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MOORESVILLE LAKESIDE LIVING



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The Pursuit of Happiness

Enjoy Fishing Freedom on July 4

The Heart of Caregiving: Love, Exhaustion & Guilt

The Crews Family: Building an Empire on a Solid Foundation of Faith

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Hello Neighbors,

As we look up at the fireworks this July, we are all aware this is not just another regular Fourth of July celebration. This year marks a monumental milestone as America turns 250!

Semiquincentennial (say it really fast five times!) is a mouthful, but the spirit behind it is simple and profound. For two and a half centuries, this "experiment" has survived. It is far from perfect, but the beauty lies in the continuous efforts of many to journey toward a more perfect union.

Our various communities and neighborhoods are vibrant threads in the larger American tapestry. Every backyard barbecue, block party and wave hello to a neighbor reflects the families, communities, the hopes and dreams that each person has for themselves and their families and defines what this nation is really about.

As we watch the fireworks, let us appreciate our shared history, honor the variety of faces and voices that shape our present, and look forward to the future we seek to build together so that this nation not only survives but thrives for another 250 years. Happy 250th!

We appreciate all of our community sponsors for helping us to connect and celebrate our Mooresville residents and resources! Without our business partners, we would not be here, so please support our marketing sponsors by using their services when you can and mentioning *Lakeside Living* when you call or visit. We are continuing to schedule our 2027 neighbor feature stories, so contact us if you know of interesting or unique people we should showcase, especially those reflecting the diversity of our community from all walks of life and ages. We welcome all couples, families, groups and individuals. Our publication is nonpartisan and positive, so we will always avoid political, religious or other hot-button topics.

Non-business-related articles are always welcome from our resident writers and from young authors who want to write about fun places to visit within a day's drive as well as photos of your pets, Lake Norman photos, your favorite recipes and suggestions for area non-profit organizations and philanthropists to spotlight in our free "Lakeside Giving" feature. Please visit and like our Facebook page, *Mooresville Lakeside Living* - Best Version Media, to see updates, announcements and more.

– Jayne



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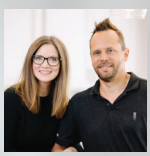

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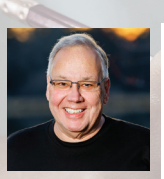

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We Want to Feature Your Family

By Jayne Deku

INTERESTING NEIGHBORS TO FEATURE

We are always looking for interesting neighbors to feature in our 28117 community magazine. Does your family have an interesting story you would like to share with our *Mooresville Lakeside Living* community? Or, do you know a neighbor with a great story to tell? Please share send any recommendations to Joanie Baker at jbaker@bestversionmedia.com.

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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 his 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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— COLLEGE Q&A —

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

By Joanie Baker, M.A. Education (THE O.S.U.), Certificate in College Admissions Consulting, U.C. Berkeley Extension



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 as well.

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 Common App opens August 1!

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The Crews Family:
Building an Empire on a Solid Foundation of Faith

Submitted by Jayne Deku
Photos provided by Kathleen Martin, LKN Images, D.See Photography, LLC and the Crews family.

The Crews family believes in faith, family and finding joy in everyday moments. For Justin, 43, and Patrice, 38, life has been a journey built on love, service, laughter and trusting God every step of the way. Together with their seven children—Jewel, 15, Aaliyah, 13, Janie, 12, Micah, 12, Colson, 12, Joshua, 11, and Timothy, 10, they have created a warm and lively home in The Farms community, where they have lived for the past six years.



Both Justin and Patrice have strong roots in Virginia. Patrice graduated from Danville Public Schools before becoming a licensed nail professional and eventually the owner of The Crews Empire Nail Suite. She recently decided to close her business and is actively pursuing her mortgage license. Her plan is to transition into a new career as a mortgage loan officer, so she can help other families achieve their dreams of homeownership.

Justin graduated from Pittsylvania County schools and attended Danville Community College, where he studied electrical electronics. He is currently pursuing his bachelor's degree in electrical engineering and serves as a field operation manager for a nearby town.

While they are both dedicated professionals, Justin and Patrice consider their greatest accomplishment to be their family. With five out of seven of their children having an adoption story, being a blended family has been nothing short of amazing and has completed them. They consider their crew of seven what makes them "The Crews Empire!"

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Justin and Patrice first met during prom season in Danville, Virginia, in 2008. Patrice was working in a beauty salon with her cousin when Justin brought in his sister to get ready for prom. Patrice looked so young that Justin thought she was only 16 years old and was relieved to eventually find out she was of age. They started talking and haven't stopped since. They were married a year later on May 9, 2009, and began building a life together. Although they started young and moved fast, they trusted God's timing and have overcome life's challenges by keeping Jesus as their foundation. They have learned that a successful marriage takes a solid spiritual foundation, a supportive church family and a community of other healthy couples to lean on, and they have been married for 17 years.

Life in the Crews household is full of energy, music and laughter. The family loves spending time together, enjoying movie nights, playing cards and other games, and generally hanging out together. They have recently added two miniature poodles, Toby and Hazel, to the mix and they add even more fun and personality to the busy household.

Music is a major part of family life and whether they are singing or playing instruments, they enjoy making music together. They are a fun-loving, prank-playing crew (pun intended) who love joking around and keeping the house filled with laughter. Patrice shares that everyone enjoys scaring each other as part of their playful sense of humor.

At the center of everything they do, and the foundation of their family life is their faith. The family attends Harvest City Church based in Greensboro, North Carolina, founded by Pastor Bill Russell Jr. As the church is expanding into the Charlotte area, the Crews family has been actively helping build the local ministry. Bible studies are currently held every first and third Thursday at 919 Berryhill Road, with Sunday services expected to begin this September. People can follow Harvest City Church GSO on Instagram and Facebook if they want to connect. Justin is an ordained elder while Patrice is an ordained deacon. Their children are also quite involved, assisting with dance and media as well as greeting team ministry during youth services. Justin and Patrice believe they were led by God to move to the Charlotte area in 2020 and have been blessed beyond measure in the past six years.



The same heart for service extends into helping the community. Justin serves on the boards of two nonprofit organizations, 5th Street Ministries and The Kindness Closet. Both organizations work to support vulnerable individuals and families in need. 5th Street Ministries provide shelter, food and support services for people experiencing homelessness, poverty, domestic violence and other hardships. The organization also offers housing assistance for veterans, outreach services, life-skills training and support programs designed to help individuals achieve long-term stability.

The Kindness Closet operates as a free mini pantry, providing hygiene and household essentials to anyone in need. Community members are encouraged to assist with items directly to help support others facing difficult circumstances. Justin encourages everyone to visit each nonprofits website and social media page for ways to help or volunteer.

For the Crews family, serving others is simply part of who they are. Their love for community is also one reason they enjoy living in The Farms neighborhood. Since relocating from Virginia in 2020, they have found the area to be welcoming, family-oriented and full of opportunities for their children to build friendships.

As parents, Justin and Patrice strive to teach their children strong values centered around the importance of faith, kindness and education. One lesson Patrice often reminds her children of, particularly during the school year is simple but memorable: "Your grades are your currency." "The higher your grades, the more opportunities and scholarships you can earn later," she explains. "Straight As and Bs can help open doors and save money for college."

As is to be expected in a family of seven children, each child has their own interests and strengths.

While Jewel cheered when she was in South Iredell, now that she is in early college she rarely has much free time. When she does have free time, she enjoys reading, video designing and catching up with friends. Jewel is their tenacious overachiever—whatever she puts her mind to, she gets done. She finished her sophomore year of early college with all As and plans to attend UNC Charlotte and major in architectural design. She is going into her junior year at CCTL.

Aaliyah enjoys talking to her friends, drawing and playing with her siblings outside. She is the mother hen of the family, so you can find her somewhere cleaning and making sure everyone else is doing what they are supposed to do. Aaliyah is in Woodland Heights Middle School going into 8th grade.

Janie enjoys playing with their dogs and wants to be a vet when she grows up. She



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also enjoys playing soccer. Janie also attends Woodland Heights Middle School and is going into 7th grade.

Micah has been the football player of the family since he was 5 years old. He has also started playing the trombone in band at school, a new activity that he really enjoys. He is the most outgoing of all the children and has never met a stranger. Micah attends The Brawley School and will be entering 7th grade in the fall.

Like Aaliyah, Colson also enjoys drawing and writing comic books. If he had the choice to do anything all day, he would choose drawing in a corner. Colson attends Woodland Heights Elementary and is going into 6th grade.

Timothy is another an overachiever and does math in his head like a champ! He also attends Woodland Heights and is going into 5th grade. He enjoys playing with his siblings and is a soccer player.

Joshua enjoys playing football with his big brother Micah and playing video games when allowed. He also likes playing with his friends in the neighborhood, many of whom attend Woodland Heights Elementary like he does, where he will be entering 6th grade with his brother Colson.

Toby and Hazel are miniature poodles who have recently joined the family. They mainly fight and play with each other all day, and although Hazel is younger, she bosses Toby around.

The Crews family motto: "Always put God first and treat others like you want to be treated." Through faith, family traditions, community service and with a large dose of laughter along the way, the Crews family continues to leave a positive impact on everyone around them, proving that a strong foundation of love and service truly makes a house feel like home.



What do you love about Mooresville?

"We love that there are plenty of kids for our children to grow up with," says Patrice. "Our neighbors are nice and friendly, and whenever we've needed anything, they've been there. People say it takes a village, and our community really is a village on this end."







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The Pursuit of Happiness

By Hope Andersen

In June of 1776, Thomas Jefferson drafted the Declaration of Independence which stated, among other things, that all (people) are "endowed by their Creator with certain unalienable rights." One of these rights is the pursuit of happiness.

Much has been said about happiness over the past 250 years. One quote, attributed to Abraham Lincoln, states that "folks are usually about as happy as they make up their minds to be." Two thousand years earlier, the Roman Emperor and Stoic Marcus Aurelius conveyed the same idea: "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." I would go even further and suggest that happiness stems not only from how we think but also how we are in the world.

In recent years, happiness has become one of the major topics of multiple studies, books and podcasts. From *10% Happier with Dan Harris* to *The Science of Happiness* and *The Happiness Coach*, everyone seems to be jumping on the bandwagon. Why? Because we in America, with all our freedom and prosperity, suffer from chronic unhappiness. I believe that this is because we have set happiness as a goal and looked to achieve it through the accumulation of material things or titles that ultimately do not provide us with the joy we seek.

Eleanor Roosevelt wrote, "Happiness is not a goal, it is a by-product of a life well lived." So, what exactly is a 'life well lived'? Based on happiness studies, and interviews with many individuals who experience happiness in their lives, one key to the good life is self-forgetting. It's a truism that if you are feeling low and you do something nice for someone else, you will feel better. This doesn't have to be a volunteer commitment; just letting someone in front of you in traffic can lift your spirits. I experienced a moment of great happiness when I brought cookies to my neighbor, a veteran, on Veterans Day last year. Though I brought him the gift, the gift of the smile I received in return was far greater.

While doing for others is an invaluable tool, doing for yourself is also key. So many of us, especially women, grew up always doing for others. We lost ourselves and our joy in the process. Getting curious about what makes us truly happy and following through is one of the most liberating experiences we can have. I have reaped the rewards of such exploration. Not only have I gained an appreciation for gardening, daily walks, swimming, photography, listening to classical music, cooking and meditation, those around me have benefited too. As long as I am nurturing my soul, I am happy, which ripples out into my world. As the saying goes (sort of), "If Mama is happy, then everybody's happy."

Chasing happiness is like trying to catch a butterfly in a net. The beauty is lost in captivity. Some of my happiest moments have landed on me when I least expected them, purely by grace. However happiness manifests for you today, witness it, accept it and enjoy!





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FROM ZERO TO STRONG:

The Science of Progressive Resistance Training for Lifelong Health

By Janet Martin, Operations Manager, Your Personal Best Fitness

Strength training isn't about lifting the heaviest weight in the gym. It's about helping your body adapt, grow stronger and stay healthy—step by step.

The most effective approach follows a proven scientific principle called progressive resistance training, which means gradually increasing the challenge placed on your muscles over time.

Start with bodyweight

Every strong body begins with good movement.

Bodyweight exercises such as squats, lunges, push-ups and planks teach balance, coordination and joint stability. In this early phase, the nervous system learns how to activate muscles more efficiently, creating a safe foundation for future progress.

Skipping this step often leads to injury and setbacks.

Add Light to Moderate Resistance

Once movement patterns are solid, external resistance—such as dumbbells, bands and kettlebells—can be introduced.

This stage stimulates muscle growth, strengthens connective tissue and improves bone density. It is especially important as we age, helping prevent muscle loss and supporting long-term mobility.

Progress to Heavier Loads

As strength improves, gradually increasing resistance becomes essential. This process, called progressive overload, signals the body to continue adapting.

Heavier strength training improves posture, boosts metabolism, supports joint health and enhances everyday function. When properly coached, it is safe and highly beneficial for adults of all ages.

Why Progression Matters

All effective training follows the same cycle: stress → recovery → adaptation.

When exercise is balanced with proper recovery, the body rebuilds stronger. Without structure, however, many people plateau, overtrain or lose motivation.

That's where professional guidance makes the difference.

Strength Training for Better Health

Research consistently shows that resistance training:

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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

5. **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.
6. **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.
7. **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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Harlan S. Cato, BC-HIS
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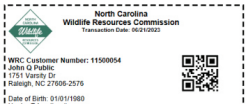
ENJOY *Fishing* Freedom on July 4



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!


North Carolina
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Transaction Date: 06/21/2023

WRC Customer Number: 11500054
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Fishing License Rules for Lake Norman

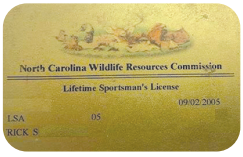
Anyone 16 years old or older is required to have a license to recreationally fish in North Carolina. If you and your wife are both fishing, you will both need a license. You can get a fishing license at most tackle shops, or get one online at the Go Outdoors North Carolina website: www.gooutdoorsnorthcarolina.com.

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.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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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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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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"

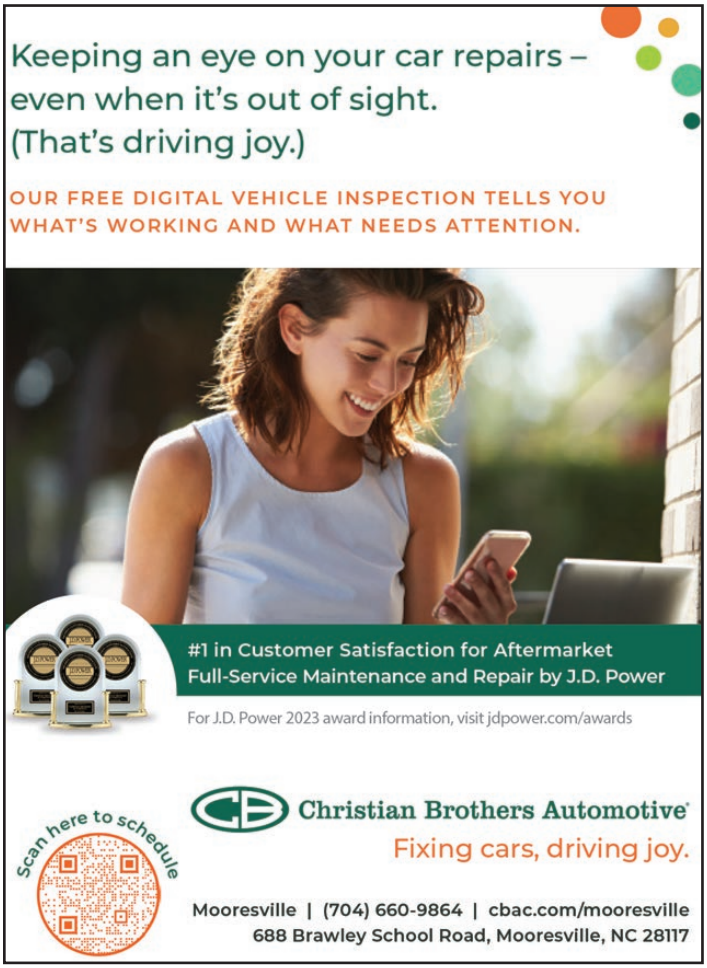
Are you wondering if your current windows are doing their job?

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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LAKESIDE PETS

Submitted by Jayne Deku

Toby & Hazel



Meet **Toby and Hazel**, miniature poodles, who are the newest members of the Crews family. Hazel is younger but bosses Toby around. They mainly fight and play with each other all day.

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Lake Norman Humane Spotlight

Submitted by Dana Kelley, Operations Director, Lake Norman Humane
Photos by staff

Maisie

Hi everyone, my name is **Maisie!** I'm a 3.5-year-old sweetheart currently searching for my forever home. I've been with the rescue for almost 500 days, not because I'm difficult, but because shelter life has been hard on me.



When I first arrived, I needed medical treatment, and because I'm FIV+ (it's not as scary as it sounds, I promise), my recovery took a little longer than expected. The stress of the rescue environment made it hard for people to see the real me. Now that I'm in foster care, my personality has truly blossomed.



I'm laid-back, loving, playful and gentle, and my foster family is finally getting to show everyone the cat my rescue friends always knew was there. I love attention, cozy naps and showing off my playful side once I feel safe and comfortable. I've lived with other animals before and do well with dogs, but I would thrive best as the only cat in the home.

While I'm friendly with other cats, they can make me a little anxious and stressed. My dream home would be calm, patient and full of love, a place where I can settle in and be my sweet, affectionate self. After nearly 500 days of waiting, Maisie deserves a family of her own. Could that be you?

Visit Lake Norman Humane during their open hours to meet him or email info@lakenormanhumane.org for more information.

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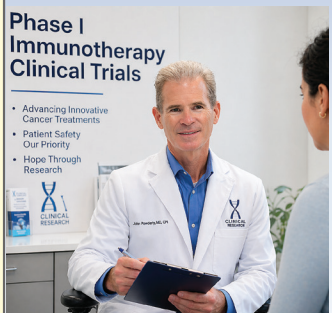

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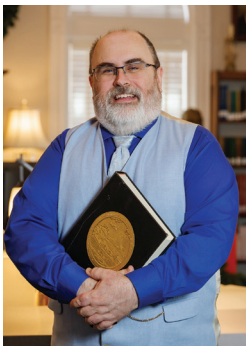

The *Central* Hotel

Submitted by Andy Poore, Historian & Archivist and Sara McKee, Library Services Specialist, Mooresville Public Library

As summer descends upon us, many of us will pack the family into the car for some sun and fun as Mom plans out the places to go, Dad wonders what that smell is coming from the back seat, and refrains of "I'm not touching you..." are heard on repeat. As is the case with many road trips, the bonds of family are put to the test, and the end destination is often a hotel booked months ahead of time.

Most of the time, we give little thought to hotels outside the concepts of comfort and service ... unless we pull into the drive under the creepy shadow of a large house and the clerk's name badge reads Bates—at which time showering is out of the question.

Before the rubber hits the road and the kids start asking, "Are we there yet?" join us as we take a look at one of Mooresville's first hotels, appropriately named the Central Hotel.

In 1856, Cyrus Alexander Johnston was given a piece of property by his father, William Cook Johnston, on which he constructed his house. Located beside the area where D.E. Turner would later build his store, the property stretched from Main Street to Church Street.

The house was diagonally across from the depot, and passengers would often get off the train and come to the house looking for a room and a meal. In the early days, he was not in the hotel business, so Mr. Johnston would direct people to one of the boarding houses in town. This changed in 1890 with the death of John Angus Melchor, husband to Mr. Johnston's daughter, Lillian.

After the death of her husband, Lillian moved her family back to her parents' home to help with the growing number of travelers crossing from the depot to the house. Lillian saw an opportunity and began making lunches for those coming off the train. Soon, she started using the family dining room to serve meals.

Very quickly, it became apparent that the house was too small to accommodate the steady stream of travelers. In 1885, ads for the Johnston House appeared in the paper, and by 1900, Mr. Johnston built an eight-room brick addition onto the front of his house and opened the Central Hotel.

The business grew steadily, becoming one of the most popular places in town, not only housing guests, but also hosting events, parties and weddings. However, as the saying goes, "All good things must come to an end."

In 1904, Mooresville had a smallpox epidemic, and Lillian was one of its victims. In April, the Mooresville paper announced that she had recovered and that the hotel had been "thoroughly cleaned, disinfected and fumigated under the inspection of a physician."

While Lillian recovered, unfortunately the hotel did not. By June of that same year, Mr. Johnston sold the hotel to Nesbit and Pressley, and the Johnstons moved into a house on South Broad Street.

By the 1910s, the hotel was torn down, and a new building was constructed on the property. Today, the site is home to Dulcet and Delish Cafe, Sue's Soap Shop and Boutique, and other retail establishments.



Central Hotel around 1900



Main Street after 1900 with the Central Hotel



Main Street center with Central Hotel on the left



Central Hotel

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Celebrate Two Mooresville Playgrounds Through the "Power of Play"





Submitted by Judi Rossabi, Communications Specialist, Town of Mooresville

In July, we celebrate parks and recreation across the country. This year's theme is "The Power Of," and with 17 parks and numerous playgrounds throughout Mooresville, there are endless opportunities for residents and visitors of all ages to enjoy a day of play.

Among the town's standout recreation destinations are the playgrounds at Liberty Park and Bellingham Park—each offering a unique experience and story.

LIBERTY PARK

Located in the heart of downtown Mooresville, Liberty Park underwent a multimillion-dollar renovation in 2023, transforming it into the crown jewel of the Parks & Recreation Department. The vision for the renovated park was clear: create an engaging space that inspires people of all ages to enjoy outdoor recreation.

The new playground design incorporated a signature feature that would serve as both a play experience and a visual landmark for the park. The result was the installation of a unique Hyperloop structure, designed by Tory Roff of Landscape Structures and installed by Carolina Parks and Play.

"The focus was on creating play on every square inch, so everything loops back on itself in a series of three-dimensional circuits," said Roff. "This also means creating a rich variety of ways to engage the climber that allow children to practice important developmental benchmarks, such as core strength, balance, coordination, overhead strength, climbing and planning. The cables and nets create dynamic play that fosters unscripted interaction, so a child's play experience will never be the same depending on who else is using the piece."

One of only five Hyperloop structures in the world, the oversized hyperbolic design serves as Liberty Park's iconic centerpiece. Beyond its function as a playground, the structure is also celebrated as a sculptural work of art, offering a different visual perspective and sense of movement from every angle.

BELLINGHAM PARK

Originally constructed in 2008, the playground at Bellingham Park was identified in the 2016 Parks & Recreation Master Plan as an ideal location for a destination-quality inclusive playground.

Following the removal of the original structure in 2026, crews installed a new all-abilities playground packed with features designed to encourage active, accessible and imaginative play for everyone. Amenities include:

- Turf play surface
- ADA-accessible swings
- Interactive musical and intellectual features
- Zip line
- Play areas, slides and climbing equipment for multiple age groups
- Wheelchair-accessible glider
- Sensory play panels

The playground's blue and green color palette was selected to align with the Parks & Recreation Department's branding, creating a consistent visual identity throughout the Mooresville park system.

Unlike other playgrounds in the area, Bellingham Park offers a unique recreational experience for individuals of all ages and abilities.

To learn more about all the parks in Mooresville, visit MooresvilleRecreation.org.



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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



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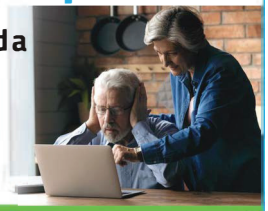
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was inducted into the East Duplin High School Athletic Hall of Fame.

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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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.

Wobbly Putt Mini Golf Course NOW OPEN!



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The Comedy Zone

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JULY
CALENDAR OF EVENTS

FARMERS MARKETS

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

Every Thurs., Fri. & Sat. in July
RIVER JAM
@U.S. National Whitewater Center
Enjoy a talented lineup of national musical acts each night in a fun, outdoor setting.
Time: 7-10pm
Cost: $12 parking
whitewater.org

Fri., July 3
LOWE'S YMCA - FIELD OF FLAGS SUMMER CELEBRATION
@Lowe's YMCA170 Joe Knox Avenue
Summer Celebration, Live Music, Fireworks Spectacular
Celebrate the holiday early with live music, food trucks, and a spectacular fireworks finale! The Town of Mooresville is shifting its focus to support this beloved community gathering as the primary local celebration, which also includes the iconic "Field of Flags" display on the lawn to honor veterans and first responders.
Cost: Free
Time: 6pm (Fireworks at 9:15pm)

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
Time: 6-8pm
Cost: Free
concertsonthegreen.com

Sat., July 4
ANNUAL PATRIOTIC STROLL
@Davidson Town Hall to the Village Green, Davidson
In honor of the 250th anniversary of the Declaration of Independence, the Town of Davidson invites community members to join in their annual Patriotic Stroll. Participants are encouraged to wear festive attire and decorate wagons, bikes, strollers and pets in red, white and blue. The parade marches from Town Hall to the Village Green, concluding with special musical performances and community festivities.
Time: 5:30pm
Cost: Free

Fri., July 10
ROCK THE PARK SUMMER CONCERT SERIES PRESENTS THE LEGACY MOTOWN REVUE
@Liberty Park, downtown Mooresville
The Legacy Motown Revue is a dynamic tribute band celebrating the iconic sound of Motown and classic soul. Featuring smooth choreography and a tight six-piece horn section, the group brings to life hits from legends like The Temptations, The Four Tops, The Drifters, The Jacksons, and Earth, Wind & Fire. With polished musicianship and high-energy performances, The Legacy delivers an authentic, crowd-moving experience that honors one of the most influential eras in music.
Time: 6:30pm
Cost: Free

Fri., July 10
KRUGER BROTHERS
@Lost Worlds Brewing – Cornelius
The Kruger Brothers' remarkable discipline, creativity and their ability to infuse classical music into folk music has resulted in a unique, nuanced sound that has made them a fixture within the world of acoustic music. In their ever-expanding body of work, The Kruger Brothers personify the spirit of exploration and innovation that forms the core of the American musical tradition.
Doors open: 5:30pm, Show: 7:30pm
Cost: $41.68

Sun., July 12
COMEDY BINGO
@Cain Center For The Arts – Performances
Comedy Bingo is a fun twist on a classic game, combining live stand-up comedy with bingo rounds throughout the evening. Play along for prizes while enjoying a lineup of regional comedians. Join us for a night of laughs, bingo and prizes! Featured Comedians: Jen Altizer, Kim Coleman, Craig Collin and Ray Money Jr. Hosted by: Lauren Ansley
Doors: 5pm // Show: 6pm
Cost: $25.10 - $47.20

Sat., July 18
CONCERTS ON THE CIRCLE
@Jetton Street near Clean Juice (605 Jetton Street), Davidson
The Jimmy Buffett tribute band Buffett & Beyond is scheduled to perform at the Town of Davidson's Concert on the Circle.
Time:
Cost: Free

Sat., July 18
GROUP CHAT GIRLIES
@Cain Center For The Arts - Performances
Get ready for a special girls' night out presented by Group Chat Girlies. Skylar Schock and Carol Tyner host a one-of-a-kind evening made just for the girlies. They are known for their sharp, relatable takes on dating, friendship and all things girlhood. This show blends comedy and conversations in a unique format. Enjoy stand-up comedy, interactive segments and unpacking what's in the group chat. They plan to "spill the tea", share recommendations, discuss pop culture and more. Think of your group chat—but in person, on stage, with plenty of audible gasps and laughs. Girlie fight club is here.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $25.10 to $47.20

Mon., July 20 and third Monday of every month.
LAKE NORMAN BIG BAND BY VICTORY LANES
@Victory Lanes Family Entertainment Center, 125 Morlake Dr., Mooresville
Enjoy dinner, dancing and amazing music. Reservations are required. Dinner is served at 6pm.
Time: Show starts at 7pm
Cost: $35

Tues., July 28 – Fri., July 31
ROCK OF AGES
Book by Chris D'Arienzo. Arrangements and Orchestrations by Ethan Popp. TS3 Returns to the Cain! Rock of Ages takes you back to the time of big bands with big egos playing big guitar solos and sporting even bigger hair! This Tony Award-nominated Broadway musical features the hits of bands including Night Ranger, REO Speedwagon, Pat Benatar, Twisted Sister and more. Recommended ages 13 and up.
Doors open: 6:30pm, Show: 7:30pm
Cost: $25.10 to $36.15

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Please confirm events through the event, venue or school websites; all information is subject to change.

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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.

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 4t 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

The Peninsula

Sat., July 4
Join your Cornelius community for a spectacular display of fireworks over The Peninsula golf course.
Cost: Free
Time: After dark

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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