. The hotel occupies a carefully restored 19th-century fortress on a private island reached by boat. With only 32 rooms and suites, it provides the sense of seclusion many luxury travelers now seek. Historic stone architecture is balanced with contemporary interiors, Adriatic views and a holistic Banyan Tree spa. What I find most compelling is that privacy here is not merely an amenity—it is part of the

geography. Mamula is ideal for couples or anyone wanting to step away from the noise of daily life and reconnect with the sea, the setting and one another.

Aman Sveti Stefan

Few hotels possess a setting as iconic as Aman Sveti Stefan. Connected to the mainland by a narrow isthmus, the fortified island began as a 15th-century village. Its hand-restored stone cottages and suites are linked by cobbled lanes, courtyards and views of the Adriatic. Across the bay, Villa Miločer—once the summer residence of Queen Marija—offers another expression of Aman’s quiet, understated elegance. This is the property I recommend for travelers drawn to history, discretion and a true sense of place. It does not feel like a resort

constructed to imitate the past; it allows guests to live within it.

One&Only Portonovi

One&Only Portonovi brings a grander, more contemporary style to the shores of Boka Bay. Its Venetian-inspired architecture, spacious rooms, suites, villas and private homes make it especially appealing for families and multigenerational travel. The resort combines mountain and water views with a private beach, a marina lifestyle and excellent dining, including Mediterranean-Japanese cuisine at Tapasake. Its Chenot Espace wellness center adds another dimension through personalized, science-led programs and treatments. For travelers who enjoy polished service, generous

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Mamula Island



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accommodations and plenty of options without sacrificing a strong connection to the destination, One&Only Portonovi is an exceptional choice.

Montenegro may not remain a secret for long—and that is precisely why I believe this is the time to experience it. It can stand beautifully on its own or become part of a thoughtfully designed Adriatic journey. The right itinerary is not about rushing through a list of landmarks. It is about choosing the perfect resort, traveling the coastline by private boat, meeting the people behind the food and allowing enough time to appreciate the country's unhurried rhythm.

Italy will always deserve our admiration. But for travelers ready to look just beyond the familiar, Montenegro offers something increasingly rare: a destination that feels both refined and genuinely surprising. That combination is exactly why it remains one of my favorites—and why I believe it may become one of yours.

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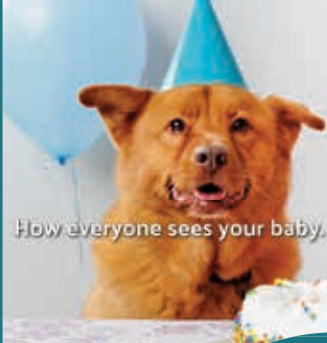
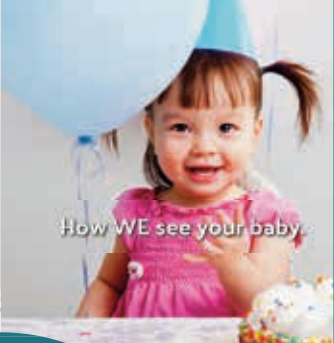
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HEALTHY LIVING

The Glue THAT BINDS

Junk journaling is emerging as a powerful wellness practice.

BY NICOLE LETTS

Thousands of people are gluing ticket stubs, tea bag wrappers, and torn magazine pages into handmade books and calling it self-care. More than a crafting hobby, junk journaling transforms everyday ephemera into deeply personal, tactile art, offering a screen-free creative outlet in a world starved for slowness. It borrows the nostalgic heart of scrapbooking but ditches the rules, inviting imperfection and spontaneity in a way that quietly trains the mind to be present.

What is a junk journal?

A junk journal is a place to fill and store repurposed, recycled, or found materials that speak to you. The process is less about the result and more about the creative practice of filling and decorating journal pages with items such as postage stamps, candy wrappers, paper napkins, fabric scraps, and other found keepsakes. Layering and collaging are welcome, and no writing is required, unless, of course, you want to write. The junk journaling world is your oyster. The emphasis is on using materials that have already

lived a previous life, valuing texture and nostalgia over polish and perfection.

Why junk journal?

Traditional journaling can feel intimidating because it presents you with a blank page and, therefore, an expectation to produce something meaningful. For a lot of people, that pressure is enough to make them close the book, walk away, and never pick it up again. Junk journaling removes that pressure. The focus shifts from what you're thinking and feeling to what you're making, which creates an opportunity for reflection. You might find yourself processing something while arranging a collage without ever having to articulate it directly.

What is needed to get started?

Your journal can be as simple as a spiral notebook or legal pad, or as impressive as a leather-bound book. Once your vessel is selected, gather adhesive of choice (a gluestick for a simple look or washi tape for a more creative spin), scissors, a pen or markers for doodles or captions, and finally, your junk. Start with a small pile of collected items and see where the creativity takes you. The only rule is there are no rules; the messiest pages often hold the most meaning.



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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	INTERIOR DESIGN AND HOME STAGING Elite Staging and Design ES Design Studio Kelly Hickman (704) 222-3634 elitestagingdesign.com	REAL ESTATE & BUSINESS LAW Patel & Shah Law, PLLC Ashka Shah (980) 800-9350 patelshahlaw.com	Lorimer Realty Marie and Steven Lorimer (704) 516-6153 stevenlorimer.allentate.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	GUN AND PAWN SHOP Beltway Gun & Pawn Scott Woller (704) 847-4181 beltwaygunandpawn.com	MEDICARE INSURANCE Founders Insurance Agency Anjana Patel (704) 252-0183	REALTOR Charlotte Luxe Homes Ashley Horton (704) 975-5418 ashleyhorton.premiersothebysrealty.com	WELLNESS Beyond Beauty Aesthetics Sothida Apple Berry (219) 669-9505 beyondbeauty.janeapp.com
	MEDSPA Younique by MK Medspa Mary Kate Walsh (704) 942-4424 yuniquebymk.com		HM Properties Katy Bradfield (704) 965-5968 hmproperties.com	YARD SERVICES Charlotte Mulch Guys and More Ryan Merritt (704) 989-1554



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