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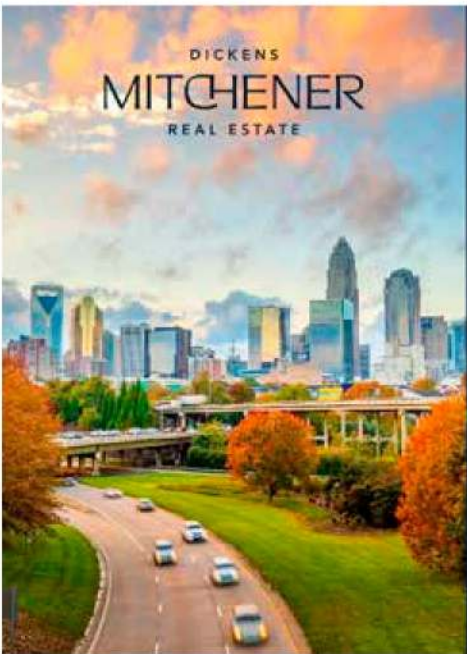
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**HERE ARE A FEW
SUGGESTIONS FOR
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Labor Day/Fall Break –
Long weekends are great for getting out of town for a few days. Whether an exotic getaway or a quick trip to our nearby mountains, lakes and beaches, we'd love to see how you made the most of these long weekends.

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

Breast Cancer Awareness –
October is Breast Cancer Awareness Month. We'd like to see how you showed your pink ribbon support.

Halloween – Scarowinds, haunted houses, block parties and costume parades... sure signs that Halloween is right around the corner. Please share your spookiest and kookiest Halloween photos with us.

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.

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 summer and fall weddings in our community. Share the love by sending your special wedding day pictures to us!

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

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Are you and your family new to Dilworth? If so, welcome! Please send your contact info to clteditor@strollmag.com to be added to our monthly sneak peek email and event invitation list. To submit an idea, photo or article, please email Delia at clteditor@strollmag.com!



VETERANS SPOTLIGHT
As America celebrates its 250th anniversary this year, we'd love to honor the Veterans in our neighborhood.

Whether you served in wartime or peacetime, at home or abroad, we invite you to share your story, military photos (past or present) and memories of your service. Help us recognize the men and women who have served our country and inspire future generations through their stories. Email Delia at clteditor@strollmag.com!



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Winged Wonders

NOTE AND PHOTOS BY CONTRIBUTING WRITER CAROLYN HUTTON

Birds are a reminder that the world is full of small, beautiful wonders. Photographing nature comes from deep attention to the natural world. Out here, time slows down completely and forces me into a state of absolute presence. My mother loved birds and taught me to listen to their songs and respect their quiet lives. When she passed away at age 91, she left this gift behind, along with many memories.

Observing the birds turns every morning into a backyard paradise. My favorite bird app is the Merlin Bird ID. Backyard birds include cardinals, robins, eastern phoebes, bluebirds, bluejays, chickadees and hummingbirds, to name a few. I keep the feeders full of thistle, sunflower seeds and safflower, and fresh water in the bird baths.

Birds can teach us life lessons of resilience and balance. By flying in "V" formations, they share the lift and help each other. Birds live in flocks and stick together. They are mindful, live in the present moment and stay grounded. We can navigate our own lives with peace and greater purpose if only we choose to sit still enough to look and learn.

Enjoy!
Carolyn





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Chocolate Sable “World Peace” Cookies

BY RESIDENT REPORTER KANKU MICHELSEN

When I first discovered Dorie Greenspan's chocolate sable cookie, what immediately captured my attention was its grand moniker: “World Peace Cookies.” With a name like that I simply had to try them, and that first bite left an indelible impression in the very best way.

Sandy and crumbly, deeply chocolatey and somehow perfectly sweet and salty all at once, these cookies are truly incredible. They have become one of my favorite treats to share with friends and family, and they are especially wonderful during the holidays. Whether tucked into a festive cookie tin or arranged on a holiday dessert table, World Peace Cookies always feel special. They are a delicious reminder of the joy that can come from something as simple as sharing a cookie.

INGREDIENTS

- 1 ¼ cups all-purpose flour
- ½ cups unsweetened cocoa powder
- ½ teaspoon baking soda
- 11 Tbsp. unsalted butter (1 stick plus 3 tablespoons) cut into chunks, at room temperature
- ⅔ cup packed light brown sugar
- ¼ cup sugar
- ½ teaspoon fleur de sel or ¼ teaspoon fine sea salt
- 1 teaspoon pure vanilla extract
- 5 ounces best-quality bittersweet chocolate chips or chopped bittersweet chocolate bar

INSTRUCTIONS

Mix Dough

1. In a small bowl, sift the flour, cocoa and baking soda.
2. In the bowl of an electric mixer, using the paddle attachment (or using a hand mixer), beat the butter, brown sugar and granulated sugar until the mixture is soft and creamy, about 3 minutes.
3. Use a spatula to scrape the sides of the bowl, add the salt and vanilla and mix until blended.
4. Turn off the mixer, then add the flour mixture all at once, mixing first at low speed. As the dough starts to come together, beat the dough on medium-low speed until the dough forms chunky pieces.
5. Add the chopped chocolate and mix to incorporate.

Work the Dough and Chill

1. Turn the dough out onto a work surface. (I like using a silicone mat. If you don't have one, don't worry!) Use your

hands to gather the dough together, don't be afraid to work it, even if crumbly, it will eventually come together.

2. Divide in half and continue to work one half of the dough, pressing and rolling, forming it into a log 1 ½ inches in diameter. Repeat with the other half of the dough.
3. Wrap the logs in plastic wrap and freeze for at least 2 hours. You may also refrigerate for at least 3 hours or overnight.

Bake the Cookies

1. To prepare the cookies for baking, preheat the oven to 325°F with a rack placed in the center. Prepare two baking sheets with parchment paper.
2. Work with one log of dough at a time, keeping the other log chilled. Using a sharp knife, slice the dough into ½-inch rounds. If you're working with frozen dough, allow the dough to soften a bit.
3. Place the sliced rounds onto the baking sheets, 2 inches apart.
4. Bake the cookies for 12 minutes, then remove from the oven. The cookies will still be soft, but they will change in texture as you let them rest for a few minutes on the tray.
5. After about 4 to 5 minutes, gently transfer to a cooling rack to cool completely. The cookies are especially good while warm, but if you can resist the temptation, they're also wonderful when completely cool.
6. Repeat the process, baking the remaining dough. Once the cookies are cool, store in an airtight container.

To share your recipe, please email Delia at clteditor@strollmag.com.



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The Chastain Family

FINDING HOME IN DILWORTH

For the Chastain family, finding a home in Dilworth was about more than finding the right house. It was about putting down roots, raising their children and becoming part of a community.

Chapman and Blaire Chastain, along with their four children—Ella (9), Kate (6), Owen (3) and Sophie (3 months)—have called Dilworth home for just over a year, but the neighborhood had been a longtime goal for their family.

A Journey Back to Charlotte

Blaire was born in New York, but her family moved to Charlotte when she was 2. She grew up here and attended Charlotte Catholic. Chapman grew up in Montgomery, Alabama. After college, both found their way to Colorado. Blaire attended the University of Alabama, while Chapman attended Troy University.

The couple met in Breckenridge the year after graduating. Blaire had moved to Denver for commercial design, while Chapman went to Breckenridge with childhood friends to work at the ski resort. Thanks to mutual friends from Blaire's college years, their paths crossed on the mountain.

They eventually returned to Charlotte in 2016, just as they were expecting their first child. "We wanted to put down roots in Charlotte and raise our family near family," Blaire says.

Over the years, they moved around the city, first purchasing a home in Fourth Ward and later living in Wilmore. Throughout it all, Dilworth remained the neighborhood they hoped to call home. They found that home last July. "Every single thing about Dilworth spoke to us," Blaire says. **CONTINUED ►**



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For the Chastains, community and convenience make the neighborhood special. They wanted a place where their children could grow up surrounded by other families, where neighbors knew one another and where everyday life could happen close to home.

They love walking to coffee shops and restaurants, visiting Latta Park, taking the trails, getting to the grocery store, attending church at St. Patrick's and reaching activities or friends' houses without much time in the car.

Family is quite literally around the corner. Blaire's brother and his family live in Dilworth as well, with three children and another on the way. The Chastain children are just a short walk from their cousins, making family an everyday part of their lives.

Life With Four

For the children, some of Dilworth's best parts are the simplest ones. Every morning, Blaire puts Sophie in the stroller and walks with Owen to Latta Park. Owen rides his bike along the way and, at just 3 years old, has already decided he wants to be a BMX rider.

In the evenings, neighborhood streets become an extension of home, with the children playing outside alongside friends and neighbors.

Inside, Ella and Kate often help Blaire prepare dinner. With the front door wide open, neighborhood kids wander in and out as the family gets ready for the evening.

Ella and Kate stay busy with dance at Jolie South and Charlotte Junior Soccer, while Owen participates in Soccer Shots at Latta Park. Despite the activities, Blaire says home is where the children are happiest.

Building Careers in Charlotte

For both Chapman and Blaire, Charlotte is home to careers they have built over the past decade.

Chapman is a commercial real estate broker and partner at Ascent Real Estate Partners, where he has worked for 10 years. He primarily works with local businesses and developers to identify and lease retail space in some of Charlotte's most vibrant neighborhoods, including Dilworth.



A FAMILY TRADITION IN ITALY

Some of the Chastains' favorite memories have been made far beyond Charlotte.

Blaire's family is Italian, and every other summer, her extended family gathers in Italy. The trips bring together her parents, four siblings, their spouses and children, making travel an important family tradition.

Now, another adventure is on the horizon: the Chastains are looking forward to returning to Italy with the family in summer 2027.



Blaire is a commercial interior designer and general contractor. Five years ago, she founded Chastain & Company, specializing in the design and construction of office, fitness, restaurant and retail spaces.

Food, Family & Life Around Charlotte

When they aren't working or keeping up with four children, the Chastains are an active family. Chapman enjoys early morning workouts with the Dilworth F3 community, and the family loves good food.

One of their favorite things to do around Charlotte is try a new restaurant—or return to a tried-and-true favorite. Family and neighborhood favorites include celebrating at Dolce, walking to Dozo for date night, weekly takeout from Yafo and Thai Taste and celebrating soccer victories with pizza at Inizio.

Finding Home

Back home in Dilworth, the Chastains are settling into a different kind of family tradition: the everyday rhythm of neighborhood life.

Their 11-year-old Lab/golden retriever mix, Aspen, is part of the family too, rounding out a household that is rarely quiet and never short on activity.

After moving around Charlotte and spending years dreaming about Dilworth, the Chastains are happy to finally be here. With cousins nearby, friends in the neighborhood, trails and parks just outside their door and four children growing up in the middle of it all, they've found what they were looking for.

"We hope to live here forever."

To recommend a neighbor to be featured, please email Delia at clteditor@strollmag.com.

FINANCIAL fitness

Life Insurance Needs Over Time

By Tommy Truman, Blue Cardinal Wealth Solutions Managing Director



It's easy for many of us to approach life insurance with a "I'll handle that later" or a "set it and forget it" mindset, and to assume that you have time to sort out the details of adequate insurance coverage down the road. Yet, life insurance can play a key role in protecting your loved ones financially should you pass away unexpectedly. Here are some examples of how life insurance can be a powerful protection strategy, depending on your life stage, to inspire you to take action in the near-term.

Young adults starting their careers. When you settle into your first or second job and take over responsibility for your own financial matters, you're likely balancing a myriad of priorities such as paying off student loan debt or managing the mortgage of a newly-purchased home. In the event of your death, you could leave your loved ones on the hook to cover your financial obligations out-of-pocket. A life insurance policy may help provide cash flow for your parents, siblings or another beneficiary to manage your affairs without it becoming a potential financial burden.

Newly married couples. As you build a life together with your spouse, it's likely that your individual financial responsibilities will become intermingled, even if you choose to maintain separate accounts. If you die prematurely, your spouse could be drastically affected by the loss of your paycheck and added expenses. Life insurance can help replace the lost income and financial responsibilities, helping the surviving spouse carry on with more financial security.

Parents. For many Americans, the need for life insurance becomes top-of-mind following the birth or adoption of a child. If you have or are considering starting a family, now is a great time to evaluate your insurance policies. It is important to ensure you have enough coverage to meet your family's day-to-day expenses, in addition to future financial goals, such as college education. If one spouse stays at home to care for your child, consider having enough life insurance to address the cost of potential daycare or after-school care. Additionally, you may want to account for regular living expenses and maintaining progress on retirement savings for the surviving spouse.

Older adults nearing or in retirement. As you accumulate wealth or become an empty nester, your need for life insurance may decline. Be sure to maintain enough coverage to protect your retirement savings for you and your partner. Once in retirement, the need for a death benefit, which provides annuity or lumpsum payments to the surviving spouse, may become less significant. Certain types of life insurance policies may offer the flexibility to borrow against accumulated cash values to provide cash flow in retirement. Accessing policy cash value through loans and surrenders may cause a permanent reduction of policy cash values and death benefit and negate any guarantees against lapse. Make sure to read the fine print when it comes to this type of loan. Evaluate your coverage against what you anticipate spending in retirement to see if these or other options could help your financial confidence.

Those preparing for the transfer of assets. Depending on the size of your estate, taxes may reduce the amount of assets you intend to pass down to heirs after your death. Life insurance could be one way to protect the interests of family members and other beneficiaries. For example, you could purchase a policy with a death benefit that could provide liquidity to offset the impact of any taxes that would be due at the time of your death. This can help survivors avoid being forced to sell assets to meet tax obligations and allows your legacy to be preserved.

No matter your life stage or financial situation, it's important to have insurance in place to provide for and protect your loved ones. Make it a priority to regularly review your coverage and ensure it addresses the changing needs for you and your family. If you would like help assessing your options and exploring the amount of coverage that is appropriate, talk to an insurance professional and financial advisor familiar with your financial priorities.



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HYDRATE MEDICAL

The Next Chapter of Wellness: Hydrate Medical Introduces Performance & Longevity



Keith Parris and
Dr. Jonathan Leake

Feeling your best isn't just about getting through the day; it's about having the energy to do the things you love, recovering well, staying sharp and taking a more proactive approach to your health as you age. That philosophy is behind Hydrate Medical's new Performance & Longevity program, designed for people who want to be more intentional about how they feel today — and how they want to feel years from now.

Hydrate Medical's story started right here in Dilworth 12 years ago. Since then, the locally owned, physician-led practice has grown to seven locations across the Carolinas and now provides more than 3,000 infusions each month. But Dilworth remains an important part of the Hydrate story; it's the neighborhood where the

doors first opened and where the idea of helping people feel their best began.

Twelve years later, Hydrate Medical is building on that same philosophy with its newest offering: the Performance & Longevity Program. The program expands Hydrate's approach to wellness, with a greater focus on supporting energy, recovery, healthy aging and helping people stay active and engaged in the things they love.

The idea behind the program is simple: Live Optimized. "We're seeing more people who aren't necessarily sick, but they know they could feel better," says Dr. Jonathan Leake, board-certified emergency medicine physician and co-owner of Hydrate Medical. "They may be dealing with low energy, slower recovery or just not feeling

as sharp as they once did. Performance and longevity are about looking at ways we can support the body so people can continue doing the things they enjoy."

Turning Everyday Health Data Into Action

For many of us, paying closer attention to our health has already become part of everyday life. Smartwatches, fitness apps, sleep trackers and smart rings can provide a steady stream of information about everything from sleep quality and heart rate to activity levels, recovery and stress. But having all that data is only the first step.

Hydrate Medical's Performance & Longevity program helps patients take the next step by using information they're already tracking to have more informed conversations about health, wellness goals and how they're feeling day-to-day. Instead of simply noticing that your sleep score is down, your recovery is taking longer or your energy isn't what it used to be, the goal is to view those trends as part of a broader wellness picture.

Combined with medical guidance and an individualized approach, that everyday data can help people become more proactive about their health and make informed decisions about how they want to move forward. It's another way to shift the mindset from simply tracking your health to actively investing in it.

NAD+ Therapy and More

At the center of Hydrate Medical's Performance & Longevity Program is NAD+ therapy. NAD+, short for nicotinamide adenine dinucleotide, is a substance naturally found in every cell of the body. Simply put, it helps our cells turn nutrients into energy our bodies need to function. NAD+ also plays a role in several important cellular processes, but levels naturally decline as we age. That decline has led to growing interest in NAD+ and its potential role in supporting energy, healthy aging and overall wellness.

Hydrate Medical offers NAD+ through IV therapy, with treatment plans tailored to each person's goals and needs. The program also includes other targeted therapies, such as Alpha Lipoic Acid (ALA) IV therapy, which focuses on antioxidant and metabolic support, and the Peak Performance IV, created with active lifestyles, exercise recovery and



performance in mind. Rather than a one-size-fits-all approach, Hydrate's medical team helps clients consider which therapies may best complement their individual goals, routines and overall health strategy.

A Medical Approach to a Growing Wellness Trend

With longevity becoming one of the fastest-growing areas of health and wellness, Hydrate Medical believes medical oversight is especially important. Emergency medicine clinicians founded Hydrate Medical, and its therapies are provided within a medical setting by experienced healthcare professionals. That clinical foundation remains at the center of the Performance & Longevity program.

"We want people to ask questions and understand what they're putting into their bodies and why," says Dr. Leake. "There is no single treatment that replaces the fundamentals of good health — nutrition, exercise, sleep and preventive medical care. These therapies are another tool that can be considered as part of a bigger wellness picture."

And that bigger picture is ultimately what *Live Optimized* is all about. More than chasing a quick fix or turning back the clock, it's about making thoughtful choices that may help you continue showing up for your career, your family, your workouts, your travels and everything else you want to experience. Because longevity isn't just about adding years to your life, it's about making the most of the years you have.

Learn more about Hydrate Medical's Performance & Longevity program at hydratemedical.com.

(L to R): Dr. Jonathan
Leake, Candice Linnens
and Keith Parris



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PRECIOUS PET

Goose

BY RESIDENT REPORTER EMILY BRIETZ

FOSTERING A PET comes with one major risk: you might fall in love.

That's what happened with Goose, a 5-year-old orange tabby cat who was supposed to be a temporary resident of the Holofchak family home.

The Holofchak family brought Goose home at 5 weeks old through the Charlotte-Mecklenburg Animal Care and Control Kitten Foster Program after he was found in a muddy ditch. The plan was to return him once he reached two pounds, when he would be ready for adoption. But by then, the family had fallen for his personality and decided to adopt him themselves.

Goose was named by his human sister, Clare, who thought the name fit the fluffy orange cat perfectly — though “Cheeto” was also in the running.

As a kitten, Goose spent most of his time in the upstairs playroom with his teenage human brothers, Daniel and William, who often had their friends over to watch movies or spend the night on weekends. “We think that being ‘raised’ by a bunch of teenage boys contributed to his social, relaxed and confident nature,” Jenny Holofchak, Goose’s mom, says.

Now that his human siblings are away at college, Goose spends most of his time with his furry dachshund brothers, Dash and Leo. He’s particularly close with Leo; they’re only a few months apart and grew up together. They often play together, challenging each other to games of hide-and-seek and chase.

For all his playfulness, Goose is pretty down to earth. Literally — he eats lying down. “We joke that he eats like a Roman,” Jenny says. His favorite treats are bagged popcorn and whipped cream straight from the can. The sound of a crinkling bag from across the house will wake him up even from the deepest cat nap.

Although the family tries not to overindulge him when he begs alongside Dash and Leo, they have found plenty of other ways to spoil him. Goose has a screened-in “catio” on the back porch where he can safely enjoy the outdoors. The family also got him his own betta fish to watch.

When winter temperatures make the catio too chilly, Goose has another favorite spot: underneath the Christmas tree. As a kitten, he would climb into the branches. Now, he prefers to sit underneath them, surrounded by the glow of the Christmas lights. When the New Year arrives and the tree comes down, Goose mourns its absence by sitting in the empty space where it once stood.

For all the ways the Holofchaks have spoiled Goose, he gives plenty of affection in return. Goose lets you pet him, play with him and snuggle him. He also has a few requests of his own. He likes to be carried around the house, slung over someone’s shoulder. And when he jumps out at a family member walking by (in an attempt to “surprise” them), they’re expected to act startled.

Goose may have entered the Holofchak home as a foster cat, but his personality made it impossible for them to give him up.

To have your pet featured, please email Delia at clteditor@strollmag.com.



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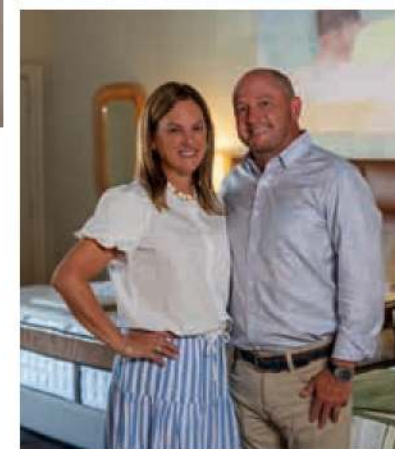
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Custom Outdoor Living, UBG Style

BY COLLIN HAGLUND, INTERIOR DESIGN CONSULTANT AT URBAN BUILDING GROUP



At Urban Building Group, we have varying purposes for our custom-designed outdoor living spaces. Some structures are adjacent to pools and hardscape, some offer grill and entertaining areas, others are for lounging and everything in between. The demand is high for adding square footage to outdoor living space, since our NC climate allows us to use outdoor areas for almost nine months of the year.

These living spaces are reflective of the architecture and interiors of the adjoining home, and typically no expense is spared in these areas as they are a continuation of the main house. Collapsing doors and sliders make the segue from the interior to the exterior seamless, allowing easy movement between the two areas and creating an ideal environment for entertaining. Sliding and collapsible doors allow for a better furniture layout with no worry about door swing.

These days, lighting, furniture, fabrics and art can all meet the outdoor damp requirements and have the same elevated look of “interior” products. Gone are the days of just a handful of Sunbrella

fabrics to choose from and furniture only available at big box stores. Color and texture are in the forefront, bringing the surrounding outdoor elements together. Comfort is key—we want to live and enjoy these areas, and the furniture encourages that with varying seat depths, swivel and swinging options, etc. These decisions encourage the client to be very specific on how they utilize this space.

We are constantly improving ways to illuminate spaces and keep air flow moving to make sure our clients are comfortable. Overhead lighting fixtures and fans offer both form and function. Lanterns and chandeliers add personality and drama to the room, while secondary lamps provide task lighting. Commercial-size fans provide a method to keep both cool and comfortable. Fireplaces and ceiling heaters create warmth and ambiance, pushing the time outdoors well into late fall/early winter. Our designers love a mixture of materials and keep a clean approach to implementing all of them.

As the photographs illustrate, Urban Building Group has had a busy few years outside. The vision for these large, busy families was a comfortable space to come together to hang out, watch football, grill and entertain. We achieved three individual outcomes for a very similar request: maximized seating and a mix of materials and fabrics. Storage is also paramount, whether for cushions, towels, grilling components or games. We incorporate custom and sometimes hidden storage to allow convenient access.

No matter what the budget is, we all enjoy time spent outside. Enjoy the beginning of fall!

Let Urban Building Group assist with your outdoor dwelling spaces—open air porches, covered verandas, outdoor kitchens, pool houses, just to name a few. If you are interested in designing the porch of your dreams, our talented team is ready to help make it a reality. Learn more about Urban Building Group's projects at urbanbuildinggroup.com; follow us on Instagram @urbanbuildinggroup_charlotte; Facebook- Urban Building Group or call the office at 704-307-4606 to get started with your custom home, renovation or interior decorating.

To have your business featured in an upcoming issue, please email Zane Odom at zane.odom@strollmag.com.



Art With Heart



The Charlotte Art Collective is making a difference by bringing local artists and the community together — and this fall, the group will once again offer an opportunity to discover and support area talent.

The Charlotte Art Collective Holiday Show returns November 14, giving shoppers a chance to meet artists, explore their work and find one-of-a-kind pieces just in time for holiday gift giving. The event is especially anticipated this year, as the Collective did not hold its traditional Spring Show.

But the Collective's impact extends beyond showcasing local art. Over the years, the organization has also given back by making donations to a variety of charitable causes, using its success to support organizations and needs within the greater community. It's another way the artists turn their creativity and connection into something meaningful for others.

Events like the Holiday Show provide an important showcase for local artists while encouraging residents to invest in creativity close to home. For attendees, it's also an opportunity to meet the people behind the art and learn the stories that inspire their work.

Mark your calendar for November 14 and celebrate a group of artists whose talents — and generosity — continue to make a difference in the community.

For more information, including show hours and location, visit charlotteartcollective.org.

To share a photo or article idea, please email Delia at clteditor@strollmag.com.

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From The Classroom to Capitol Hill

BY CONTRIBUTING WRITER PRINCE WITT

In June, three Charlotte Christian 11th graders enjoyed a full week at a Washington Workshop seminar sponsored by the National Society of Colonial Dames of America in the state of North Carolina. Since 1964, the Washington Workshop has been bringing students from all over the country to Washington DC to learn about how our government works, including how bills are created, debated and then voted upon by Congress. This year the 54 students stayed in American University dorms while working on their bills—all of which were relevant as they related to future AI considerations—in a model Congress format and visiting many DC landmarks.

The high school state winners came from more than 19 states and visited many significant sights in the Washington DC area, including Arlington National Cemetery for the somber changing of the guard service at the Tomb of the Unknown Soldier. They also visited the National Archives, explored Mount Vernon (George Washington's home estate and farm) and took twilight tours of the Martin Luther King Jr., Thomas Jefferson and Abraham Lincoln memorials. The students spent one day on Capitol Hill seeing the US Supreme Court and the Library of Congress, as well as seeing the House and Senate galleries and getting a tour of the US Capitol Building.



(L to R): The students visit with House Representative Alma Adams during a visit to her office.



(L to R): Alexa Rose-Perez, Dixon Witt and Gavin Lawrence in front of the Capitol



The Charlotte group was able to meet with House Representative Alma Adams at her office. They also got to meet with an intern in Representative Adams' office who not only walked them through Congressional decision-making actions but also explained what he does on a daily basis. On the last night, to celebrate their hard work and new friends, the group

had a Friday night cruise on the Potomac River.

The Charlotte crew appreciated the chance to enter the contest. After being introduced to the opportunity, Charlotte Christian US history teacher Amy Abbott offered her students some extra credit to apply to the Congressional Essay Contest sponsored by the NSCDA-NC. A number of students wrote an essay in response to a given prompt and turned it in by the December 1st deadline. Gavin Lawrence and Alexa Rose- Perez were chosen as the two NC winners of the statewide competition! Dixon Witt attended as a legacy scholar.

All three students appreciated learning in person about how their government functions and spending time at the cemetery to understand the sacrifices made by many in defense of, and service to, our nation.

The NSCDA promotes historic preservation, patriotic service and education related to the formation of our nation and its history. The application for the nationwide 2027 CEC seminar can be found at nscda.org/Scholarships.

To share a photo or article idea, please email Delia at clteditor@strollmag.com.



The Perfect Trip to London

BY RESIDENT REPORTER NAOMI CHANDLER



IN JUNE OF THIS YEAR, my family decided to take a month-long trip to London. During our time, we did everything from museums, shopping, eating and more. The beautiful city has something for everyone to love, and we found attractions and excursions that go beyond the typical touristy areas.

First, London's plethora of museums and monuments are 100% worth a visit.

1. Buckingham Palace: Watching the changing of the guard at 10 a.m. on Mondays and Wednesdays is a great activity if you want to see the famous palace and its militia.

2. Big Ben/Westminster Abbey: Taking the tube to Westminster station and walking by Big Ben is a popular photo spot. If you continue walking for about five minutes, you'll hit Westminster Abbey. The Abbey is an Anglican church built in 1050s where many coronations have been held and tombs are located. The church is absolutely beautiful inside, and the guided tour is helpful for understanding the expansive history.

3. Tower of London/Tower Bridge: If you're interested in the crown jewels and prisoners during the Tudor era, the Tower of London is the place to visit. There are many buildings and tours to see just inside of the walled area. Most interesting were the torture chamber and the white tower. Right across the road is the Tower Bridge, a definite must see!

Across the city, there are great shopping areas and markets to purchase trinkets and souvenirs.

1. Borough Market: Borough Market is a fresh food market in the heart of London with many trinkets and

ethnic food stands. It is the oldest food market and has been viral online for the beautiful interior and London's staple of chocolate covered strawberries.

2. Covent Garden: In my opinion, Covent Garden offers the best shopping in all of London, with both high-end and less expensive stores, that appeal to almost all audiences. In Covent Garden's plaza itself, there are constant street performers and places to eat. Not only is it just shopping, but it's also an experience in central London.

The performing arts in London are comparable to Broadway, and a big part of culture especially in areas like Soho and the West End.

1. West End Shows: There are many shows running in the West End such as SIX, Wicked, Hamilton and more. While my family was visiting, we went to see Les Misérables, and it was a great show with lots of talent and theatrics.

2. Shakespeare's Globe Theatre: Along the river is the famous Globe Theatre, a realistic reconstruction of the Elizabethan theatre where Shakespeare wrote and performed most of his famous plays. Today they still perform Shakespeare's work and offer tours of the structure.

Overall, London is a beautiful city full of culture and activities. No matter what your interests are, London is worth visiting and exploring.

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

REAL ESTATE
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This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification. Supplied by Fran Miller with Dickens Mitchener

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Price Per Sq Ft
1619 Lyndhurst Avenue	Dilworth	\$1,625,000	\$1,625,000	08/28/26	0	3	3.3	2,428	\$669.28
1825 Dilworth Road W	Dilworth	\$1,525,000	\$1,550,000	08/21/26	2	4	3.1	2,175	\$712.64
2021 Dilworth Road W	Dilworth	\$2,149,900	\$2,070,000	08/21/26	5	5	4.1	2,494	\$829.99
1919 Springdale Avenue	Dilworth	\$1,825,000	\$1,810,000	08/10/26	23	6	4	3,482	\$519.82
2126 Dilworth Road E	Dilworth	\$2,450,000	\$2,450,000	08/10/26	7	5	4	4,416	\$554.80
2124 Lombardy Circle	Dilworth	\$875,000	\$915,000	08/07/26	1	2	1	1,284	\$712.62
601 E Tremont Avenue	Dilworth	\$1,450,000	\$1,450,000	08/07/26	0	3	2.1	2,075	\$698.80
1921 Cumberland Avenue	Dilworth	\$1,100,000	\$1,050,000	07/29/26	18	3	2.1	1,748	\$600.69
2219 Winthrop Avenue	Dilworth	\$1,700,000	\$1,685,000	07/28/26	13	4	3.1	3,167	\$532.05
1505 E Worthington Avenue	Dilworth	\$995,000	\$995,000	07/21/26	1	3	2	1,793	\$554.94
2201 Sarah Marks Avenue	Dilworth	\$1,050,000	\$1,150,000	07/20/26	1	3	1	1,634	\$703.79
522 Magnolia Avenue	Dilworth	\$2,025,000	\$2,035,000	07/16/26	1	6	5.1	4,063	\$500.86
514 Magnolia Avenue	Dilworth	\$1,745,000	\$1,745,000	07/15/26	63	4	3.1	3,254	\$536.26
1825 Cumberland Avenue	Dilworth	\$1,050,000	\$970,000	07/13/26	11	3	2	1,740	\$557.47
2126 Cumberland Avenue	Dilworth	\$1,350,000	\$1,500,000	07/08/26	0	4	2.1	2,464	\$608.77
420 Magnolia Avenue	Dilworth	\$995,000	\$1,100,000	07/07/26	1	3	2.1	1,732	\$635.10
420 E Park Avenue	Dilworth	\$1,975,000	\$2,050,000	07/06/26	1	5	3.1	3,583	\$572.15
2019 Dilworth Road E	Dilworth	\$2,037,000	\$2,037,000	06/29/26	0	5	2.1	3,147	\$647.28
2317 Charlotte Drive	Dilworth	\$2,200,000	\$2,200,000	06/29/26	10	4	3.1	3,303	\$666.06
AVERAGES		\$1,585,363	\$1,599,316		8	4	3	2,631	\$621.76

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