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INSIDE: Fall Is in the Air: Why Are My Windows Sweating? • The Fitness Pyramid: Build Your Health from the Ground Up • Why Empathy Is the Real Differentiator in Quality In-Home Care

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PUBLICATION TEAM
Publisher: Joanie Baker
Content Coordinator: Jayne Deku
Designer: Terri Shelow
Contributing Photographer:
Kathleen Martin, LKN Images

ADVERTISING
Contact: Joanie Baker
Email: JBaker@bestversionmedia.com
Phone: 614-302-5154

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October 25	December
November 25	January
December 25	February
January 25	March
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Hello Neighbors,



Pumpkin spice people! This is your time. It's also the season of warm apple cider, fire-pits, goblins and ghouls, falling leaves and autumn foliage. Fall is my favorite time of the year and I love the scents of warm apple cobbler, cinnamon spice and nutmeg. Bring on the boots, sweaters and scarves, and let's start pumpkin carving. Let's enjoy all the fun fall festivals and catch the leaves changing! By the way, Halloween will be upon us sooner than we think, so get those bags of candy ready!

Am I the only one feeling like this year has been galloping along at breakneck speed? Maybe it has something to do with the fact that it is the year of the Fire Horse.

Enjoy the cooler weather and the change in season!

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



Joanie Baker
Publisher



Jayne Deku
Content Coordinator



Kathleen Martin
Contributing Photographer



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EXPERT CONTRIBUTORS



Renovations + Construction
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Sarah Fiel, Owner + Renovation Designer & Eric Fiel, Licensed GC
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Evan McCord, Owner
704-819-3965
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Are you an expert in your industry and interested in educating residents? Contact Joanie at JBaker@bestversionmedia.com for more info.

— COMMUNITY CONTRIBUTORS —



Motivational Writing:
Hope Andersen
704-746-7430
HopeCAndersen@gmail.com
www.HopeAndersen.org
www.lionstoothllc.org

Town of Mooresville, Rika White, Communications and Marketing Director
413 N. Main Street,
Mooresville
704-799-4232



Senior Living: Anthony Cirillo, FACHE, ABC
President, The Aging Experience & SageStream
704-453-4284
ac@sagestreamlive



Journalism Intern & Reporter
Sydney Baker
UNC-Chapel Hill
SydneyJayneBaker@gmail.com

Home and Lake Safety: Deputy Chief Luke McKenzie,
Lake Norman Fire and Rescue
704-664-2468
(non-emergency)
www.lknvfd.org



Around Lake Norman:
Captain John Johnson
john@jetsquality.com



Law and Safety: Iredell County Sheriff Campbell
704-878-3180 (non-emergency)
DeCampbell@co.iredell.nc.us
www.IredellSheriff.com



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Mooresville Public Library
Andy Poore, Historian and Archivist
Staff Librarian
304 S. Main Street Mooresville, NC
704-664-4315
www.mooresvillelibrary.org



Hometown Heroes:
Rob Cannon, Ret. US Navy
robgcannon@outlook.com



Bold Conversations
Jameka Haynes
Owner, Bold Conversations Consulting



Places to Go:
Student Reporter
Tessa Rosenberg



Lake Norman Wildlife
Paul Chickene
VP Communications & Volunteer Engagement
pchickene@gmail.com

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October Day Trips from Cornelius

Submitted by Caroline Campbell

October is one of the best months to explore North Carolina. Crisp mornings, vibrant fall foliage and comfortable temperatures make it the perfect time to hit the road. Whether you're craving mountain views or charming small towns, these easy day trips are all within about two hours of Cornelius.

BLOWING ROCK

Drive Time: About 2 hours

October is one of the most beautiful times to visit this mountain town. Browse unique shops, enjoy lunch on a patio, visit nearby scenic overlooks or take a short hike along the Blue Ridge Parkway while soaking in spectacular fall foliage. It's the perfect destination for couples or families looking for a relaxing escape.

SOUTH MOUNTAINS STATE PARK

Drive Time: About 1½ hours

If you're ready to lace up your hiking boots, South Mountains State Park offers beautiful trails, waterfalls and some of the region's best autumn scenery. The hike to High Shoals Falls is especially rewarding, with colorful hardwood forests creating a picture-perfect backdrop.

DOWNTOWN SALISBURY

Drive Time: About 45 minutes

History lovers will enjoy Salisbury's walkable downtown filled with antique stores, coffee shops, art galleries and historic architecture. Grab lunch, browse local boutiques and enjoy one of North Carolina's most charming small-town main streets surrounded by fall decorations and seasonal events.

LITTLE SWITZERLAND

Drive Time: About 2 hours

Perched along the Blue Ridge Parkway, Little Switzerland offers breathtaking mountain scenery, winding roads, local shops and cozy restaurants. October is prime leaf-peeping season, making this one of the state's most scenic day trips.

MORROW MOUNTAIN STATE PARK

Drive Time: About 1¼ hours

Pack a picnic and spend the day hiking scenic trails overlooking Lake Tillery. The park offers a peaceful escape with colorful forests, beautiful overlooks, paddle rentals and plenty of opportunities to spot wildlife.

SALUDA

Drive Time: About 2 hours

This picturesque mountain town is known for its welcoming Main Street, art galleries, local restaurants and nearby outdoor adventures. October brings vibrant fall color to the surrounding mountains, making it an ideal destination for a leisurely day trip.

LAKE NORMAN STAYCATION

Sometimes the best getaway is close to home. Rent a kayak or paddleboard if the weather is warm, enjoy a lakeside walk, explore the Carolina Raptor Center, have lunch in Cornelius, sip a seasonal drink in Davidson or spend the afternoon browsing Birkdale Village. A day around Lake Norman offers plenty of ways to enjoy the beauty of fall without the long drive.

DON'T MISS IN OCTOBER

October is peak fall foliage season across much of North Carolina—it's one of the best times for scenic drives, mountain hikes and visits to local pumpkin farms. Many communities also host pumpkin patches, harvest festivals and seasonal events, making every weekend a great opportunity for an unforgettable day trip from Cornelius.



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THE CARDOSOS

Connecting Across Continents

By Jayne Deku | Photos provided by Kathleen Martin, LKN Images and the Cardoso family



Black & white photos by: KT Dewese.

They say when you know, you know, and 12 years ago, Daniel Cardoso (38) knew as soon as he started talking with Bárbara Araujo (39).

Their journey together began from a Facebook connection through a mutual friend. Daniel lived in Florida, and Bárbara was living in Brazil. They started talking online on Thanksgiving, forming an instant and undeniable connection. When the conversation moved to phone calls within a few weeks, Daniel was certain he had found his person and asked Bárbara if he could come over for Christmas. She could hardly believe it, but Daniel did fly to Brazil to spend Christmas with her. Even more astonishing—he landed with a restaurant reservation, flowers and an engagement ring in hand!

He proposed to Bárbara the very first day they met in person. "I was so certain about her," said Daniel. Fortunately for him, she said yes, and in 2015, they officially tied the knot.

Daniel holds a bachelor's degree in business from Broward College and Florida Atlantic University and has 20 years of experience in sales, while Bárbara earned her law degree in Brazil. Now, she proudly holds the role of "CEO of the house." Their family includes two busy kids, Noah, 8 years old,



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and Olivia, 4 years old, as well as their two beloved dogs, Hope, a mini Australian shepherd, and Ash, a playful teacup Chihuahua.

After initially relocating from South Florida to North Carolina in 2017, the family found their ultimate dream home and community when they moved into the Lake Walk neighborhood in September 2024. They love the peaceful atmosphere, the tight-knit feel of the neighborhood and the excellent local community.

For them, Mooresville has the perfect balance of serene, small-town charm while staying conveniently close to the energy of Charlotte.

Faith has always played a central role in their family, right from the beginning, and they attend services at Elevation Church's Ballantyne campus every Sunday and are active participants in the church's annual "Love Week" outreach program. Their commitment to their home church was instrumental in their move to North Carolina from Florida.





Both Daniel and Bárbara love to work out and keep up with their kids' active schedules. Noah plays soccer with FOX and practices jiu-jitsu at Wander BJJ, while Olivia enjoys ballet.

Travel is in their blood, and in addition to visiting family in Brazil once a year, they enjoy memorable international adventures. One of their recent adventures that they can't wait to repeat was a 17-day road trip through southern Italy.

Daniel and Bárbara's story is testament that sometimes it only takes a short time to know you've made the right connection.

"What do you love about Mooresville?"

We love how peaceful it is. It still gives you a vibe of a small town in some places but is so close to a major city like Charlotte.

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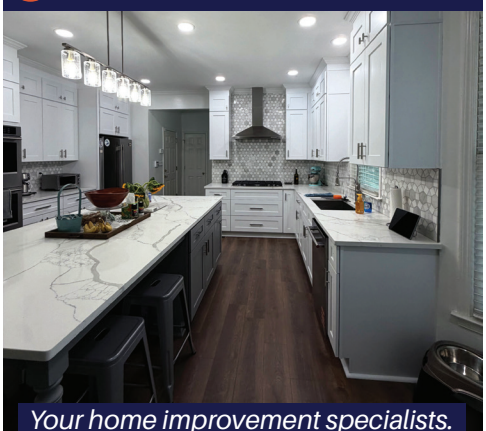

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Growth, Glimmers & Gratitude:

The BOLD Conversation You Need to Have With Yourself First



By Jameka Haynes

You don't have to finish the year as the same person who started it. Consider this your permission slip to be BOLD in this season.

October reminds us that change is inevitable. The leaves begin to turn, the days get shorter, and suddenly we find ourselves entering the final stretch of another year. Before we rush toward the finish line, perhaps we should pause and ask ourselves: what is this season teaching me?

Growth isn't always obvious. Sometimes it looks like realizing you no longer react the way you used to. Sometimes it's setting a boundary, asking for help, changing your mind, apologizing, listening instead of defending or choosing peace over proving a point. Sometimes growth is simply recognizing that you survived something you once weren't sure you could.

And then there are glimmers.

Glimmers are the small moments that remind us there is still goodness around us: a child's laughter, a neighbor checking on you, your favorite song coming on at just the right moment, coffee on the porch or someone showing up when you needed them most.

For me, butterflies represent my glimmer. They symbolize transformation and remind me that just because a moment feels heavy doesn't mean there isn't purpose in it. I love a good butterfly moment. We often wait for the big moments to feel hopeful when our lives may actually be filled with tiny evidence that there is still beauty here.

This year, I learned the word **"thankshausted."** It perfectly describes being exhausted by the weight of life while simultaneously being deeply thankful for the life you have.

I have been thankshausted.

There have been days when I've questioned what I'm able to carry and how much I can handle while still maintaining my sanity and peace of mind. I'm easily triggered by injustice, exclusion and seeing people treated as less than human. Sometimes what is wrong in the world becomes so loud that it's difficult to see what is right. Life quickly shows us what our triggers are, but we must be intentional about chasing glimmers.

I am thankful for my husband, my children, my family, my mental health—still intact, barely, but still here—my work, my advocacy and the people who love me. Gratitude doesn't mean everything is perfect. We can be grateful and still want things to change. We can acknowledge exhaustion and still search for hope.

As you enter this final quarter, what **BOLD Conversation** do you need to have with yourself?

B — Belonging: Where do I feel most like myself, and where am I shrinking to fit?

O — Ownership: What do I need to take responsibility for instead of explaining, blaming or avoiding?

L — Listening: What has this season been trying to teach me that I haven't slowed down enough to hear?

D — Doing: What's one thing I need to do differently before this year ends?

Don't let another season come and go while you remain the same. You don't have to finish the year as the person who started it. Maybe this is your sign—and your permission slip—to be BOLD.

Have the conversation. Don't wait until next month to practice gratitude. Chase the glimmers. Notice the butterflies. And give yourself permission to grow right now.



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Why Empathy Is the *Real Differentiator* in Quality In-Home Care



By Martin Conway, Owner, MBA, CDP, Homewatch CareGivers of Charlotte & Mooresville

A caregiver arrives for a routine visit. They prepare breakfast, assist with a shower and do some light housekeeping. Nothing on the care plan looks unusual, but the client is quieter than normal, picking at breakfast instead of eating it. One caregiver checks the boxes and moves on. Another pauses: "You seem a little far away today. Are you okay?" That awareness can often be the difference between a person who feels cared for and one who feels unseen.

Every in-home care agency says the same things: licensed caregivers, flexible scheduling, personalized plans, 24/7 availability. Repeated enough, the words don't mean anything. What matters is *"Did/does this person see my parents and make them feel like a person, or simply see them as a task?"*

Home care isn't a transaction like many exchanges. Caregivers enter someone's home and their most private moments to help them dress, bathe or sit through a quiet afternoon. Balancing care while respecting the dignity of the person is crucial.

Empathy turns tasks into something that resembles actual care.

In practice, empathy is specific: a caregiver who notices a daughter sounding anxious on the phone and takes two extra minutes to listen and reassure her rather than just report facts; who remembers that Tuesday afternoon at 4:30pm is when the grandkids call and never rushes or infringes on these important moments.

Most of what many care organizations compete on can be matched. Empathy can't be purchased or rolled out and implemented from behind a desk. It has to be part of the hiring process, modeled, shown and emphasized culturally.

Families who feel genuinely understood don't leave over a late shift. Referrals—still the most controllable and trusted marketing there is on earth—come from people and families who felt cared for, respected and seen.

Caregivers' tenure is longer when empathy is emphasized, not just rolled out as a convenient slogan. And most issues or complaints aren't really about a missed task; they're about someone feeling dismissed, rushed or disrespected... all of which an empathetic caregiver usually catches first, preventing basic issues from becoming larger problems.

When evaluating care partners, remember that empathy doesn't show up on a website. Ask prospective care partners the following: "Tell me about a time a caregiver noticed something was wrong before anyone told them?"

Notice if an organization asks about your parent's needs, personality and preferences before jumping to rates, minimums, awards and start dates. The order reveals what actually gets prioritized, and what is not spoken about is as important as what is spoken about.

Ask about caregiver turnover. Caregivers who don't feel supported or seen rarely have much left to give, and their tenure tends to be short.

Above all, trust your gut. Did it feel like a sale and transaction, or like someone who was genuinely listening with the intent to understand? Not just being quiet and anxiously waiting for their turn to speak.

Strip away the credentials, noise and service lists, and most home care companies are offering the same thing on paper. Empathy is the part that's hard to fake. It's also the part families notice fastest once care begins. You'll find it by seeing and trusting what it feels like when someone is truly listening, versus simply going through the motions.



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LAKESIDE PETS

Submitted by Jayne Deku

HOPE & ASH



Meet Hope, a mini Australian shepherd, and Ash, a playful teacup Chihuahua, both members of our feature family, the Cardosos.

ARCTIC





Meet **Arctic**, a handsome 5-year-old boy with a gentle soul. He can be a little shy when first meeting new people, but once he warms up, his sweet personality shines through. Arctic enjoys exploring his surroundings and taking in the world at his own pace. He does well with other dogs, and he has done well at LKNH's events too! He is a social boy, somewhat aloof at times, but makes the best easy going bud to bring along to a park day or a brewery where he can relax by your side and feel comfortable.

Arctic is also in Lake Norman Humane's Mutts with Manners training program! This means he already knows a handful of commands, walks well on a leash, and has the ground work to do well in a home!

If interested in Arctic, please email info@lakenormanhumane.org or visit their website at www.lakenormanhumane.org., @lakenormanhumane.org for more info or visit their website at www.lakenormanhumane.org.

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What Do I Need to Know to Fill Out the FAFSA?



By Joanie Baker, M.A. Secondary English Education & Gifted Education (The Ohio State University), Certificate in College Admi

The Free Application for Federal Student Aid (FAFSA) opens on October 1. Here is what you need to know to fill it out correctly.

Assets reported on the FAFSA

- Equity in investment real estate (NOT your primary residence)
- Cash in savings/other bank accounts (parent and student), CDs, money market accounts, brokerage accounts
- Mutual funds, stocks & bonds
- 529 Plans & Coverdell ESAs
- UGMA/UTMA accounts & commodities
- Cash gifts to students, hedge funds, trust funds
- Net worth of small business or farms

What NOT to Declare on the FAFSA

- 401Ks, Roths and traditional IRAs (withdrawals do count as untaxed income)
- Cash values of insurance policies and annuities
- SIMPLE, KEOGH, SEPs and pension plans

Common FAFSA Mistakes

- **Not filling out the student portion as the student.** Both student and parent have sections to fill out.
- **Failing to count the student.** The student completing the FAFSA must count himself or herself as a member of the household attending college during the award year.
- **Leaving blank or incomplete fields.** Blanks may cause miscalculations and an application rejection. Enter a '0' or 'n/a' instead of leaving a blank.
- **Using commas or decimal points.** Round to the nearest dollar.
- **Listing an incorrect Social Security number, driver's license numbers or address.** Don't use temporary addresses, like campus addresses.
- **Failing to use legal names.**
- **Not filing early** to get financial aid packages early.
- **Not filing because you think income is too high**. You never know what colleges will offer, and not having one on file may affect scholarship and aid offers offered by some schools (like study abroad aid, department awards, fellowships and even some merit aid awards). Check with each college about their requirements for aid.
- **Entering the wrong federal income tax info.** Use your prior-prior year income tax return forms (2025 for fall 2027 enrollment) not your W-2 form(s).
- **Listing Adjusted Gross Income (AGI) as equal to total income from working.** AGI and total income from working are not necessarily the same. In most cases, the AGI is larger than the total income from working.
- **Incorrectly filing income taxes as head of household.** Errors in the HOH status need to be amended and re-filed with the IRS before paying out aid awards.
- **Listing marital or parent marital status incorrectly.** If the "parent of record" or "contributing parent" (the parent who is providing the most financial support) has remarried, you'll need to include the stepparent's information on the FAFSA. If you have two parents in a legally recognized, same-sex marriage, you'll need to list both parents. If parents are divorced and contribute equally, list the parent with the higher income.
- **Forgetting to list colleges & their Federal School Codes** for the college to which you apply and the one you plan on attending.
- **Sending in a copy of your income tax returns.** You do not need to include a copy of your tax returns with your FAFSA. Any information sent with your FAFSA will be destroyed. In addition, do not write any notes in the margins of your FAFSA.
- **Forgetting to sign & date.**

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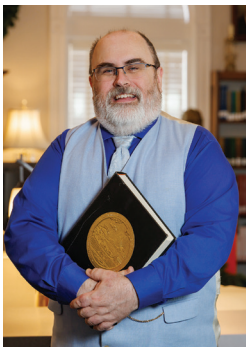

The Mooresville Minute

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

See you in September! For generations, this phrase echoed through school halls as the last school bell faded into the background and the fun-filled days of summer began. For decades, this simple turn of phrase marked the time when the hot days of summer came to an end, autumn started to settle in, and beach balls were replaced with books. For over a century, September has been associated with the start of school and long days spent inside classrooms, but did you know not all classes are held in school buildings? For example, nursing students were taught by doctors in the operating rooms of Lowrance Hospital where they could put theory into practice. So, pull out your ruled notebook and sharpen your pencil as we look at one of the doctors who taught at the Lowrance Hospital School of Nursing.

In 1936, Dr. Creighton Wrenn came to Mooresville as a resident physician at Lowrance Hospital where he worked with Dr. W.D. McLeod and Dr. T.W. Taylor. A native of Wake County, N.C., Dr. Wrenn did his pre-med studies at UNC-Chapel Hill and medical studies at Tulane University in New Orleans. During World War II, he served in the army as a surgeon in the Pacific Theater of Operations where he obtained the rank of major. After the war, Dr. Wrenn returned to Mooresville and in 1950 purchased land on East Statesville Avenue in the growing Eastern Heights neighborhood from Mrs. B.W. Presley. In 1951, he constructed and opened an office building for his general practice at 435 East Statesville Avenue, across the street from Lowrance Hospital (where the Iredell County Government Center South is today) in a growing complex of doctors' offices and drug stores.



Find A Grave

Dr. Wrenn was a hardworking and creative surgeon, particularly skilled at diagnostics, who served on the Lowrance Hospital medical staff and helped train nurses at the Lowrance Hospital School of Nursing. One former patient noted that Dr. Wrenn would often meet with a patient in his office and then walk across the street to the hospital to treat another before coming back to see his next patient. By the mid-1960s, Dr. Wrenn had brought in Dr. Richard W. Martin, a fellow surgeon, to help with his growing practice. Dr. Wrenn practiced medicine in Mooresville from 1936 until his death in 1966. According to his obituary in the Mooresville Tribune, on Sunday, August 28, 1966, at 4:30 a.m., Dr. Wrenn treated a patient at Lowrance Hospital, after which he walked across the street to his office. At 9:30 a.m., he suffered a fatal heart attack and died at the age of 58. Dr. Martin continued treating patients in Dr. Wrenn's office through the 1970s until his retirement in the 1980s. In 1992, the building was sold to another Mooresville doctor and today, Dr. Wrenn's office is the home of the Employee Care Center for the Town of Mooresville where a new staff is continuing in Dr. Wrenn's footsteps of caring for the people of Mooresville.



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Fire Safety and Learning How to Use a Fire Extinguisher

Submitted by Michael Rudd, Communications & Marketing Specialist, Town of Mooresville

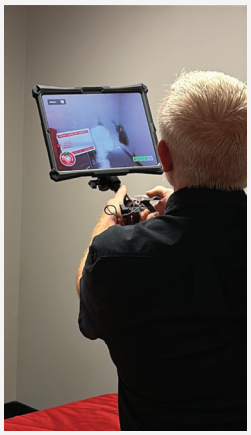
Evelyn Lopez, Fire & Life Safety Educator with Mooresville Fire-Rescue (MFR), works side by side with the Town's Fire Marshal, Jason "Woody" Workman. She can often be found at community events speaking with residents about the numerous safety issues they may encounter in a variety of environments.



When not at events, Lopez provides training for various groups. One popular training request focuses on how to properly use a fire extinguisher. As Lopez says in her training class, it's much more than picking up the extinguisher, pointing it, pulling the pin and squeezing the trigger.

"Situational awareness is key when the time comes to use an extinguisher," said Lopez. "Do I know what is burning? Can I put this fire out and do I have an easy escape route? All require quick responses before picking up the extinguisher."

To help with those answers, Lopez's training uses an augmented reality training system where the user is put into different scenarios to demonstrate what they've learned. The system looks like an iPad attached to an extinguisher, but the screen shows opportunities for the user to make choices before "virtually" using the extinguisher.



When training on use of a fire extinguisher, it is important to use the appropriate type of extinguisher depending on the class of the fire.

Those classes are:

- A – Fires involving ordinary materials such as wood, cloth, paper, rubber and many plastics
- B – For flammable liquids such as gasoline, oil and some paints and solvents
- C – Fires involving energized electrical equipment
- D – For combustible metals such as magnesium and sodium
- K – For fires involving cooking oils (vegetable and animal fat) used in commercial cooking equipment

Each classification is clearly marked (with the letter and a symbol) on the extinguisher. It's important to note that an extinguisher can have more than one classification. For instance, household extinguishers typically have a classification of A, B and C.

Alternatively, businesses, based on their industry and what they produce, could have more than one type of extinguisher at a location.

Bringing Fire Safety Home

In October during fire prevention month, Lopez and Fire Marshal Woody fill their calendars with events and activities to bring awareness to what we all can do to prevent fires. This month they will also visit schools around town to teach children that they, too, have a role in helping keep their households safe. Children can get a start now by visiting mooresvillenc.gov/firemarshalwoody. There, they can download fire escape plans and several coloring pages to bring awareness to fire prevention and safety.

If businesses, HOAs, community groups or interested parties would like to have fire extinguisher training, please email Lopez at elopez@mooresvillenc.gov.





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Lifting Up Local Breast Cancer Patients Through Hope and Support

The go jen go Foundation

By Susan Evren, Executive Director, Go Jen Go Foundation

The Go Jen Go Foundation is a nonprofit organization providing critical assistance and family support to individuals across the region who are facing the financial burden of a breast cancer diagnosis.

Through its Patient Assistance Program, Go Jen Go helps patients focus on healing by covering basic living expenses such as rent, utilities, transportation and groceries during treatment. The foundation also brings comfort and joy to families through the Mood Williams Camp Scholarship Fund, which enables children of grantees to experience camp programming, and Operation Spread the Joy, which provides holiday gifts and essential support to families navigating the challenges of breast cancer. Support is also given through Hope in a Box care packages, social gatherings and educational programming.

Currently, Go Jen Go supports more than 110 families each month, helping right when patients need it most. Since its founding in 2009, the organization has hit milestones:

- Served more than 4,500 breast cancer patients
- Provided over $2.5 million in financial assistance
- Supported more than 550 families through special programs and community initiatives



The Story Behind the Mission

The foundation was created by Jen Pagani, a Charlotte mom whose courage and compassion continue to inspire others more than a decade after her passing.

Shortly after the birth of her second son in 2007, Jen was diagnosed with an aggressive form of breast cancer. Over nearly seven years, she endured 19 chemotherapy regimens, multiple rounds of radiation and experimental treatments, always with strength, humor and an unshakable spirit.

Throughout her cancer journey, Jen often reflected on the extraordinary support she received from friends, family and her community. At the same time, she met fellow patients in the infusion room who were struggling to afford basic necessities. Moved by their challenges, Jen began sharing her own gift cards and became determined to create a way to support others facing similar hardships.

That promise became the Go Jen Go Foundation. Though Jen passed away in 2014, her legacy lives on through every grant, every volunteer and every act of kindness shared with local families facing breast cancer. The foundation continues to honor her mission by providing hope, dignity and strength through direct, practical support.

Ways to Get Involved

- Become a Partner: Collaborate with Go Jen Go through sponsorships or community partnerships.



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- Join Jen's Legacy: Make a planned gift to ensure lasting support.
- Contribute: Every dollar helps provide essential aid to local families in need.
- Host a Fundraiser: Turn your event or workplace giving into a force for good.
- Support the Camp Scholarship Fund: Help send children of Go Jen Go grantees to camp and other programs.
- Volunteer & Participate: Give your time, purchase holiday gifts for Operation Spread the Joy or register for upcoming events, including the Pink Cupcake Walk (October 3), My Breast Friend's Wedding (October 22), and the 15th Annual Run Jen Run 5K & Festival (March 20, 2027).

For more information or to get involved, visit *gojengo.org.*





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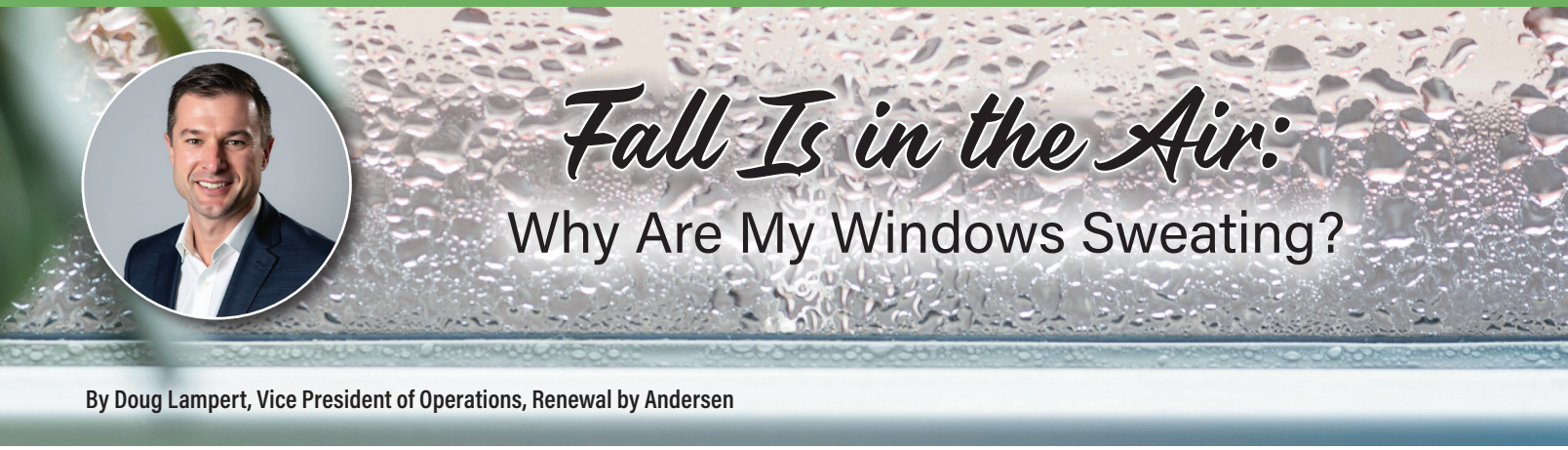

Fall Is in the Air:
Why Are My Windows Sweating?

By Doug Lampert, Vice President of Operations, Renewal by Andersen

October brings beautiful fall colors and crisp, cool air to the Carolinas. As we spend more time indoors and turn on the heat, you might notice something new: water droplets on your window glass.

THE ICED TEA EFFECT

When warm, moist air comes into contact with cooler surfaces, condensation appears. Think of a glass of iced tea on a hot summer day—the glass sweats because the cold surface meets warmer, humid air. In the fall and winter, the reverse happens in your home. The outside air cools the windowpane, and the warm, moist air from your heated living space condenses when it hits that cold glass.

ARE YOUR WINDOWS TO BLAME?

It may appear like your windows are to blame, but windows do not actually cause condensation. Instead, your windows are acting as an alarm, alerting you to excess humidity trapped inside your home.

If your older windows were drafty, those cracks let the wind in, but they also allowed your indoor moisture to escape outdoors. Newer, tighter windows help reduce heating costs and limit drafts by creating a strong barrier, which means indoor humidity can no longer easily escape

.



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SIGNS OF INVISIBLE MOISTURE DAMAGE

Daily life generates a surprising amount of indoor moisture. Cooking three meals a day adds 10 cups of water to the air, and every shower contributes even more. If window condensation is a frequent issue, that trapped humidity could be causing hidden problems elsewhere. Watch out for these signs of excess moisture:

- A damp feeling or musty odors in the home
- Sweating pipes
- Cracking, peeling or blistering paint on interior or exterior surfaces
- Warped wooden surfaces, mold or mildew

TIPS FOR REDUCING INDOOR HUMIDITY

You can easily combat fall condensation by managing your home's moisture levels. Make sure to run an over-the-range exhaust fan when cooking, and let your bathroom exhaust fan run until the mirror is clear after bathing. Vent gas appliances and clothes dryers, and avoid storing firewood indoors.

Taking a little time to monitor your home's humidity will help you enjoy the changing seasons without worrying about hidden moisture damage.

If you're curious about window replacement, visit *rbawindowreplacements.com.*

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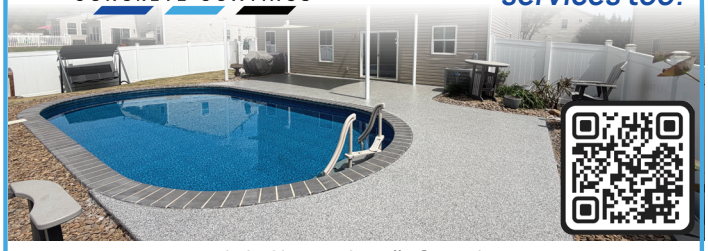

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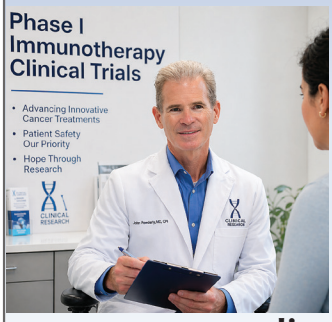

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OCTOBER
North Carolina Festivals

Compiled by Jayne Deku

Festival Name	2026 Dates	Location	Website / Contact Info
Shakori Hills GrassRoots Festival of Music & Dance	October 1–4, 2026	Pittsboro, NC	shakorihillsgrassroots.org
NC Seafood Festival	October 2–4, 2026	Morehead City Waterfront, Morehead City, NC	ncseafoodfestival.org
Triangle Oktoberfest	October 2–3, 2026	Koka Booth Amphitheatre, Cary, NC	triangleoktoberfest.org
Carolina Classic Fair	October 2–11, 2026	Winston-Salem Fairgrounds, Winston-Salem, NC	carolinaclassicfair.com
AutumnFest	October 3, 2026	Downtown Mebane, NC	eventeny.com
Appalachian Autumn Market & Fall Festival	October 3, 2026	Hickory Ridge History Museum, Boone, NC	horninthewest.com
Carolina Renaissance Festival	October 3 – November 22, 2026 (Weekends)	Huntersville, NC	carolina.renfestinfo.com
John C. Campbell Folk School Fall Festival	October 3–4, 2026	Brasstown, NC	folkschool.org
Cashiers Valley Leaf Festival	October 9–11, 2026	Village Green, Cashiers, NC	cashiersgreen.com
Autumn Leaves Festival	October 9–11, 2026	Downtown Mount Airy, NC	autumnleavesfestival.com
MumFest	October 10–11, 2026	Historic Downtown & Waterfront, New Bern, NC	mumfest.com
Duck Jazz Festival	October 11–12, 2026	Duck Town Park Amphitheater, Duck, NC	townofduck.com
Carolina BalloonFest	October 15–17, 2026	Statesville Regional Airport, Statesville, NC	carolinaballoonfest.com
North Carolina State Fair	October 15–25, 2026	NC State Fairgrounds, Raleigh, NC	ncstatefair.org
Autumn with Topsail Festival	October 16–18, 2026	Topsail Beach, NC	autumnwithtopsail.com
LEAF Festival	October 16–18, 2026	Western North Carolina, NC	theleaf.org
NC Fall Festival	October 17, 2026	Raeford, NC	ncfestivals.com
Woolly Worm Festival	October 17–18, 2026	Historic Downtown Banner Elk, NC	woollywormfestival.com
Hippie Fest - North Carolina	October 24–25, 2026	Rowan County Fairgrounds, Salisbury, NC	hippiefest.org
Carolina Kite Festival	October 24–25, 2026	Sands Villa Resort Beachfront, Atlantic Beach, NC	kitesonthecoast.com

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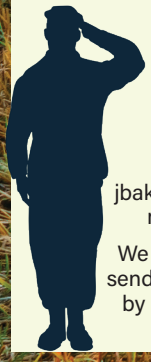
Do you know a Veteran, or are you one yourself?



Each year, we honor Veterans in our community, and this year we would like to continue that tradition in our upcoming November issue.

Please reach out early to jdeku@besteversionmedia.com or jbaker@bestversionmedia.com to share any nominations or to nominate yourself.

We will send you the form to complete and send back to us. All entries must be received by Friday, October 2 to be included in the November 2026 issue. Thank you!

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A Few *Spooks* at Scarrigan

By Tessa Rosenberg, Teen Reporter

Happy October! Given that Halloween is the first thing most people associate with this month (aside from pumpkin spice lattes), I knew I had to report on one of my favorite spooky spots. Last year, my friend group visited Scarrigan Farms, the annual Halloween attraction located at the Carrigan Farms quarry in Mooresville. Some of us had already visited, while others (like myself) were going in completely blind. I was utterly terrified, given both my friends *and* the internet said the experience was not for the weak of heart.



The term "haunted house" doesn't accurately describe the attraction. It's a one-mile-long walking trail through the wooded terrain of the farmland with actors, decorations and setups with the sole intent of giving you a heart attack. I discovered this information on the Scarrigan website before I committed to purchasing my ticket (I needed to know what I was getting myself into), and it is safe to say that I was incredibly nervous but didn't want to miss out on a fun experience with my friends... peer pressure is real.

My anxiety as we waited for our turn to enter was immeasurable. I was tempted to tell my friends that I was chickening out and going home, but once our tickets were called, I knew there was no going back. My strategy for survival was to stand in the middle of our 10-person group, but that fell through almost as soon as we started walking the trail. I don't want to spoil the experience for anyone planning to visit, so I will not give specific details on the scares, but it is safe to say that I was incredibly impressed with the layout of the trail, the decorations/setup, and most of all, the actors. The website warned me that although the actors wouldn't make physical contact with guests, they had complete permission to go all out. I certainly wasn't disappointed with their performances.

Between my group, we all varied in responses to the scares. While some of my friends lost their voices from screaming so much, others handled the live scares nonchalantly. I was surprised by my own reaction—I realized I do not spook as easily as I thought I would despite the extreme nature of the scares. Though there were plenty that got a jump out of me (and a few that got a scream), I was able to stay calm throughout the majority of the trail and had a lot of fun responding to the actors and even helped them follow a few of my more sensitive friends (so sorry, Ava). We all agreed that it was such an incredible experience, and every jump scare was worth it.

To cool down from the walk, we enjoyed some snacks and a beautiful view of the Carrigan quarry before heading home... which was definitely the scariest night drive of my life.

If you are considering visiting Scarrigan, please be aware that this experience is NOT for everybody (as it is a genuine horror-simulation, not a light-hearted walkthrough). Although my friends and I had a great time and were scared just the perfect amount, children under the age of 12 and visitors with certain health conditions are strongly encouraged to skip this excursion. I strongly urge you to read the detailed points on the website (specifically in the FAQ section) to ensure that you and/or your guests are safe to be there.

If you think you have what it takes, I highly recommend giving Scarrigan Farms a visit this October. It will be the most exciting mile of your life... and definitely the most horrific.







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The Fitness Pyramid:
Build Your Health from the Ground Up



By Janet Martin, Operations Manager, Your Personal Best Fitness

Walk into almost any gym or scroll through social media, and you'll see people chasing the top of the fitness pyramid before they've built a solid foundation. They're training for a marathon without first establishing consistent movement. They're chasing personal records in the weight room while neglecting recovery. They're searching for the latest supplement instead of developing healthy nutrition habits.



The truth is, lasting fitness isn't built from the top down—it's built from the ground up.

Think of your health as a pyramid with six levels, each supporting the one above it.

MOVEMENT forms the foundation. Before worrying about workouts, ask yourself a simple question: Am I moving enough throughout the day? Walking, climbing stairs, gardening, playing with grandchildren or taking the dog for a walk all count. Regular movement improves joint health, circulation, mobility and energy while preparing your body for more structured exercise. Without this base, every other layer becomes more difficult.

The second level is **STRENGTH.** Beginning around age 30, adults naturally lose muscle mass unless they actively work to maintain it. Strength training isn't just about lifting heavy weights or building bigger muscles—it's about preserving independence. Carrying groceries, lifting luggage, getting off the floor, climbing stairs and reducing the risk of falls all depend on strength. A well-designed resistance training program also supports bone health, metabolism and long-term function.

Once movement and strength are established, the next layer is **ENDURANCE**. Cardiovascular fitness allows you to enjoy life rather than simply getting through it. Whether your goal is walking a neighborhood trail, cycling around Lake Norman, keeping up on vacation, or completing your first 5K, improving endurance helps your heart, lungs and muscles work together more efficiently. The key is progressing at a pace that matches your current fitness level rather than comparing yourself to someone else's.

Above endurance sits **NUTRITION**. No workout can consistently overcome poor eating habits. Nutrition doesn't have to be complicated or restrictive. It begins with eating enough quality protein, fruits, vegetables, whole grains and healthy fats while staying properly hydrated. Sustainable habits almost always outperform short-term diets. Proper nutrition fuels exercise, supports recovery and provides the energy needed for everyday life.



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The fifth level is **RECOVERY**, an area many people overlook. Progress doesn't happen during the workout—it happens afterward. Quality sleep, stress management, hydration, mobility work and appropriate rest allow your body to repair, adapt and become stronger. Without recovery, performance plateaus and the risk of injury increases.

Only after building these five layers should **PERFORMANCE** become the focus. Performance means something different for everyone. For one person, it may be finishing a charity 5K. For another, it could be hiking with family, improving on the golf course, competing in a pickleball tournament, or preparing for a powerlifting meet or obstacle race. Whatever your goal, performance is strongest when it's supported by a solid foundation.

At Your Personal Best Fitness Studio, this pyramid serves as the philosophy behind every coaching program. Rather than relying on one-size-fits-all workouts, our coaches help clients build each layer in the right order through personalized personal training, performance coaching, nutrition guidance, movement assessments, wellness testing and recovery strategies. Whether you're just beginning your fitness journey, returning after time away or striving to reach a new athletic goal, we believe success comes from strengthening the foundation before reaching for the top.

If you're ready to discover where you stand on the Fitness Pyramid, we invite you to schedule a complimentary consultation, email: trainwithus@yourpersonalbestfitnessstudio.com Together, we'll assess your current foundation and develop a personalized plan to help you move better, grow stronger, improve your endurance, support your health and perform at your personal best—for years to come.

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Fri., Oct. 2
LAKE NORMAN PHILHARMONIC - SYMPHONY UNDER THE STARS
@Liberty Park
The Lake Norman Philharmonic returns to perform a free outdoor community concert under the evening sky.
Time: 7 – 8pm
Cost: Free

Sat., Oct. 3
3RD ANNUAL UTI MOORESVILLE / NTI HOMECOMING CAR SHOW
@Universal Technical Institute, Mooresville
Automotive enthusiasts gather for custom builds, classic cars, showcase vehicle awards and interactive campus tours.
Time: 10am
Cost: Free

Sat., Oct. 3
CONCERTS @ THE CIRCLES
@Jetton Street at the Circles, Davidson, NC
Live music performance as part of the semi-monthly outdoor concert series.
Time: 6 – 8pm
Cost: Free

Sat., Oct. 3
AMERICAN ELTON
@Cain Center for the Arts
An extraordinary tribute performance celebrating the legendary music, dazzling costumes and iconic piano hits of Sir Elton John.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $52.72 - $76.35

Sun., Oct. 4
VITAMIN STRING QUARTET & GIRL NAMED TOM
@The Carolina (Charlotte, NC)
Experience classical crossover string performances alongside harmonized acoustic pop live on stage.
Time: Doors open: 6pm, Show: 7pm
Cost: $35.00 - $65.00

Tue., Oct. 6
MOORESVILLE MOTORSPORTS CELEBRATION
@Downtown Mooresville (Main Street)
A celebration of local racing heritage featuring showcase cars, race driver appearances, interactive exhibits and live entertainment in downtown Mooresville.
Time: 4 – 7pm
Cost: Free

Tue., Oct. 6
NATIONAL NIGHT OUT
@Davidson Town Green
An evening focused on community building, police-community partnerships and neighborhood camaraderie with family activities.
Time: 5 – 7pm
Cost: Free

Thu., Oct. 8
JIMMIE WALKER LIVE
@Cain Center for the Arts
Legendary stand-up comedian and TV star brings an evening of classic live comedy to the stage.
Time: Doors open: 6pm, Show: 7pm
Cost: $41.68 - $63.28

Fri., Oct. 9
JAZZ LEGACY PROJECT: LOUIS ARMSTRONG
@Cain Center for the Arts
An immersive concert performance paying tribute to the musical genius, trumpet artistry and enduring influence of Louis Armstrong.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $30.78 - $52.88

Sat., Oct. 10
BREWFEST WEEKEND AT CAROLINA RENAISSANCE FESTIVAL
@Carolina Renaissance Festival Grounds (Huntersville, NC)
Travel back in time to an outdoor 16th-century European village featuring artisan markets, knight jousting, jester performances and craft beer tastings.
Time: 9:30am – 5:30pm
Cost: $25.00 to $34.00

Sat., Oct. 10
CONCERTS ON THE GREEN
@Davidson Town Green
Bring your family, friends, picnics and chairs, and join the community for the grand finale of the outdoor concert series! Dancing optional!
October 10: The Beatburners: Classic Rock/Variety
Time: 6 – 8pm
Cost: Free
concertsonthegreen.com

Sat., Oct. 10
TO THE LIMIT: THE ULTIMATE EAGLES TRIBUTE
@Cain Center for the Arts
A high-energy tribute act performing classic rock hits, smooth harmonies and timeless tracks of The Eagles.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $54.88 - $79.33

Sun., Oct. 11
MOORESVILLE-SOUTH IREDELL NAACP 91ST FREEDOM FUND BANQUET
@Charles Mack Citizen Center
An annual celebration featuring community honors, keynote speakers and dinner to support educational advocacy and civil rights.
Time: 4pm
Cost: $55.00

Sun., Oct. 11
STUNDOM LIVE
@Cain Center for the Arts
An intricate acoustic performance blending contemporary Nordic folk melodies, strings and piano dynamics.
Time: Doors open: 5pm, Show: 6pm
Cost: $47.64 – $69.47

Thu., Oct. 15
NORTH CAROLINA MUSIC HALL OF FAME 2026 INDUCTION CEREMONY
@Charles Mack Citizen Center
Honoring state music legends with red-carpet arrivals, live tribute performances and induction speeches.
Time: Doors open: 5:30pm
Cost: $80.00

Fri., Oct. 16
FIVE FINGER DEATH PUNCH LIVE
@Truliant Amphitheater (Charlotte, NC)
Hard rock titans take the stage alongside special guests for a night of heavy riffs and high-energy stage production.
Time: Doors open: 5:30pm, Show: 6:45pm
Cost: $45.00 - $150.00

Fri., Oct. 16
CHATHAM RABBITS LIVE
@Cain Center for the Arts
North Carolina's beloved indie-folk duo performs heartfelt acoustic arrangements and signature storytelling.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $36.26 – $59.02

Sat., Oct. 17
DARK ECHOES
@Cain Center For The Arts – Performances
Prepare for an immersive evening of high-energy performance, theatrical mystery and captivating sounds.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $35.20 to $57.30

Sat., Oct. 17
A TASTE OF DAVIDSON
@Main Street / Town Green, Davidson, NC Annual festival showcasing the diverse culinary options offered by local Davidson restaurants and eateries.
Time: 5 – 8pm
Cost: Free (food samples available for purchase)

Sat., Oct. 17
CONCERTS @ THE CIRCLES
@Jetton Street at the Circles, Davidson, NC
Seasonal finale performance for the Concerts @ the Circles music series.
Time: 6 – 8pm
Cost: Free

Mon., Oct. 19
BIG BAND OCTOBER 2026
@Wobbly Butt Brewery at New Victory Lanes
Join in on the fun to dine and enjoy the sounds of The Lake Norman Big Band.
Time: Dinner served: 6pm, Band starts: 7pm (6-8:30pm)
Cost: Free admission (Food and drinks available for purchase)

Thu., Oct. 22
ZZ TOP NOTCH
@Cain Center For The Arts – Performances
ZZ Top Notch captures the iconic visual style, driving Texas boogie and stadium-sized classic rock swagger of ZZ Top.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $41.83 to $63.43

Fri., Oct. 23
MOORESVILLE MOVIE NIGHTS: HOCUS POCUS
@Liberty Park
Enjoy a family-friendly outdoor movie screening under the stars featuring the classic Halloween film Hocus Pocus.
Time: 7:30 – 9:30pm
Cost: Free

Fri., Oct. 23 & Sat., Oct. 24
MENOPAUSE THE MUSICAL®
@Cain Center For The Arts – Performances
This hilarious musical parody, set to classic tunes from the '60s, '70s, and '80s, will have you dancing and laughing in the aisles.
Time: Oct 23: Doors open: 6pm, Show: 7pm
Oct 24: Doors open: 1pm, Show: 2pm
Cost: $54.80 to $76.90

Fri., Oct. 23–Sun., Oct. 25
HALLOWEEKEND
@Downtown Davidson
A weekend-long Halloween event featuring family-friendly activities, costume contests and downtown trick-or-treating.
Time: Varies by event activity
Cost: Free

Sun., Oct. 25
NCBO CHAMBER PLAYERS WITH GUEST KATHRYN KNAUER
@M@SA - St. Alban's Episcopal Church
Music at St. Alban's welcomes the NCBO Chamber Players alongside guest soprano Kathryn Knauer for an exquisite afternoon of classical chamber masterworks.
Time: 3pm
Cost: $16.30 – $21.40 (free for students)

Tue., Sept. 29–Thu., Nov. 12
ARTOBERFEST JUDGED SHOW & COMPETITION
@Mooresville Arts Gallery (Historic Train Depot)
Mooresville Arts hosts its annual premier fall judged show and community competition. This highly anticipated exhibition features original, competitive works submitted by local and regional artists



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across multiple fine art mediums, all competing for top honors and judge recognitions.
Time: Gallery open hours (Tuesday–Thursday)
Cost: Free admission to view

Wed., Oct. 28
GROUP CHAT GIRLIES
@Cain Center For The Arts – Performances
Back by popular demand! Skylar Schock and Carol Tyner host another one-of-a-kind evening made just for the girlies.
Time: Doors open: 6pm, Show: 7pm
Cost: $25.10 to $47.20

Fri., Oct. 30
JOHN SCHNEIDER
@Cain Center For The Arts – Performances
Best known for his iconic role as Bo Duke on the hit TV series The Dukes of Hazzard, John Schneider brings his multi-faceted talents to the theater stage.
Time: Doors open: 6:30pm, Show: 7:30pm
Cost: $52.88 to $73.48

Sat., Oct. 31
DOWNTOWN MOORESVILLE HALLOWEEN CANDY GRAB
@Main Street, Downtown Mooresville
Kids and families can trick-or-treat up and down Main Street as local downtown businesses hand out thousands of pieces of candy.
Time: 3 – 5pm
Cost: Free

Sat., Oct. 31
HALLOWEEN BASH
@158 On Main
An evening celebration featuring live music from headliner REHAB, the Oray Band, and Reup Tha Boss, plus a costume contest with gift card prizes and specialty Halloween cocktails.
Time: 5pm

SCHOOL CALENDAR

ISS: 10/12-10/13, No School
CMS: 10/2, No School
Davidson Day: 10/2, 10/12, No School
Cannon: 10/5-10/6, No School
Community School of Davidson: 10/2, No School
Lake Norman Charter: 10/14, Remote Learning; 10/16, No School
Langtree Charter: 10/9, Early Release; 10/12, No School
Pine Lake Prep: 10/12, No School
Woodlawn: 10/12, No School

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