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INSIDE:

Where to Watch Fireworks
Free Fishing on July 4
Hometown Heroes to Celebrate

THE CHRESTLER FAMILY: From Humble Beginnings to Lake Norman Living & the Email That Started It All

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DEAR NEIGHBORS,

Happy Fourth of July, neighbors! Independence Day is one of our favorite holidays—one that brings family and friends back together to celebrate America over cookouts, pool parties or a day on the lake, all followed by incredible displays of fireworks in Cornelius and all over Charlotte. Be sure to check out our Do You Know for the latest news on where to watch fireworks this year. Don't forget to take a moment to remember those who have served to give us this freedom we celebrate!

Living in our country is the dream of many around the world, and this month's feature family is proof of the American Dream. Meet the Chrestler family of Patrick's Purchase. Adriana, a native Brazilian, and her husband, Jesse, whom she met through a mistaken email written in Portuguese, both came from very modest means. Through hard work, discipline, kindness, and love, they have achieved more than even their wildest dreams, and work hard to instill these values in their boys. Thank you, Chrestlers, for sharing your beautiful story with us.

We hope you have a wonderful, safe 4th!

– Joanie



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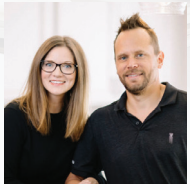

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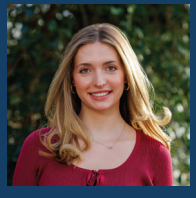

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FOURTH OF JULY *Celebrations*

BY CAROLINE CAMPBELL

Fourth of July in and around Lake Norman brings awe-inspiring, family-friendly fun. From parades, live music, delicious food and fireworks galore, there is no shortage of options. Here are just some of the festivities and fireworks around Lake Norman and Charlotte. As always, be sure to check for the most up-to-date information, as details change after date of publication.

Lowes YMCA

Thurs., July 2: Field of Flags opens to public
Fri., July 3: Summer Celebration, Live Music, Fireworks Spectacular
Join one of Lake Norman's most cherished traditions and largest 4th of July celebrations. There will be live entertainment by Christina and Daniel Eagle from *The Voice*, food trucks, family fun, fireworks and an awe-inspiring display of over 450 American flags in the Field of Flags commemorating our Veterans, fallen/active service members and first responders who serve our country.
Cost: Free
Time: Summer Celebration starts at 6pm
ymcacharlotte.org/events/lowes-ymca-summer-celebration

U.S. National Whitewater Center

Fri., July 3–Sat., July 4
Celebrate the holiday outside at the Whitewater Center. Festivities span over two days and include a Tread, White & Blue trail race, live music, yoga practices and more.
Cost: Free
Time: Varies by day. Check website for full schedule.
whitewater.org/festival/fourth-of-july-celebration

Charlotte's Stars and Stripes Spectacular

Sat., July 4
Come out to Truist Field, home of the Charlotte Knights, for Charlotte's Stars and Stripes Spectacular, featuring the Charlotte Symphony Orchestra and the WBT SkyShow Fireworks.
Cost: Ticket prices vary
Time: 7pm
www.milb.com/charlotte-knights

Carowinds

Fri., July 3 & Sat., July 4
Enjoy Carowinds' Star-Spangled Nights, the region's premier Fourth of July celebration. Experience a breathtaking fireworks display synchronized to patriotic music, creating an unforgettable show for all ages. Celebrate the spirit of our nation with dazzling lights, powerful music and moments of pure wonder that will leave you in awe.
Cost: Ticket prices vary
Time: Fireworks after dark
www.carowinds.com/events/july-4-fireworks

Birkdale Village

Sat., July 4
Grab your red, white and blue crew and head to Birkdale. There will be a bike parade around Birkdale Commons Parkway and an afterparty with magicians, special performers, face painters and more.
Cost: Free
Time: 10am-1pm
birkdalevillage.com/events/4th-of-july-in-the-village





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THE CHRESTLER FAMILY:

From Humble Beginnings to Lake Norman Living & the Email That Started It All

BY CAROLINE CAMPBELL | PHOTOS BY WORDS & PICTURES BY JEANNIE DESENA

A Brazilian woman living in Fort Lee, New Jersey, accidentally sent an email in Portuguese to a stranger in Syracuse, New York. It sounds like the beginning of a *Lifetime* movie, but it's the remarkable and unexpected start to the Chrestler family's story and how Adriana, Jesse and their boys, Ethan (19), Adam (16) and Noah (11), found their way to Cornelius's Patrick's Purchase neighborhood.

Adriana moved to the US from Brazil in 2000, just before her 19th birthday. Her parents had immigrated in search of a better life, so she joined them after graduating from high school. Jesse, who grew up in Upstate New York, was living in Syracuse at the time when he received an unexpected email in an unfamiliar language. Instead of deleting it, he responded to the accidental email from Adriana—and the two developed a relationship over the next three months before meeting in person. Four months after that, they moved in together. And within the year, they got married and learned they were expecting their first son, Ethan. While it was a whirlwind, Adriana knew it was fate. "Our best memory together was when we first met in person and went for a walk at the park near my house. From that moment on, I knew it was going to be forever," recalls Adriana. Jesse's favorite memory was their first time walking in Central Park and seeing New York City. They'll be celebrating their 20th wedding anniversary this November. The secret? They've never gone to sleep mad at each other. "Respect, admiration and love have always been the most important parts of our relationship, and we truly believe they are the foundation of everything we've built together," comments Adriana.



Jesse, the youngest of six kids raised by a single mother, and Adriana, whose family came to the US in pursuit of a brighter future, both came from very humble beginnings and relied on government assistance programs when she became pregnant. Adriana recalls needing to borrow $75 to pay for their marriage license at the time. They didn't have any financial help from their families, and she barely spoke English when they met. While circumstances seemed stacked against them, Jesse and Adriana worked hard to create the life they have today. And they try to teach their sons that hard work, sacrifice, resilience and discipline can pay off.

Jesse graduated from ITT Technical Institute and has worked for companies including Bank of NYC, Time Warner Cable, Bank of America, Credit Karma and

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currently Block, where he's been a software engineer for the past five years. Adriana started community college in Upstate New York when Ethan was born and finished multiple degrees at UNC-Charlotte seven years ago. She holds a Bachelor's Degree in Psychology, another in Spanish and a minor in business. Adriana has gone from housecleaning, babysitting and waitressing to working as a life insurance account manager, and for the past seven years, as a real estate agent with Coldwell Banker. She's a Certified Global Luxury Specialist, licensed in North and South Carolina.



In 2013, the family decided they'd had enough of the cold Syracuse winters. Adriana, who was working for Axa Equitable Life Insurance at the time, asked to be relocated to Florida. The company countered with a transfer to North Carolina, and after some research and discovery that they could enjoy all four seasons here, they accepted and moved within a month and a half. They lived in Charlotte and Concord for many years before discovering their Patrick's Purchase home in 2021. As members of the Lake Effect boat club, they were on the lake often. One day, Adriana was boating with her sister, looking at houses for clients, and stumbled across a home that had been on the market for a while. She decided to take a look so she could find a buyer for it… but she fell in love with the house and ended up buying it for herself shortly after. "As a real estate agent, I truly believe that a home is so much more than four walls. It's the community, the neighbors and the connections that make a place special. We feel grateful to live in such a welcoming community and look forward to continuing to build friendships, support one another and help make our community an even better place."



Adriana is passionate about supporting others, especially connecting the Brazilian community in Charlotte, which is quite large. Because she meets so many people through work and "can make friends with a tree," Adriana co-founded Brilliant Women, a group formed with the intent of helping Brazilian women feel welcomed in North Carolina. In five years, the group has grown from four to almost 500 women. They hold yearly meetings, celebrate the group's anniversary and maintain both a Facebook page and WhatsApp group where women can help one another.



The three Chrestler boys are just as involved as their parents. Ethan recently graduated from Hough High School and has always been passionate about athletics, leadership and discipline. He played soccer for 15 years, participated in wrestling and recently began training in Brazilian Jiu-Jitsu. Throughout high school, Ethan was also actively involved in Hough's JROTC program and did community work for the Lake Norman Teen Council and the Brazilian community. In addition to sports and school activities, he has worked at Urban Air Adventure Park for over four years. This August, Ethan will begin an exciting new chapter as he joins the United States Marine Corps.



Adam, the middle son, is a rising sophomore at Hough. He's an avid swimmer and has been competing with the Mecklenburg Swim Association for over four years. Adam's also a member of Hough's swim team and has proudly swum for The Hamptons Hammerheads summer team for the last four years. Additionally, he's a member of Hough's band program, including marching band and pit crew band, and plays on the school's volleyball team. Adam has also dedicated time to community service through the Lake Norman Teen Council and within the Brazilian community.

Not to be outdone by his older brothers, Noah, a rising 7th grader, is "full of creativity, talent and energy." Like Adam, he also swims for the Mecklenburg Swim Association and the Hammerheads summer swim team. Noah also has a deep love for the arts and has been involved in theater at Ludmila Academy for over four years, performing in over eight plays. In addition to theater, Noah has taken voice lessons at Ludmila since 2022, and is part of Bailey Middle School's Chorus Club.

As a family, they love traveling, whether back to Brazil or New York to visit family, Florida or somewhere completely new. Card games and board games are also a big part of their family time, and they often open their home to friends. The whole family also loves sports. Jesse plays pickleball in a men's group once a week, as well as disc golf and basketball with his sons. Adriana also enjoys pickleball and is a member of The Serve Pickleball + Kitchen, where she plays several times a week with a lot of her Peninsula friends.

Given their start and all they've worked hard to achieve, it's no surprise the family's motto is: "Work hard. Do the right thing. Be generous. Love big. Live fully." These words couldn't be truer about how the Chrestler family chooses to live.

What do you love about Cornelius?

"Cornelius offers the perfect blend of community, lifestyle and natural beauty. From Lake Norman and outdoor recreation to great schools, local businesses and friendly neighbors, it's a place where families can truly put down roots and enjoy a high quality of life."

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UPLIFT
PELVIC HEALTH & PERFORMANCE

Empowering Strength, Confidence & Recovery

BY CAROLINE CAMPBELL



Dr. Lauren Lee Davenport, PT, DPT, is redefining what healing and wellness look like for women, men and athletes across the greater Charlotte region through her practice, Uplift Pelvic Health and Performance, LLC. Based in Lake Norman, it's built on a simple but powerful belief: everyone deserves to feel strong, confident and capable in their body at every stage of life and fitness level. Uplift serves "the athlete who is pursuing a lifetime of health and fitness. The mom who wants to lift and play with her kids. The woman who wants to return to running after pregnancy. The man who wants to lift heavy and perform well at CrossFit."

After graduating from East Carolina University with her Doctor of Physical Therapy degree, Dr. Davenport initially worked in sports orthopedics before discovering her true passion in pelvic health physical therapy. In 2023, she brought this passion to fruition by founding Uplift Pelvic to help bridge the gap between pelvic health, fitness, and whole-body wellness. She was inspired to dive deeper into this niche of physical therapy from seeing the lack of care for women. "When it comes to my experience in the gym, I would see women line up for the bathroom before workouts began or skip workouts altogether because they were afraid to pee themselves," said Davenport. "Pelvic floor dysfunction is a clear barrier to fitness and overall health and longevity."

That realization inspired her to combine her background in athletics, orthopedics and pelvic health to create a practice focused not only on rehabilitation but on helping people thrive. Uplift Pelvic started as a mobile practice before opening its brick-and-mortar location just six months later. Today, the growing business includes a team of four, including three pelvic floor physical therapists and an administrative coordinator.

At Uplift, patients receive highly individualized, one-on-one care in private 60-minute sessions with a Doctor of Physical Therapy, focusing on strength, mobility, performance, recovery and lifestyle goals. Services include pelvic floor therapy, orthopedic rehabilitation, pregnancy and postpartum care, return-to-sport and athletic performance support, personal training and strength programming for pregnancy and postpartum. They also provide birth preparation sessions to help expecting parents feel educated, confident and empowered for labor and delivery.

To support comprehensive healing, the team incorporates advanced treatment techniques such as dry needling, pelvic floor dry needling, cupping, the Graston technique and soft tissue manipulation. Uplift also collaborates with Thorne supplements and host Mother Pods through MESH Moms to help foster community and support for local mothers. Additionally, the space is shared with Kinship Chiropractic and Dr. Abby, a Webster-Certified chiropractor, allowing them to provide collaborative care for pregnancy, postpartum and family wellness under one roof.

Dr. Davenport's own athletic background continues to shape her philosophy and approach to patient care. A former Division II volleyball player at the University of Mount Olive, she earned a Bachelor of Science in Biology with an exercise science minor before pursuing advanced certifications as a Pelvic Health Specialist through the Institute of Clinical Excellence. She is also certified in Trigger Point Dry Needling and Pelvic Floor Dry Needling. And in 2023, she was inducted into the East Duplin High School Athletic Hall of Fame.

What sets Uplift apart is the "combination of evidence-based clinical expertise, movement-focused rehabilitation and a deep passion for helping individuals feel empowered in their bodies," says Davenport. "But what really makes us different is the highly individualized experience we provide." They truly listen and aren't just treating symptoms. They're helping people return to the activities they love with confidence and strength. "Too many people suffer in silence or assume certain symptoms are simply a part of aging or motherhood. We want people to know they don't have to just live with it."

Outside of the practice, Dr. Davenport and her husband, Wade, stay busy raising two daughters, Mallory (3.5) and Elaina (1). She is also actively involved in community organizations including WIN Lake Norman and SportsCenter, which have both connected her with incredible people and opportunities to support wellness, leadership and community growth.

Interested in learning more? You can find educational resources on Uplift's website: upliftpelvicnc.com. They also strive to educate the community on pelvic health and love to collaborate with Lake Norman residents to host workshops.



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LAKE NORMAN IN JULY: Staying Safe During Peak BOATING SEASON

BY SUSAN NEWSOM, GENERAL MANAGER, LAKE NORMAN POWERSPORTS

July is one of the most exciting months on Lake Norman. Long summer days, family gatherings and holiday celebrations bring thousands of boaters, personal watercraft riders, paddleboarders and swimmers onto the water. While the energy of peak boating season is part of what makes the lake so enjoyable, increased traffic also means operators must be more vigilant than ever.

The busiest weekends often present the greatest safety challenges. Congested waterways, inexperienced operators, distracted passengers and changing weather conditions can all increase the risk of accidents. Whether you're operating a pontoon, runabout, wake boat or personal watercraft, safety should remain the top priority.

One of the simplest ways to stay safe is to adjust your speed to match conditions. Popular areas around marinas, restaurants, sandbars and coves can become crowded quickly. Slowing down provides more time to react to other boats, swimmers, paddleboarders and changing water conditions. Maintaining a safe distance from other vessels is equally important, especially when visibility is limited by boat traffic or wakes.

Operators should also maintain a constant lookout. While passengers enjoy the day, the driver must stay focused on navigating safely and avoid distractions such as mobile phones or conversations that pull attention away from the water. Having a passenger assist by watching surrounding traffic can provide an additional layer of awareness during busy weekends.

Today's watercraft also incorporates technologies designed to enhance safety. Sea-Doo personal watercraft feature Intelligent Brake and Reverse (iBR), a system that helps riders slow down and stop more effectively than traditional watercraft. This added control can be especially valuable when approaching docks, navigating crowded areas or reacting to unexpected situations on the water.

Another useful feature found on many Sea-Doo models is the Learning Key system, which allows owners to limit performance for new or inexperienced riders. During summer gatherings, when family members or guests may share a watercraft, this feature helps create a safer and more controlled riding experience.

For families who enjoy pontoon-style boating, the Sea-Doo Switch offers several design features focused on safety and ease of operation. Its intuitive handlebar steering system, stable tri-hull platform and spacious deck layout help simplify operation while improving passenger comfort. Features such as secure boarding access and designated seating areas can also help reduce common risks associated with loading, unloading and watersports activities.

Of course, technology is only one part of the equation. Every boater should ensure that properly fitted life jackets are available for all passengers, designate a sober operator, monitor weather conditions and review basic safety procedures before leaving the dock. A few minutes of preparation can prevent serious problems later in the day.

Lake Norman offers some of the best boating opportunities in the Southeast, and July is the perfect time to enjoy everything the lake has to offer. By combining responsible operation, common-sense precautions and modern safety features, boaters can help ensure that every summer outing ends with great memories and everyone returning safely to shore.



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Why a Garage Door Overhaul Beats a Spring Replacement Every Time

BY KIM SERYDYNSKI, RACE CITY GARAGE DOOR

When a garage door spring snaps, the loud bang is usually followed by a stressful realization: your car is trapped, and your daily routine is frozen. Confronted with an unexpected repair bill, most homeowners naturally look for the cheapest immediate fix—replacing only the broken springs.

Opting for a comprehensive garage door overhaul, which replaces the springs, cables and rollers, makes far more long-term financial sense than a partial repair.

You Avoid Multiple Combined Trip Charges

The highest cost in garage door repair isn't the price of the parts; it's the labor and service fee required to get a technician to your driveway.

- **The partial repair penalty**—If you replace only the broken spring today, you pay a full service fee. Six months later, when an old roller seizes or a cable frays, you will pay that service fee all over again.
- **The overhaul advantage**—A technician already has your door completely disassembled to replace the springs. Adding new rollers, cables and bearings adds very little to the active labor time, allowing you to bundle multiple repairs into a single service visit.

High-Cycle Springs Lower Your Cost Per Use

Garage door springs are rated by "cycles." One cycle equals the door opening and closing once.

- Standard builder-grade springs are typically rated for 10,000 cycles, which generally lasts about 5 to 7 years in an average household.
- During a full system overhaul, reputable technicians upgrade you to high-cycle springs rated for 25,000 to 50,000 cycles.
- Some companies even give a longer warranty with a complete overhaul.

Old Parts Kill New Springs Prematurely

When one component degrades, it places a physical tax on every other moving part.

- Worn-out, gritty steel rollers create intense friction inside the metal tracks.
- This friction forces your brand-new spring to work significantly harder than engineered to lift the heavy door.
- By leaving old, dragging rollers in place, you actively accelerate the wear and tear on your new spring, cutting its expected lifespan short and throwing away your investment.

You Protect Your Expensive Automatic Opener

The electric opener mounted to your ceiling is designed to act merely as a guide, not a weightlifter. The physical heavy lifting is meant to be handled entirely by the spring and counter-balance system.

- When your door has worn bearings or mismatched spring tension, the door becomes heavy and unbalanced.
- This forces the electric opener's gear kit and motor to strain under excessive weight.
- Spending a bit more on a mechanical overhaul protects a much more expensive asset: your automatic opener.

The Bottom Line

Replacing a single broken spring is a temporary band-aid on a complex mechanical system. By investing in a full system overhaul, you reset the clock on your entire garage door. You eliminate the nuisance of repeated breakdowns, maximize the lifespan of your hardware and ensure you only pay the technician to visit your home once.



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Hometown Heroes

BY ROB CANNON | PHOTOS COURTESY OF CORNELIUS-LEMLEY FIRE DEPARTMENT



The Davidson, Cornelius and Mt. Mourne Fire Departments recently worked together to extinguish an early morning fire in a fraternity house on the Davidson College campus. Though the departments respond from three different Lake Norman area jurisdictions, they work and train together frequently to ensure seamless and effective operations no matter the response area. Fortunately, there were no injuries in this incident.



If you have an idea for Hometown Heroes, please contact Rob at RobGCannon@outlook.com.

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WHEN THE BABY HAS ROOM:

Preparing for Birth Through Tissue, Movement & Trust

BY LAUREN DAVENPORT, PT, DPT, UPLIFT PELVIC HEALTH AND PERFORMANCE

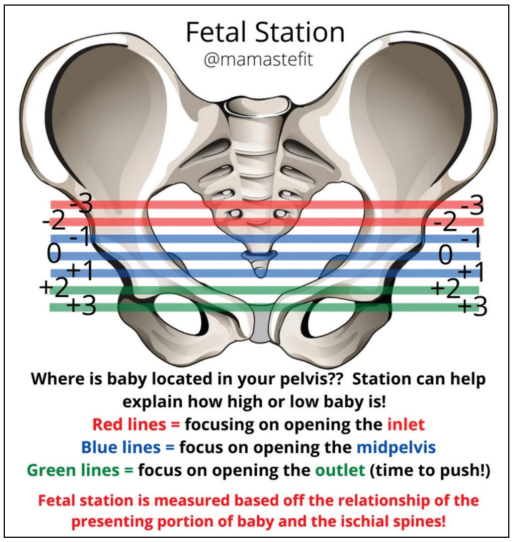
There is a moment in many labors where things feel like they slow down—not because progress has stopped but because the body is reorganizing. Baby is rotating. Tissues are responding. The pelvis is doing exactly what it was designed to do.

And in those moments, small supports can make a meaningful difference.

One of the most overlooked areas of birth preparation is the perineum—not as something to "manage" but as tissue that can be supported long before labor begins. Perineal stretching and awareness work in the final trimester of pregnancy helps the body become more familiar with sensation, lengthening and relaxation. This matters because tissue that is tense, guarded or unfamiliar with stretch is less adaptable under load.

Research consistently shows that perineal tearing risk is influenced by a combination of factors, not just one moment in time. These include first vaginal birth, prolonged second stage, larger baby size, epidural use in some contexts and operative or instrumental delivery (forceps or vacuum). Instrumental use, in particular, is associated with a significantly increased likelihood of higher-grade perineal tears due to the added mechanical forces required for delivery.

But it's important to hold this gently: these are risk factors, not predictions.



Which is where preparation and movement come in.

Birth is not linear; it moves through spaces in the pelvis that respond to shape and position. We often describe this as stations of descent, and each stage benefits from different mechanical support:

Inlet (engagement + entry)

At the top of the pelvis, the goal is space and external rotation. Positions that widen the pelvic inlet and allow the baby to engage include:

- Supported deep squat
- Wide-knee child's pose

These positions create expansion through the upper pelvis and encourage descent.

Mid-pelvis (rotation + navigation)

This is often the most dynamic phase. The baby is rotating, flexing and finding alignment. Asymmetry is key here:

- Lunges (forward or lateral)
- Sidelying pelvic shifts or releases

These movements create uneven space—often exactly what is needed for rotation.

Outlet (final descent + birth)

At the bottom of the pelvis, the goal shifts again: internal rotation and outlet expansion.

- Positions where ankles are wider than knees in position of choice (on your back, in sidelying with peanut ball or on hands and knees)

Here, subtle adjustments can support the final pathway for birth.





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What we often see in practice is not that one "perfect" position solves labor but that intentional movement changes the story of labor. It reduces stagnation, supports rotation and allows the pelvis to respond instead of resist. *Pro tip:* change positions every 30-45 minutes.

And when partners are part of that process, knowing how to support weight, adjust positioning and offer steady guidance, the experience becomes less about guessing and more about responding together. That is why rehearsal matters. Not to control birth, but to reduce uncertainty inside it.

If you're preparing for birth, consider this your reminder: your body already knows the pathway. Preparation simply gives it more room to move through it.

If you want guided practice in these positions, with real-time feedback, partner support training and individualized guidance, we offer birth preparation sessions designed exactly for that.

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PLANNING FOR THE FUTURE IN THE Town of Cornelius

BY DAVID COLE, ASSISTANT PLANNING DIRECTOR, TOWN OF CORNELIUS

The Lake Norman area continues to experience rapid growth due to its proximity to Charlotte, major interstates and the lake itself. While the region offers a high quality of life and many amenities, growth also brings challenges. The Town of Cornelius and its Planning Department work to manage current growth while planning for the future to preserve the community's character and quality of life for generations to come. Here are a few recent examples of those efforts:

The 2050 Downtown Plan

The 2050 Cornelius Downtown Master Plan, currently in draft form, outlines a vision for "Old Town" over the next 25 years. The plan focuses on gradual redevelopment into a vibrant mixed-use destination with new retail and dining opportunities, preservation of surrounding character, arts-focused branding and improved infrastructure for all modes of transportation. Once adopted, it will guide future planning and implementation decisions.

Transportation Projects

The Town of Cornelius sits along major thoroughfares that carry traffic from both within the community and rapidly growing neighbors such as Charlotte, Davidson and Huntersville. To mitigate regional traffic congestion, the town continues to partner with NCDOT to support improvements to the road network. Many projects are either close to construction or already underway.

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Northcross Drive Extension (U-5108): Northcross Drive Extension will provide an alternate north/south connector between Westmoreland Road and Sam Furr Road(Hwy 73) without having to travel I-77 or West Catawba Ave, as well as quicker and easier access from Cornelius to Birkdale. The project is well underway, with completion expected in 2027.

Bailey Road Extension (U-6105): The Bailey Road Extension will provide a safer and quicker access from the existing Bailey Road at Poole Place Drive to US 21. The new road will also remove daily through traffic from the Oakhurst neighborhood. The project has been bid and a contract awarded to Blythe Construction and began in April 2026. The greenway is currently closed to accommodate early construction. The project is expected to be complete by spring 2028.

Potts Street Roundabout (U-5873): The Potts Street roundabout will improve a safety and access issue for traffic utilizing the YMCA and improve the overall efficiency of NC 115 in the area. The project is well underway, and traffic has been shifted to the new roundabout and Potts Street detour so that work under the railroad bridge can occur. The project is tied to the connection of Potts and Sloan streets in Davidson, providing another alternative around Downtown Davidson. Completion is expected in fall 2026.

Highway 21 Dual Roundabouts: The Highway 21 Dual Roundabouts will provide improved efficiency for the Catawba Avenue/US 21 intersection, in turn providing a safe and more efficient Diverging Diamond at Exit 28. The project is roughly 50% complete and is anticipated to be finished in early 2027.

Torrence Chapel Roundabouts (U-5906): Torrence Chapel project has been re-engineered to add back all three roundabouts, proposed improvements to Knox Road and intersection improvements at Torrence Chapel/West Catawba and West Catawba/One Norman. Right-of-way acquisition is complete. Utility work is complete. The project has begun, with completion expected in spring 2028.

Hickory Street Traffic Signal (C-5613J): The Hickory Street intersection improvements will provide a signal for safer ingress and egress from Mt. Zion United Methodist and Antiquity, improved crosswalk/pedestrian facilities and is part of the Catawba Ave parallel alternate. The project is expected to start in summer 2026, and wrap up in spring 2028.

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AROUND TOWN *with Mayor Bilodeau*

BY DENIS BILODEAU, MAYOR

Hello Cornelius!

You Can't Always Get What You Want!

However, as Mick Jagger famously said...."But if you try sometime, you just might find, you get what you need."

Try as I might, I could not convince the Cornelius Town Board to lower the proposed two-penny (11.6%) property tax increase. We did, however, get what we needed. Our top priority in Cornelius was to improve our first responders' salary position. In particular, the starting salary for our police officers was $53,800. This was lower pay than every surrounding municipality. Huntersville police started at $61,000 before their budget change. This difference is significant for young candidates looking to start their patrol officer careers. With Cornelius PD's 18% vacancy rate (12 positions), recruiting and retaining patrol officers is critical. Cornelius is not alone in its search for additional officers. The competition is great among municipalities with Charlotte alone down over 250 positions.

During our many hours of budget discussion, your commissioners and I dissected the Town Manager's proposed budget with an eye towards addressing our public safety needs. In addition to police salary adjustments, moving to a fire department with full-time employees and proper equipment continued to be a priority. With this property tax increase, you can rest assured that your town is financially strong with a very healthy General Fund balance. We are now in a significantly better competitive position to hire high-quality first responders. With this new budget, we are also leveraging our 2018 citizen-approved road bonds to cover our commitments to NCDOT road projects. We are now able to pay the road bond debt with new revenue from the Pave Act sales tax. I am confident that any excess revenue this fiscal year produces will be put to good use. By strengthening our General Fund, we are able to effectively address our future needs. I am so grateful that each year, our Town Manager and his team prepare an incredibly helpful amount of financial data and budget guidance. While we are not always in agreement, I am also very thankful for the Town Board's professional demeanor and respectful debate.

Raleigh, Can You Hear Me!

Ok, so as I write this article, I am listening to some of my favorite retro music. Now stealing a line from The WHO's "Tommy," I often wonder if our legislators in Raleigh are hearing the concerns of the North Meck towns. As I mentioned in a previous article, earlier this year, representatives of a House committee prepared a state constitutional amendment that will allow the state to oversee county and municipal property tax budgets. This amendment was quickly passed by legislators and will be placed on the upcoming November ballot for voters to consider. This amendment, if passed, will allow Raleigh to limit local control. Property tax makes up over 50% of local revenue, and a town like Cornelius depends on it to pay for public safety, parks and staff. Cornelius passed a resolution in opposition, and I, along with other mayors, have called and written to our state leaders. I believe state leaders have their hands full passing their own budgets and managing our transportation. I urge you to support your local leaders and say no to this outside influence.

Summer is in full swing, and I hope you are enjoying all Cornelius has to offer. Your comments and feedback are always appreciated. You can reach me at dbilodeau@cornelius.org. Rock on!

Mayor D



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KEEPING YOUR HOME Cool and Comfortable This Summer

BY DOUG LAMPERT, VICE PRESIDENT OF OPERATIONS, RENEWAL BY ANDERSEN

July has arrived in North Carolina, bringing beautiful sunny days and plenty of time out on the lake or by the pool. But along with our favorite summer activities come the intense Carolina heat. When the sun is out blazing during long summer days, our homes have to work overtime to keep us cool.

As the heat cranks up, many homeowners notice their air conditioning systems constantly running just to keep up. While it is easy to blame the thermostat, your windows actually play a role in how hot or sticky your house feels. Understanding how your home handles the summer sun can help you create a more energy-efficient living space.

Here is how summer weather affects your home and how you can protect your living space this season.

THE BATTLE AGAINST SUN AND HEAT EXPANSION

When the sun beats down on your house, outdoor surfaces absorb a massive amount of heat. Think of how hot a car steering wheel gets when left in a sunny parking lot. The materials on the outside of your home experience that same stress.

When traditional materials like vinyl get hot, they naturally expand. When they cool down at night, they contract. This constant twisting and shifting over the years can cause window frames to warp or bow. Once a frame warps, the tight seals around the glass break down, allowing your expensive, cool indoor air to escape. Longevity requires advanced composite materials designed to retain shape, no matter how high the temperature climbs.



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BEWARE OF THE INVISIBLE SUN DAMAGE

We all know that the sun can cause sunburns outside. But did you know it can also affect the inside of your home? Powerful UV rays pass right through standard window glass. Over time, this harsh light acts like a slow bleach.

Take a look at your floors, carpets and furniture that sit near bright windows. If you notice wood floors losing their color or fabric fading, the sun is the culprit. Modern, high-quality replacement windows are designed to act like sunscreen for your house. They block those UV rays while still letting in beautiful, natural light.

CAROLINA HUMIDITY AND SUMMER STORMS

In the Carolinas, it is not just the heat that keeps us indoors; it is also the heavy humidity. When windows age, the seals around the glass can break down. This creates tiny gaps that let outside air sneak indoors.

When humid air gets into your home, it makes your rooms feel sticky and uncomfortable. It also forces your cooling system to work much harder to dry out the air. Tightly sealed, energy-efficient windows keep the heavy summer air outside where it belongs. This keeps your home crisp and dry all day long.

TRY THE SIMPLE "TOUCH TEST"

Are you wondering if your current windows are doing their job?

You can check your own home's defense with a simple "touch test" on a hot afternoon. Carefully touch the inside glass pane of a window facing the sun. If the glass feels hot, it is acting like a radiator, pumping outdoor heat directly into your living room.

Taking a little time to check your home's defenses ensures you can spend less time worrying about home maintenance and more time enjoying a comfortable indoor breeze all summer long.

To learn more about keeping your home comfortable all year long, visit *rbawindowreplacements.com*.





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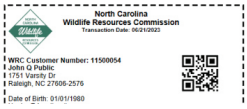
ENJOY *Fishing* Freedom on July 4

BY CAPTAIN JOHN JOHNSON



Every July 4 in North Carolina has been declared a free fishing day! No license is required to fish, but people still have to abide by recreational size and possession limits. So, grab your fishing pole, and go catch some Lake Norman fish on July 4. Another way to Love Where You Lake!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Wildlife Resources Commission
Transaction Date: 06/21/2023

WRC Customer Number: 11500054
John Q Public
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Raleigh, NC 27606-2576
Date of Birth: 01/01/1980

Fishing License Rules for Lake Norman

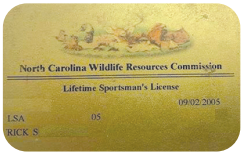
Anyone 16 years old or older is required to have a license to recreationally fish in North Carolina. If you and your wife are both fishing, you will both need a license. You can get a fishing license at most tackle shops, or get one online at the Go Outdoors North Carolina website: www.gooutdoorsnorthcarolina.com.

Who does not need a license to fish?

Children under 16 don't need a license in North Carolina, so you can take part in the joy of fishing with a kid for free! Remember, you will still need a license if you're fishing with a child. Many of the boat ramps and parks around the lake have fishing docks or designated fishing areas, so you can find a place to safely enjoy the excitement of fishing with a youngster.

A great gift idea?

Know someone who likes to fish and has a birthday coming up? How about getting them an NC Lifetime Fishing License? These are valid for the lifetime of the license holder. And if your friend is a senior citizen, it's only $19. That's a deal! The money generated from the sale of the lifetime licenses, along with their associated fees, goes into a special fund—the NC Wildlife Endowment Fund—that is used on conservation programs and projects.


North Carolina Wildlife Resources Commission
Lifetime Sportsman's License
09/02/2005
LSA 05
RICK S

Lake Norman is home to many species of fish, so anglers have many options. Maybe you want to catch some bream/bluegill or maybe some big blue catfish... You can find them all. Check out what's biting and get some tips at websites like Fishtips or FishingBooker, and Love Where You Lake!





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UNBELIEVA-BOWL *Fun*

BY TESSA ROSENBERG, TEEN REPORTER







Happy July! For this month's local destination, my family and I decided to visit Victory Lanes Bowling Alley in Mooresville. We were bored on a random weekend and realized we hadn't gone bowling in quite some time (unless you consider WII bowling an equivalent). We decided to drive to Victory Lanes because I had been there many years ago and loved the experience, so we thought that was our best bet.

We made the trip over and were immediately hit with a sense of nostalgia from the arcade views and sounds at the entrance. Victory Lanes not only has bowling but also arcade games and even an outdoor mini-golf course. Despite the temptation to indulge in some games and golf, we decided to stick with standard bowling on this particular day. After we got our familiar bowling shoes, we wandered over to our designated lane and got set up. We are by no means an athletic or sports-inclined family and knew this would be more of a fun excursion than a competitive battle. Although this plan worked great for our family, there were several other more talented groups that utilized the space for competition and even a tournament. Before starting our gameplay, we ordered some food right from the comfort of our lane, where we were served the best selection of typical greasy bowling alley food (once again, we are not extremely athletic or healthy). I highly recommend trying out the fried mozzarella sticks because, while they might not be the most nutritious item on the menu, I have never had such a successful cheese pull in my life.

Regarding our gameplay, I was by far the worst in our family. My parents and sister hit many pins each round and mastered their spares while I would celebrate every time my ball didn't roll into the gutter (which was not very often). I thought my luck had changed once I scored the first strike of the family but quickly resumed back to my horrible gameplay and lost the first game by a landslide. The mozzarella sticks and pretzel bites helped me recover, and it was such a fun experience that I truly didn't mind the score outcome despite my competitiveness.

We had time for two full games in our one-hour reservation (I ended up losing the second one as well), and despite my losses, I ended up leaving happy after a great family outing.

Whether you are trying to plan a party, creative get-together or just need an excuse to leave the house, I highly recommend checking out Victory Lanes. With all it has to offer, from traditional bowling to arcade games and mini golf (and, of course, the amazing food), you are bound to have a great time no matter what the occasion and no matter how skilled you are at bowling (as I prove that you can have fun even if you are terrible). Simply go to their website to schedule a reservation, and I can almost guarantee that you will have such a fun time.

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— COLLEGE Q&A —

How Can I Prepare for the Common App Before It Opens on August 1?



BY JOANIE BAKER, M.A. SECONDARY ENGLISH EDUCATION & GIFTED EDUCATION (THE OHIO STATE UNIVERSITY), CERTIFICATE IN COLLEGE ADMISSIONS

Each year, millions of students fill out the Common App, which includes over 1,100 member colleges and universities that accept and participate in the FREE Common App application. The Common App officially opens on August 1, but you can create an account anytime this summer to get into the system. That way, you can familiarize yourself with all the sections and explore the college sites, which will not be updated yet.

Anytime before August 1, you can complete the My Common Application section responses. This biographical section will roll over and save your responses during the refresh week (the last week of July), and you will not have to start over. You can always copy and paste your answers to each section into a personal document, e.g. Google Doc, before the last week of July to ensure you have each section saved in your files. Creating an outside document where you can cut and paste your responses is a great way to prepare, revise and edit your information, or share them with a trusted adult who is helping you. This section includes your Profile, Family, Education, Testing, Activities, Honors/Awards, Writing, Additional Information, Courses & Grades, and school-specific questions. You can also add any colleges to which you plan to apply to create your final application list in the My Colleges section. You can upload your personal essay, too, if it is complete. Just make sure you keep a draft in your personal documents, too.

You DO NOT want to answer any of the college-specific questions or complete supplemental essays in the "My Colleges" section, invite counselors and teachers to submit recommendations, respond to fee waiver questions or respond to the questions in the "Family" section before August 1. These sections are refreshed each year, and information you enter before August 1 will NOT rollover. Otherwise, you will have to fill these out again.

If you plan to take advantage of the test-optional option at any school, **DO NOT** put your ACT and SAT scores into the Testing section. If you plan to send test scores only to some schools, add scores for those schools when you apply to those schools and take them out when applying to test-optional options.

The Additional Information section is most used to explain any anomalies in your academic record, specifically extraordinary occurrences (like personal or family illnesses or injuries; family obligations; full-time work schedule to help assist family finances; natural disasters; other out-of-your-control or unforeseen issues; and odd school grading systems or policies) that affected your grades, attendance, mental health or financial status. This is NOT the place to add more activities and honors, add more to your personal essay, complain about your school or teachers, or repeat anything already in other parts of your application. Most students leave this blank unless they have something really important to explain that cannot be explained anywhere else.

The best place to learn about The Common App is on the Common App website, where you can log in or open an account, and where you will find "The Application Guide for First-Year Students." This document answers most questions and will help you prepare if you want to get an early start on your applications before school starts.

We help students find the right colleges, the right majors, and the right path forward.



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The *Heart* of Caregiving: LOVE, EXHAUSTION & GUILT

BY MARTIN CONWAY, OWNER, MBA, CDP, HOMEWATCH CAREGIVERS OF CHARLOTTE & MOORESVILLE

You cannot pour from an empty cup.

Few roles are more emotionally complex and deeply personal than becoming the caregiver for your parent.

Navigating care for an aging parent can come with a deep and persistent sense of guilt. The guilt of feeling like you are never doing enough. The guilt of missing a phone call, taking a few hours for yourself, living in another city or simply the guilt of feeling overwhelmed, frustrated or exhausted.

At the heart of this guilt is love.

For many local families, one of the heaviest emotions is realizing they cannot do it alone anymore. That internal voice likes to try and convince you that you're not doing enough, not living up to (unrealistic) expectations and that you're letting people down.

Hundreds of our Lake Norman-area neighbors are navigating caring for aging parents while also raising children, contributing to our community and maintaining their own health and well-being.

They are "the sandwich generation."

A wonderful 82-year-old veteran we care for in The Point has an adult daughter who has built a customized care schedule. This allows Dad to remain safe, engaged and at home, while the daughter can still contribute and meaningfully serve our local community.

This solution began when the daughter asked for help.

Guilt intensifies when parents begin to lose independence or resist help. Adult children are forced into impossible and time-sensitive decisions which include stepping into difficult financial and medical responsibilities. We can also be left with the emotional burden of feeling rejected, criticized or misunderstood by the very person they are trying to help. These are significant role reversals that no family is truly emotionally prepared to handle.

Choosing support is not abandoning your parents or your responsibilities. It is one of the most loving decisions you can make.

Consider the adult son who moved his elderly father into his family home in Cornelius. Upon his direction, our team helped build a care schedule which works for everyone. Most importantly, it allows Dad to receive quality care at home. Now, Dad is happy as he "does not want to be a burden." And, his son now has both the support and space which allows him to find a sustainable life balance and contribute to our community,

This solution began when the son asked for help.

Care can also look like household management. Consider the local mom living in the Farms with her young family and a husband who travels and works long hours outside the home. She now has tangible support so she can focus on her children, health and marriage while we manage the behind-the-scenes errands and logistics to ensure more of her energy flows to where it is most needed.

This solution began when the young lady asked for help.

The impact of courage in these examples cannot be understated. Caregiving is not a test of how much suffering one person can endure.

It is an act of love.

Love was never meant to be carried entirely by yourself.



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How Insurance Works with Hearing Aids: *A Sound* Investment in Your Hearing Health

BY HARLAN CATO, BOARD CERTIFIED HEARING INSTRUMENT SPECIALIST, BELTONE

Hearing loss affects millions of people worldwide, and hearing aids have become an invaluable tool in improving the quality of life for those with auditory impairments. However, the cost of hearing aids can be a significant barrier for many individuals. Thankfully, insurance coverage can help alleviate this financial burden.

Understanding hearing aid coverage

1. **Health insurance:** Most health insurance plans do not consider hearing aids as cosmetic devices but DO recognize them as essential medical equipment. Depending on your insurance policy, coverage for hearing aids may be included as part of your general medical coverage. It's crucial to review your health insurance policy and consult with your insurance provider to understand the specifics of your coverage.
2. **Medicare and Medicaid:** Medicare, the federal health insurance program primarily for seniors, typically does not cover hearing aids or routine hearing exams. However, most *Medicare Advantage* plans may offer hearing aid coverage as an additional benefit. Medicaid, the state and federal program for low-income individuals and families, varies by state.
3. **Private insurance:** Many private insurance plans, especially those offered by employers, provide coverage for hearing aids. Coverage may vary from one plan to another, so it's essential to review your policy documents carefully and inquire about specific coverage details.
4. **Hearing aid insurance**: Some insurance companies offer specialized hearing aid insurance policies that cover the cost of hearing aids, repairs and maintenance. These policies are designed to address the unique needs of individuals with hearing loss and are worth considering if you rely on hearing aids.

Navigating the insurance process

1. **Consult your audiologist or hearing specialist.** They can help you assess your hearing loss, recommend suitable hearing aids and provide documentation that may be required for insurance claims.
2. **Contact your insurance provider.** Reach out to your insurance provider to inquire about your hearing aid coverage. Ask specific questions about deductibles, copayments and coverage limits.
3. **Understand out-of-pocket costs.** Even with insurance coverage, you may still have out-of-pocket expenses. These costs can include deductibles, copayments and any expenses that exceed coverage limits. Budget accordingly to ensure you can afford the hearing aids you need.

Hearing aids can be life-changing devices for individuals with hearing loss, but their cost can be a significant barrier. Fortunately, insurance coverage can help make these essential devices more accessible. By understanding your insurance policy, communicating with your hearing aid specialist and navigating the insurance process effectively, you can ensure that you receive the hearing aids you need to improve your quality of life. Don't let the financial aspect deter you from seeking the hearing healthcare and investing in your hearing health.

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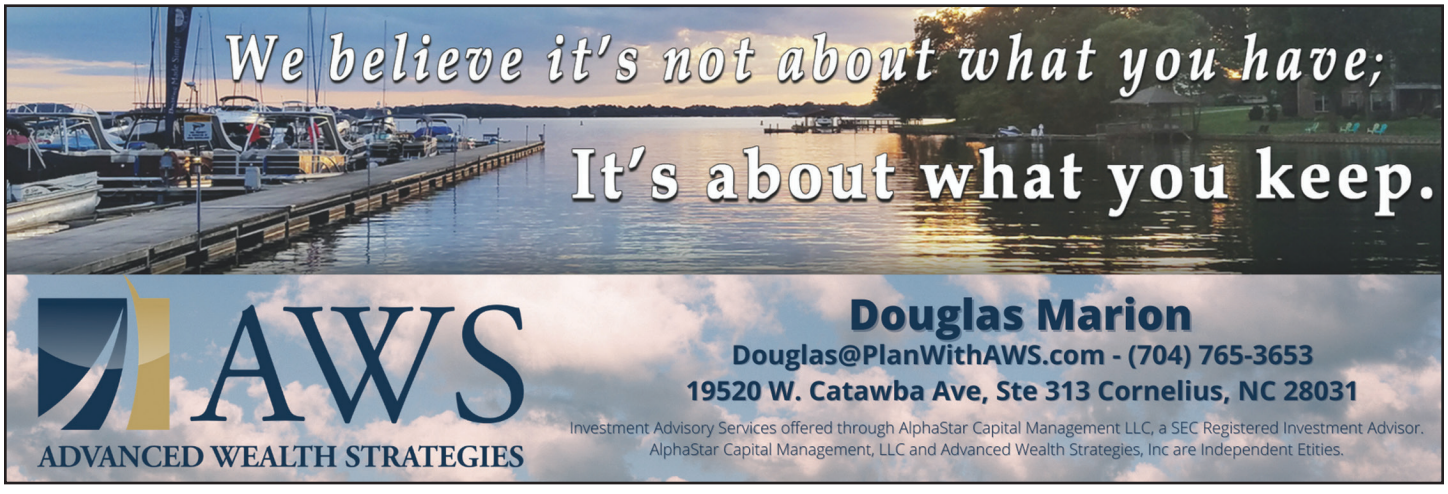
We Want to Feature Your Family

BY CAROLINE CAMPBELL

Do you or does your family have an interesting story you would like to share with our *Cornelius Lakeside Living* community? Or do you know a neighbor with a great story to tell? We would love to feature you and your neighbors in an upcoming issue!

Please email Joanie Baker at jbaker@bestversionmedia.com.

We can't wait to hear from you!



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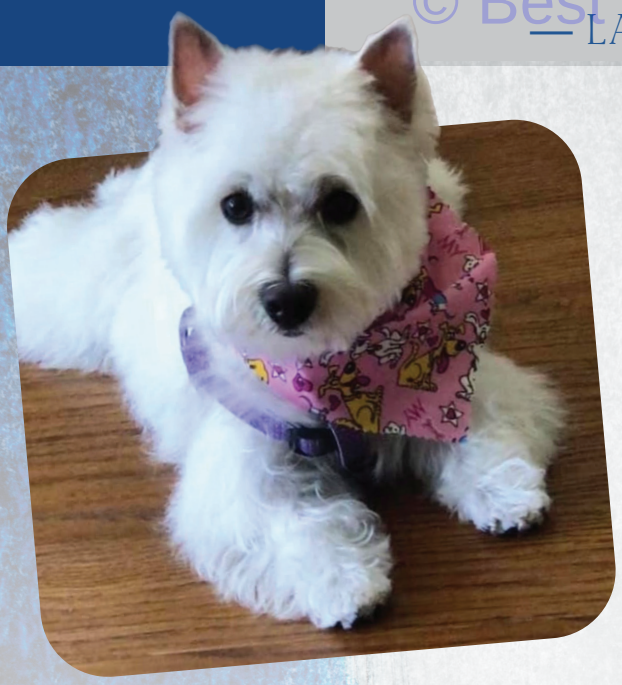

PET OF THE MONTH

BY CAROLINE CAMPBELL

Brea Carpentieri

Meet sweet **Brea** who lives in the Crown Harbor neighborhood with her family. Brea's favorite pastime is chasing squirrels and bunnies. She loves people, treats and being the center of attention. And she really loves a good afternoon nap.

Is Rescued Your Favorite Breed?

BY CAROLINE CAMPBELL

Adopt a new family member from the Cornelius Animal Shelter! Call 704-237-3602 for more information.

Tuesday is a 6-year-old spayed female. She's quiet, observant and becoming more curious. Independent by nature, she prefers doing her own thing and warms up slowly, though faster with women. Tuesday isn't demanding, but she will thrive in a calm, quiet home where she can feel safe and secure.

It takes daily contact to bond with Tuesday. She may come off as sassy the first time you meet her, but after she gets used to you (and is fed by you), she will lean in for pets and look forward to spending time with you. It takes a little patience to win her over. She is particularly fond of one of our volunteers who pets her, speaks to her and Tuesday's favorite, feeds her.

Tuesday



MAKE YOUR PET FAMOUS

Do you want to see your furry, scaly or feathered friend featured? We would love to include them! Please send all photos, pet names and neighborhood, and any great stories about them to ccampbell@bestversionmedia.com.

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JULY
CALENDAR OF EVENTS

Farmers Markets

NORTH MECK COMMUNITY FARMER'S MARKET
Every Wed. in July
@Cornelius Town Hall
You'll find a variety of high-quality produce, meats, dairy and other goods from over 20 local farmers and growers, plus cooking demonstrations and recipes.
Time: 9am-12pm, rain or shine (5-7pm on last Wednesday of month)
www.charlottefoodpolicy.com/nmcfm

DAVIDSON FARMERS' MARKET
Every Sat. in July
@Downtown Davidson near Town Hall
Come out and support local with the Davidson Farmers' Market. No pets allowed.
Time: 9am-12pm
www.davidsonfarmersmarket.org

Community Events

Every Thurs., Fri. and Sat. in July
RIVER JAM
@U.S. National Whitewater Center
A talented line up of national musical acts provides the perfect backdrop for a fun summer evening outdoors each Thurs., Fri. and Sat.
Time: 7-10pm
Cost: $13 parking
whitewater.org

Sat., July 4
CONCERTS ON THE GREEN
@Davidson Town Green
Bring your family, friends, picnics and chairs, and join the community for the spring, summer and fall concert series. Dancing optional!
July 4: Yacht Rock Radio (Yacht Rock)
Time: 6-8pm
Cost: Free
concertsonthegreen.com

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Fri., July 10

LOST AT THE LAKE SUMMER CONCERT SERIES: KRUGER BROTHERS

@Lost Worlds Brewing

Cain Center for the Arts and Lost World present the Kruger Brothers, whose ability to infuse classical music into folk music has resulted in a nuanced sound that's made them a fixture in the world of acoustic music. All ages. No outside food, beverages or pets allowed.

Time: Doors at 5:30pm, Show at 7:30pm

Cost: $42

cainarts.org/lost-at-the-lake

Sat., July 11

ON MY 6 COMMUNITY GATHERING

@Baily Road Recreation Center

In partnership with Cornelius Parks & Recreation, you're invited to be part of our community that stands together in support of our active military, veterans and first responders. Join us the second Saturday of each month to be part of something meaningful. We're open to everyone in the community

Time: 10-11am

Cost: Free

Sun., July 12–Sat., August 1

CAIN CENTER FOR THE ARTS LIVE PERFORMANCES

July 12: Comedy Bingo

July 18: Group Chat Girlies

July 28–August 1: Rock of Ages

For showtimes and tickets, visit *cainarts.org.*

Sat., July 18

CONCERTS AT THE CIRCLES

@Jetton Street near Clean Juice in Davidson

Enjoy local fare, drinks and live music at Concerts at the Circles. Fun for the whole family!

July 18: Buffett & Beyond (Jimmy Buffett Tribute)

Time: Acoustic artist from 5-6:30pm; headliner from 7-9pm

Cost: Free

concertsonthegreen.com







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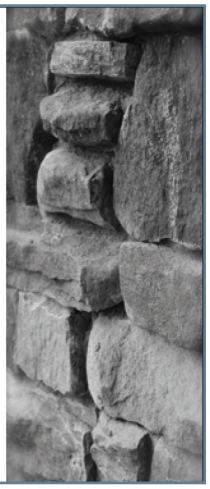

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